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Beyond Enlightenment

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by
C

EDITORS' NOTE

Claudio is adamant about not copyrighting these works, for reasons that he hopes will become self-evident to the reader, once the “message” is understood.

He can be reached through **Destiny Books**, at the following addresses :

**Claudio, P.O. Box 2509, Sidney, B.C., Canada.
V8L 3Z4**

Or

destinybooks@hotmail.com

Part one of this book consists of various edited excerpts, from different talks, retreats and presentations that C. gave recently. Most of these took place on the West Coast of Canada, where he resides.

The talks might seem a bit repetitive at first, but that is the particular style of his teaching.

The main thrust, or “**bottom line**” as he likes to call it, is what is important to grasp and he tries to stay very focused on that, throughout his talks.

Part two is really a separate little book unto itself. It was his first published work (1981), under the title of “**No-Colour Mind**” and has been slightly revised over the years. In it, C. tries to convey a sense of the state of mind and understanding that is necessary, in order to sit and practice meditation.

Ed.
Spring 2001

(Reviewed and Up-dated Spring 2004)

PREFACE

Dear Reader,

There is no “**new message**” in this teaching. The concepts of **Harmony, Peace, Enlightenment, God**, etc., have been with mankind since the beginning; and they have been presented, explained, pointed to... in countless different ways, using innumerable teaching methods, throughout the ages.

The message though - or rather the “**bottom line**” of the message – **is always the same**. It’s only the words, the concepts, the **understanding** that changes, from age to age and teacher to teacher.

So this message is not “**my**” message; it is the **same, ageless, one message**: It is about **God, Life, Creation**.

The only thing that you might find different is the **method or flavour** that is used to present It.

It is my sincerest hope that this little book will shed some **Light, Understanding** and **Peace** in your Life.

With great affection,

Claudio

PART ONE

“GOD IS EVERYTHING”

Questions and Answers

CHAPTER ONE

Location: An evening public talk, held at a library in Victoria, Canada.

C. Hello everybody. Thanks for coming and welcome. We're going to get right down to the "essence" right away and we'll try to stay as focused as possible on that and not wander off too much.

The "essence", the very "bottom line" in this teaching is this:

GOD ALONE EXISTS.

Or, in other words, this thing that we call "God" is... **EVERYTHING.**

Absolutely...Totally...Without exceptions...

EVERY - THING.

That is to say...

God is ALL...

There is nothing BUT God.

ONLY God exists.

(pause)

We have to look at this very, very **deeply**. Carefully. With great **honesty**. With great **humility**.

With huge **openness**. With a big, **un-opinionated** mind. Because the implications of this...once the whole meaning, or understanding of "**God is Everything**" **truly sinks in**... are life- changing.

I should start by saying that, obviously, we are limited to using words; and words are poor interpreters of thoughts; and thoughts are hopelessly inadequate at trying to express what "**IT IS**" that is aware of thoughts themselves. i.e. this "**I**".

So we are using these limited, inadequate words tonight, to try to present a **concept**, that is used to describe - and hopefully - **point directly towards** - this **ever-present** "thing" that we keep calling "**I**".

(pause)

Okay...So God is **everything**. Everything living and non-living. Everything created and not yet conceived. Everything visible and invisible. In the past, in the present, in the future, etc., etc...In this dimension and all other dimensions. On this level and all other levels. In this Universe and all other Galaxies and Universes. Before, during and after they all become manifest...

ALL OF IT...IS GOD.

SOMEONE : I don't like the word "God".

C. Pardon me ? Sorry ?

GENT: The word "God"...It's so "religious"...Its so...

C. (*laughing*) ...Yes, yes...Of course. It doesn't matter. It doesn't matter what you **call** "It". These are just **words**. Words that are trying to convey an **idea**. The idea being...

"TOTALITY"... **"ONE-NESS"**

Please feel free to use **ANY** word you like...

**Energy... Tao... Life.... Consciousness....
Kingdom of Heaven.... Buddha Nature....
Allah.... God.... The Source.... Nirvana... etc.,**

Or make up your own word for IT! It doesn't matter. **These are all simply words!!!...** that have been used to **TRY** to describe the...**SAME THING**.

Let's cut through all of the different "**languages**" and focus on the **message** that these words are trying to convey. All right ?

GENT: Okay.

C. Okay.

(*Pause*)

So the word "God" points one towards this "**ALL**". "It", He, She, The Energy, Consciousness, Etc., is **everything** that surrounds you and I...**RIGHT NOW !**

The stars, the planets, the billions of galaxies. The air you breath; the trees, plants, wildlife, insects...
Get it ?

Each blade of grass, each grain of sand, etc., etc...

What else ? Well, this must mean that "God" is also your body. Right ? Your skin, your heart, liver, stomach, blood cells...

Please try and **follow** all this. Again, I repeat...these are just **words** ; please try to understand the **meaning** behind them...

So...What else is **included** in this concept of "God is Everything" ?

(*Lady raises her hand*)

C. Yes...Please.

LADY: Your mind ?

C. **Sure!!! Of course!** Good. If God is **everything**, then He/She/It is **also** your mind. Your very thoughts. The **source** of all your thoughts. The thoughts themselves...

IT'S ALL GOD.

SOMEONE: (*Inaudible*)...

GENT: What about so called "bad" thoughts then? Negative thoughts...

C. ...Those too! **No exceptions!** So if God is **ALL THERE IS**. Including "**you**" and "**I**"...and everyone/everything else in existence. And He is **also** the very **essence** of all thoughts, emotions, desires, plans and actions of **EVERY**-"**THING**"

and **EVERY-“BODY”**...Where does this leave
“**You**” and “**I**” ?

LADY: (*somewhat irritated*)...NOWHERE!

C. (*laughing*)...Good! Or maybe...**Everywhere!**

LADY: So I can have any thought I like and it’s
okay? Is that what you’re saying?

C. **Who? What?** Is having the thought? If it is
God having the thought...**because God is
everything**...then what **IS** this “**I**” that thinks **IT**
has a good thought or bad thought?

GENT: The Ego?

C. **Whose** ego? The ego is **ALSO** God.

GENT: Well...I know that “**I**” am in this room!!!

C. Yes. Of course. The “**I**” **IS** in this room. “I am”
in this room...no problem. **However**... “I am
“**Stevie**”, or “**Bobby**”, or “**Mary**”... in this
room”...**BIG** problem!

GENT: But I **am** in this room!!!

C. The “**I AM**”, which is **Consciousness Itself**, is
aware of being in this “**room**”...which is **also**
Consciousness Itself.

(Consciousness being another name for God. Ed.)

(*pause*)

Look...What are you “**doing**” in order to **be here**
...right this very moment ?

GENT: What do you mean ?

C. I mean...Are **YOU**...yourself...actually
needing to make any kind of **effort** at all, in order to
“**be**”...right here and now ?

GENT: I’m breathing...I’m sitting...I’m
thinking...

C. You see; Breathing is actually **totally**
automatic, isn’t it ? Can you really say you’re
“**doing**” it ? It even carries on during **dreamless
sleep!** No input from “**you**” at all ! Also... if you
care to notice... the **oxygen** that is being breathed is
ALSO automatically present! Neither the breathing
nor the oxygen is... in any way at all... an
“**accomplishment**” of “**yours**”.

Now...Sitting ?... Thinking ?... **BEING** ? ...

Again...NO EFFORT... of any kind at all...

is needed, for all of this to “happen”. Thoughts just
come and go and there’s simply an “awareness” of
them...

GENT: But they are **my** thoughts...

C. They are under **your** control ?

GENT: (*laughing*)...Sometimes!

C. But not **always**!!! Why ?

GENT: Sometimes there are too many of them...or I'm too hyper and...

C: But they are **your** thoughts, right ? If they are "**yours**", you should be able to turn them on and off **at will !**

The reality, though, is this...In the exact same way that "**you**" have **absolutely ZERO input** and **NO control** over the shape or colour of even **one single strand of hair on your head** ...in that very same way...**thoughts simply come and go.**

Thoughts, **like everything else in existence**, are placed there by **God**. And the "I AM", which is **forever present**, is simply **aware** of them. That's all.

LADY: So I am this "I AM" ?

C: **GOD** is the "I AM", madam. **THAT is the understanding.**

God ALONE exists.

God alone is the "I AM".

Which we could also refer to as "**Consciousness**".

LADY: So what is "I" ?

C: "I" is...**an illusion of separateness**...that **God creates**...moment for moment...in order for Life as we know it, to carry on.

LADY: I don't exist then ??!!

C: "I" is a manifestation of **GOD**, under the **illusion** that it is a **separate entity**, expressing itself.

And this is where things become supremely pertinent...

It is the ILLUSION of being SEPARATE...that is the source of all suffering.

When that **ILLUSION** of **separateness** finally evaporates...**Peace, Harmony, Compassion, Love... are seen everywhere.**

GENT : I think I understand what your main thrust is...

C. Good !...

GENT : ...but the obvious question is : How can I **stop** the illusion and realize that I am God...???

C. (*Laughing*) **No! No!** It isn't that **you** are God. It is that... **Only God Is.**

God ALONE exists.

"You" is simply just another shape and form of the **Cosmic Itself** (God). Just like a tree is **none other** than another **shape and form** of God. Just like a fish...a flower.

All shapes and forms are GOD'S shape and form.

In other words...God, which is **EVERYTHING** , manifests **ITSELF** in countless billions of different forms...**one** of which is “you”; “your” thoughts; “your” mind; “your” happiness; “your” suffering. Understand ?

GENT : Yes. I’m beginning to have a feeling of what you’re saying. But that still leaves me with **how do I get rid of this illusion of “I” ?**

C. Yes! Exactly. How does this “I”...that is **actually** just another manifestation of **God Itself...realize** that it is an illusion and...so to speak... **“wake up”** ? Right ?

How does “I” get rid of this illusion of separateness?

(*pause...laughing...*)

“You” **can’t** !!! “You” can’t because “you” don’t really exist.

(*pause*)

Look... “You” didn’t **do** anything to manifest yourself in this Life. You appeared here, in this Universe...from God knows where...through your mother...who **also** had nothing to do with it...and... after a few, short years in this **Magical, Mind-Blowing Cosmos** you will...again...**without any input or even a say in the matter !!**... “you” will be off again...God knows where!!! Your arriving on this planet...your being here...and your inevitable departure...Simply **“happens”**.

We create all this incredible suffering, every single day of our lives, by simply imagining that it is OUR doing.

GENT : I’m losing it a little here...I was following before...but how does this tie into...

LADY : (*interrupting*)...I need to work. I need to get a job. I need to...

C. But all these events, if you watch carefully, just **“happen”** ! It’s not that “you” get a job. A job appears. That “job situation” simply appears. It’s all very effortless; very automatic; very...

LADY : Why do **I** get that job then and not someone else ?

C. If you don’t get the job, it is because somebody else is supposed to have it. No problem. Another situation...another job... is in store for you.

GENT : You are saying that it is all **pre-destined** ? That it is **destiny** who gets the job ?

C. Precisely. **But much more importantly**...I’m saying this...

... That the “you” that applies for the job; and the **“other”** that applies for the job; and the **job itself**; and **everybody else at that job**; and the **building within which all these jobs happen**...are **ALL**... **none other than different shapes and forms of... GOD Expressing ITSELF.**

In other words...it’s **ALL** God’s role.

(Pause...Silence...)

God alone exists. He writes the script. He is all the actors. He acts out the play. He is the audience...the stage...the props...and...**HE ALONE**... enjoys the show!

(Pause...Silence...)

GENT : There remains the question of the illusion of “I”.

C. Quite right. Thank you. Let’s go back to that right now.

So...all of this is understood. I understand intellectually; deeply; clearly; this **concept** . This **idea** that “**God Is Everything**”. I understand that the “**I**”, the “**me**”, the “**ego**”...or whatever you want to call it...never **actually** existed. It was just another manifestation of **God**. That the **separate** “I” was an **illusion** all along.

So...How do “I” get **rid** of this illusion ?...and get to **relax** ! To let go ! To go home...to the “**Source**”. **That’s** the million dollar question, isn’t it ?

LADY : That’s the Spiritual Search, right ?
Wanting to re-unite with God...To find Peace.

C. **Yes ! Exactly !** And the big joke is on us, because...

**THERE WAS NOTHING BUT GOD
ALL ALONG!**

All along...it was GOD that was looking for God.

LADY : So I don’t need to do anything...

C : There never **was** an “I” !!! Do you see ? This feeling...This **illusion**...of a **separate** “me”...was simply that...an **illusion**.

An illusion can’t act because it doesn’t exist !

All along it was only Consciousness.

LADY : Which is God ?

C. Yes. You can call God “Consciousness” if you like. No difference. It’s just a **word**...just a **name**.

So all along...right this very moment...**There is ONLY CONSCIOUSNESS that exists.**

And our **illusion** of being a **separate** “I”, a **separate** “me”, is **actually** just another manifestation / expression of **Consciousness Itself**.

GENT : So there never **was** a “seeker” !

C. Correct ! The path was not “other” than the goal all along.

LADY : I still get the feeling ...the desire or drive...that “**I**” need to **work** towards It somehow.

C. That’s not a problem. **IF** you understand that the desire or drive is not “**your**” desire or drive. That it is **God’s** “desire”. That **HE** places that drive in

another shape and form of **HIS**. That the “you” is **ACTUALLY... HIM** expressing **HIMSELF**.

Then there is no problem at all.

Let the desire come...you have no choice anyway !.
and let the desire go...again , you have no choice. It
comes and goes by the **Grace of God’s Will Alone**.

And All is Well.

LADY : I don’t need to meditate then ? To pray ?
To be good ?

C. If “you” meditate, it is actually just meditation
that “happens”. Prayer happens in “you” if that is
“your” destiny. Being good will also simply,
effortlessly take place, if it is meant to be. And **all
of this**, will or will not happen...**absolutely
automatically**. With **NO EFFORT** on “your” part,
because...again... “**You**” is an **illusion**.

LADY : So I don’t have my own will?

C. You don’t have your own will because a
separate, individual “You” never existed.

**That is the message here. The concept here is
that only God exists...He is EVERYTHING**.

There is only **God’s** will...That **He** places in this
manifestation of **Himself**...that “you” mistakenly
call “you”.

LADY : I am just a puppet !!!

C. (*laughing*) You could put it that way.

LADY : A puppet that **thinks** it actually exists.

C. Yes.

LADY : When will the illusion end?

C. **Exactly when God wills it !** The **illusion of
separateness** ; of suffering; of not being “home”..
Will end **exactly** the same way it began...

When GOD wills it.

LADY : I will be enlightened when God wills it?

C. **No !** When God wills it, the **illusion** of a
separate “I” will **totally disappear** and only **God**
will remain.

(*pause...*)

You see... “**Enlightenment**” is simply **this...**

**The awareness that ONLY GOD has ever
existed.**

That is enlightenment. The question of
enlightenment itself is finally **dropped completely!**

Enlightenment...which can only happen by the
Grace of God...is when the **illusion of a separate**
**“I” completely dissolves...and there remains
ONLY the...**

ORIGINAL COSMIC ESSENCE

GENT : When I am here, I can feel all of this. I understand it. I see it clearly. My illusion of separateness **does** dissolve. But later on...outside...

C. Yes. No problem. You see... “you” are here because it is **God’s** will. “I” am speaking because “I” can’t help it. It is **ALL** God’s will. **God’s** actions. No problem. In the next moment, no one can know what will happen. Again...No problem.

Whatever happens will be **God...The Totality...The Tao...The Universe...** simply carrying on...with **IT’S** role.

There is NO OPTION but to watch it happen.

Maybe a meteor will come through the library’s roof ! Right now ! It could happen...and everything changes. No problem. God constantly changes and re-arranges the billions of different shapes, forms and manifestations of **Himself**. One minute as a seeker listening to a concept of God...The next moment as a cosmic explosion !

GENT : So all I have to do is to completely “let go” ?

C. Yes. But you have to **clearly** see that even the letting go is not in your control. Do you understand? If “letting go”, or “surrendering”, or “accepting”, or “just being” ...is to happen to “you”, then **God** will make it so. If **God** won’t “let go” in “you”, then suffering will continue. **But it’s not YOUR**

suffering. **THAT** is the understanding. It’s **God’s** suffering.

The CLEAR realization of this, is referred to as Enlightenment...Liberation...Peace.

May we please be quiet and still for a few minutes?
Let us Let Go and Let God for a few moments.

(silence for 20 minutes)

C. Thank you all for coming.

CHAPTER TWO

Location : Wednesday evening, in a “Spiritual Bookstore”. Vancouver Island, Canada.

C. Thank you all for coming out this evening. It's not the best of weathers and I appreciate your effort.

I've got some good news and some bad news...

(*laughter...*)

Actually...it's good news, bad news and then some great news. So please don't worry !

(*more laughter...*)

Okay. The good news is this...

AT ALL TIMES there is nothing other than One-ness, Harmony, Perfection and Peace.

The bad news... is that most people don't see It.

The GREAT news...is that...IT DOESN'T MATTER !

LADY : (*a long, drawn out “Ohhhh”!!!*)

C. This is a “Spiritual” bookstore. There are so many books here that, at first, it might seem that they are presenting different messages. There is the Christian section. The Hindu section. The Buddhist, Taoist, Muslim section, etc., etc..

So it's only natural to assume that they are all talking about different subjects. After all...each religion, each philosophy, each school of thought has it's own terminology. It's own vocabulary. It's own way of expressing things. It could get confusing !

(*laughter...*)

But it's **so terribly important** to understand that even though the message might be **presented in totally** different ways...the **fundamental Core, Subject, or Truth, is exactly the same in all of them.**

They are all pointing towards the **same Fundamental Source.** And this **Source or Truth is IMPOSSIBLE** to express in words, because of It's very Nature.

So one is reduced to presenting the Truth in the form of different Metaphors, Similies...**Concepts.** And there are **so many** different concepts that are used to **TRY** to convey, or “point one towards”, this **Ever-Present, Boundless, Universal Presence** for which one stumbles for words in an effort to try to express.

Which is the “right” word ? **God ? Reality ? Heaven ? Nirvana... Buddha Nature...Allah... Peace...Tao...Consciousness...Brahman ???**

But no matter which words are used, they all boil down to this...

That this “Thing” called God is...

EVERYTHING.

(pause)

Please listen carefully...

The whole thrust, the whole concept or message, from **all** the Teachers in the past is simply this...

THAT GOD IS EVERYTHING.

TOTALLY.

THAT GOD ALONE EXISTS.

THAT THERE IS NOTHING OTHER THAN GOD.

That everything is surrounded by...immersed in...covered in...totally saturated with...is made up off...and consists off...ONLY GOD.

Absolutely everything – within you...without you...and everything in-between...is none **other** than **God Alone**.

Again, I **repeat** ; we use the word “God” because it conveys a good enough sense of understanding in our English speaking, Western way of thinking. We could just as easily substitute words such as “Tao”, “Buddha”, “Brahman”, etc., but that would necessitate us having to learn a whole different “language”, “religion” or “philosophy”, in order to resonate with essentially the **same thing**. So please let’s keep it as simple and as direct as possible.

(pause)

Okay. So the word “God” refers to...

EVERYTHING.

The Universes, the Galaxies, the stars, the Whole Cosmos. All that is beyond the Cosmos as well. **“THAT”** within which the Cosmos exists. All that that was before the Cosmos. Everything that will come after...

ALL OF “LIFE”...The oceans...the billions of fish species...the jungles...the mountains and deserts. In this world and in all other worlds...

God is ALL this.

Right NOW ! Right THIS MOMENT !

All the good. All the bad.
All the saints and all the Hitlers.
All the joy and all the suffering.
All the “you”s and all the “I”s.
All the visible and all the invisible.

ALL OF IT...is simply a manifestation of ...**GOD.**

(pause)

Are there any questions, please ?

(Silence. Some murmuring...)

C. Yes, madam. Please go ahead.

LADY : I am **also** God then ?

C. “You” are just another shape and form of the **One**. Of the **Source**. “You” is simply another one of **un-countable zillions** of unique expressions of the **Lord Itself**.

LADY : So I am not God ?

C. It’s not that you **are**, or that you are **not** God. The understanding is that...**ONLY God IS. God ALONE exists.**

LADY : But my mind...my brain...my ego...they all tell me that **I** exist ! **I am** in this bookstore. Right?

C. **God** ...in the form of different people...one of which is “you”...is in this “bookstore”...which is **also** only another shape and form of God Itself.

LADY : I can understand that God is Everything. But I am having trouble seeing where the “I” or “Me” fits into all of this.

C. Okay...Let’s go slowly. Maybe we could talk specifically about you ? Would that be okay ?

LADY : Sure.

C. Why are you here tonight? What brings you here?

LADY : I’m interested in these things.

C. What things ?

LADY : Religion. Spirituality. Truth.

C. Yes.

LADY : So I try to attend different lectures...talks...workshops...in order to understand more clearly.

C. When did the interest in such things first arise? How long has this search been going on?

LADY : (*laughing*...) It seems like forever!!!

C. Yes ! Precisely. Most people say the same thing. This desire, this yearning, this passion seems to have **always** been there. Right?

LADY : Yes.

C. So it’s not something that you could say “**you**” initiated?

LADY : (*pause*...) No.

C. So “**something**”, let’s say “within” you, initiated it. The original desire, the thought, the willpower to seek, to search...all that came from deep within...Right?

LADY : Yes.

C. My message here tonight...and all other nights...is this...

That because absolutely **everything** is God... Including “you”...including “your” thoughts...

“your” desires, “your” will. Because the whole of it **ALL** is **ACTUALLY** none other than **God**. Then **that** which you thought was doing the seeking, was never you at all! It was **God alone**.

GOD was / is looking for God.

(pause)

LADY : Not me ?

C. God alone exists.

LADY : So this “I” within...

C. Is a **mirage**. Which is **also** created by God ! Which is witnessed **only** by God. Which goes on doing whatever it is destined to do...think, feel, act...by the Grace of God **alone**.

It’s like this : **God alone exists**. He writes the play called **Life**. He manifests **HIMSELF** into all the different props, locations and... of course... **ACTORS**... (like “you” and “me”) . He manifests **HIMSELF** into an audience. **HE** then acts out **each and every part** . **HE** then watches **HIMSELF** doing it all...and then wraps it all up when it’s all over. And then...**maybe**...starts up another whole new play again. Who knows ?

GENT : (*Inaudible*)

C. Sorry, Sir. Could you speak up, please ?

GENT : So I am just an actor in a play ?

C. Didn’t **Shakespear** say that ?

(*laughter...*)

Yes ! In fact...You are such a **gifted** and **talented** actor (because **God** is doing all the acting !) that you’ve even convinced **yourself** that you are real !!

(*laughter*)

You see. It is **God** who manifests **Himself** as “you”. He programs in all your DNA, all your thoughts, all your desires, wants, needs, preferences, **illusions**. **One** of them being this **illusion** of an “I” existing **separately** from God.

GENT : Okay. I think I understand what you are saying. But frankly I don’t see the **point** in any of this ?

C. The point is this :

THE END OF SUFFERING.

When you **truly** understand this concept clearly. When you **truly** see that ALL things spring up **FROM** and are an expression **OF** this...

ONE SOURCE ONE ENERGY
ONE ESSENCE ONE CONSCIOUSNESS

When you **really** understand that it is all **ONE**

An Infinite...Boundless...Seamless...

WHOLE

That “**THAT**” is all that is going on...moment for moment...

THEN there is a Total, Complete, “Coming Home”. An Un-shakeable Peace. A feeling of Harmony and Connectedness...that cannot be explained in words.

GENT : Enlightenment !

C. Yes ! But you have to be **very careful here**...
It’s not “YOUR” enlightenment.

Realizing that a **separate** “I” never existed. That it was all

NOTHING BUT GOD

Moment for Moment, **all along**...

When the illusion of a “**you**” is **finally, completely** and **totally** dropped...**THEN** enlightenment is there by simple **default**.

LADY : I don’t need to search anymore !

C. When **God** wills the search to end, it will end. No problem. It’s not “**you**” searching. **You have no say or choice in any of it.** So you might as well...

TOTALLY let go...relax and surrender.

But remember ; you will be able to “let go” and “relax” **only** if **God** wills it.

Let us “Let Go and Let God” right now.
Let us relax and expand into His Vast Immensity.

No more questions...No more answers

Just God.

(Silence for 20 minutes)

C. Thank you, everyone.

LADY : Sometimes I become very quiet inside. I become very...very big...

C. Yes.

LADY : Bigger than “big”, really...

C. Boundless...

LADY : Yes. Yes. Just like that. Boundless...

C. No boundaries. **Beautiful !** That is the way it **is !**
Isn’t it ? How can it be otherwise ? If God is everything, then there can **be no** boundaries! No divisions. No borders...frontiers...limitations. Things that **appeared** to be separate when the illusion of “I” was there, are now perceived as a...

ONE HARMONIOUS SEAMLESS INFINITE WHOLE

When there is the clear Realization that God alone exists, the illusionary boundaries separating “you” from God, **simply don’t exist anymore.**

LADY : I feel so peaceful now. So lucky...So grateful... (*starts to weep softly*).

C. If the feeling of Oneness is there...Beautiful. No problem. God makes it so.

If the feeling is replaced by suffering, angst, feeling of separateness...Beautiful. No problem. God makes it so.

IT'S ALL GOD

That is the realization here.

LADY : (*Still crying*)...Yes...

C. I am very happy for you.

GENT : So enlightenment **does** exist then ?

C. In the absolute sense...**No !** Bummer , eh ?

(*laughter*)

You see...When we talk about enlightenment, it **immediately** re-enforces the **illusion** of some “**me**” or “**I**”, that is going to attain or experience this enlightenment. Right ? But when we realize **clearly**, **deeply**, that all there is ...is **GOD**...Then where is this “**I**” that can be enlightened ?

The Understanding (which is arrived at **only** by the Grace of God) that **only** God exists. The realization that even the “**I**” was an illusion. That this illusion of a **separate** “**I**” was **also** the will of God...

This **whole understanding** brings one to the stage of letting go...**COMPLETELY** .

When the illusion of “**I**” is dropped completely. When there is no more “**I**” and “**other**”...and there remains **only** this **Infinite, Eternal, Boundless, Seamless...WHOLE...this GOD.**

Then **THAT** is enlightenment.

THAT is freedom.

THAT is Peace.

GOD returning to **GOD**...is Enlightenment.

The assumption of an “**I**” being enlightened would simply **never arise.**

(*Silence...Long pause...*)

GENT : Thank you very much.

C. Thank you. Thank you all for coming.

CHAPTER THREE

Location : A group get-together, at a Friend's home. Victoria, B.C.

C. Good morning everyone. May we start with ten minutes of silence, please ?

(ten minutes pass...)

C. Hello. Are there any questions, please ?

GENT : When I am here...in this setting...I find myself being unusually calm and peaceful. I can see and understand the message you present, quite clearly...

C. Yes.

GENT : And this might last for a while, but then the old ways...

C. The old ways keep coming back. Right ?

GENT : Yes. It's frustrating...Because I don't even know why...

C. **Exactly !** You **don't** know why ! And this "not knowing"...if you can understand the **reason** for it...**can set you free !**

(pause)

Okay...So you don't know why the old ways keep

coming back.

You don't know why, simply because it's not **your** doing ! Because neither the old ways, **nor** the new ways, are **your** ways ! **They are all God's ways.**

(pause)

Let's go slowly, here. Let's stay very focused on the main message...i.e. **That God alone, is absolutely Everything , at all times.** Okay ?

GENT : Okay.

C. **Part** of that "everything", is this physical manifestation called "**you**". God manifests **Himself** in **billions** of different forms. "**You**" being merely "**one**" of them. This unique, one-of-a-kind "you"...thinks, behaves and acts...according to the way it has been **programmed** , to think, behave and act.

Or...in other words...**GOD** thinks, behaves and acts, in a certain way, as **HE** expresses **HIMSELF** in this form, that you call "**I**".

Now...**Sometimes**... He introduces a thought, an awareness, a **Realization...** of **Stillness... Understanding...PEACE.** The "new ways", in other words. Which is fine. Great.

And **sometimes** He re- introduces thoughts of confusion, separateness, suffering...The "old ways"... **WHICH IS ALSO FINE...****IF** you **truly** understand the concept that it is **GOD** that is

thinking, doing and experiencing **EVERYTHING**, moment for moment.

GENT : Sometimes I understand all this...right now for example. I can see it clearly. But I just know that it...

C. Yes, yes...that it will go away. The clarity goes away. And you want to know how “**you**” can hold on to this Understanding , this Peace ? Right ?

GENT : Yes. Of course. How can I...

C. You **can't** ! **You** can't. Because this “**you**” is a **mirage**!

In this concept...and I repeat **again and again** , that all this is just a **concept**... A way of **pointing towards** ...a certain Realization...

In this concept... “**you**” don't exist. The **ONLY** reality that **actually** exists...is **God**.

Which means that sometimes **God** appears as an **idea** in “your” head, that “you” are separate; that “you” are a seeker; a sufferer; etc., etc...And you have **no** control over that input.

OR...

...Sometimes...God **totally** clears the mind; eliminates all illusion of “I”, “other”... and all other **imaginings** of separation...and all that remains behind is pure, limitless **Cosmic Essence**.

Do you see ? Both the suffering **and** the enlightenment, are **God's business ALONE**.

The Realization of this... sets this “you” free.

LADY : Or not !

C. **EXACTLY ! Free or not ! No difference. No problem.**

(*pause*)

We have to understand this point very, very, clearly , because it's crucial.

(*pause*)

Again. I repeat. “You” will understand all of this **IF GOD** wills it. Only **God** can will it, because **HE** is the **ONLY THING THAT ACTUALLY EXISTS**.

When God decides to bring Illumination or Enlightenment...to a particular form of **His...then** it will be so.

“ **Enlightenment** ” being ...

The spontaneous Realization that ONLY GOD is.

That only God ever existed and that all concepts, ideas and beliefs of a separate “I” or “me” were simply illusions...that God Himself created...

THAT IS “ENLIGHTENMENT.

In other words ; Only **God** can make you feel lost ; and only **God** can take away the illusion of a “you”, that believes in this or that.

(*Pause. Long Silence...*)

GENT : So there’s no point in “seeking” ? I don’t need to try ?

C. There’s absolutely **no choice**. That is the Realization.

What is It ??... that is seeking ? Not “**you**” ! So relax.

“**You**”, have **no** control over **any** of it ; at any time.

If **God** wills it, enlightenment is sought. We can call this “**Destiny**”. If it is your destiny to be a seeker, you **will** seek. If it is your destiny to meditate, then you **must** meditate. If you have been **programmed** to chase money, fame, drugs...then that is **exactly** what will “**happen**”... effortlessly, naturally, automatically. There is **no choice** other than to proceed with that.

IT’S NOT YOU !!

If you let go of the illusion of a separate you. If you Realize that God is...absolutely...

EVERYTHING...

Then suffering comes to an end.

Let’s sit quietly for a few minutes.

(*After a long Silence...*)

LADY : Is it good to attend talks such as these ?

C. There is no choice ! So sure ! Why not ?

LADY : Do you have any choice in giving these talks or not ?

C. Thank you for asking! (*Laughing...*) **NO ! Of course not! That’s the whole Message ! The whole point ! It’s God’s will. Tomorrow everything could change !**

GENT : You don’t know what’s going to happen tomorrow ?

C. **Of course not !** But I **do** know that tomorrow...just like today and yesterday...the only actions that will occur will be **God’s** actions.

If it is God’s will that tomorrow His presence will be pronounced...or not...in this form of **His** (*C. points to his own body*)...that is completely up to **Him**.

Tomorrow, this (*pointing to his own body again*) could turn into a raving madman ; or could get hit by a car ; or could commit suicide. It is all **God’s** will. **His** actions. Do you see ? It’s **God’s** play. **His** Creation.

LADY : Does it help to have a Teacher ? A Guru ?

C. It **could** mean that things are “progressing”... **and these are just words now...** in a positive

fashion. **But not always !** Only **God** knows the ending of every script.

LADY : But what I mean is...Even though we really have no choice...Is it a good thing to have a **Teacher** or **Guru** ?

C. You see...the Guru thing is mostly an **Eastern** concept. To have a spiritual Master...or Guru...is **mostly** an Indian thing. And like **all** concepts, it can work very well...**or not**...depending on the **understanding** of it all...by **both** the Guru **and** the seeker.

GENT : Could you talk about that a little, please ?

C. Sure...

First of all, we have to **CLEARLY ESTABLISH** that...

The Guru...just like the student...doesn't actually exist.

Remember...God ALONE exists.

The **only** difference between the two (the Guru and the Student), is that in the Guru, there is...to a lesser or greater degree...an **Understanding** or **Realization** of that Fact.

In other words ; The Guru lives the **Reality** that **ONLY** God exists.

GENT : Are you saying that the Guru is God ?

C. Please go slowly here...

We have to be very careful when trying to understand the Guru concept.

ULTIMATELY...the Guru IS God. JUST LIKE the student is ALSO God. Just like **each and every blade of grass...is **none other** than **God Alone**.**

One hundred percent...completely...Totally.

NOTHING BUT GOD EVER EXISTS.

(*pause*)

What makes the Guru “different”, is that the **Realization** of One-Ness is more present in the “Guru” manifestation of God...And not quite there, in the “student” manifestation of God.

But **please remember** ; that ultimately...there is **absolutely NO DIFFERENCE between the two.**

LADY : Does the Guru think of himself as God ?

C. The thought would never arise...simply because the Guru is **living the reality** that **ONLY** God exists.

From the Guru “point of view”...**there IS no Guru anymore.**

There is no “Guru” point of view.

The Guru realizes that any thoughts, desires, actions...that come and go within his/her “form” or

“body”...are just different shapes and forms of **God** morphing into and out of **Himself Alone**.

GENT : So the Guru is not “ God Himself ” ?

C. **Only GOD is God !!!**

And the Guru...**by the Grace Of God**...is a **manifestation** of that Truth.

Now...

(*pause...*)

That “Truth”... carries with it a certain kind of...Perhaps we could call it... “**Presence**” or “**Resonance**”. Which **certain** seekers will harmonize with...and others will **not** . Depending on the Guru and depending on the seeker.

(*pause*)

You see; from the “Guru’s” perspective...it’s all a movie. All the numberless scripts, actors, props...that make up this incredible movie called “Life” are, to the Guru, only images on a screen. The “screen” being the only **real, unchanging Reality** that is **actually** present. The screen being **God**.

And the Guru...**by the Grace of God alone**... knows that **he himself**, is just another image on the screen. He sees the movie going on. He’s aware of all the images as being **just images** ; and...**by the Grace of God**...is aware of “ **THAT** ” which underlies all these images of Life. “ **THAT** ”, of course, being **God**.

So the Guru is in a position to talk about, to point towards... this **Reality**...this **Very Essence** of All Things.

GENT : Are the images on the screen real ?

C. They are real **images**. Only **images**. The solid, never changing **Reality**...is the **Screen**. The “Screen” being **GOD**.

GENT : So where do the images come from ?

C. **Oh no!!** (*laughing*) We’re getting lost in confusing metaphors. It’s **my** fault. Sorry.

Okay...Let’s say it’s like this ...

All the images emanate from the projector...**which is God**. Which is showing a movie that is conceived, written, produced and **acted out**, by **God**.

All the props...all the actors...

ALL OF THE ABOVE

...the projector, the images, the screen, the **audience** (“you” and “I”)...**Are ALL just different shapes and forms of GOD**.

Look...(*laughing*) Let’s drop the “movie” thing... It’s too Hollywoody...

But please don’t forget...Only **GOD** can receive an Oscar !

(*laughter*)

LADY : To get back to the Guru issue...

C. Yes.

LADY : You are saying that it's **good** to have a Guru ?

C. I am saying...firstly... that whether you have a Guru or not...that's **perfectly okay**. If you **are** to have a Guru, it will **effortlessly**, simply **happen**. If it is **not** in your destiny to have a Guru, it simply and **effortlessly** will **not** occur. If and when it happens, you will know it.

Secondly...and this is **very, very important**...This is the **whole point**...

...There is **NO DIFFERENCE** between “you” and the “**Guru**”.

Both of you are simply manifestations of God.

Once this is understood...All seeking ends.

Because this insight **dissolves** the seeker. Both the **illusion** of a “Guru” and the **illusion** of a “Seeker”, simply evaporate into the reality of **Oneness**.

Now...**IF** the Guru understands and lives this reality...then it **might** be beneficial to hang around him/her for a while...in order for this Realization to become ever more deeper and clearer.

LADY : But how do I know if the Guru is...is not a...

C. Fake ! (*laughing*)

LADY : Yes. I mean...anybody can give a talk...a workshop...

C. You can tell by your level of quietness, serenity. By the peace of mind, that is experienced in his/her presence. That's all. If Peace, clarity, insight happen in the Guru's presence...that's a positive indication.

If, on the other hand, you are just sitting there..., getting more and more confused, hyper and irritated...then it's time for you to move on. He or she is not the Teacher for **you**.

But even **these** are not hard and fast rules !
Sometimes a total shake-up is exactly what is needed ! (*laughing*)

(*long pause...*)

Just a few more words on all this and then we'll wrap it up...

Here in the Western world, words like **Guru** and **Disciple** are so **very, very** heavily loaded with preconceptions and misconceptions. It's **almost impossible** for a Westerner to **really** grasp and use the Guru concept without getting lost in it. It's far more freeing here to use words such as “**Teacher**” and “**Student**”.

The bottom line is this : If you are interested in Mathematics, you could study it in a variety of ways: You could buy a bunch of books and go it alone. You could ask a neighbour or friend, who studied Maths, once upon a time, for pointers. And any of these ways **might** be enough to satisfy your appetite for the subject. But if...**because of God's programming in you**...you want to get a clear insight into **$E=Mc^2$** ...then it would be best to seek out a University Mathematics **professor** . Somebody who **lives** and **breathes** Mathematics ! Maths is literally his/her **make-up**.

Now...**IF** that professor and you “hit it off”. **IF** there is **an understanding... a resonance... a communion** ... between the two of you...**then** he/she is the “**ONE**”...

THE Maths master for you.

And **all of this** will happen **only** strictly according to **God's** will ! Because...**again**... You, the Maths teacher, the Guru, the whole Cosmos...are nothing other than **God** expressing **Himself** in some of **HIS** infinite forms.

**God creates Himself into a Teacher, and creates Himself into a Student. And in that way...
Life goes on.**

GENT : One last question, please ?

C . Sure.

GENT : I feel very strongly that I want to come back and hear you talk again, that...

C. No problem ! You want another Mathematics lesson ! (*laughter*) It would be my great pleasure to give it.

Thank you all very much for coming.

CHAPTER FOUR

Location : Evening get-together, at a Friend's home in Victoria, B.C.

C. Hello everyone. Could we have ten minutes of silence together, please ?

Thank you very much. Any questions ?

LADY : This morning you were emphasizing the idea that God is everything, including our will and our thoughts themselves.

C. Yes.

LADY : What bothers me, of course, is that that implies that I can go ahead and act absolutely any which way I want and it's all okay ! Because it isn't really me, right ? I can steal...and lie...and...

C. Okay. You are asking...What about morals ? What about personal responsibility ? What about personal responsible actions ? How should one act?

LADY : Yes. Obviously. I mean...if it's not "**me**" doing anything. If they are not "**my**" thoughts ; why bother working for a living ? Why not...

C. Sure ! Why not just rob banks ? Why not rape and pillage on Friday nights ? (*laughing*)

LADY : Yes.

C. It's an important question and... fortunately... the answer is very simple :

You think and act the way you do, because **God** creates it so. **You** have **absolutely no choice at all** in acting in any other fashion !

The thought that you have any say in the matter, is misguided. The **idea** that **you** have a "will", is an **illusion**. How so? Because God is **EVERYTHING**. God is "your" **body**. God is "your" **mind**. God is "your" **thoughts**. And God alone carries out all of "your" **actions**. There never **was** a **separate** "**you**" in the first place.

So...if you **think** that you have an **option** to think or act in a particular manner...**Please TRY and do so !**

You'll find that if you haven't been programmed by God to be a thief, a killer, a lunatic...you simply **WILL NOT BE ABLE** to think or act in that particular way !

If God hasn't programmed in you the ability to hurt another living being ; If those "genes" aren't part of the make-up **HE** created "you" with ; If that isn't part of your Destiny...then "you" will be **INCAPABLE** of carrying out those types of actions.

GENT : So Hitler was innocent !!!

C. There **was** no Hitler ! **THAT** is the understanding here. "Hitler" was just another manifestation of **Life ...of Creation...of God**.

God took the **form** of “Hitler” and inflicted an **enormous** amount of pain and suffering on millions of other different shapes/forms/manifestations of... **HIMSELF**.

GENT : (*Disgusted*) It sounds so heartless...so cruel...**So stupid !** What’s the **point** ?

C : The problem is this...

We don’t see the WHOLE picture !

There is **absolutely no way** of knowing **how** or **why** this **Boundless, Infinite Universe** is playing **Itself** out. We are just the teeniest, tiniest specs of **illusion**, floating around this...literally...**Infinite Mind of God**.

We do not have the capacity to judge.

LADY : But why all the suffering ?

C. For Life, **as we know it**, to carry on ! There is “Good” because there is “Bad”. There is “Pleasure” because there is “Pain”. There is “I” because there is “Other”. There is “Joy” because there is “Sorrow”...i.e. There is **Life**.

The Sum Total of it ALL...is GOD.

LADY : So Hitler then...?

C. So Hitler...just like Jesus...just like Stalin...just Buddha...just like **YOU** and **I**...just like...

ABSOLUTELEY EVERYTHING...

...was/is simply a manifestation of the **Infinite** or **God**.

Understanding this **clearly...brings an end to suffering**.

LADY : But wars are still happening ! People will still suffer !

C. Suffering **itself**, will still be there. But people **themselves**, if the **understanding** is there, would not suffer **PERSONALLY**.

Suffering would still be there, but it wouldn’t be **THEIR** suffering.

Let’s put it this way : From an average person’s point of view... “He” lives... “He” suffers... “He” dies.

Me ! Me ! Me !

From a sages point of view...

Only GOD lives...only GOD suffers...only GOD dies.

GENT : There is no suffering for a sage?

C. There is no **SAGE** for a sage ! There is **ONLY** **God**.

To a sage, suffering is something that happens within **God’s OWN Essence**.

In other words...The Realization is there that **only God** exists. There **IS** no “sage” to experience suffering...or anything else for that matter.

ALL events are created by...and experienced by...

GOD ALONE .

If only **God** exists...What is this “**you**” that is suffering?

LADY : I think I see what you’re pointing at. So my original question, of whether I should act responsibly or not...is irrelevant ?

C. Yes. You can simply go on acting exactly the same way that “you” have always acted. Why ? Because you have **never** had the **choice** to act in any **other** way ! Because that is the way **God** has programmed **Himself** to act, in this form of **HIS** , which you mistakenly think of as “**yours**”.

In other words ; You can carry on living **AS IF** you have a choice. **AS IF** you exist. But actually **knowing** that it is **ALL** nothing but **God**.

God’s Being. God’s Will. God’s Actions.

GENT : I just want to make sure that I’m getting this concept exactly right. So if I can’t help acting “**bad**”...because it’s actually God that is the “Doer”...then I also can’t force myself to be “**good**”...?

C. **Right ! Exactly right.** If it is God’s will, **God** will perform “good” deeds through “your” body.

And if God has not programmed “you” to behave in a gentle fashion, you’ll carry on driving like a maniac in traffic...giving everybody the finger...Because “you” can’t help it. Because **ALL** actions are **God’s** actions...And sometimes **HE** likes to drive really irresponsibly !

(*Laughter*)

LADY : So reading inspiring books...reading about spiritual things...

C. **Is great ! No problem !** All that **will** happen, if **God** wills it. “**You**” can take no credit for any of it. The thought, “I want to do good”, is placed there by God. It just appears. And that might lead to studying books that inspire. And that might lead to good deeds...**IF** that is what **GOD** has in mind. **Not you.** “You” cannot **create** a thought. “You” can only **receive** them. They simply come and go. And the body/mind effortlessly and spontaneously reacts to them.

We cannot create a thought in the very same way that we can’t “create” our next breath. Our next heart-beat. One single hair on the body.

If you watch closely, you’ll notice that

EVERYTHING...INCLUDING “I”

...is ALREADY effortlessly here.

This ties in very simply with the main concept...

That only ONE THING exists.

One...Universal...All-Encompassing...

Indivisible

WHOLE

And ANY feeling of separateness...

“I”... “Me”... “It”... “Other”... etc..

Is simply an illusion...

Which is ALSO a facet of the Whole.

The absolute, very bottom line... ?

GOD ALONE EXISTS

So don't worry...Be Happy !

(Laughter)

Thank you all for coming.

CHAPTER FIVE

Location : Morning get-together, at a Friend's home, Victoria.

C. Good morning everyone. Could we have twenty minutes of silence, please ?

Thank you.

I'd like to go over the main theme that we discussed last night. The main theme being...

ONENESS and all that it implies.

Please do try and **stay** on this concept, because it's so easy to get side-tracked into other issues and concepts ; and that will only confuse the understanding.

(pause)

Okay...So the main theme is simply this :
That **only God** actually exists.

Absolutely Everything in creation is none other than a different **expression** of the **One, Indivisible, Seamless WHOLE** .

This includes not only your physical body, but also your innermost desires, feelings, emotions, etc., etc.. All your fears and joys. All your thoughts...good or bad. They are **ALL** constantly **emerging from** and being **lived by**, this **Cosmic**

Essence, that we are using the word “**God**”, to describe.

GENT : I just spent the better part of twenty years, looking for some kind of “Truth”.

C. Yes.

GENT : I’ve practiced just about every type of spiritual discipline that exists...

C. Yes.

GENT : And now I feel that it has all just vanished...I mean...**Totally !...Completely !** I don’t have the slightest interest in any of it right now. I just feel...

C. Peaceful.

GENT : Yes...Even “peaceful” doesn’t really describe it. I feel completely...**Empty !** As if...

C. As if “**you**” doesn’t exist anymore...

GENT : (*very softly*) Yes...just like that...

C. Like there is Infinity in all directions.

GENT : Yes.

C. And no actual centre.

GENT : Yes ! Like **that !** No centre at all.

C. So... **What** exactly is it ?...**Right at this moment...That is realizing this ?**

(*a long pause...silence*)

C. **Yes! You see! That’s** the correct understanding!

When one **really** understands ; **Clearly. Deeply. Totally**...This concept of **Oneness**. That **ALL** there is, is God. That God is **All in All**. Then the “ego” or “I”, **completely** loses it’s “reality”. There is no more ; “I am **Johnny**”, or “I am **Suzie**”. There remains only an **un-spoken** sense of “I AM”. And this “I AM” is **realized** to be **impersonal**. It is absolutely **BOUNDLESS. INFINITE** . Totally and completely un-graspable by anything other than It’s own Self. This “I AM” is pure **Consciousness or God**. This “I AM” Consciousness is **exactly the same** in... **every “body”**... and... **every “thing”**.

Because it IS everybody

And everything

EVERYWHERE

All at the same time...

RIGHT NOW !!!

LADY : So I am this Consciousness then ?

C. Only the “**I AM**” is this Consciousness. There **IS** no **separate , individual , personal , “you”** at all.

“I AM” is spontaneously present everywhere...at the same time...in all of Existence.

“I AM” is that Conscious Awareness that we use the word “God” to describe.

When the “you”, the “ego” is present...then the “**I AM**”, the **WHOLE** , the **UNIVERSAL...seems** hidden.

When there is a **complete** and **total letting go** .
When the **illusion** of a **separate, personal individual “I”**, is **dropped** ...

THE WHOLE COSMIC ESSENCE SEES ITSELF EVERYWHERE .

And it is seen everywhere because it **IS** “everywhere”...It **IS**... **“EVERY THING”**.

LADY : So enlightenment is when I can see or feel...

C. **NO** ! Enlightenment is the Realization that there **IS**... **NO “YOU”** !

No **separate “you”**, to experience...or feel...**anything**.

THAT... is “Enlightenment” !

When the personal, illusory, separate “you”... Completely and utterly dissolves into the Whole, Cosmic, Seamless, Omni-Present Reality called GOD. When there is the final, clear, spontaneous understanding that...

ONLY God has ever existed...**EVER** ...

THAT...is “Enlightenment”.

LADY : Does this take practice ? Should I continue meditating or...

C. **“You”** have no choice in **any** of it. **That** is the understanding. **It is all just GOD happening**. If **He** wants “you” to meditate...if that’s the role that **He** is going to act out in “you”...then you **will** meditate.

People that meditate, do so because they have to!
They can claim no credit.

It is **GOD** that is meditating.

A banana has absolutely **no choice** , other than to be a banana.

LADY : But you say that it is good to meditate ?

C. **All actions** are “good” ! It is **God** that performs all deeds...**So all deeds are good** !

I repeat...

ALL ACTIONS ARE GOD’S ACTIONS .

When this is **clearly realized**...There is no more “**I**” to ask such questions.

GENT : I have never felt the need to meditate.
There has never been any interest in that...

C. **That's perfectly okay ! Perfectly okay.** Any "personal" need or desire is actually **God's** need or desire. If you can understand **that** , then you will immediately and spontaneously express the **reality** of meditation...Which is to say...**ONENESS** .

LADY : What about the spiritual powers...the psychic powers...that you develop through meditation...?

C. **WHAT "YOU" ? WHICH "YOU" ? WHOSE powers ?**

You see ? It's **so easy** to lose track of the **big** picture ! There is **only** God. There **IS** no..."you". **God** is **ALL** there is. The idea of a **separate** "me" that is...or is not...meditating...Is simply an **illusion**...

GENT : An illusion created by **God** ! The illusion **itself** is **ALSO** God ...!

C. **EXACTLY ! OF COURSE !**

The **idea** of a **separate** "I", that thinks "**IT**" is meditating, is an illusion...**created by God**.

Therefore we say...If you wish to meditate...or not...that is **perfectly okay** ...**IF** you have a **clear understanding** that it is **ALL** happening according to...**GOD'S** will. It is **God** who decides to meditate or not, within this body of **HIS** , that "you" mistakenly identify as ... "yours".

If you practice meditation...**or anything else for that matter** ... thinking that "**you**" are the doer ;

then it's all a waste of time. It's simply just re-enforcing the **illusion** of this **separate "I"**.

LADY : But the "I" is searching for enlightenment?

C. **GOD is searching for enlightenment ! THAT Is the understanding.**

God is **EVERY-THING** . If enlightenment is to happen in this particular manifestation, or "form" of **GOD**...then **ALL** **illusions** of separateness, of personal "I"-ness, of "Me"-ness...**absolutely** and **totally**...disappear.

GENT : It's so simple ! (*laughing*) I realize now that "I" never spent twenty years seeking anything ! It's a big joke ! (*laughing out loud*) I'm so... **relieved !!!**

C. (*laughing*) Yes ! And **if** it's God's will that "you" spends **another** twenty years, under the **illusion** of an "I" seeking...**No problem** ! Because it would simply be **His** doing...**Not yours** . I hope that I'm explaining it in a clear fashion ?

GENT : Yes, yes. It's very, very clear right now. Now I can...

C. Now..."you" can carry on doing whatever "it" wants to...**KNOWING** that it is **ALWAYS**...

ONLY GOD THAT IS THE DOER .

GENT : Thank you so very much.

C. Thank you, everyone.

CHAPTER SIX

Location : Evening get-together. Same home.

C. Good evening everyone. Before we have a few minutes of silence, I'd like to say a few words about "Meditation". We are going to be looking at the whole concept of meditation a little more closely in the next three days, because it's very important to have a **clear** understanding of what it's all about.

(pause)

First and foremost, the "meditation" concept can only be **really** understood within the "**God is everything**" context. That is to say ; We already understand that Only God Exists. That **every thing is an expression, or manifestation of God . Including** our thoughts and our desires...**One** of which might be the desire to meditate...or not.

In other words...

GOD WANTS TO MEDITATE .

So if we start our investigation into the subject of meditation with **that** understanding, things will be a lot easier to grasp.

(pause)

Okay. So **God** , for some reason, has brought about the desire to meditate, in a particular shape/form of **His**...Joey, Suzie, Stevie.

What does this mean ? It means that, all of a sudden, in that particular person, there is a desire of wanting to "relax" or "let go".

Now... "Let Go" of **what**, exactly ?

LADY : One's problems...

GENT : One's suffering...One's delusions...

GENT : One's "seeking"...

C. Yes. It's all of these things. But what the person **really** wants to let go off are his **CONCEPTS** of **himself**...and subsequently to realize the **REALITY** of his **SELF**.

In other words, the seeker has a burning desire to cut through all of the **illusions** of what he **imagines** himself to be...and to re-recognize his actual **True Nature**.

The natural desire...sooner or later...is for one to drop one's illusion of a "me" that is **apart** and **separate** from **God**. From **Totality**. From the **Whole**.

The natural yearning, sooner or later, is for **ONLY** the very **SOURCE** of this thing called "I".

So meditation is simply this :

The practice of "Letting Go" of ALL illusions and concepts... ESPECIALLY INCLUDING the concept or CONVICTION of what / where this "I" actually is.

(pause)

Please understand this part very clearly : It doesn't matter if the "I" has "negative" thoughts or "positive" thoughts. Spiritual thoughts or worldly thoughts. It doesn't matter if the "I" is under the illusion that it is seeking enlightenment or a brand new Cadillac. **All of this isn't the issue.**

What **matters** , is that the "I" comes to the **understanding**, the **direct, immediate experience** of it's own **True Nature**. True Nature being...

That Cosmic Essence that is "illuminating"... "generating"... that is the very SOURCE ...of the "I".

So the realization, sooner or later, is that it was the **Source all along**.

It was the **Source / God** that felt separated ; that felt it was suffering. It was **God / The Source** that decided to seek wisdom or Truth. And it was **God** that found **Itself** in the form of "Enlightenment".

This revelation allows one to "**Let go**". Either bit by bit. Or... **Instantly...Totally**.

(Pause)

So meditation is **God** letting go. Not "**you**". **So relax !** Let go.

God is coming to the surface, so to speak, and all "you" have to do is **surrender** . Expand yourself into the ever-present Infinity. Let go.

To put it another way ; "**You**" **don't have to do anything in order to meditate...Just Be Here.**

GOD IS ALREADY DOING EVERYTHING .

So let's relax and let go for thirty minutes.

(Silence)

C. Thank You. Any questions, please ?

LADY : I find it so easy to completely let go when I'm here. And I **love** it ! It feels that **that** is what I've always been searching for. I feel so peaceful...

C. **Peace comes from letting go of our imaginings of what "I" is. From letting go of ALL concepts of separateness.**

When one isn't concerned anymore with whether the "I" is meditating or seeking "enlightenment"... **then** peace prevails.

You see ; the **desire** for God, the **desire** for Peace, the **desire** for Enlightenment...**Is no different from any other type of desire** . Money, fame, power.

All desires simply re-enforce the illusion of a separate "ego" or "I".

With the final understanding that **ALL IS GOD** , all striving **naturally** and **effortlessly** drops away.

The illusion of a **separate** "ego" is **annihilated**. It vanishes. There is this **tremendous** sense of release.

Of **expansion** . There can be no more suffering, because there is no more “**you**” to suffer.

Only God remains . And this realization brings on this incredible sense of

Peace...Harmony...Connectedness.

GENT : What **is** it then, that experiences this Peace, if it’s not the “I” ?

C. **That** is the time we introduce the thinking mind to the **BIGGEST possible “concept”**.

That is when the mystics... the Buddhas, the Christs, the Zen and Sufi Masters, etc.,...all scramble around, looking for **impossible** words to describe ...

The In-Describable. The Un-Knowable.

The Un-Manifest. The Limitless.

The NON-DUAL .

SO LET’S JUST CALL IT ...GOD .

God **ISN’T** the right word, of course. It **doesn’t** describe It. There **IS** no word to describe It.

But we use the word **God** anyway. It’s as good as **any other word** that could be used.

So...The question is... “What **IS** “It” that experiences this Peace”?

GOD ALONE .

GOD ALONE EXPERIENCES GOD .

AT ALL TIMES... It is **ONLY** God , experiencing God.

The understanding of that...is “Enlightenment”.

Letting go of “**trying to figure out**” enlightenment, is also **crucial** . Because **only God** can figure God out. Anything else is just the play of the thinking mind again.

LADY : So one could say that a sociopath is actually **already** as God-saturated as a saint !

C. Has always been ! Will always be ! Can you tell us **why**, please ?

LADY : Because **neither** of them ever existed , except as **illusions** of their “own” **egos**...Which God **also** created !

C. **YES ! YES ! (laughing) EXACTLY !!!**
WONDERFUL !

I think **YOU** should come and sit in this chair and give the rest of the talk ! Very, very good.

(*Laughter*)

LADY : So ultimately, it is totally irrelevant whether “we” suffer in delusion or attain

enlightenment. It has always been nothing but God all along.

C. Yes ! Correct! **Exactly** correct !

LADY : Thank you so very much. It's such a liberating revelation.

C. For **whom** ?

LADY : **NOT ME** !!!

(*Everybody laughing*)

C. Okay. So when we meditate, we meditate with the above understanding. **If** we understand what has been said here this evening, we can practice meditation **properly...**

Effortlessly. Naturally. Spontaneously.

Not with the usual, small, petty, illusory mind. Not with the little, limited, self-engrossed, "me", "me", "me" mind. All that has been **dropped** .

But with a ...

VAST... BOUNDLESS ... INFINITE MIND.

A COSMIC MIND...

that is **totally** unconcerned with...and **liberated** from...any concept of a **personal** experience or gain whatsoever.

We go from the personal to the impersonal. From the fragmented **illusion** of **separateness** , to the...

Boundless, Seamless, Reality of ONE-NESS .

GENT : I've never really thought of myself as being a "seeker". Never felt to be religious. But the understanding of what you've been presenting here...Makes me feel so...

C. Humble...

GENT : Yes. I feel so **blessed** ... In awe...
Thankful .

C. It makes one want to drop to one's knees in reverence...

GENT : I want to bow towards Life in every direction...

C. **I'm SO glad you mentioned this.** Because that **IS** the final feeling...or outcome...of meditation. It's a feeling of **Reverence...Humility...Worship.**

Towards that **Infinity** that is **Omnipresent .**

Please try to remember this, when you face another person. Remember that that other person is **also** the **Infinte** in the flesh.

You are **Infinity** , greeting another manifestation of **Infinity**.

We should bow down before All of Creation .

THAT... IS THE MESSAGE HERE .

Thank you all very much for coming.

CHAPTER SEVEN

Location : During breakfast at a Friend's home.

LADY : What about the whole “Karma” thing ?
Birth...Death...Heaven and Hell ? Reincarnation ?

C : All these exist for the “normal” person. For the Sage, all concepts of **separation** or **fragmentation** , simply **don't exist** anymore. If **only God** exists... **who** is there that is actually born...or actually dies ? Do you see ? It's always **JUST GOD** manifesting, re-manifesting and dissolving **HIMSELF** , within his **OWN Infinity**.

At **NO TIME** was there **ever** a **separate** entity, that experienced Birth, Death, Karma, etc., etc..

Is there Karma ? Is there Reincarnation ?... **WHO** ? cares ? Do you see ? Within the understanding that **ONLY** God is present...**there exists no separate “you” or “I”** to experience, or care about, any of this.

The understanding that **Only GOD Is Present** , spontaneously dissolves all such theories and concepts. They become a non-issue.

Please don't spend too much time on these sort of things. Try to stay focused on the **BIG PICTURE** . Don't **limit** your mind. Harmonize with the **SOURCE** as much as possible.

It's **ALL** the Cosmic Essence...at **ALL TIMES** .

CHAPTER EIGHT

Location : Morning get-together, same day.

C . Good morning everyone. This is the last gathering of the week. May we please start with thirty minutes of silence ?

(time lapse)

C. Thank you all.

(room is very still and quiet)

Not much left to say, is there ?

(laughter)

Any questions ? Please feel free.

GENT : I'm feeling so good right now. So expanded and liberated. But I have this fear that this will all vanish tomorrow. As soon as I get back at work...It's so hyper out there...

C. And you want to know what you can **do** to retain this wonderful feeling of Peace and Harmony, right ?

GENT : Yes.

C. But you now know exactly what the answer to your question is. You **know** what the answer is.

GENT : *(laughing)* Yes.

C. Please tell us.

GENT : The answer is that the “**T**” can't do anything at **all** to retain this feeling.

C. Yes. Good. **Why** is that ?

GENT : Because it is **all** the will of God. It's the will of God alone, that is the only operating principle. It's the **Grace of God** that brings on this feeling.

C. To **whom** ? **Who** is feeling this feeling ?

GENT : God Himself.

C. How is that ?

GENT : Because only **God** has ever existed. It's all just God in different shapes and forms of **Himself**.

C. Yes ! **Very good** . You've got a **very clear** understanding of it all. **So please don't worry about anything** .

You now know that tomorrow **might** arrive...or it might not. Tomorrow might be full of suffering, or full of Enlightenment. It might be business as usual, or it could be the end of the world. **You don't know**. And you don't know, because only **GOD** knows.

And only God knows, because **ONLY HE EXISTS**

And the deep ,clear, un-shakeable **understanding**
of this...

SETS YOU FREE .

If there is suffering, you now know that it's not
“**YOU**” suffering. It's not **YOUR** suffering.
Because there **IS** no **SEPARATE** “you”.

Then “**Letting Go and Letting God**” can happen
in the **truest** sense of the phrase.

So...If it is **GOD'S** Will...

PLEASE KEEP PRACTISING LETTING GO.

Please try to take time off, during the day, to
meditate on your **Original Essence** .

Remind yourself of It, if you can.

You can't , of course ! **Only God can do that !**

But now you know what I mean.

Please **PRACTICE** this Understanding.

Leave a note for yourself on your fridge. (*laughter*)
It can simply say... “**Let Go and Let God**”. That's
all.

Please take heart in the fact that **All Things** are in
Harmony. In Balance.

Every part of God is interwoven with all other parts
of God. They all form **ONE GOD** .

ONE ONENESS

God is all there is. **THAT** is your Legacy.

God's Play is proceeding perfectly.

All Things are a perfect expression of...

HIS OWN SELF .

Absolutely... Everything...Everywhere...
Is Sacred.

Because **ALL** is **GOD** .

**Please focus on all of this. Don't lose your Self in
illusions.**

Understand the meaning behind the words...

“TRUE ONENESS”

and all illusions of Suffering or Enlightenment, will
equally cease to be.

Everything will blend into that **Magical Essence**,
that **Unspeakable Wholeness** that we call **God**.

Thank you all very much.

PART TWO

MEDITATION

Refining Your Technique

Within the concept of “**God Is Everything**”, we can understand the concept of “**Meditation**”.

Meditation is simply...**The Practice** of “**Letting Go and Letting God**”.

There should be no **effort** in one’s meditation.

Because for effort to exist, there needs to be an “**I**” to **make** that effort. And the whole **purpose** of meditation, is to bring in the deep, clear, final **realization** that the **personal** , separate “**I**” never **actually** existed at all. That **God ALONE** was the ONLY thing that was EVER ...

ACTUALLY PRESENT .

So in Meditation, we emphasize the practice of “**non-effort**”. Of course, even this “non-effort” is not “**yours**”. It is **Gods’ Alone**. At all times it is Gods’ Will **alone** that is in Operation. Knowing this , one can be totally relaxed about the whole process.

If it is understood that it is **God** that is the “meditator”. That **God** is the thoughts, the effort, the non-effort and the understanding itself. If **God** is the Enlightenment... THEN one can ...

Completely...Totally...Un-Conditionally

RELAX and SURRENDER

to the Cosmic Moment .

Through the practice of Meditation, all of this becomes effortlessly apparent.

So Meditation is simply the act of sitting very quietly...with the above understanding...and letting go of absolutely **EVERYTHING** .

Meditation is the act of simply BEING .

NOT being like “this” or being like “that”.

Please keep the above in mind, as you read on...

FROM TRUE EFFORTLESSNESS

THE WONDROUS WHOLE

APPEARS .

The Wondrous Whole
is **ALL** that exists .

No need to **attain** It.

No effort of any kind
Is required.

There is no distance involved.

Just Be Still.

Just sit quietly
And allow all things to **Be So** .

Be Still.

To meditate
is to **Let Go**.

Above all in your meditation
strive for and practice
Letting Go .

When one lets go
there is **Peace** .

In Peace

the **Cosmic Essence**

Naturally and **Effortlessly**

becomes apparent .

The practice of Letting Go
is called **Meditating**.

In meditation
nothing needs to be **“done”** .

This is **very , very** , important
to remember.

There is no need to **“do”**
(and there is no need to **“not do”**).

It is **ALL** happening **automatically** .

Simply sit...and **“Be”** .

Remember the above.
It is the KEY to good practice .

There is absolutely
nothing more to **Meditating...**

than **simply sitting** .

It is this “simply sitting”

that takes **practice** .

On a comfortably firm chair
(or cross-legged, if you are so accustomed)

with eyes closed or open,

this is how we sit...

Quietly .

Calmly .

Patiently .

Without any expectations.
With no goals or preconceptions.
Anticipating and demanding nothing.

With full acceptance.

Just sitting .

Innocently. Openly. Receptively.

With a great **Serenity** and **Peace** .

Sitting with utter simplicity.

Simply Sitting ... and **nothing** else.

That is how we meditate.

This is how we sit...

Silently .

Naturally .

Effortlessly .

Absolutely Un-Contrived .

Without interfering.
Without trying to achieve.
Without tampering or changing.

With the greatest humility.

Just **being** .

Quietly.

Utterly still inside.

**Allowing the Universe
To flow freely**

in Its' own

Unrestricted Way .

That is how we practice.

When you meditate
have faith in the way
All Things
Already are .

Don't disturb the Moment.

Don't try to control.

Don't analyze or ponder.

Don't evaluate or criticize.

Don't touch or manipulate.

Don't interfere .

Allowing the **Original Essence**

to simply "be".

That is the correct way.

Remember...

When you sit
cultivate "letting go" .

Don't let thoughts bother you.

They will come and go.

Let them be .

Don't chase them.

Pay them no mind.

Relax.

Slow down .

Let go .

You don't **need** to think
In order to "be".

Above all...

Strive for

Absolute effortlessness .

When the mind has let go...

All Things

fall into their

Natural Place .

Learning to let go completely
takes time and practice .

Don't worry if at first
You are fidgety or bored.

That's okay too.

Don't fight it .

Be patient.

Have faith in each perfect moment.

All is as it should be.

Sit quietly.

**Strive to keep
your meditation pure.**

Don't add to it.

Don't complicate it.

Don't pollute it.

Don't colour it with "your" opinions .

Keep it spotless.

Crystal Clear.

Be diligent.

Pay attention when you sit.

Don't wander off
in your meditation.

Don't get lost
in day-dreams and fantasies.

If any appear...

Let them be .

Whether your thoughts are pleasant
or upsetting,
pay them no heed.

Gently bring the awareness
back to

Effortless Being .

Every day...

During your practice,
cleanse “your” busy mind
of opinions and prejudices,
preferences and commentaries.

Strive for...

A clearer Meditation.

A quieter Peace.

A deeper Stillness .

Don't be concerned with

wanting to “experience” your meditation.

“Wanting to experience”

is just another noisy thought

that will limit you
and tie you down.

Have faith .

It will all appear
on It's own accord.

Just sit quietly .

and the Wondrous Moment
will unfold Itself
exactly as It should.

Please remember...

while meditating,

there is **nothing** that needs to be “**done**”.

There is no destination.

There is no distance.

There is no separation.

Nothing needs to be accomplished.

NOTHING NEEDS TO CHANGE .

The very act of sitting

is meditation itself .

There is only **That** which has always been...

The Eternal Present.

The Infinite, Boundless, Seamless Moment.

THE WAY IT ALREADY IS .

Let go. Have Faith. Sit quietly.

For just a moment

without the slightest effort...

Let go completely .

Let go .

No questions...

When one lets go completely

there arises a **Great Immensity** .

No answers...

In this

Greatest of Immensities...

Pure Being.

Love pours in .

AFTERWORD

I urge you...please...

Don't think of "yourself" as a "meditator".

Don't carry mental "**stuff**" around.

Keep your mind open and un-cluttered.

No illusions. No enlightenments.

No here. No there.

No this . No that.

No "I" . No "other".

Boundless...Infinite...Timeless.

THAT is the Original , Ever-Present Essence.

Please don't **limit** your Self.

Please allow your Self to be...

Natural...Effortless...Un-Contrived .

INFINITY is all there is.

THAT is the Legacy.

Practice Daily. Walk Lightly. Love All .