

# Who do you think you are?

Without a reference point •



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Gilbert

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Without a Reference Point

An e-book

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Gilbert Schultz (2011)

*The concept of 'knowing' is NOT the knowing.*

*The concept of 'seeing' is NOT the seeing.*

*The concept of 'awareness' is NOT the awareness.*

*The concept of what you are, is NOT what you are.*

*The concept of One-ness, is NOT Oneness.*

*The origin of all concepts is non-conceptual  
awareness—clear and empty, pure cognition.*

## **Introduction**

The drama that 'we' feel is the drama of 'incarnation'—the spirit incarnated in a body. The whole drama is a fiction and it remains a fiction until one truly investigates the fact that the body 'appears' in the knowing. 'I am not the body, I am not the mind' is a penetrating directive, which challenges the individual on all fronts. It leaves one with nowhere to hide.

In the Hindu Cosmology it is said that The One, all knowing presence, 'became' many and thus ignorant. The Cosmic Drama does not exist and yet 'we' feel it as an inner conflict, a disease in being. The 'reason' for this disease is that the believed in 'entity' has NO being whatsoever and so the ease of being evades us. This is why it is imperative that the recognition of our true nature takes place.

There is no peace of mind. Try as

long as you want to achieve it, it will NEVER come. There is NO becoming—there is only BEING. Understanding is in BEING, not in the mind. All the concepts that appear can be understood or misunderstood. The mind is the content that appears in being. The mind appears in what you are. You are not in the mind.

Man and the Cosmos are reflected in each other and yet they are ONE. This mystery reveals itself as duality—revealed to THAT which is Non Dual.

The content of this e-book is addressing, head on, the mechanical nature of the mind. The material is not contrived by a mind. It is simply expressions happening, as if inviting the reader to SEE from the emptiness of this wordless knowing that I AM (you are). Doubts and conflicting reference points in the mind dissolve by themselves.

There is no one here claiming anything. When the same is true

'there' then there is real communication.

*'The ONLY fact that you are absolutely certain of is the fact of your own being.'* These words were first heard 'here' many years ago and were spoken by Bob Adamson, better known as Sailor Bob. I did not realize the 'deep' significance of those words immediately. As you read the contents of this e-book, I suggest you can be conscious of this fact without losing it to thought and attachment to ideas. Some passages may *appear to support* 'that fact of being', while others may *appear to threaten* it.

Being conscious of this consciousness *'changes everything and nothing'*. There may be a subtle sense of expansion of awareness beyond the realm of thought.

The limited views of the 'me', through what we term 'beliefs', are not useful when it comes to re-discovering our true nature. Belief is NEVER the actual.

Many terms and words *appear* to help us to define 'what I am' but they fail over and over again. The word 'enlightenment' when first discovered may have a wondrous sense to it, but then 'I want it' enters along with 'I don't have it'. And if I become a Buddhist, I am told it may take a thousand life times to get it. So, even a wondrous word like 'enlightenment' and its promise are turned into a new belief about the 'time' of its future fulfillment, which is no more than a conceptual mind projection—a time that can never arrive because the mind is in the realm of 'becoming' when there is ONLY BEING. Now!

Another pointer that Bob Adamson uses with those who visit him is, '*What time is there, if you don't think about it?*' This is another very potent pointer in the form of a question. Another is '*The answer is not in the mind*'. But where do we go to think that through? The mind! Ironically the pointer is missed almost instantly.

The Hsin Hsin Ming of ancient days expresses it concisely: *'Stop talking and thinking and there is nothing you will not be able to know.'*

What all these pointers are pointing to is 'non conceptual awareness'.

I transcribed Bob's book, *'What is wrong with right now, if you don't think about it?'* from meeting tapes, in 2000. It took a few months of listening to Bob before 'the message' really started to sink in. Hundreds of erroneous beliefs were dissolved into this presence of 'no mind'. Two years later, the expression was clearly arising in me. At first it was not all that 'clean' but it cleared up fairly quickly. Then a natural compassion to share simply happened.

Revulsion for 'spiritual bullshit' and the 'holier than thou' attitudes of many teachers and devotees was expressed in colorful language here quite often, and a lot of 'trouble' was stirred up. Over a few years, that revulsion simple melted away. 'Much

ado over nothing' as Shakespeare expressed.

Now, there are expressions happening and many of them stop 'others' minds dead in their tracks. Not everyone wants that, and they don't recognize the intrinsic value of it in the same way that they don't recognize their own true nature. It is 'belief' in the 'personal' that stands in the way of clear and present knowing (Gnosis).

The words in this e-book are offered to those who are open to the investigation of 'their own consciousness'. What is revealed is that it is not 'owned' by anyone. Everyone 'appears' in THAT knowing and everyone is THAT.

Without further ado, let me invite you to read on. Read only a few pages or fewer at a time.

This material is constantly returning to an unrelentingly, direct pointing, to our true nature, beyond the confines of all the conceptual boundaries the mind usually wraps

itself in. The point of these pages is not to lead the mind off into endless conceptualizing but to open it to 'present evidence', to the recognition of the ONLY fact you can be ABSOLUTELY certain of, 'The Fact of your Own Being'. Being consciously aware of being conscious, while the various activities of mind go on, is a key element. However, the description of this is often misleading due to the nature of beliefs.

Basically, you are not asleep. There is wakefulness. That wakefulness is the key element and it already IS present. You need not make any effort to be what you already are.

The messenger is not important, it does not matter who plays the role of pointing. Worshipping the messenger is a very common error.

I am available for email consultation and Skype calls by appointment. I have a policy to answer all emails. Questions will naturally come up. They need to be asked and dealt with. Doubt is a thought. You are

not a thought so don't identify yourself with a doubt. There is no answer in the mind but the mind must be understood. Assistance is available. Don't be shy. The resolution of 'personal angst' and psychological suffer is at hand. Don't let an old habit of shyness put you off. Compassion is never far away.

Gilbert, June 2009

## **This unquestionable singularity**

When the mind cannot find any words to describe this immediate experiencing, a stillness beyond conceptualizing 'appears' as an expansive living 'sensation' as subtle as space itself. What can be recognized is that everything that 'appears' in THAT is also THAT—No Thing.

The realm of the appearance, from the grossest to 'the infinitely subtle', 'registers' on THAT which is beyond all subtlety. Words cannot describe it, they can only 'point'. This registering, this immediate activity of KNOWING, is undeniable and there is no need to affirm it and it is impossible to deny it.

One could say that there is just a knowing presence, which includes the knowing that there is no 'you' here that knows anything at all. It is simply this clear and immaculate 'presence'. Enough said. Except maybe this: In the light of that revelation it must be obvious that when anyone implies THEY are

personally enlightened, it is nothing but an obvious and unconvincing charade of the mind, instantly recognized for what it is and dismissed without delay.

A simple pointer is: The space out of which 'you' are apparently seeing is singular. The 'you' can be questioned or investigated but the space and the seeing are both beyond question. The space and seeing are one and the same. There are usually two eyes but the space (and the seeing) is singular. Be conscious of this space without thought for a few moments. Get a good taste of this singular nature of seeing-knowing.

## **THE 'ME' cannot see**

The natural state is NOT the 'me'. The 'me' is a story, perpetuated by an unquestioned belief in being that 'me'. In the pure SEEING there is no 'me' to get in the way. The 'me' only seemingly enters the 'scene' once the mind starts to translate the actuality, to describe it with words. Stay AS this actuality, as the pure

SEEING. Be nothing but the SEEING and recognize that everything, EVERYTHING is an appearance in this SEEING.

So, how can 'an appearance' touch what you are, or harm you in any way? Only if there is belief in the appearance can it 'seemingly' threaten what you are, but what you ARE cannot be threatened or harmed. That essence that you are is what some call 'The fearless-deathless spirit'.

Once we break out of our uncomfortable 'comfort zone' of believing in being this 'little me' then a sense of impartial freedom 'appears' spontaneously but that 'appearance' is not a mirage, like the me, it is the natural state rising up out of the mire of the mind and was NEVER truly covered by the mind content ever. Our true essence recognizes this open naturalness of being free in the moment—it is not a 'you' or a 'me' that recognizes this or anything 'other', it is the Seeing.

The ME cannot SEE. The 'me' is non-recognizing. SEEING is happening and there is only one SEEING happening. Why bring the 'me' into it? It is an unnecessary limitation and only an unquestioned belief.

SEEING is not happening through any concepts. Pure seeing is unattached to concepts. All concepts only appear and disappear. Whatever 'sense' the mind tries to 'make of the appearance' can only be 'more appearance', more concepts. The 'me' and the 'other than me' is the 'mother lode' concept. So drop all concepts and SEE. Then it doesn't need to be 'made sense of' in the old mind. New revelations will unfold naturally without the 'me' distortion or bias.

'We' are so habitually attuned to believing that the 'me' and the mind's translation is reality that when we are asked to SEE without any words, concepts, images or memories, it seems like an impossible task. Yet, simply notice that SEEING is happening 'all the time'.

## **The Wordless, non-conceptual state of being**

The not so subtle point, that is not recognized by many, is that the 'I am' is a verbalization of BEING. The being is not the words, the words come out of the being, they merely represent the being. Naked being is prior to language, even logically—you only learned words some two or so years after the birth of the body. The natural state is wordless, even though words are expressed from it.

Now this point cuts to the core of why so many misunderstand what is being pointed out. Misunderstanding can only occur in the mind. Pure understanding is translated through biased concepts and beliefs and 'people' believe that they are the central character, the 'knower', and this is so even when they say they don't believe in that character. It is never a matter of belief. You KNOW, or more specifically there is KNOWING, and that *activity of knowing* is not in any of the patterns that *appear*.

## **You are not what the mind translates**

In pure knowing, seeing, there is no misunderstanding. Everything is seen and understood before the mind translates it. The words come 'after'. Opinions are made of ideas and words. Beliefs are constructs in the mind and they appear to form into habits of belief.

Any clear insight that may happen is actually instantaneous and wordless. An insight occurs when the emptiness of things reveals itself. The mind then 'later' translates it into words and ideas by association and associations are all 'memory' (past).

Is it a challenge to consider that you have never had an original thought, even if you believe you have? Conversely one could say that all thoughts are original, without exception. Is it not so with your thoughts?

Thoughts are impersonal but many thoughts 'we make' personal, almost instantly, from habit. This is 'done'

with a simple referencing to a 'me'. In the freedom from believing oneself to be an 'entity', an entity that is 'attached' to thoughts, the thoughts appear clearly to be without bias or attachment. Clearly, the habitual bias is a reference point called 'me'.

The *immediate and clear knowing*, itself, is wordless. The habit of the mind is to translate events and experiences into something personal, and this eases off as this open view of pure knowing reveals itself with increased frequency.

## **Knowing is all there is**

Once one understands the basic principle of something, one can see that everything else relates to that basic principle. It is the same with this principle: The central point is 'KNOWING'. Everything is the knowing no matter whether it is deemed right or wrong by the mind of habit.

The subtleness of this basic principle of 'knowing' remains indescribable

yet once it truly 'hits home' the limited sense of being vaporizes and one can see and know that everything is vibrantly 'alive' as REALITY while it still appears as events and experiences 'in time' or 'mind'— before enlightenment, chop wood carry water, after enlightenment, chop wood carry water.

What is remarkable and yet not noticed by most is that this naked awareness is not subject to time, is not emerging from or passing through the mind and is not personal.

'We' have so many problems because we personalize everything and lock ourselves into a mind realm of time and endless conceptualizing. In essence, the bondage of self is conceptual bondage. As long as conceptual bondage appears to predominate the natural being-ness, the clear view is 'seemingly' obstructed but in truth nothing truly obstructs awareness just as a speck of dust does not obscure an open window.

## **You are not the body, nor the mind**

When Nisargadatta says, 'You are not the body, nor the mind' he is not stating some wise words or a cliché. Consider his statement. If you are not the body, nor the mind, then what remains? People pass far too quickly over such 'pointing' because it goes to the core issue and it does not fit with their personalized and often pretentious spiritual pursuits.

I would say this: Stay with the wordless subtle being-ness, which has been simply named 'I am'. The impulse to 'stay with this' comes not from the 'person' that you may believe you are. It is always spontaneous and unexpected. It is the resonance of BEING; intelligence beyond anything to which the habitual mind has access. It is not possible to describe it all that well because it is wordless yet you KNOW it far more intimately than anything else. It is formless, it is what you are, invisible and untouched by whatever it is that *appears to be*.

What you truly are is the true being—timeless, universal and unlimited. These are not fancy words. They point directly at what you are—everyone is THAT.

The habit of identification can be broken because it is impotent and time bound while the timeless remains self-evident and is the potency. A habit is a pattern of repetition and what you truly are never repeats itself, it is ever fresh and ever now. Repetition is the appearance of changing phenomena. What you are is one without a second.

Sri Nisargadatta Maharaj said, *'Wherever it leads you, it will be a dream. The very idea of going beyond the dream is illusory. Why go anywhere? Just realize that you are dreaming a dream you call the world, and stop looking for ways out. The dream is not your problem. Your problem is that you like one part of the dream and not another. When you have seen the dream as a dream, you have done all that needs be done.'* There are no self-realized

'persons'. The WHOLE is self-realizing in every moment, just as it is. The perceived appears in the SEEING. The perceiver is an appearance also. Stay quietly AS the SEEING. It is what you ARE.

The identification with being the body, the 'me', is erroneous. This naked seeing is the profundity which cuts through all obscurations. It may bring a speechless, thoughtless state to the fore that will appear to recede as thoughts reappear but it does not disappear. The thoughts appear ON it. It is like the mirror where all we are seeing is the mirror where the reflections ARE the mirror and the mirror is difficult to ascertain unless one examines it closely.

The ground of being is this SEEING-KNOWING. It is the uninterrupted experiencing. There is no 'experience-er' except as an appearance, a story, in the mind. And mind itself is just a label anyway.

This knowledge is transparent and is in fact nothing but KNOWING. Once

re-tasted fully, it can never be forgotten.

## **There is no journey**

A 'man' may feel as though he is in the thick of a forest where the trees are 3 feet apart. He may feel locked in, lost. He may see some more light in a particular direction (*something may resonate in him—a glimmer of recognition*). As he moves through the forest (in time), towards the light, the trees get further apart. Things become clearer and the claustrophobia eases off.

The trees eventually become sparse and then he reaches the clear open field of vision where nothing obscures his view. Walking further he finds himself in a desert, alone. *In the desert there is very little to identify with, few objects to attach oneself to, no habitual comforts etcetera*. But, in truth, at no point throughout his 'journey' through the 'relative unfolding landscape' is the clarity of vision actually impaired.

Our true essence is sometimes called space-like awareness. Nothing actually obscures awareness. Everything registers cleanly, all of it, including what the mind interprets as good and bad. The forest and the desert both appear in this space-like awareness. Every 'step' takes place in the present, the reality of NOW, and the concept of 'time' is also appearing in the 'space-like awareness'. Realizing one's true nature does not depend on being out of the forest. *One realizes that everything, without a single exception, appears in what I am.*

Many obstacles can disappear in an instant. *The 'ghost' of those believed in patterns may hang around but they are no longer anything of interest.*

It appears that the mind will not be convinced by mere 'pointing' or hearsay. There must be a genuine interest.

In the instant of recognition of our true nature, or what some call

'liberation from self', all obstacles have vanished.

The mind is not the enemy but it sure helps if it is a friend—a friend does not resist or struggle against you.

At the core of our being there is a brilliant intelligence and it spreads throughout the being once the doubts and erroneous beliefs are seen through. The habitual limitations are lifted away. It *appears* to take time, and it will appear to take forever if the resistance to what is true is indulged in. It is the 'me' that resists.

What you truly are, what I truly am, is not resisting. It is far more efficient to drop the fixation with being a 'me'. The story of me draws some comfort from the story about 'it takes time' and if you invest in that story, it will take forever. The direct insight is instant and outside of time.

## **Drop the 'me' and what remains?**

Knowing does not arise out of any 'thing'. All things simply appear in the knowing. Knowing is truly all that is happening. You may ask, 'How do you know that?' I reply, 'How do you know anything at all?' That believed in 'you' is just 'an appearance'. Drop it and SEE what happens.

The 'me' is a thought. A thought is a vibration, energy, a movement, a pattern appearing. The energy of belief seemingly gives these patterns an apparent 'separate life'. All this is fine and not 'a problem' but if one believes that this appearing pattern is what I am, then that results in 'trouble' because as soon as anything confronts this pattern, and things will certainly appear to, then the 'me's' situation is tenuous. If this 'image' of 'me' vibrates into a 'negative' pattern, the appearance of suffering or conflicting reference points of mind draw the energy into a battle. This 'creates' or 'causes' inflection. But once this 'me' has been recognized clearly, it can't be

believed in any longer and so the conflict or battle has no 'form' to which it can attach itself.

It is extremely simple but most will not believe it is simple. They THINK they 'know it' as very complex and as an almost inescapable situation. But as I say, the way out is NEVER through the belief system. The ONLY 'way' is through KNOWING. Knowing will always demolish beliefs simply because ALL beliefs are NOT the ACTUAL. KNOWING is the Actuality.

### **Not later, now**

In this immediate presence, there is knowing happening. Many bring up a 'reason' as to why they are not 'ready' to see that they are already free. Usually they hold to some idea that they need to be ripe or whatever the concept is. Conditioning is held up as a 'reason' for not being ready. But, what conditioning is there if you do not think about it? Without thought, you cannot say that there is any conditioning.

So in this immediacy of knowing, 'we' postulate a time when there was no knowing or there was some conditioning that obscured the knowing, or some other concept to explain why we cannot be the knowing. But, you cannot live a moment ago. You cannot live a moment in the future. And, further, you can recall the past, only because of KNOWING.

Knowing is timeless and memory can only arise in this knowing, this immediate presence. 'When' certain events 'happened', the knowing was (is) there. The impressions register in the knowing.

There can be no impressions of the future, because they have not happened yet. Predictions and anticipations are mind projections in the present, in the knowing presence. It is the same with thoughts of the past. How curious that in this knowing presence, 'we' postulate a 'time' when there was 'no knowing'.

If you really examine these concepts, it may well reveal that it is all 'stories' appearing in THIS presence, this KNOWING. All there is, is knowing!

Recognizing the clear and obvious nature of THIS is beyond the realm of concepts. Are 'we' so addicted to concepts that this obviousness of presence awareness has become a stranger to 'us'?

*Sri Nisargadatta Maharaj said, 'So long as you are identified with the body, your surrender has no meaning. What is meant by progress? There is no question of progress, in the spiritual sense. To become more and more convinced about the guru's words, to get more understanding about your true nature is the only thing that matters. Other than that, there is no spiritual progress or spiritual path, because you are That. Only you must be absolutely clear about it.'*

*The visions you get while doing meditation, what about them? Don't give much importance to them.*

*Because the first miracle you have is that when you know that you are, you see the world also. It means that in your consciousness the whole world is present. Surely, that in itself is a miracle; to see the world with your consciousness. What greater miracle do you want?'*

The light of knowing shines through the mask. Nothing EVER obscures awareness. SEE that this is so right now. The beggar vanishes; the seeker's image dissolves into the fading mists of the mind. Dawn has arrived.

## **Silent understanding**

Each thought is a seemingly separate 'thing' appearing. But consider, do you actually choose any thoughts, and if you believe you do, where is that choice taking place?

A stream of thoughts appears to have meaning, and in that stream there is a repeating reference point—'me'. But every appearance, whether it is a thought, an idea, a concept or a pattern of energy called

a 'thing', appears and disappears in the SAME space-like awareness. If you consider that 'you' have some special access to 'how' all these things appear, then you are dreaming.

There is only One Knowing and this knowing is ALL INCLUSIVE and it is not a knowing belonging to an entity or an individual. This knowing is not 'in' the pattern that appears. The patterns appear in it. That is a mystery for the mind.

It is the TASTE of SEEING-KNOWING that eliminates the 'personal concerns' about 'getting this'. The SEEING-KNOWING is already complete and understanding is actually wordless—it is silent understanding. The instant an insight happens, there are no words. The insight is simply naked knowing. The words arise after the insight as the mind translates it, providing an account of proceedings. Do you get what I am pointing at? Can the mind actually grasp it? Or is it simply known as a resonance in being?

## **No ifs and buts about it**

We all use the word 'if' but when it comes to this 'subject' it doesn't really help much, 'IF' at all. 'IF this and IF that.....!' Postulations about what? What you ARE is KNOWING. There is NO 'IF' about THAT. Postulating this and that is just a mind game. Be the KNOWING and SEE 'what IS'.

The definition of Reality is: Reality is that which never changes. All that 'you' know—'knowledge'—is changing.

There is no awareness of awareness, there is ONLY awareness. Awareness of presence or the presence of awareness 'appears' AS 'the experienc-ing'. That experienc-ing never changes—the content (experiences) is ever changing.

'If it is there where you are', see IF you can find a 'point', a 'locality', 'where you are'. Investigate that thoroughly and what is discovered is that there is NO locality and NO time, no volume and no duration in

that direct and immediate experiencing. As Bob Adamson says: 'The false cannot stand up to the investigation'. So, stop postulating about IF's and take a good look into IT.

'IF' is the biggest word in the English language. IF a fire was threatening that body of yours, wouldn't intelligence spring into action instantly? Would it wait for permission from that 'ME'? No! All the story about the danger would come in after the fact, after the 'escape'. The 'me' story is not the actual 'reality'. There is no escape for the me. There is a FIRE that burns inside you. What are 'you' going to do about that?

When the intelligence does not have to pass through the 'me' idea it flows more cleanly and directly. Is confirmation of this required? What substance can any confirmation have? There is no need of confirmation. Knowing is the confirmation (if you insist on one). I am THAT. Any other confirmation would only be a concept. Being is

Being. The mind cannot give or take away from THAT because the mind is contained in THAT.

All this discrimination, of this and that, is dualistic. The polar opposites 'appear' within ONE presence. That presence can have many names: Awareness, Consciousness, Knowing, Being, Understanding, Essence.

The Understanding that is sought is NOT in the mind. The Knowing that is overlooked is NOT in the mind. The Presence that you ARE is not in the mind. Mind is Time. Presence-Awareness is not bound by something called 'time'.

Bob says 'Start from the FACT that you are already THAT'. That 'pointer' is so direct and potent. All these questions about consciousness versus awareness and 'If this and if that' drop away instantly. The simple nature of awareness is non dual. Be THAT. It is too simple for most and everyone passes over it. They continue searching in the mind terrain for all manner of experiences

and knowledge and all in vain.  
Understanding is SILENT, wordless.

The fabricated understanding of mind is NOT understanding at all. Understanding is complete, right NOW. It does not need 'you' to 'do' anything before it 'becomes' present. It is 'presence' and it reveals its 'clear presence' when the 'mind' is NOT. Mind is thought.

## **You can only see it for yourself**

No one can reveal it to you. All we can do is 'point'. As the ancient text says 'Stop talking, stop thinking and there is nothing you will not be able to know.' Like all profound 'pointers' we read them or hear them and say 'Wow, that is good' (or not) and then we go on and on searching back in the mind trying to 'get some new understanding through some new formula'.

In really hearing a 'pointer' it stops you dead in your tracks. A 'space opens up'. I call that 'the space of knowing'. We may need to hear 'the

message' many, many times until it dawns on us.

One could say that the core point is that 'the essence of what I am' (what you are) is THIS immediate 'knowing'. It is always prior to the mind's activities—mind has only reflections and concepts about (that) 'knowing'. The mind translates THIS knowing into words (about 'objects' and experiences) and then takes that to be reality. That realm of thought is ALWAYS belonging to 'a second', when that essence of pure knowing is 'One without a second'. I am THAT.

As Bob says: 'There is no answer in the mind.' There is nothing simpler than Non-Duality, yet, as a subject—'me'—it is approached in 'the mind' in many complex ways. But it is not complex and is not something that is attainable after years of practice or study. But there are no professors of Non-Duality because there is nothing to teach. Everything that is taught on the subject is dualistic and it is bound to be so.

Non-Duality is the nature of Oneness. Every apparent 'thing' is contained in the One. That is far too obvious and the clear apprehension of that fact stills the mind's restless activity. But the ego is not interested in that. In that empty 'space-like awareness', clear cognition (knowing) reveals itself and then conceptualization 'eventually' steps back in. This is natural—the mind functions as an interpreter, naming the experience, and nothing of that functioning actually separates the Oneness. Nothing in the mind realm actually separates any 'thing' from any other thing, and any apparent 'form' or substance to the notion of 'separation' is an appearance contained within the (knowing) One.

Everything is the One, appearing to be 'something' or 'other'. All appearances appear nowhere other than within the One. You can see this 'within' the 'presence' that you are and where else could or would you see it?

'We' look through a 'hole in the fence' (through our labels and words) and 'think' we understand, and 'we' project our words and personalized meanings onto everything 'out there'. We then get upset because 'the world' does not respond according to 'my projection or my plan'.

In truth, a truly wise being and a town tramp are equal in this ACTUALITY. The 'image' that appears in the mind of 'me' is reality only as an IMAGE. It has no substance at all. The BEING, that each and everyone IS, that contains Everything, is Singular. It is nameless, un-manifest, No Thing, the container of Everything. It is NOT negotiable.

### **Stop talking and thinking...**

All 'things' appear and disappear. They are vibrations expressed in and from THAT, from No Thing. Tracing one's own immediate 'being' back to THAT is the dissolution of belief in being separate. Starting from the FACT that I am THAT requires

nothing, no action, no time. Time ceases 'to be' because it never was.

THIS silent understanding is so familiar to you, you overlook it. It remains silent and wordless. 'I' call it knowing—not knowing anything in particular—just knowing. That is the natural state. Stop ignoring it! As the ancient text says 'Stop talking, stop thinking and there is nothing you will not be able to know.'

To think you need to 'dig a little deeper' is ridiculous. Such thought is ALL appearance, roots and all. Everything appears in the cognizing, every speck of it is an appearance. There is no deeper or its opposite. This 'space-like awareness' has no centre and no boundary. Can you find any 'cognizer'?

The thoughts that appear are not 'your thoughts'. The 'thinker' is merely another thought. In seeing that fact it may be recognized that the seeing is not passing through any processes of mind—no labels or concepts are attached to the SEEING.

The 'natural state' of seeing and knowing is not attainable by anyone because it is ALREADY present. Repeat the ancient texts: 'Stop talking, stop thinking and there is nothing you will not be able to know'.

You cannot negate that knowing. That fact alone is enough to demolish all 'seeking'. Or simply recognize and know that the 'seeker' is just another thought. What you ARE is not a thought. Pure knowing, the ACTIVITY of Knowing, is not 'OF the mind' or the brain. The mind, body and brain are appearances in THAT knowing presence—BEING. There is no becoming to it. Mind is leaning, through its concepts, towards 'becoming' and burdened by, or trying to escape from, the past. Mind is TIME bound. There is no answer in the mind—it just goes round and round. No one takes any notice of this and they go back into intellectualising.

There is NO Duration to Knowing, no beginning and no end. This is so

very obvious but 'we' ignore it, 'we' don't notice it.

There is NO Observer. See if you can find one. There is only Observing, seeing-knowing. All the rest, everything you know of, is an appearance or a conceptualization. What 'everyone' misses (and that is natural because they insist on being a 'someone') is that this 'knowing presence' is timeless, ceaseless. The experiencing is also ceaseless.

The mind divides that empty space-like awareness with concepts of this and that. The 'loaded' idea of 'I' is there so quickly, from habit— 'I am the witness', 'I am the thinker' etcetera. The empty space of knowing (space-like awareness), which is always present, is not recognized as what I truly am. Any meaning you 'apparently' give to anything is from acquired mind— words, concepts etcetera. LIFE is spontaneously expressing itself without labels and words. By looking in the mind for an answer the obvious is bypassed.

The ONLY thing you can be absolutely certain of is the fact of your own BEING. Start right there and stay there. Drop all concepts and be the Knowing. Understanding is silent, wordless. Stop ignoring it.

By what light is any 'apparent' implication seen or imagined? The light of awareness cannot be seen. It is not apart from the SEEING. It is All Inclusive. All implications about 'directions' appear nowhere other than on (or in) awareness. Isn't it the mind that follows implications and gets lost?

There is no answer in the mind. All mental activity is an appearance and it disappears. Words are just expressions. The description is NEVER the described. The conflict over details is because of attachment to biased views and opinions. Keep it simple. 'You' cannot negate 'seeing-knowing'. The brightest scientist cannot truly explain that livingness that animates his or her own organic life and allows all activities to take place. Theories are merely conceptual

constructions. This is self-evident in the simple fact that you cannot negate this being-ness, this knowing, this presence.

## **Where are you seeing from?**

Where are you truly SEEING from? That 'view' is actually from beyond time and space yet the 'material' that forms as thinking about this, or anything at all, is a translucent appearance in this 'open view'.

All fragments of relativity are actually absolute. This is beyond comprehension. Each fractional 'point' contains everything, the WHOLE. For the mind this 'feels like' an Infinity Loop because of 'self-referencing' but this seeming individuality dissolves and re-forms in 'time' endlessly, yet the Core Essence of Being remains Clear and Empty and is our true nature. Every speck of LIFE is a movement of Knowing. It is wordless, silent. At the 'point' of Absolute Knowing, it is point-less and nothing is happening.

'Who' wants to know this? The dance of fear and desire is only in the appearance, a play of light and shadow. Consider, where are you seeing from? Isn't that view clear and obvious? All there is, is direct and immediate experiencing. The 'me' appears in that experiencing. The belief in that 'me' appears in that immediate experiencing. The mind is time. The actuality of immediate experiencing does not enter into time. Knowing that is enough.

There never was a 'me' ever. 'Who' is it that does not understand that fact? What 'I am' is not a pattern appearing in phenomena. The whole manifestation is an appearance in THIS knowing presence. Full Stop!

You may say: 'But first there is work to be done by a someone'. What 'work' can be 'done' by any believed in 'entity'? Running around the garden chasing shadows just gets tiresome and 'at the seeming beginning and in the seeming end' you ARE what you ARE, no matter what 'work' you 'do'. Being what you

truly ARE is effortless. Trying to become something you are not is impossible, and so it is extremely exhausting for no one.

SEEING this 'fact of being', which is not 'of the mind', is not a seeing with or through the translating mind. The translating mind content appears in the seeing and it cannot SEE anything or do anything—the character is a complete fiction. 'Who' is threatened by such 'pointing'? Let it be stated once more: The translating mind content 'appears' in the SEEING. It is never the other way around. Mind is of TIME and apparent 'time' appears IN the Seeing

It is extremely simple. Just investigate that self-centre, see if you can find anything with any substance or independence. IMMEDIATE experiencing is all that there IS—can you find anything that is not in 'your own' direct and immediate experiencing? The mind personalizes that experiencing and the fact is that it never 'becomes' a 'personal experience'. There is NO

person. You can seemingly avoid this fact 'forever' but that is unsatisfactory and does not reveal the 'ease of being'.

The 'person' only 'appears' in the mind's translation. It is an appearance only. The 'Seeker' NEVER gets where it dreams of 'getting to'. How can it when Being is Being and Becoming is only a belief in a future time and, in fact, there is NO time. Is there time if you don't 'think' about it?

All this is radical for the believed in 'person' but it is quite ordinary in THIS immediate experiencing of Naked Awareness. THIS can never be sold or given to anyone, it simply reveals itself AS it IS.

## **What do you have do to be?**

'People' believe that they have to work on themselves. It is all psychological nonsense. I am saying you don't have to walk through any shit, not in THIS moment and THIS moment is ALL THERE IS.

There is no bondage, never was and never will be, because what you are is NOT a body or any of the passing parade of 'mind content'. What you are is actually invisible, has no shape or form, taste or colour. THIS is the direct pointing. There is NO process, there is NO practice, there is NO shit to walk through.

What you ARE is nothing except THIS presence of knowing. Every 'thing' appears in THAT. There is no story. Full Stop! Yet THAT expresses itself consistently.

The only difference between one who knows and one who does not know is a paradox. There is 'no one' that knows or does not know—the only difference is that the appearance of being 'someone' is seen through or not. Either way, that 'one' cannot get out of presence. The story told is the 'bondage of self'. Stop telling stories and SEE.

Taking delivery of the idea of being a sufferer is the catch. The 'story of 'me' IS the bondage of self. See that

the 'you' does not register anything at all. It can't because it is only an idea. See that the concept about a 'you' registers spontaneously, the same way as ALL impressions register.

No one can 'get behind' that spontaneous registering (cognizing), that KNOWING Presence. All these thoughts appear 'on (or in) awareness', there is no 'entity' there. To paraphrase Shakespeare, 'there is no right or wrong, good or bad, but thinking makes it so (makes it seemingly so)'.

The pointer 'Full Stop', which is one way of pointing to this, suggests that you stop conceptualising, stop chasing concepts in the mind. Full stop, period (!) In dropping the engagement with thoughts, we do not disappear. Seeing, knowing, presence remains without thought being there. This is an 'insight' into our true nature. The natural state, which is always here, reveals itself as non-conceptual awareness. We could say that the essence that we are re-cognizes itself 'more' clearly in

that instant. When the mind 'returns' with its content, it is known that the content is 'appearing' on that clear and empty 'space-like awareness'. There are many words (and concepts) to explain 'something' that is 'no thing' and 'no words'. Full Stop!

Are you reading? No, reading is happening. The words have been learned and there is no entity there. The 'thinker' is merely another thought. Thinking spontaneously appears and disappears. This must be seen and recognized, it is useless as a concept alone. Can you separate the 'reading' from the thoughts that arise from the reading?

Decisions are seemingly made. Don't take my word for it. HAVE a look. SEE if you can find a decision MAKER. There is not much point looking for conceptual support for the habitually identified mind pattern called 'me'. You wont find any. All that seemingly happens is that we keep propping up a fabricated self-image.

It is not a small point to say that 'most seekers' have no wish to see through 'the bondage of self'. There is just too much invested in it and lots of stories of the 'progress' already made by that 'entity'. We build our 'house' on 'the shifting sands of the mind' or a castle in the air—all 'constructed of' concepts. Consider the old saying, 'Build your house on the ROCK'. The rock symbolizes 'what is true' or the Truth—'Know the truth and the truth will set you free'. Beliefs need to be questioned or they will bind the mind in 'endless time'.

### **Are you what you think?**

'We' 'think' we are so important within our erroneous beliefs. 'We' chisel our definitions and cling to insubstantial 'things' that are only transitory appearances 'in the mind' when in reality there is no 'mind' apart from thought. It is more correct to say, therefore, these transitory appearances, thoughts, concepts and images, ALL appear nowhere other than 'in or on'

awareness. Has any one of them ever stayed stuck in the head or mind? No. They may appear to go around and around but they all disappear without exception. Have a look now. Don't they all disappear from view when you really look?

Understanding is in BEING, not the mind. BE, just BE. Stop trying to 'become' something 'other' than what you ARE. Be what you are. It is very, very simple yet so FEW actually take a good look at the believed in self-centre. While taking a good look for that self-centre, ask yourself this: 'Where am I seeing FROM?'

The arguments that are often put forward are all 'postures' taken in the dualistic nature of mind, a posture taken by a believed in entity. This is so obvious. If you are so convinced that this 'decision maker' exists then why not 'decide' right NOW to investigate the 'me' and SEE IF it is true and real? Don't get me wrong, I am not being rude, just direct.

'People' don't like directness because it disturbs the illusions of that imaginary 'entity'. Then they complain that they just don't 'get it', that it is 'too difficult'. Endless blah blah is not going to bring anything fresh and new. This moment is fresh and new, is that not so very, very obvious?

So many extremely direct pointers, free of time stories, are available and 'seekers' expect to be spoon fed, or for roasted pigeons to fly into their mouths while they lay back in a hammock in the sun. All it takes is ONE clear view of the fact that there is NO 'me' there and the whole story of me dissolves. It will arise again but it has lost its intensity. It can't catch 'you' because you have seen through it. I ask again, where are you SEEING from? It is not from a concept in the mind.

By which light do you see? By which light do you know anything? Does the Sun SEE its own radiance? Can you SEE that awareness that you ARE? The endless enticement for the

mind is the believed in 'fantasmagorical concept' of some ecstatic state to go looking for. It is an ignoring of the natural state, a 'going off' in the mind, looking for 'something' that can only ever be a mind projection. How can you find something that your 'own mind' has projected? The absurdity of seeking is endless.

It never ceases to amaze me how 'seekers' just go on and on trying 'to become' and ignore what they ARE. Thought spontaneously appears on awareness-consciousness. What can divide THIS presence into two? Awareness and consciousness are simply two different words for THIS singular Essence. THIS Essence is ALL. 'Who' is truly there to utilize anything?

Events happen spontaneously. Seeing that may 'appear' as threatening or as freedom depending on the bias of mind. Where is anything judged from? There are No levels, No in front and No behind, no up and no down. No right and no left. No right, No

wrong, No good, No bad. It is the mind that (seemingly) divides THIS natural 'oneness' into levels and 'parts' and endless conceptualizations.

Imagination is NOT reality. Take a clear look now. Where you are SEEING from is Clear and undivided—presence. Wakefulness has no 'parts or levels'. The light by which you SEE and KNOW is INTELLIGENCE itself.

It is the intellect that comes up with all these 'parts and levels'. That intelligence is what you ARE. The appearance of the body, the instrument of cognition, the world and the universe all are expressed (appear) in, from, AS that One Essence—what Bob Adamson calls 'Intelligence Energy', the ACTIVITY of Knowing. Can 'you' or anyone 'get behind' THAT? As Bob so potently points out 'Start from the FACT that you ARE already THAT.'

All the mind does is translate, name and divide THAT. A dog chasing its tail is a dog chasing its tail. Is it sad,

funny or just an appearance? Do we have to 'think' about it before we respond? Can you slide anything between the impressions and the response? The laughing is spontaneous.

Analysis paralysis and trying to 'get to some state' is the prison, 'the bondage of self'. It's all about 'ME'. OK, so see if you can find this 'me'. You can sing a song about it, or write a thesis on it, you can 'do' anything at all, anything but the investigation it seems. In really finding there is NO 'me', all the questions, opinions and fragmentations of mind DISSIPATE. All the seeking is a joke, but it is not a joke for that 'me' though.

Yes the mind will postulate all sorts of situations and 'try to argue' from a particular point of view, holding onto old perspectives, all in the mind. THIS moment, though, is clear and empty. Like the eyeball, the mind is also clear and empty. Nothing has truly lodged in the mind. The eye is not full of old

impressions clogging up the clear view—thoughts come, thoughts go.

## **The 'me' of memory is not what you are**

Acquired knowledge is memory and memory is actualized by knowing. It is all presence appearing to 're-appear' as presence. It is ALL presence. Intelligence energy is THIS singular Essence, this One without a second. If you 'start' in the mind, with a concept, 'you' are off track. How many times does it have to be said; drop thought, full Stop, there is NO answer in the mind. Why is that so difficult? Is it something fearful to do? Am I so enmeshed in the conceptual 'me' that there is no escape from its hold?

The 'me' is nothing but a concept, it has NO power of itself. It is not separate or independent of the SEEING, the KNOWING, the essential nature of what I am. The concept of 'I am' is just an appearance. Start from the fact that you ARE THIS living presence, I am

the immediacy of THIS un-mediated KNOWING. A concept simply appears and disappears in THAT. Have you known anything other than appearances and disappearances? Only this immediate KNOWING 'remains', whatever happens.

There is no separation (except an apparent separation—a concept). You cannot slip 'the thinnest cigarette paper' between what you truly ARE and what you think you are. Yet one of these is only an appearance, an appearance in the other. Can you choose which one you wish to be? No! There is no choice, only a seeming choice in belief for a 'me'.

The 'me' is a concept. You can never be a concept even though you may have believed that you are a concept 'for so long' (which is in time, and mind is time). Concepts come and go (time), you remain (timeless). Do you not see that fact? Can you ever drift away from being?

Except conceptually, what story of 'drifting away from what was seen' (in an insight) can be told outside of THIS immediacy? This presence is the most blazingly obvious fact. It is the mind that fluctuates, not 'Being'. The mind will appear to hold ground until it is seen through. Be assured of this: Every thing is an appearance. It is One Essence appearing as things. Thoughts have no power of themselves. What you are is THAT ONE. Start from that! As Bob Adamson puts it so potently; 'The only fact you are absolutely certain of is the fact of your own being'.

The conflict will dissolve all by itself. The only time anything can happen is NOW.

In seeing that idea of a 'me' for what it is, isn't it seen from 'outside', from beyond the time bound story? In seeing it clearly for what it is, the 'story' loses its hardnosed ground. Neither the past nor the future is this actuality, this immediate living presence—they are appearances only (no substance). 'Someone' in

psychological pain may twitch and react quickly to deny the truth of this but that is the bondage.

This immediate presence is not in some 'time realm'. Looking in and from THIS presence (at any moment of so-called time), the past is merely a memory and the future is simply anticipation. Is that recognized clearly? Where is it recognized from? It must and can only be recognized from THIS presence and from nowhere else. Memory cannot 'see', know or understand anything.

The anticipation cannot 'see', know or understand anything, only presence, the immediate seeing, knowing and understanding, being-presence can. We may tell endless stories about these two conceptual 'things'—the past and the future—but the only 'time' that the story can be told is in THIS immediacy. The actuality is NOW, why 'seemingly' give it up for a memory or anticipation? And 'who' is it all happening to? You can apply this 'equation' at any moment. Whatever is revealed as an answer to these

questions is simply a transitory pattern appearing and disappearing. What is the witness of it all?

'One without a second' means exactly that. The movement appears in stillness. The movement appears to create (two) multiplicity. The movement is the ONLY action that there is, that it is. One movement, uninterrupted!

'Who' is there in the stillness? 'Who' is there in the movement? Understanding is silent. The mind translates that silent knowing into ten thousand things. That which IS has always been. The mind is time. What you are has never 'not been'. But the mind cannot grasp this. Only in its restful nature of emptiness does it (the mind) come close and in that 'state' of emptiness, it has already lost the 'fingers' with which to grasp anything. The seeker is never a finder. What you SEEK you already ARE.

*Words are only a transitory vehicle for the resonance in being.*

