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Preface

Before beginning this book, I feel it is necessary to explain *why* it was written. This book was written for the simple joy of writing it. It is not meant to tell you what my ideas of *right and wrong* are. It is not written to convert humanity to some obscure new religion the masses are currently calling “The New Consciousness”. And it is certainly not intended to save the world.

In fact, this book is nothing like that. It is simply a discussion about the things that I have noticed and wish to share with you. Not to teach you, but to share with you . . . as you have done and still do with me.

This book was written with *you* in mind. Not Humanity, not a certain religious or economic audience, but

specifically you. This book is not written from the belief that I can teach you anything...I have no need to wow you with scientific labels and discoveries. I am writing this from the same perspective as you are reading it...from the perspective of a living entity trying to figure out what exactly is going on around me and within me. I know that you can relate to this.

I don't know your name, and I don't have to. *You are not your name.* You are who you have always been since the moment of your birth. I know you as well as I know myself.

So, my friend, let's talk.

Section 1 -

Reality as we see it.

Over the course of this conversation, I intend to discuss the nature of reality and our role within it. I do not believe that a long explanation is necessary, as we see reality in a fairly simple way. Despite our best efforts to convince ourselves that life is "hard" or "complicated", the fact remains that life is just life...it is our perception of life that determines whether the journey is simple or not. To put it bluntly, our perception of the world is what defines our world.

And what is our perception of the world?

This question is a complicated one since there are an infinite amount of perceptions we can choose from. What I mean is that you can look at the world in an amazing amount of ways. You can see beauty in everything, while still believing there are evils in

yourself. You can see yourself as part of "God" or "The One Consciousness" and still question why you haven't found peace. You can pride yourself on your intelligence, but find yourself feeling awkward in social meetings. Obviously, perception is not just "I see the world as this...". Perception is how you look at yourself *and* your reality. Indeed, perception is the **sum of all your views** and how you integrate them into your life.

So, with all these perceptions, which is the right one?

All of them. There is no wrong perception. There is a perception that things are wrong, but no wrong perceptions themselves. How can you look at reality in the wrong way? It's your way and you are the only one with the right to decide what *you* believe. There are a thousand and one instances of one person doing what they thought was right, and another person judging their actions as wrong. So who is right? They both are. To each person, their view of the world is perfect for them. They might not enjoy their view of the world, it might cause them guilt, pain, or

even fear, but it is still their view. It is their choice, just as it is yours.

The problem is that we rarely seek to find the source of our perceptions. We convince ourselves that our views are just "the way things are" without question or consideration of other perceptions. We see the sky as "blue", when we *could* see an infinite amount of different colors and shades. And we *do* see them, but because we've already decided that "blue" is the right answer, we ignore the variations. We believe that our labels are adequate in describing the world. This is a perception as well.

How would we describe the world, if not with labels?

We wouldn't. We would be too busy observing and interacting with it. Labels are meant to do one thing: define. To us, definitions make things real. This is a *perceived* need of ours. The need to make things "constant" or "stable". If something is labeled and defined, it no longer has to be questioned.

Should we question our labels?

No. In fact, questioning our labels usually leads to better, more complicated, labels. Instead of describing water and air as "Water" and "Air", we choose to look further and describe them as "Energy". Once again, this does not help us much. What is Energy? (Careful now, you might come up with more labels).

Should we abandon our labels?

No. The labels are not the problem. Our belief in those labels is the problem. We believe so deeply that our Labels *are* the things they describe, and we never stop to wonder what the thing is without the assumptions of its label. Labels are limitations. Without the label, the thing itself could be anything. This is especially true for You and I.

For example: You believe you are *something*. It could be

anything, or a combination of things. But the fact is that you

define yourself. Why? Once again, if you label something, you no longer feel the need to question it. In fact, we have become so good at labeling things that our entire social network is based upon these definitions.

I am a - Doctor

- Mechanic

- Teacher

- Philosopher

- Intellectual

- Good Person

- Religious Person

- Sinner

- Liberal

- Conservative

- Human (body)

The question is, do these labels truly say anything about you? No. They may describe one or two aspects of yourself, but disregard your capacity to change. These labels, when you believe they define you, do nothing but limit you. To believe you *are something* automatically implies that you are *not something else*.

So, if I'm not my labels, what am I?

Good question. But who is asking? If you are not your labels, how can you define yourself? You can't. In fact, the only thing you can truly say about yourself is that you are aware that you exist. You know, without question, that *you* exist. In fact, the only thing that you can say exists without question, is you. Just for a moment, let's forget that there is anything else. No people, no world, no job, no relatives. These are just things you see. But who is seeing? You are. You are aware of your own mind. You cannot "see" the mind of other things, just their bodies. So, if you are the awareness of your own existence, who are you?

I am...Me.

That's right. In fact, the only true answer to the questions "Who are you?" or "What are you?" is *Me*. Remember, your name is a label too. Names are a way of identifying yourself to others, but even your name cannot describe you completely. Out of all the "things" you *could* be, the only *thing* that you actually are is yourself. You are not your labels. You are not your ideas of what you are. You are not your past. *You* are the thing that chooses which of these things you will hold onto. You are also the thing that can choose to let them go. To summarize, you are indescribable. Any attempt to label or limit yourself is a grave injustice.

Where does that leave Me?

In the same place you were before. *You* are in *your* reality. At the moment, we're just trying to clear away the fog between what you currently think you see, and what you are actually seeing. Now

that we know who you are, let's take a look at what reality is.

Remember though, labels are not the answer.

If I can't describe reality, what do I know about it?

Well, the only thing that you truly know about reality is that it *is* there. Without labeling all the things in reality, we are left with one inescapable fact. Reality is there, and there is only one of it.

True, there are lots of different things *in* your reality, but the fact is that they are all still part of the *same* reality. Yours....only you see reality through your eyes. This makes reality absolutely **yours**.

You could ask someone to look at the same thing you are looking at, but they will always see something different than you do (you might see a bright red truck that inspires a pleasant feeling while someone else sees a bright red truck that makes them angry). Why?

Because your reality is not their reality, your reality is subject only to *your* perception of it. You are the only one who can decide how you see your reality.

There are many people in my reality, what about them?

I know this may come as a shock, but the simple fact is that there is nobody else in your reality. Sure, you may meet people who seem to be in your reality. They may be standing right next to you, talking with you, but they are in their own reality. They see only through their eyes. They feel their way about the world, they see a different reality entirely.

Reality is not, and never will be, the "place we all live". It is not a city, it is not a town, it is not the planet or even the universe. Reality is you, looking at what is around you and within you. Reality, is the closest friend you have ever had. Reality is not the world we *all* live in, Reality is the thing that *each of us* experience. And we all experience it individually. We all have individual realities. Your reality will always be *just* your reality.

Does that mean I'm alone?

Yes and No. This question is close to the source of our interaction with others in our reality. Quite literally, this question is the basis of our persistent efforts to label ourselves and the things around us. For now, we'll leave the question alone and stick to the two things that we *do* know. You exist, and your reality is with you (around you and within you).

Section 2 -

The Concept of "God"

Throughout our lives, the question of Gods existence has always been at the core of our journey. We may not actively ask "Is there a God?" but we will ask questions like "Why is this happening?" or "Is there a point to all this?". These questions always persist because we feel that nobody can answer them adequately. These questions are also the origin of our quest for what we call "God".

What is God?

Before we discuss what God is, it is important to realize what we *think* God is. Just as you have had labels for yourself, you have also had labels for God. (Even “God” is a label).

For Example :

Almighty

Creator

Heavenly Father

Immortal

Lord

Supreme Being

Savior

These are all wonderful labels, and when we believe them without question we often have a pleasant mental image of a kindly old gentleman in the sky who watches us and makes sure all is okay. Some religions would tell you that God has rules. If you do not obey those rules, you will be punished and possibly sent into an eternity of pain. Unfortunately, like all labels, none of these really answer the question. What is God? Since we have never met

this kindly old gentleman, let us break down *why* we think god exists in the first place.

The belief that God exists comes from the simple fact that our reality is a complicated and ever-changing thing. Reality is made of something. But what? Broken down far enough, all things are made of the same thing. Labels do not really describe it (though modern science disagrees), but it is certain that it **is** one thing. This one thing seems to have a mind of its own. Our reality has trees, animals, people, water and air. All made of one thing. So how did that one thing become so many things? How did it learn to become so many things? Our only answer is that reality itself has a consciousness. Like you, reality is aware of itself.

How can reality be aware of itself?

Well, you are a part of your reality. Are you not aware of yourself?

Yes, but a door is not aware of itself.

A door doesn't have to be aware of itself. A door is not reality, it is just a part of it. You are aware of the door. You and the door are part of the same reality. Therefore, through you, reality is aware of itself.

Realize that this falls somewhat outside the realms of logic. Or so it seems at first. In Section 1 we talked about Labels and their automatic limitations. Throughout our entire lives, we have labeled ourselves as "separate" from the reality around us. We have envisioned ourselves as a tiny speck in a huge universe. We've done this so well that we have literally convinced ourselves that we *are* our bodies. But, if you are not a label, if you are only the awareness of yourself...are you really *just* your body?

The answer here is no.

You are not *just* your body. Your body is a tool, a vessel, a wonderful instrument designed to help you experience reality. In fact, your body is a reality itself.

If I am not just my body, why can I only feel my body?

To answer this question, we have to go to the beginning.

Quite literally, we have to journey back to where all of this...reality as a whole, began. We have to forget that anything exists and go back to the beginning of time.

How can we do that?

Simple. Before time and space were born, there was no time and space. There was nothing. Literally, even saying nothing implies that there is "something" to compare it to. There isn't. Imagine reality without the Duality we are so used to.

What Duality?

Duality is the absolute foundation of our "material reality". Not only do all material things fall under the laws of duality, but all emotional aspects as well. Without going into too much detail right now, let us just say that everything has duality. For everything hot, there is something cold. For light, there is darkness.

For real, you have unreal. The list goes on and on, but we will return to this later. In the meantime, please bare in mind that everything has an equal opposite. For the purposes of experience, we need to compare against other experiences. How would you know something is warm, if you had never felt cold?

Alright, so what exists without duality?

I call it The Void. Before reality was created, there was nothing. As I mentioned earlier, time and space had not been created...so what could exist? It gets a little trickier at about this stage because you quite literally have to abandon your ideas of what reality is. The fact is that we don't know *what* reality is. We simply know that it *is*.

Imagine yourself in emptiness. There is nothing. Nothing has ever existed in this place. You do not know what darkness is,

there is no light to compare it to. There is no feeling, you have no body. There is no noise, you have no ears. There is no space, so the void has no size. There is no time, so nothing changes. There is nothing...except you. In this void, you are aware of yourself. Not as an object, but as a consciousness. You know nothing of yourself, only that you are.

Because time does not exist, eternity is like a moment. You simply exist, there is no question of what you are, because you do not know what else you could be. You simply know that you are. But are you in The Void? You can't be, there is nothing but You. You are The Void. There is no separation. You are one thing. You are...everything. Now, what can you do with

that? Can you change? What would you change into? You know nothing but yourself. In fact, you know nothing but your own awareness of yourself.

Something occurs to you here. Can one thing become two things? Obviously not, one thing will always be one thing. But, one thing can be perceived as two things (or rather, one thing and one thing). What would you perceive as two things?

Yourself...that is all there is. So you try it, and succeed. The insight suddenly comes to you that you can perceive yourself as two things. You can perceive the void as separate from yourself. You can make it your reality, rather than yourself. How? Simply ignore that it is you...willingly forget, else you return to being the void.

I would like to take this opportunity to remind you that the void *is never* separate. It is only perceived to be separate. This perception is a choice...*the* choice. This choice created everything.



I would like to go back to my original question before moving on to the next Section. What is God? God is the absolute awareness of itself. God is nothing more than a label that describes a consciousness so aware of itself that it knows there is nothing else. God is the consciousness that can only say *I Am*.

The question still remains though...why can you only feel your body? Because in the void, you *chose* to be separate. You still choose to be.

Before continuing, I would like to summarize what we have discovered so far. In Section 1 we discovered that you are not the things you think define you. You are the awareness of yourself. In section 2 we discovered that God is very much like you, being the absolute awareness of itself without the perception of separation. I'm leading somewhere with all this, and you can probably see it, but let's work through this slowly.

When God decided to perceive itself as two things, rather than the whole of everything, another division occurred. Think of it as you would your own mind. Deep down there is a part of you that knows yourself. Closer to the surface is the part of you that doubts yourself and sees the world around you. This is what happened to God. When God became the perceiver of the void, rather than just the void itself, it left a part of itself behind. Suddenly there were two minds that could say *I Am*. God, being

the whole of everything, only knows itself. But the God that perceived separation could now say *I am not that*. The void could say this too. A diagram might help illustrate my point a little better.

1. 	Here we have God, without separation.
2. 	Here we have the outer circle as The Void, the inner circle as God perceiving the void as separate.

Notice here that diagram 2 is still within the same circle as Diagram 1. The same God, with 2 separate perceptions of itself. Each perception existing independent of the other, but still connected.

If God is now the inner circle, what is the void?

The void is still God. However, because the void is now perceived as separate, it acts accordingly. The simplest way to put it is that God is fooling itself into thinking the void is separate, when in fact it is not. Of course since the Void is still conscious, because it *is* a part of God, it *behaves* according to how it is perceived. The Perceiver and the Perceived are now 2 reflections of the same one God. Both are conscious of the other, but unwilling to admit that they are the same thing. To do so would mean *being* the void again.

I would like to remind you of Duality here. As one thing, God has no duality. But as two things, Duality is created. Each half works to make the whole.

So, God used Duality to escape being God?

Of course not. The fact is that God is always God...but the Perceiving aspect of God chooses to ignore this. Despite it's best

efforts, God can never forget itself. It can only convince itself that it has forgotten.

Why does God want to be separate from itself?

Well, this is a tricky question. Absolute God does not want to be separate, it is completely accepting of itself. It has to be, it's all that is. But the perceiving God *does* in fact want to be separate. It wants to experience itself, which it cannot do in Unity. But as a perceived separate entity, it can experience the void as *something else*. It can experience change.

So what happened next?

Everything. Literally, the void *exploded* in possible changes. Realize that while you and I believe we are limited by mental ability or intelligence, Absolute God has no such limitations. All that could possibly exist in the world of Duality came into being the moment God separated. As one thing, the possibilities are simple. There is only one (to Be). As *two* things, the possibilities

are endless. All these possibilities poured into the mind of God at once. We call it The Universe.

In this section, I would like to discuss two very important Labels that describe the absolute limitation of our mind. **Infinite**, and **Endless**. I realize that they both describe a concept without limitation, but have you really ever wondered how big and infinite space is? Have you ever tried to see the end of endless? It's impossible, but the practice itself is a key to how reality works. For now, we are going to continue using the label "God". I would like to avoid it in the future, but for the purposes of this section it is necessary.

Previously we were discussing how Duality is the foundation of reality. Once again, I require you to dismiss all your previous ideas of what the universe is. Forget you know anything about space or the things in it. If you think you know what a star is, forget that too. For now, their just labels. Let's focus on duality.

When god decided it was separate from itself, every possible variation of the void became real. It was suddenly possible to *be* something other than the void. This realization formed all realities. Everything that could exist now did.

How could everything exist at once?

Because *everything* is in the mind of God. Once a possibility enters, it becomes a reality because Gods mind *is* reality. And if all things are possible (even the questionable things), then all possibilities entered the mind of God...and therefore became realities themselves. You might be getting a little bit irritated here...but I ask that you bare with me. Let us return to Endless and Infinite.

In an infinite amount of possibilities, all things that can exist, do exist. I'll give you examples.

There is a reality where the Perceiver has four legs and a tail.

There is a reality where the Perceiver has no body but floats in a liquid reality.

There is a reality where the Perceiver knows only how to reproduce and nothing else.

There is a reality where the Perceiver is simply something solid, without the ability to move or communicate.

There is a reality where the Perceiver simply grows and eventually dies.

There is a reality where the Sun does not exist.

There is a reality where the Perceiver sees 3 moons.

There is a reality where the Perceiver punishes itself for the purpose of doing so.

There is a reality where the Perceiver questions its own existence.

There is a reality where the Perceiver is reading this book.

These are just basic examples, as it would be impossible to list an infinite amount of variations. But it's a start. The really amazing part about the words Infinite and Endless is that they never really stop. I'll give you a few more examples.

The perceiver is calm and reality is chaotic.

The perceiver is angry and reality is peaceful.

The perceiver is sitting and reality is a room.

The perceiver is standing and reality is a field.

The perceiver is running and reality is dark

The perceiver is flying a kite and reality is "sunny"

The perceiver speaks a language that reality does not understand

The perceiver speaks a language that reality does understand

The really exciting part of all this is that all of these possibilities lie within the realms of duality. Light, Dark, Large, Small, Hard, Soft, Fast, Slow, Joy, Fear, Acceptance and Resistance...everything is a variation of duality. There are many different shades between Light and Dark.

And it all exists at once?

Yes, and though it may seem confusing, it does make sense. Remember that the Perceiver and the Perceived never actually left the void. They still exist *in* Absolute God. And absolute God has no time. Just a moment that exists for eternity. However, the Perceiver is very inventive (endlessly inventive actually).

As well as Perceived realities, the Perceiver also created stories. There are realities where the stories are very short and realities where the stories are very long. This example is easy. Some people live to be a hundred, others die at birth. To invent these stories, space and time were woven into the possibilities.

The perceiver sees itself at the birth of the world

The perceiver sees itself at the end of the world

The perceiver sees itself fighting invading armies in Europe

The perceiver sees itself living peacefully in a small village

The perceiver sees itself driving a horse-drawn carriage

The perceiver sees itself driving a car in Los Angeles

The perceiver sees itself in the year 120 A.D. (As we call it)

The perceiver sees itself in the year 2007

Once again, I would like to remind you of our two words. Infinite and Endless. The mind of God is infinitely huge and endlessly creative. In fact, the mind of God is *so* creative that it convinced every single one of its perceiving aspects that it existed

in a different place or time than its other aspects. Some aspects are woven together, like friends or family, while others are not because they do not fit in the designed story. After all, a troop of Roman soldiers would look very strange walking down the streets of modern New York City, wouldn't it? These stories or "possibilities" are designed perfectly to experience what they are supposed to experience and nothing else. This is more complicated than it sounds though.

The design of these stories does not just apply to the experience of reality in physical terms. What I mean is that a story isn't just written so the Perceiver can play basketball professionally or walk on the moon. In fact, the story is more intricate. It includes all the thoughts, doubts, insights, and pleasures that the Perceiver will feel and *when* they will feel it.

Am I one of these possible stories?

Of course you are. And now, through great personal hardships, decisions, and insights, you have been led to this moment. This too, is written into your story. As is everything you have ever done and will ever do.

Do I have any control?

Absolutely. After all, you are the Perceiver. This means you have absolute freedom to choose what *you* want. Yes, that "choice" and "want" *is* a part of your story, but remember that the Perceiver is still God. You wrote the story, you just chose to forget that....until now.

Section 5 -

The Hierarchy of Self

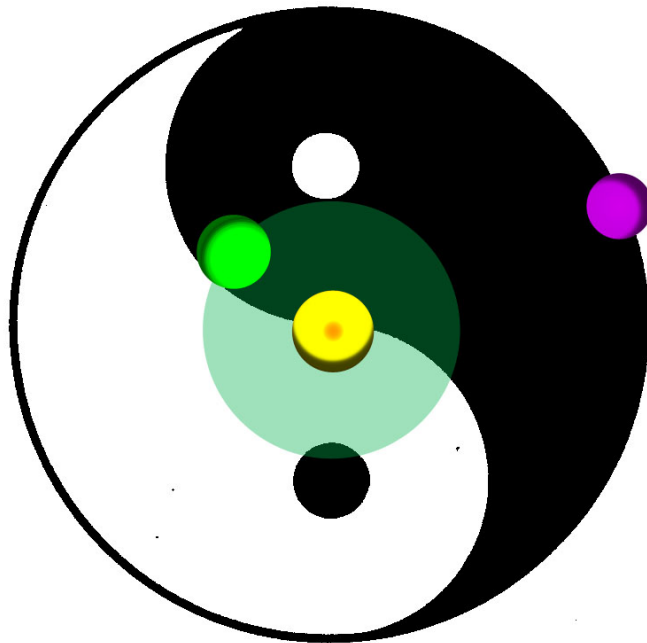
In this section we are going to review and expand on our current concept of God. To do this, we must develop a rough model. This model is intended to break down the differences and similarities of three concepts and, hopefully, illustrate the connections between them. Before creating our model, let's discuss the characters within it.

<p>“You”</p>	<p>This particular piece of the puzzle is a general term only. I am not trying to classify you, but for now let’s assume that “You” is a description of your current consciousness reading this book. Obviously, you’re here because of various choices and questions, so we’ll describe “You” as a consciousness searching for itself.</p>
<p>“God”</p>	<p>As we discussed earlier, God is our concept of the “whole of everything”. God is consciousness without the thought of separation. Because separation is not possible to an entity that <i>is</i> everything, we’ll describe “God” as a consciousness <i>being</i> itself.</p>
<p>Avatars</p>	<p>Throughout our reality there are various characters that appear to have “importance”. These characters are usually part of mythology, history, or religion but they all have one thing that connects them. People seem to believe that they had a close relationship with “God”. Many will claim that these characters are Saints, Saviors, or Prophets. As we have discussed, these are labels and mean very little. In fact, the implied meaning to these labels is separation between these characters and everyone else. It is believed that these characters were somehow gifted or chosen by god, and we were not.</p> <p>Of course, this perception is just as valid as any other, but the perception we are exploring here requires a level playing field. What if these characters were never meant to be worshipped, but perceived as proof of possible paths for us to follow? Is it possible that these characters are nothing more than the same consciousness (like you) with a different perception? So, for our model, we are going to describe these “Avatars” as consciousness with a lessened perception of separation. They are examples of our growing ability to see ourselves as God does...<i>as the whole</i>.</p>

“Duality”

Duality is not a character in this model, however it is the playing field that our model exists in. Each of the above characters exists within the realm of Duality, as everything does. However, each of these characters both see and deal with this duality in a different way. This is the basis of our journey.

Our Model



Here we have our symbol for *perceptual* duality. Both sides work together to make the whole. Our purple circle on the outside rim is “You”, while the green circle on the second rim is our “Avatars”. Obviously, the yellow inner circle is going to represent “God”. Now imagine that both the Avatars and You are revolving around the middle. The purple circle continues its path around the outside until it leaves the area of the white and revolves around the black until finally returning to the white. This is an example of our life.

As we move throughout our reality we are constantly flipping between one perception or the other. Things are seen as Good or Bad, Painful or Pleasant, Hard or Easy. Now, because our little purple friend is a consciousness, let us remember that it is aware and paying attention to both perceptions as it travels. While in one perception, it is still aware of the other.

As the green circle revolves, you will notice that the path it takes seems much smaller and closer to the center. This circle still

delves into both perceptions, but its trip seems much shorter into both. It no longer needs to explore the outer edges of Duality, it has decided to revolve closer to the Center.

The center, of course, is God (or absolute being). This center circle does not travel into Duality because it is beyond Duality. One cannot be two, and therefore the perception of another thing is impossible. It is content to be itself as one thing.

How am I different from the green circle?

Well, you're not and you are. The "Avatars" are just people, like you and me. The only difference is their ability to focus on God. To put it simply, these Avatars are trying to perceive themselves as *one*. The misleading part of this statement is that we immediately believe they are trying to be one *with* everything. This is not true. They are trying to be one *as* everything.

When we discussed the Void in previous sections we were looking at creation from "Gods" point of view. The view that it is

not separate from reality, it is reality. This sense of *being* is our very core, it is our soul. The Avatars are examples of *being* in perception. These characters, instead of searching for themselves in Duality, choose to *be* themselves in Unity. They choose to simply *be*, as God does.

But this choice is a part of their story, right? Isn't that predetermined?

Yes, but to the Avatars it felt as completely random as our life does today. Remember that these characters are based on other possible realities within the Void. These are all aspects of the Perceiving God. You and I look into history or myth and think the stories are complete because we have a beginning and an end, but to the characters themselves it was much more complex. They had hardship, made mistakes, and even feared for their lives. They had Avatars of their own. They were in the same boat we are. They knew they existed, they didn't know why.

So what changed?

The only difference between God, the Avatars and You is the determination to find yourself. Remember that You have *chosen* to believe that you need to be found.

Duality is an infinite concept of experience. From physical and emotional sensation to conscious growth, Duality is the force that gives them life. In the ability to compare perceptions, we were given access to joy, fear, pleasure, pain, memory, imagination, the past, and the future. These experiences and their infinite variations are the reason we “left” the void. Duality was created for God to *be* and experience something separate from itself. It wanted to experience what it would be like to be you.

Then I'm God?

This is not the easiest thing to believe at first, but if you think about it a little, it fits together perfectly. You, as a consciousness, know that you exist. You think there *might* be a

God because reality is a very intricate thing and *something* had to create it. Your idea of God is entirely based on your own existence. Whether you think God is good or bad, real or unreal, your decisions are entirely based upon your experiences and perceptions. Of course, experience and perception is based in Duality, and God is simple Unity. You cannot know the concept of Unity when your perception is based in Duality.

Without Duality, you are left with only two realizations. You know you exist, and you've created a concept called God. This is important. You have *created* a concept called God. If God is one thing being aware of itself, isn't it just possible that this one thing is you? If all you know is that *you* exist, can you name anything else with certainty?

Right about now, you are facing a choice. And, like all choices, this one will determine the rest of your life. This choice is written into your story, and has now arrived in front of you. You can choose to entertain the possibility that you might indeed be "God", or you can choose to dismiss this possibility as nonsense and insanity. This is your choice, and it always will be. But before you make this choice, let us discuss the actual process of *choosing*.

You make choices everyday, several times per day. These choices are usually small and insignificant. *Should I get up now? Should I go back to sleep? Should I eat breakfast, or not? What should I wear?* All of these choices are made with relatively little thought, but still affect the course of your day and life. Of course, more dramatic choices are sometimes necessary as well. *Do I believe in God? Do I enjoy my work? Am I happy?* These choices are less subtle and often require mass changes in your perception.

These changes are always happening, even with the little choices, but we are very rarely aware of them. But what are these choices based on?

Other choices?

That's right. Your life has been a steady current of choice after choice, each one changing the current and leading you to other choices. These choices began from the very instant you began your existence and will continue until the end. Just as you would choose one direction or another on a road, you choose which perceptions to travel to in your mind.

Where do these roads take me?

Well, because all your choices change your perception and therefore influence your outside reality, these choices bring you to other perceptions. These perceptions are nothing more than emotional views on the reality around you.

Fear Joy Anger
Pride Sadness Happiness
Contentment Calm
Relief Confusion
Peace Lust
Compassion
Envy
Greed

If the mind was viewed as a town or city, these emotions would be different locations available to you. These locations are traveled to through choice, each one with an infinite amount of routes leading to or from them. It is possible to jump from Fear to

Relief to Anger in the blink of an eye, each destination chosen sometimes without thinking.

How do I choose that quickly? Am I not just reacting?

Yes, you are reacting. A reaction is still a choice. The term *reaction* is exactly that...it is an action that you are re-doing. A reaction is a conditioned response that you have taught yourself to deal with certain decisions that you are unwilling to make again. So, because you feel that a choice made in the past was sufficient, you dismiss the necessity to deal with it in the moment. You rely on the past to deal with a completely new situation that just happens to resemble the original situation you made your choice in.

Example : Let's say that Tim is 8 years old or so. Walking home alone, Tim has an encounter with a homeless man rummaging through the garbage for food. Because Tim's family has elevated attitudes towards both food and homelessness, Tim decides that this man is something to be frowned upon. In fact, this decision also leads him to choose which lifestyle

seems “better” for him in the future. Determined never to be like this man, Tim chooses to label this lifestyle as bad or even disgusting.

20 years later, Tim has now graduated college, started a business and is happily seeing his high school sweetheart. Everything is going exactly as planned, Tim has avoided the horrible lifestyle he deemed as “unsuccessful” and no longer thinks of the incident from so long ago. Walking home to his girlfriend, an elderly gentleman approaches from an alley and asks for change. The gentleman isn’t rude or pushy, but his face and clothes are oddly similar to the homeless man from Tim’s past. Tim has a choice now, to either give this entirely new experience a chance and speak to the man, or to stick by a previous decision that has little or nothing to do with the current situation.

So what happened?

Well, because this is an example, I really can’t answer that.

But I can tell you why a choice would be made in either direction.

If Tim is afraid, he will react and fall back on his original choice of perception.

Afraid of the man?

When we discussed our actual identity earlier, we came to a possibility that we are *not* our bodies. If we are more than our bodies, something eternal and all-encompassing, then there can be no fear of physical harm or death. If we are eternal, we have nothing to fear. So, to answer your question, we have to ask why Tim would be afraid of the man if his consciousness constantly knows that it's beyond physical harm.

So he is not afraid of the man?

Tim would be more afraid of what the man represented to him. To Tim, this kindly old homeless man isn't necessarily intimidating, but his very existence threatens Tim's belief in what is right and wrong. Tim is afraid of challenging his own ideas of what life is. In letting go of past decisions, we let go of our belief that our past decisions *must* define our lives now. This thought is terrifying to someone who's entire belief system stems from labels and definitions. Tim thinks of himself as "successful", as "better

off’ or even “smarter”...but to sit and talk with this man would mean accepting the possibility that he may not fit Tim’s stereotype.

What if he was an ex-professor? What if he is happy with his life? What if this poor pitiful wretch really isn’t as poor and pitiful as Tim would like to believe? Tim’s entire belief would be threatened...this “bad” lifestyle would suddenly be harder to label, and that would threaten what Tim believes is a “good” lifestyle. His entire life would come into question, his definition of himself would be less sure, and more importantly...Tim would discover that he may not be “right” about everything he believed.

What you’re saying is that Tim is afraid of losing “himself”?

Or at least what he thinks “himself” means. In reacting to the situation, Tim falls back on a previous choice. As I mentioned, this choice leads to a perception. Tim is familiar with this perception because he has lived in it for so long. Because he holds onto a previous decision, that decision actually traps him in this

perception. It is not until he lets go of his definitions that Tim will be able to see and experience the perceptions that exist outside of that original choice.

Can Tim ever lose himself if he is always aware of himself? Isn't that the essence of his being?

Actually, no, Tim can never lose himself. Unfortunately, that does not mean that he can't *convince* himself there is something to fear. Tim can travel to this perception as often as he likes...it comes down to his choice. In avoiding the choice, past choices become the determining factor.

Was Tim's original choice based on fear then?

Absolutely. If you remember, Tim's original choice was based on his belief in his parents opinions. Like anyone, at some point he wondered if his parents might be wrong, but to question that would mean questioning *their* beliefs in right and wrong. If he questioned their beliefs, he would once again be left with

uncertainty. All fear is the same fear...it is based on the “unknown”. Not knowing something terrifies those who believe they *must* know to continue living. In believing that we must define everything as good or bad, we are desperately trying to create stability. We are trying to convince ourselves that the unknown can be known.

And the unknown can't be known?

There will always be an unknown. In section 1 we discussed labels and how they never truly describe the infinite amount of attributes a thing may have. We can believe they do, but when that belief is threatened we become afraid again.

So, to make my choices without fear, I must choose in the moment and not fall victim to what I believe is right?

Exactly. To accept that there are other perceptions is to truly see your mind for what it is. In accepting that you can see anything *as* anything, you open the doors of “infinite” and

“endless”. To resist these perceptions is to trap yourself in the perception of fear. If there was nothing to fear, why would you resist?

And as God, I should have no fear?

As God, you’ve never had fear, but you’ve chosen to believe you do. Now we come back to our original choice...you can choose to Accept the possibility that you have nothing to fear, or you can Resist that idea and continue to live by your belief that fear *must* exist. In the moment, right now, you can make this choice...or you can react.

If I have no fear, what will stop me from doing something dangerous or sinful?

That’s a good question, and I’m going to answer it in the next section. For now, let’s just say that both “dangerous” and “sinful” are still matters of perception. The real question is, is there anything truly sinful?

So far, we've discussed the possibility that there is another perception of reality other than our current perception. If our current perception is rooted in our belief that reality is outside ourselves, according to Duality there must be a perception that reality is in fact within us. Just as you could change your mind about a particular food or color, you can change your mind about your place in reality. It's not such a far fetched idea, but it seems like it.

But you said that in Duality, both perceptions exist...which one is the right one?

Both of them. Our problem is not that both realities exist, our problem is that we constantly attempt to stick to one of them. A perfect example of this is the relentless clash between religion

and science...both of them are describing the same thing, but both are also determined to be right.

Before we continue much farther, I think we should really break down the basic elements of each perception. In the end, the acceptance of *both* perceptions is our opportunity to truly experience ourselves and our reality in a more profound way.

<u>Perceptions</u>	<u>Common Belief</u>
<p>I am within the world</p>	<ul style="list-style-type: none"> • The world is huge and I am a small part of it • Everybody is separate and different than me • I only have influence on my life • My reality is random, I must struggle to survive • My possessions help me live happily • Certain people are trustworthy and others are not • I must make a good impact on those around me • I must be loved • I must have a purpose • Only I have my thoughts and feelings, other people have no connection to my mind • If I do the wrong thing, there will be consequences.
<p>The world is within</p>	<ul style="list-style-type: none"> • My reality is all I need, and it is me, so I need nothing • Everyone is me, living different lives and experiences • Through my actions and beliefs the whole of reality is influenced. As I panic, reality quickens, as I relax, reality delivers calm. • My mind is a vast network of chaos and order, all revolving perfectly so existence may continue and I may live as fully as possible • My possessions are symbolic of my identification with my story and its characters • People can be trusted to be themselves and do what they must, as I would • Good or ill, my impact on others is entirely decided by not

	<ul style="list-style-type: none">• only <u>my</u> choice, but the choices of other reflections of myself• perceiving me in their reality.• I am loved by myself as much as hated, my choice determines• which belief I wish to live by• My purpose is to be and experience in any way I see fit• Thoughts and feelings are flowing constantly throughout my• reality, hidden within the mask I created of physical reality.• They are reflections of the infinite amount of possibilities and will exist as long as existence continues.• I cannot do the wrong thing, everything that must be done is, I• am simply a participant in this large-scale story of my own design.
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To be honest, there is nothing wrong with either of these perceptions. Both of them are believable if one simply chooses to believe. However, what if one chose to apply both perceptions and see how they work together?

Opposite perceptions cannot work together...that's why they are opposite.

But one thing is the opposite of another only when they are looked at as separate things. If both sides of Duality are simply reflections of the same one thing, then there are no opposites, just variations.

Let's go through our previous chart and see if these beliefs work together at all.

-The world is nothing more than a way to look at myself in other experiences, it is endless but always within my own mind

-Those people who seem separate are simply aware that they exist, like me.

-I only have influence over myself, but because all things are me, they are influenced as well.

-I must struggle to survive but I can choose to perceive the struggle as the bliss of being able to experience.

-My possessions are simply items I feel I require or enjoy in my reality, they are made important only by my attachment to them

-Because I am both trustworthy and untrustworthy, everyone else has that choice as well. I can only accept that they will do what they need to.

-My impact on others is constant, all I can do is be myself and the rest will guide us all.

-My reality has always taken care of me, like a mother protecting her child.

This is love.

-Fear of others is based entirely upon my judgment of myself, in accepting and being myself, judgment and fear no longer apply.

-Sin and Danger are perceptions of something that could just as easily be harmful or not. I will not be punished, except by my own will.

So what happens when you combine our love of experience with our belief in ourselves as **complete** consciousness? Our fear of that experience is realized as a necessary part of our "self", as a possible choice of perception and not the predator emotion we have always believed we could not escape. A monster that no longer has to be fought, simply dismissed with a wave of your hand and the willingness to let it go.

Section 8 -

what about...?

Well, friend, we've come a long way from our original starting point. We've traveled through possibility and logic, battled with doubt and fear, and now we're nearing the end of our journey. Oh, we still have a few more things to talk about, but the fog is definitely clearing.

So, what am I missing?

Nothing. That's my whole point. As God, you already have everything you need. I'm beginning to get tired of calling this indescribable "thing" as "God", so from now on I'm going to just refer to It as You.

If I was God, I wouldn't make mistakes.

You don't make mistakes, you believe you do. Let's just stop for a moment and try to comprehend how many things are

happening at once...an infinite amount of things. Each and every thing in existence has one thing in common, they are interacting with their reality. All of us are tied into the same thing...existence. This existence is a living thing, it reacts to us just as we react to it. In fact, sometimes our reactions are based on our role as *reality* reacting, rather than our *character*.

What I'm saying here is that the universe was created to keep growing until it doesn't need to anymore...it will do exactly what it must to do that. And it must be perfect, or else it would fall apart. Literally, every single action, impulse, or decision is meant to be...anything could happen at any time, but all of it is made to cause ripples in the realities around them. Those realities that are impacted will then change and impact others. It could be anything from dropping your coffee to meeting someone new...everything impacts everything else.

So, I don't make mistakes?...I'm supposed to do these things?

Doesn't that leave me powerless? Am I just a puppet?

Once again, this is the paradox. You *would* be a puppet if it wasn't for the fact that you are also the puppeteer. There are many different levels to what you are...and the deepest level is also the level that runs reality. Impossible is not a concept to you, you are everything.

What if my mistakes hurt people?

What we're talking about here is not the possibility of you hurting people, we're talking about Fear. Best of all, we're talking about Your fear. Before you ask if you can hurt others, ask if you can ever truly be hurt yourself? Can you? You are your consciousness and the rest is experience...so you can experience pain and sorrow, but isn't that experience a choice of perception?

You're saying that if my mistakes hurt other people, it's because they choose to be hurt? Where is the compassion in that?

First of all, there are no "other people". So, in reality, you're really just hurting yourself. Which leads us back to the

previous question, can you be hurt? As an eternal consciousness that is and will always be everything, can your life be threatened? This may sound cold to you, it did to me at first, but think about the actual meaning of “compassion”.

Compassion is our idea of helping others live a better life. We want to understand their problems, help them on their feet, even point the right way for them. But if our only purpose is to be, and you want to help them be *something else*, aren't you making it harder on them to find themselves? Please remember that our need to help is entirely based on our belief that things *need* to be improved. What if there was nothing wrong? What if the whole reason that things are “wrong” is because we believe they are? Could it be that the “horrible atrocities” in the “world” are there because we believe they must be?

You ask me if you can hurt people, and at the same time you create the reality of pain by declaring it's existence. As soon as the reality exists, a reflection of you has to experience it.

So, I'm not supposed to help others?

You can't help others any more than they can help you. What are you trying to help them do? Change their lives? They can't help. You change your life, you have to do it yourself. Our only problems come from our disbelief that we *can* change it ourselves. We have that belief because we've always thought that "help" was necessary. But what would happen if less people tried to help you? Eventually you would learn to do things yourself, you would not have time to fear your own ability. Wouldn't that have helped you more?

The fact is that our ideas of help and compassion are entirely based on our belief that the world is "around us". To let this go you must also abandon the belief that you are your body, the belief that other people are not you, and the belief that you've ever needed to get anywhere other than where you are right now. If everyone is exactly where they need to be to make all possibilities

possible, what is actually going wrong? Isn't the need to fix these things exactly what creates things that need to be fixed?

But I thought enlightenment was the answer to saving the world!

Won't this bring peace and love to those around me?

This is the idea that actually keeps the world in a state of conflict...we think it needs to be helped. Have you ever noticed that those who are the happiest are usually the ones who are content to simply be? Doesn't it strike you as odd that the whole "world" is determined to get somewhere else? The future? Progress? Does that have anything to do with being, or is it simply the determination to fear what is Here and Now?

Why would I fear the Here and Now?

Because Here and Now, you have to stop running from your choice. The only reason you and I avoid the present moment is because we are afraid to let go of who we think we are. My entire idea of who I am is rooted in the experiences in my past and

whatever preconceptions I may have of my future. I think I'm going one place because I came from somewhere else...but in the moment I have always been *Here*, and that means I have nothing to strive for. It requires me to relax...which leads me to myself and the inevitable choice I make in every moment, whether I'm aware of it or not.

Which choice is that?

The same choice we made in the Void. Am I content to simply *be*, or do I believe I need to be *something else*? The fact is that you are always simply *being*, but you can convince yourself that you're not. You've even developed certain things in reality to help you avoid admitting that you are simply You.

But why would I want to avoid being Me?

The only answer to this question lies in the meaning of "You". In section 2 we talked about the Void and its absolute base state of being...The Void is nothing, yet to the [Perceiving You](#) it is

everything and constantly changing. You, the one consciousness that is both sides of the Duality are, in actuality, nothing...nothing that can be described anyway because no “thing” can be “any” thing. This is not a bad thing, of course, but it can definitely be perceived as one.

Please bare in mind that Duality will hold constant right down to the core of your being until Unity is finally accepted...this means that both Fear and Faith will exist until you need neither and are simply content to be. What do we fear? We fear not being able to define ourselves...we fear being the one and only thing without any idea of what that is. We avoid being Ourselves because it means we have to admit that we are alone...and that is our biggest fear. We fear the Void...the unknown and unknowable.

But I don't have to fear? Even as nothing, I am myself, right?

Congratulations! You've just discovered the true power of your choice...you can choose to be fine with being alone. You are, actually, perfectly fine with being alone...you just refuse to admit it. Think about it...does it really change anything? You're still You, people are still around you (you just have a better understanding of them now because you know they're You), and the world still exists....the only thing that has changed is your view of Reality. The only thing that has changed is your need to fear something that was never separate from you to begin with....and all you need to do is keep making this choice, have faith in Yourself, and relax.

The most important part of *being* is the realization of all the things that I can be. You and I have a wonderful habit of wanting to believe that we are good creatures or not...but to accept that we are both, all the time, is our clue into the nature of thought and perception. Just as You can lie, cheat, be honest, or be generous, the Deity part of You has the same traits and actively uses them as *reality*. What I mean is that, because reality responds to you like anything else, it uses the same tricks and strategies that you and I use. The thing we keep missing is that there is a point to all of it.

What's the point then?

Well, the cut and dry answer to this question is “To be”, but the question is “To be what?” The answer to that is nothing short of miraculous...we want to be everything. To an eternal

consciousness that has nothing but time, is there anything else to do?

By that logic, I should be a murderer or a rapist as much as I should be a saint or prophet.

Exactly. This doesn't necessarily mean "You" the character...it means You, in totality. All possible variations of You do exist...the murderer, the prophet, the beggar, and the millionaire. If you would like proof, go into your reality and look around you. Throughout "history" or "mythology" there are stories of heroes, villains, or just ordinary people who live ordinary lives...these are symbols of other things that Do exist, and they are *all* You.

But I'm not those people now.

Actually, you are. Within your mind is every lesson, experience, or emotion that every character through eternity will ever feel or have ever felt...this is the basis of your consciousness.

You feel so much, because you created so much. The gift that we have given ourselves is the illusion of individuality...we made it so that we do not have to be “aware” of being everything at once, we made it so that we could live one life at a time. We told ourselves to resist the idea of being everything.

How can I be everything at once and still just be this character?

How isn't an adequate question here...You are everything, what could possibly be beyond your ability to create? However, if you would like, we will discuss exactly what we did to reality to make this illusion real. If you look back to the void...what did we do? We created Time and Space.

Time and Space are wonderful concepts that allow us to live as individuals. With the belief that “other people” live in a different time or a different space, we allow ourselves to believe that they are actually “other people”. It gets even more

When we focus on the Past or Future, we open ourselves to memory, doubt, regret, and even fear. We fall into the trap of **Comparison** because we are believing that these moments existed Before or After Now. In Section 6, we discussed Tim and his meeting with the homeless man...do you remember Tim's choice? He could either decide to judge the man based on his past, or he could accept that this moment is new and an entirely different opportunity. If he had held onto his memory, literally believing that the Past was the basis of his life, then he would have never ventured into the experience. This also ties into Tim's future...in holding onto his past decisions, he is actually trying to control the outcome of his future. He has expectations, hopes, dreams, and fears of what may happen if he just relaxed and "went with it". Holding onto our past is just another way of holding onto our idea of "who we are" and "where we came from".

Without the Past or Future, I am only left with the Moment and Myself. What does Space have to do with things then?

Because experience is entirely based on separation. We experience things that are separate from ourselves in Space and Time. Though neither truly exist, the illusion allows us to believe they do...which affects our actual belief in who and what we are. Remember, we *choose* to believe we are separate from ourselves...reality will continue to sustain that illusion until we choose to believe something else.

So, I'm telling myself that this isn't Me because I choose to believe this isn't Me? Can I ever change that choice?

You're changing it now...You're choosing to be yourself. The best part of this decision is that it only affects You...which means everyone else as well. Literally, by abandoning your ideas and simply *being*, you change the course of your reality.

Is this the new consciousness that everyone keeps talking about?

Yes and no. People seem to believe that their lives are changing because *something* is changing them....they're half right. Their lives are changing because You are choosing to change.

One of the best questions I have ever asked myself is “Am I waking up because the world is, or is the world waking up because I am?”

The answer is both. You and the World are one and the same.

So, after all these wonderful topics and opposing perceptions, we are finally left with the one question that has plagued us all along. What do I do now? Before I answer this, why don't you take a shot at it? As "God", what do you have to do?

Nothing?

Exactly! You don't *have* to do anything! The question is not what you're doing...it's why you're doing it!

Isn't doing nothing a little counter-evolutionary?

You would think so at first, wouldn't you? I did. But, like our need to help others, this need to evolve does not work the way we think it does at first glance. What does "evolution" entail? When something evolves, it is doing nothing more than adapting in a necessary way to continue its journey through reality. This *thing*

is not trying to achieve evolution, it is simply trying to *be*...the changes happen themselves. What would happen if it decided to *try* to evolve?

It would try to evolve based on its own ideas of what it needs.

That's right. It's evolution would be based upon what it *thinks* it needs to do, rather than what it *knows* needs to happen. Essentially, the changes would be counter-productive to what should actually be happening. It would spend so much time trying to decide which changes are good or bad that the very process of change itself would be slowed or stopped altogether through the attempt to control it.

So, in thinking about myself, I'm not being myself...I'm doubting that I already know exactly what I'm doing.

Strange as that may sound, yes. Being yourself was never a hard thing to do, you've just decided to believe it requires steps or a process. This belief is not based on fact, it is based on our fear of

being who and what we have always been. We try so hard to be *something* that we never stop to realize that we are *everything* already.

So, if I don't have anything to do except what I'm doing...where does that leave me?

Here and Now. You are exactly where you have always been, the only thing that has changed is your reason for being here...you don't need one. You are here because you have always been...you have every right to be, nothing will ever change that (including You). Being You is actually a great joy, you can experience love, hate, pleasure, or pain and you have the wonderful gift of never being in danger of these things. You will always Be...the rest is just a wonderful creation of perspective.

But I'm still going to be faced with difficulties, problems, and choices...isn't there anything I can do to make them easier?

Absolutely...stop thinking they're hard. The only reason we have issues with anything is because of our judgment of those things. We think things are hard because we believe there are consequences...we think that if we don't do things *right* then everything will go *wrong*. If you can't do anything wrong, you can just *do things*. Enjoy the experience of doing it, you are only responsible for what happens Now.

And what happens later will happen whether I think I'm influencing it or not?

That's the beautiful part of being You...everything You want to do will be done.

By everyone?

More like "by every One". It's all You.

Throughout this book I have been communicating one common point. You are the source of everything you perceive. Your doubts, your affirmations, your fears, your wants, and even your words are the “triggers” to what reality will bring to you. This is, by far, the most difficult thing to express because it involves so many different factors at once.

As you travel from one variation of the Moment to the next you are going to be faced with insights, thoughts, and emotions that are essentially a part of that reality. While you are experiencing all of this, you are also forming perceptions...you are choosing how you see yourself and your reality. This sounds very complicated and involved but the reality of the situation is that *choosing* is really quite simple (so simple we often don't realize we're doing it). An example from the last section is choosing to

believe that life is “hard”. Your reality will essentially reflect the things you tell yourself are true.

<u>Beneficial</u>	<u>Self-Destructive</u>
I am healthy	I am sick
I am confident	I am afraid
I like myself	I don't like myself
I lack nothing	I feel incomplete
I know	I doubt
I am free	I feel trapped
I learn to let go easily	I have trouble letting go
I am relaxed	I am worried

Each of these choices will bring those realities to you. In fact, each of these choices will bring more thoughts and reasons to believe in those choices.

So, if I believe I am a good or bad person, my mind will create reasons to believe that?

Exactly. Your mind is reality and it will try to create anything you choose to believe. The tricky part of all this is that we tend to believe our reasons and thoughts rather than realizing they

are the creation of our choices. You *could* dwell on *why* you feel horrible, which will inevitably make you feel worse, or you could choose a different feeling to focus on. Another example is choosing to believe that your past defines your life.

And that choice would bring my past into my reality over and over again?

Without fail. In fact, the choice to believe in the past will always bring the same experiences into your life until you choose to focus on the moment. The belief in the future is much the same...if you choose to believe you are always trying to get somewhere you will never believe you've gotten somewhere.

So what would happen if I choose to feel "better" now, not at some point in the future?

Your mind would show you how to do it. Your attention would be pulled to the things around you, thoughts of gratitude would become more pronounced where thoughts of doubt used to

be dominant. The point is choice. Duality is the key here, you can be *aware* of gratitude while still having thoughts of doubt. In the end, your focus is entirely up to you.

So, I should focus on my choices, not on having reasons to base those choices on?

In the end, your choices are always based on one thing...the fact that you *can* make them. You quite literally have the right and ability to feel or perceive anything you would like. As the origin of your reality, the choice is and always will be yours.

What if I can't believe that I am God? What about my doubts?

Then, that too, is a choice. "God" is an idea, You are reality.

Remember though, your doubts are the creation of your choice...you don't have to listen to them, you only choose to.

And if I choose to stop listening?

Then reality will shift towards that perception and reinforce that choice. Your focus would be drawn to symbols to help you let go of ideas rather than further reasons to think you need to be anything but Yourself. In choosing to Be, the perceiver and the perceived struggle toward a common goal...Unity. When you stop trying to influence reality, reality is more easily influenced.

When you choose to only say "I Am"....You Are.

Conclusion

Well, my friend, this is it. This is the end of our journey together and the continuation of your own. I want to mention here that this book was never intended to improve your life or even change the world...you're doing fine and so is the world. This book was written for my own reasons...because I like to talk to myself. After all the topics we've covered so far, I can honestly say that to you without sounding completely self-centered. If you remember (and I know you do), I'm You.

I'd like to draw your attention to this fact before ending our conversation because it's, honestly, very important. I call this a conversation because that's all it has been. I'm not trying to teach you, I'm simply trying to point out something I've had the time to look at and think you'd find enjoyable. Almost like a friend pointing out a beautiful sunset. It's always there, we just have

problems seeing it sometimes...we're often too busy to stop and look.

Like you, I experience reality as completely separate from myself. We all do. This entire notion of You came upon me as a fleeting thought...a brief insight. It occurred to me that my mind was always "moving" and I was trying to keep up. I couldn't figure out why "life" was so hard and full of terrible consequences. So, seeing I had nothing to lose except the very life I toiled through, I decided to see what would happen if I simply stopped. It didn't work, or rather it did and I didn't believe it.

So, seeing no results, I became frustrated and delved back into thought for a while. What I realize now was that something *had* changed. In simply admitting the possibility that I *could* just stop, I now experienced an underlying curiosity. Beneath the doubts, fears, and general frustration of my failed attempt, I felt a kind of challenge within me. Almost as if a small part of me really wanted to see if it could be done. I ignored this part for awhile,

choosing to linger in thought rather than attempt another ridiculous experiment.

My life continued and my belief that life was hard began to consume me. I felt trapped, frustrated, depressed, and more than a little envious of the people I thought were “happy” or “better off”. During this entire segment of my story, I continued to wonder about just "**stopping**".

It wasn't until things in my reality started to *tempt* my curiosity that I finally made another attempt. People I had never met before were discussing spirituality in a way that seemed to coincide with my questions. Not all at once, but in small sentences throughout multiple topics, I began to create an idea of *relaxation*. Relaxation was the closest idea to *stopping* that I could see. I mean, really, how hard could it be to just relax?

So, sitting at home alone one night, I tried to relax. It's laughable to think about it now, but yes, I *tried* to relax. It didn't

occur to me that *trying* implies *effort*. After a few attempts, I finally realized that I was thinking about relaxing. The whole point was to stop thinking! Something pieced together and suddenly I *was* relaxing. Thoughts, emotions, doubts....all of it still came running through my mind, but instead of paying attention to them, I decided I didn't need to deal with them. Just as I realized I was doing this, another insight formed a question in my mind. If I can dismiss the flow of thought *now*, why can't I do it all the time?

This question still emerges in my reality but as I learn to dismiss it, new ones form as well. I started thinking about what "Now" meant. I started thinking to myself, if I'm not my thoughts, what am I? You understand, it's the same thing you're doing.

The point of this story is to illustrate a point...we *do* go through the same thing. You and I are both in the same boat...we exist and we are in something we *could* call reality. This is the reason we are having this conversation, because you have the right

to know that you already know all of this...it's just lingering in the background, waiting for you to stop long enough to take a look.

In reality, you will find more than one character who seeks to convince you that they know the right answer. These characters usually seek to lead people, they desire to have people acknowledge their knowledge. They offer you steps and courses, seminars and even study groups. I am not going to do that.

In fact, the only thing that you could have done for me, you've done. You've read this little conversation and now you're deciding if you believe it or not. Thank You. As a part of your mind, I truly appreciate the opportunity to talk to you.

Always waiting Here and Now,

Me

