

# RESONANCE



IN THE HEART

AN E-BOOK

# Resonance in the Heart

Zero degrees of separation

Written and

Published by Gilbert Schultz

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*“Gilberts book is like an arrow that cuts through all beliefs and concepts that you have about yourself, leaving you with no place to go but back to where you never left, present awareness.”* – Mark Callaghan – Dublin Oct 2010.

This is a small version of the e-book – a free sample. The full version is a pay for publication. See website for details.

## *Introduction*

*Non-duality means one without a second.  
There cannot be any duality in non-duality.*

*The appearance is apparent separation yet  
it is only one essence expressing itself as  
the entire diversity we call phenomena –  
the appearance.*

*Since you exist as existence itself, then you  
must be that one without a second.*

*Knowing is all that is happening.*

*Knowing is an activity – energy. This  
activity of knowing is all there is. There is  
nothing outside of this activity of knowing.*

*There is nothing inside of this activity of  
knowing.*

*There is no inside nor outside – because  
this one, without a second, can never be  
divided. It is reality. There is only one  
reality.*

## Finding yourself here

The LONG Road to nowhere is the plight of the seeker. It is just that, a road to nowhere. The projected liberation is always somewhere up ahead in 'time'. The very movement of trying to reach for it is the very activity that blinds the seeker, with obscurations, from the immediate fact of self-knowing-self-liberated presence-awareness now and every recognition of our true nature happens in THIS immediacy, which never deviates from NOW. It matters not who it was, is or will be. It all happens in this now, right now – there is no other time.

Non-duality is beyond time and mind. Some expressions of non-duality are obviously appearing to 'cause' you to reflect on beliefs. That is the usefulness of such expressions. BELIEF is NEVER the ACTUAL.

What you are is not IN a mind or IN a body. The body and mind APPEAR in what you are. You cannot know WHAT you are and you cannot deny that you ARE. Stay with what is absolutely unchanging and see that the changeable reveals naturally as the changeable. What is revealed is not something that you expect or have a label for. The future is unknown. The mind cannot grasp awareness or manipulate it. It is simply the activity of KNOWING. There is NO 'knower'.

The mystery remains as a mystery until the moment of recognition. YOU as a believed in separate entity

cannot MAKE that recognition happen. All the 'trying to get', is keeping it 'hidden' while all the 'time' it is Obvious and self-evident.

The end of the fruitless search for one's true identity may appear at any moment because your true nature is it nothing other than LIFE itself. Without life there is nothing.

Pain in the body is just a sign that something needs some attention. The mind translates the pain into a story, about a central (fictional) character, and it is this story that builds up into an unbearable, inescapable experience—a story—which is added onto the actual pain. Pain is most usually bearable if it is left as it is in the immediacy. If it is too much for the body, the body will become unconscious. That is the way the body deals with excessive pain.

All psychological pain, on the other hand, is nothing but mind resisting WHAT IS—'I don't want this'. The 'me' is resistance to 'what is'. That is what the 'me' is—a story of resistance.

As a mechanical device, the idea of 'me' works well enough in practical everyday circumstances. When, however, things are going where the 'me' does not want things to go, it ups the resistance and turns on its self-destructive mode and all hell breaks loose. What is this all about? It is energy in conflict with energy—the 'me' is the belief that 'I am in control' and when the evidence reveals anything contrary to that belief, it appears as desperation, as 'something' that is desperate to grasp its imaginary control back again.

A new belief that this 'me' is locked into a cyclic pattern is not going to help. Any belief simply perpetuates the story of 'me'. With a genuine and sincere exploration of what is going on and to 'whom' it is all happening, a remarkable opening can happen. Now, I can describe what happened with me but it will only be more second hand information. Basically there is simply a clear seeing that I am not any of these 'things' that I took myself to be. It is just the simplicity of naked seeing.

Some say 'Stay with that sense of presence'. The expression 'stay with it' implies time and an effort. But what if 'stay with it' actually means relax and don't do anything, don't even factor that time exists. 'Staying with that' then means that you are THAT. And isn't that what the Great Mahavakya (THAT thou ART.....or I AM THAT) means?

Language itself appears to introduce time. But consider the following: Are there any objects in the past? Where is the past? What past is there, if you don't think about it? What future is there, if you don't think about it? What present is there, if you don't think about it? Time is only conceptualization, which is happening RIGHT NOW.

You cannot GET OUT of this presence we call NOW. There is NO OTHER time than this 'NOW'. With clarity the word time loses its apparent meaning.

Naked awareness is not an object in the space/time pattern grid. Everything without a single exception is an appearance upon this naked wakefulness and

everything is nothing other than this naked wakefulness.

Whatever it takes to bring about some genuine interest in what is truly going on is completely valid. Some of 'us' have believed that we are stuck in that so-called cycle of repetition, of old habits, which appear to be so strong. For some it appears to take a good shake up of that belief of being someone stuck to loosen up the view. All it takes is a good look into the 'matter'—a fresh non-conceptual look (pure seeing). Put aside the old views, opinions and beliefs.

Everything is obvious but the habit is to 'look' from the perspective of old beliefs (mind is time). Old beliefs disguise reality.

If you actually SEE what is being pointed out, then things will instantly be seen in the new light of the immediacy. The 'cage of belief' is made of thoughts, ideas, concepts and beliefs. In the instant that one really looks into things as they are, a natural spaciousness appears. It was always present, just ignored. A sense of re-discovery appears.

In the appearance of space and time, there was a 'time' when I believed I was a separate 'person'. I know now (and now is all there is) that the 'person' doesn't exist, except as an idea and as associated sensations.

I tell you directly and immediately that not one of your stories about yourself as a 'me' is true. All thoughts come and they all go. Erroneous beliefs are discarded

naturally as they are seen through. It is just like the belief in a mirage of water is discarded once it is seen to be a mirage. You naturally do not continue to believe that you can drink the water from a mirage, or get your feet wet.

The image of self is like a mirage – it is a psychological image that has been added to over the years. It is all basically made of words and impressions and all words are from memory (past). An image cannot do anything. The image of self is a believed in reference point that has no substance and no independence from the activity of knowing. The activity of knowing is not an 'entity'. The bondage of self, is simply a belief that this self-image can see, hear and know – but an image cannot do anything at all. Just like the image in the painting on the cover of this book – it can't do anything. It is an image.

## Words are words

No words can capture the meaning of life. All these words are like any words, they are just words. Sacred books and profane literature are equal; they are all made of the same stuff—paper, ink and words. There is nothing in any book that is to be extracted to stand on its own. The words register and call forth meaning - from where? You supply all the meaning. The destiny of all printed books is to be reduced to dust.

Awareness is not subject to mind. There is no actual 'becoming aware' taking place anywhere. Everything appears as an unfolding upon awareness. The unfolding is ever changeful while awareness remains as it is. If any words resonate with you, good. If not, then don't worry about it. Move on to what does resonate. It is the resonance that 'counts'. Any so-called 'becoming' that is 'appearing', belongs to time and mind. Awareness is not subject to mind.

Time is memory and mind is time. All doubt is time bound. And who is the remember-er? Who is the one engaged in memories? Memories are just transient waves of appearance only! The constant is-ness is: You ARE Reality. Why do you sacrifice your absolute silence and the simplicity of understanding for a bunch of beliefs, words and concepts?

The emphasis of 'enlightenment' as being some special attainment is the most misleading information of all. Tantalized by its promise, the mind overlooks the simple and perfect nature of ordinary wakefulness. You must BE and can only ever be this presence that you are. There is no need to place an identity ('me') onto this naked cognition.

As my last teachers, Guru's guru points out: *'You are the silence and stillness out of which springs the entire universe'*. The manifestation is only the appearance of 'no thing'. The psychologically bound 'me' does not know this and cannot actually know anything at all, simply because it is itself a believed in identity made up of just thoughts and thoughts cannot know anything by themselves.

Thought is seemingly powerful, yet each thought has no more substance than a fleeting butterfly in imagination. Our true nature of silence absorbs every sound. There is NO entity here, or there, to know anything and yet everything is known spontaneously and without effort – prior to the idea of 'me'.

It may well dawn on you that this naked presence—this simple everyday presence, just as it is—is 'what I am'. Presence does not change even though the belief may be that it is in constant flux. It is the mind that is vibrating into the myriad 'things' not Presence or Awareness.

When the mind meets its own emptiness, all questions and all possible answers disappear naturally by themselves and 'what I truly am' is found to be totally naked and unencumbered by anything. It is knowing, the activity of knowing. It has no form.

Freedom has no obligations, objects, subjects and no idols or images. In the naked seeing, belief is naturally replaced, without incident, by this immediate knowing which, ironically it seems, has always been present, yet seemingly covered up by beliefs.

Read on with open mind. Stop whenever the impulse appears to do so.

Knowing IS. There is nothing to get in this book. It simply may appear to reveal what has always been obvious and in clear view.

If you get a taste of what is being pointed to, it will not leave you alone. Like a Blood Hound on the trail of a fox, the scent will take you where you need to go. The scent is the resonance in being—the ringing of the bell—the knowing that there is something innately known and true even though the mind cannot explain it.

It is truly so very, very simple. This pure energy, which manifests as this phenomenal appearance called 'the world and me', appears to be seductive and the mind has a habit of being engaged with its own occupations but habits can be broken.

Observe the mind and see how it operates. Be quiet and See. KNOWING is instant, unmediated cognition. Can you truly deny that it is happening right now?

The child reaches 'maturity' when it realizes that Santa may be a made up character. Yes? Perhaps then the adult reaches 'maturity' when there is a realization that the 'me' is also a made up character.

There is NO actual individual anywhere! All thoughts appear and they disappear...yet you remain. Even in

deep sleep, if someone knocks on the door loud enough or if there is an earthquake, you will be roused and get up.

Awareness IS.

When 'you' are in deep sleep there is nothing to know. The senses have abated and lulled into passivity. In deep sleep, you have receded into your true nature—the singular Source!

In the morning you are replenished. Do you need to connect the battery before awareness is there? No! Awareness is there before you open your eyes. It never left! It is what you ARE. Once up, you move about and soon you unconsciously put on your mask and a limited identity and the drama of life unfolds once more.

One must 'enter' into ones nothingness consciously to realize one's true nature. If these words can assist, then well and good. Let the 'others' hang onto their sacred beliefs of being caught in time; they are caught in a mechanical or habitual belief system. Thoughts are all dead matter. The past is dead and gone. In this living present 'Let the dead bury the dead'—let the past take care of the past— and be this immediacy, which is forever now. It is time to shake the cage of erroneous beliefs. Without a shake up, the sad stories of me will just perpetuate themselves. So, no more sad stories about me!

## What is

Whatever IS cannot be anything other than What IS.

The dissolution of the seeker happens spontaneously. No one can make it happen. You were never bound to anything, apart from erroneous belief and none of them actually exist. So the bondage is a fabricated image of self. The bondage of self is an illusion, as is the image of 'self'.

Who wants to know this? The 'me' says quite firmly 'Not me'. That belief will appear to do anything to avoid its own undermining. Such is the nature of seeking. It is a frustrating 'path' of a believed in process of 'becoming' and there is no becoming whatsoever. There is only BEING, right here, right now.

All shadows are cast by a single source of light. When the light of seeing comes to the fore, all shadows merge into the background.

Believing that there is an 'I' that has somehow been separated from the wholeness of LIFE is just belief in an ephemeral concept. It appears to cause so much trouble and therefore it is wise to investigate this apparent 'cause'. It is a fiction and so the fabricated cause and the resultant effect are both fiction. Knowing this is liberation.

Liberation is a concept which implies bondage— liberation from something. What is being pointed to is THAT which has never been in bondage; it has never been in phenomena at all.

Everything appears in THAT and is THAT but not as it appears to be. Like a man, after being confined to a dimly lit cave, comes into the light of day, he takes a while to get accustomed to the light.

What more do you want? How many roses must you smell before you know the rose? How many mornings must you greet before you realize that the mind is but a mechanical thing turning like a wheel? What is it that you want? What is it that you lack? Capacity to understand? All the drama of the entire world amounts to nothing but a play of the elements. The wheel turns and all things considered good and true are pitted against that which is deemed to be bad and untrue. Neither heaven nor hell exists anywhere but exist only as imaginary realms of the mind, depicting the extreme polar opposites of mind. The instant that you take sides, a conflict is engaged. What quality of attention is required to recognize this? For time immemorial this struggle of the opposites has played itself out as the world of appearances. Kings and Queens, Empires and Nations have arisen and fallen over and over again. What has been gained? What has been lost?

## Uninterrupted Seeing

In looking into things carefully, one can see clearly that all of our repeated referencing to a self-centre are just a series of appearances in the clear and empty nature of mind. They have NO power to bind anyone. Whatever happens, seeing is still uninterrupted.

Everything is clear and obvious. 'Who' does not know this obviousness?

You must see clearly the nature of appearances. Believing they are substantial is the error. One must pay attention in the living immediacy and see through these appearances so that all doubt vanishes.

All concepts are simply transient objects in the mind including the concepts about emptiness and awareness. To transcend the limited views of the individualized condition, the mind appears as a need to open to its own space-like nature. The 'me' is resistance to what is. Opening to this space-like nature is not a 'doing' as such because it is effortless and already totally present, yet it is apparently obscured by the belief in thoughts. Dismiss such thoughts and see what is left.

This immediacy of knowing is not compromised. All talk of purifying yourself is ridiculous. How can you purify that which has never been contaminated or which does not truly exist? See how ridiculous this

path of purification truly is. The ultimate truth cuts through all falsehood in THIS NOW.

The essence of the message is your own true nature— Presence-Awareness.

The intelligence, which penetrates the ALL, is holding your apparently fragmented separate life together. Life was never fragmented in the first place, except by a belief in a 'me', which does not exist – so the fragmentation is only appearing to be so for a conceptual being called 'me'. Pure Intelligence is running 'the whole show' and no separate 'you' any 'where' is doing anything at all.

Has any belief ever delivered you out of the seeking mode? A true master brings about the eradication of all beliefs and this leaves you empty.

The habitual beliefs will vanish over and over until they cease to appear as belief. Otherwise, all that eventuates is a 'lifestyle' in bondage with self-deluded imaginary 'progress' and endless purifying practices. Why settle for a limited view and the bondage of self? Freedom is here as thoughtless reality. 'Who' does not know this?

Why indulge in 'internal slavery' to some second hand ideas or someone else's concepts of how one should live and be? All such activities are illusions, which cling to the illusion of being a seeker. It's all shadow boxing!

This pure energy, which manifests as this phenomenal appearance called 'the world and me' appears to be seductive and the mind has a habit of being engaged with its own occupations. Observe the mind and see

how it operates. Be quiet and see. It dawns on you that this simple everyday presence is what I am. Just as it is!

'Who' gets drawn into and lost in the appearances? No one! There is no separate individual to get lost. The 'mirage' (the seeker) will vanish without a trace, with or without the seekers acceptance or denial, assistance or resistance.

You may feel that you are waiting for the stage curtains to open before you can 'do your thing' but I assure you that there are no curtains. Everything is seen! There is nowhere to hide and nothing to cover yourself with. Awareness is naked. You are invisible. All your costumes are made of dream stuff. And the prancing about as all these multiple characters is simply in the dream. It is just a lot of appearances revolving around reference points in or on NO thing. Trace it all back to the first instant of being-ness. The Knowing is never in the object that appears.

It is commonly believed that reality is obscured for the seeker of oneness. It is not obscured at all. It is right here at all times. It is all so very simple yet it will always appear to be a paradox for the dualistic nature of ordinary mind. Know that 'no one' sees it because it cannot be seen yet we can't really say that we don't see it. 'No one' knows it because it cannot be known. But we can't really say that we don't know it. Why? Because it never compounds into any 'thing'.

It is this activity of Seeing. It is this activity of Knowing. You look for it and try to conceptualize that which is ever prior to all concepts when naming it (turning it into a concept) makes no difference at all. Having given it so many names, you think you understand it. Instead, see precisely and clearly that all such 'time bound' conceptualizing is simply content of mind. Are you that content of mind? Or are you beyond that? Concepts all come and go. Do you come and go?

We can only be it and yet we attempt to be all manner of other 'things' and qualities, which we deem to be superior or whatever. And what we attempt to be is always 'other than what is, now'. Yet, effortless presence awareness is this presence, this authenticity that you are. You have no choice in being that, nor do you have a choice about anything else. In fact the realization of that presence awareness not even anything other than the simplicity of being. This ever-present direct cognition is unmediated, and recognizing that imparts to the mind what people call realization. Realization appears to come and go. Presence IS.

So whatever appears as mind content is not and can never be anything separate from the authentic presence. The singular fact is that direct cognition (knowing) cannot be turned off. It is uninterrupted. It is uninterrupted 'experiencing'. All proof to the contrary is just opinions and hearsay.

Love is not a concept. It is an aspect of the nature of Non-duality. Love is another word for Being or

Awareness. Love is not a problem. Sex is not a problem. It is the meaning 'we' put onto life that seemingly creates all the dramas of life. How many wars have been started over love or attachment? All wars are self-centred activity!

There is NO teaching of Non-duality. Non-duality IS what IS. Duality is just appearances—what 'appears to be'.

A concept ('I') can never SEE. Seeing is happening and the 'seer' is a phantom, a reflection in the mind. What is authentic remains authentic and incorruptible and what is unreal simply remains as unreal.

Hidden from the seeker is the very thing that they search for. It is hidden by the activity of seeking and identification as an object, 'I'. What is hidden? Simple everyday knowing. With nothing added as mind content, it reveals itself as the singular constant that one knows is what I am with nothing more added.

Put aside any resistance and simply rest in an open view. With no references to, or even a notion of, a past and with no references to a future with its inevitable expectations and anticipations, let the mind rest on nothing at all.

It is all appearance only. How many clouds have there been in the sky? Do any of them have any distinct and lasting characteristics as a separate entity? Trillions upon trillions of clouds have gathered and swirled around, dropped their rain, hail, sleet and snow, and then dissolved back into the empty sky. Millions are forming right now and millions are also dissolving. Not one cloud has left a trace of itself anywhere; no cloud is stuck to the sky. No thought is stuck in the mind.

There are billions of microbes in and on your body and they outnumber the cells of the body by far. Who are you? Who is running this 'show'? 'We' think we are so important but even something like the weather can put us in our place so easily. We run and hide, take cover, then we re-emerge and start our arrogant behaviour all over again. Who are we? A small bug can wipe thousands of us out of the scene in a few days. The tragedy of it all is that the self-centred activities and the self importance 'cause' all the suffering and so few are willing to look at those factors with any precision.

## Emptiness moves as everything

Space is empty. Some hint of movement 'creates' forms from nothing. The swirling activity 'creates' a sense of something 'happening'. 'Identity' forms from nothing. At the core of the experience-ing there is an absolute stillness—pure observing.

There is no entity with any substance in the clear seeing. Step back from whatever reference point is there, step back. Seeing appears to step back. So you see what was being identified with. Step back and keep stepping back until there is no 'form' of identity. In this way one 'enters' the absolute—No Thing. No one has ever gone beyond no thing.

Natural presence is subtle and space-like in its nature.

It has been described as 'the peace that passeth (beyond) all understanding'. No Mind.

Stay with the resonance in being. Whatever resonates clearly is 'your guide'. It is what you are that recognizes what is true, because it IS true itself. What some call 'The Law of Reciprocal Vibrations' draws you to the core of your being. It is realized that you have never ever left this core essence.

BEING is this immediacy. There is nothing outside of this immediacy. All postulations about anything existing outside of this immediacy are only an

appearance in this immediacy. The only evidence can be in this immediacy.

The falling away of belief in becoming reveals naked being. The apparent 'arrival' is really a departure, a departure of something that 'was' believed in—the idea of 'becoming'. Nothing is achieved. No one gets liberated. The natural state is already here.

The only reality you are absolutely certain of is the fact of your own being

All of the senses are here as instruments. Without that living, pulsating intelligence, which is 'behind' it all it would all amount to nothing. It is No Thing appearing as everything.

If there is an absolute reality, then it must penetrate all time and all space. Therefore it must penetrate or permeate the mind also.

All you have is this 'experiencing' right now. Every experience appears nowhere else than in this experiencing.

Cognition is 'a stillness' and a movement—Nirvana and Samsara, if you like to call it that. The capacity of cognition is from beyond that pattern (that movement) called a 'person' or an individual, body, world etcetera. That is why we observe it all.

There is no one to experience anything as something separate and there is no deeper or shallower in 'What IS'. There is presence and 'space' itself appears in this knowing presence. In that space objects, matter and gaseous substances appear. The whole universe including every speck of stardust are potentially known by that which it all appears on, this space-like awareness. Awareness is not limited to individuals at all.

The body appears in the mind and the mind appears in awareness. Awareness does not appear or disappear we can say that 'Thoughts appear and disappear' *on or in* awareness but they are nothing but awareness appearing as thoughts, concepts, ideas and memory.

Now, where does it all appear? That is the question. Everything registers cleanly and precisely prior to what the mind 'makes' of it.

SEEING is happening and everything—words, states of being, concepts, and the world— appears in the SEEING. **There is NO 'seer'.**

When the dawn comes a memory of a long-standing burden is gone. Before the mind can reconstruct the

story of me, relax and breathe freely. See that everything is light, everything is this pure awareness – it is self-aware.

This emptiness that encompasses everything, far beyond where the limited eyes can see, is self-luminous. A joyous rapture is this natural state which is beyond description.

Even the words that appear to bring a new insight are nothing but an appearance in the 'mirror'. The recognition arrives unexpectedly and recognition can only happen BECAUSE it has already been cognized. This is a subtle point, easily missed, but these are just words.

Knowing is an activity, a movement. Without this knowing, nothing is. This knowing cannot be turned off or on. Retrace your 'steps' to the origin of being. Becoming falls away and leaves you as you are. You can never label that.

All shadows are cast by a single source of light. When the light of seeing comes to the fore, all shadows merge into the background.

Everything is contained in the seeing. The sensations of the body give the impression of 'something located' in space. The apparent duration of contemplation gives a sense of 'time'. By investigating all these sensations and concepts and by eliminating the associations of attaching some identity to them, the open view

expands naturally.

Whatever appears MUST be registering 'somewhere', that is logical. But where are these impressions, these sensations actually registering? The mind will attempt to answer this but it can't. Where is the witness of it all?

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