

## Supersentience Teaching of One Essence #17p

# *The Illusion of Illusion!*



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*Time, Space and Consciousness  
are not three separate entities.  
They are modes of one state...  
awareness of the self to the Self.*

*Teachers say that Maya means that our life is an illusion. Do they really mean to say that this world, and this life, is a dream? I went to a satsang teacher of Ramana's lineage and he said that his teacher (Robert Adams) would say that nothing of what we know as the world exists. So do you think that the notion of Maya really means that all this life is just illusion and that nothing really exists?*

To answer "yes, it is a dream" would be misleading and to say "it isn't illusion" would also be misleading. Just picture yourself facing the powerful light of the sun; won't it be so strong that you couldn't see anything else by its blinding brightness? Now, turn your back to the sun, wouldn't you just see your shadow. In fact, the shadow would become real to you. The shadow is seen and it follows you everywhere you go, and no matter how fast you run it will keep up with you regardless. However, there is a midway point between facing the sun and turning your back to it -- it is called '**understanding**.' I am not referring to intellectual understanding or understanding anything in particular, but seeing in your heart what the truth is until there is no doubt.

So, what is the truth? Any scientist will tell you that the matter world we see, touch, hear and experience is made up of 90% empty space. Matter is a shadow and seems real because we are made up (our body) of that same

substance. The question is not, *"is it a dream?"* but is it as real as we think it is? Everything you see, feel, experience is the result of empty space or pure energy including your senses. The reason you can touch, see and experience is because you are the very consciousness that now appears as Tom, Dick or Joan. The reason enlightened beings say that life as we know it is a dream because it actually IS as a dream. When we dream at night we lose consciousness of being the observer of a thing and become the thing being observed. Although the observer is temporarily gone, it is merely the loss of its sense of its position as observer otherwise it would not be able to recall the dream.

Similarly with daily life, people act, think, and experience in a dream state without being aware who it is that is experiencing. Let me put it another way – you look at the world and see it, touch and feel it as if it is real. Isn't it made up of the same substance as your body (in different density, of course)? However, since we had taken the body to be so real, we have stopped seeing and feeling and knowing what makes the body possible in the first place. Every cell of your body is consciousness and that is the source of you. You are consciousness with the ability to recognize this or not.

**When we do not recognize we are consciousness appearing as a form then we are caught in the shadow so completely that we are blind to what is real and lasting.** This blindness brings suffering and tremendous mental anguish. When we see clearly that we are the very essence that is appearing as the form and take nothing seriously except the fact that Consciousness is Almighty, Sacred, and glorious beyond imagining, then we wake up to the great joy of recognition.

**We appear as a form and are playing the role of Mary or Burt when in fact we are Consciousness itself and everything we see as separate is really our consciousness also.**

You can realize this when you allow moments of stillness and silence and just LOOK without thinking or figuring out anything but just FEEL the energy of WHAT-IS. On a nice sunny day when the weather is comfortable, go out near a beach or park where you can be by yourself and LOOK deeply at the sky clouds or a tree or a flower...keep looking without wavering and begin to feel how it is all energy appearing in and as that form.

When you see the world as real (which is a belief) then you are going to feel afraid and threatened by the ignorant majority who are ready for war and even on the brink of nuclear annihilation. When you start seeing that you are

pure sacred energy that has always existed and shall always exist, just as clearly and purely as your awareness is now, that's peace and clarity.

## ***Time, Space and Consciousness***

Time is not a separate existing entity, but it is consciousness. Consciousness cannot exist without what is termed 'Awareness sense' -- and awareness-sense cannot exist without something to be aware-of. In other words, this awareness sense requires a vehicle to be 'aware-from.' Consciousness without an object exists as the great void or Infinite space but it requires the 'awareness sense' to recognize itself. However, and this is the crux of the whole point – **there is only Consciousness and everything emerges from it.** By having this 'aware-sense' of being we are recognizing the nature of Truth itself. Everything we experience as 'out there' is really in our consciousness or our 'aware-sense.' However, there is no 'out there' or 'in-here' since we are IN and OF consciousness itself. This is how time and space appear real to our senses.

To experience your 'aware-sense' as the creator and force behind time and space and to see that your sense of touch, seeing, hearing, tasting, smelling and experiencing as a derivative of consciousness is to see clearly.

Our 3<sup>rd</sup> dimensional space we call 'earth-life' is made up of matter that is rarified to the point of being over 90% space. On the other hand, that which is called space (ether) is more dense than any known substance. It is through this 'space' that we can watch TV, listen to radios and talk on the cell phone.

## **The Intelligence and Love of Consciousness**

All creation came about from intelligent selectivity between repulsion and attraction. For instance, the fetus in the womb in forming limbs, sense organs, heart, liver, kidneys, bones and muscles etc is done through natural selectivity – it draws to itself what it needs and withdraws (repulses) the rest. However, nothing is wasted. Everything goes where it needs to go.

<p>Energy, through natural selectivity, finds the best way for its expression. When we interfere with this flow of energy by our own egoic choices we create chaos in our life and, balance is lost. It is this loss of natural balance that brings breakdown, insanity, mental illness and all kinds of emotional suffering. Life knows what's best for us but through ignorance of natural law (love) we interfere with this flow.</p>
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*What is it that we are really learning by being born with a form?* Consciousness appears in a form and it is given a name at its birth like John and Joyce. However, this is not all – it has been given all the tools necessary from its nervous system, brain function and senses to recognize its own true nature. In other words, it can look at itself. For instance, attention is the nature of the ‘awareness-sense.’ When we become aware of this ‘awareness-sense’ we have turned it back on itself. We are actually paying attention to attention. This is the gift of being human rather than animal. This gift of recognition is where love has no limit in seeing its oneness.

True love is rare, but only because the human is unable to see itself clearly, and then only as an object and therefore separate. *Is true love when you are loving and someone loves you back? Is it true love when you love someone even though they don't love you? Or, is true love when you accept your humanity with all its faults?*

The highest love is self-forgiveness because then there is no limitation to our capacity to accept, to feel compassion, to understand and to forgive. It is these qualities that are our being nature. It is this love which is the oneness. It is this love which gives meaning, fulfillment and clarity.

When you feel guilt, shame or fear and surrender it through forgiveness, then you have the great gift of unconditional love. This gift every human is capable of if they are willing to flow with the grace of natural selection. Natural flow is balance and you can be sure you are in the flow when you forgive yourself (and forget about forgiving others since there are no others). There is only Consciousness and it appears as YOU. It is the flow of self-acceptance, self-forgiveness and egoic transcendence that brings the highest law in ‘your’ corner.

<p>We, as humans, do not move around in space but in consciousness, or modes of consciousness. Consciousness is not a quality or quantity locked up in the head. It is a motion of matter and extends into eternal space. This eternal space is denser than any separate substance known and is our true Home.</p>
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The average human sees only matter in motion, and almost always only one phase of it called the material world. With sensitive attunement we see the emotional field and self-image, and with deeper seeing we ‘FEEL’ the LOVE that permeates our NOW moment.

Finally, when we awaken to this NOW-moment as pure consciousness, we’ll understand what Einstein discovered in his theory of relativity where

everything we look at is relative to Truth, to Love, to Pure Essence of Being. At this point while everything is an illusion yet it is relative truth because we know its Source. And Source is All.

***What does Robert Adam mean when he said nothing exists?***

First of all, what is existence? There is not much to say about existence except 'it just is,' right? What is it that exists? What exists is the byproduct of Existence. Isn't it all an appearance of existence in a given form? What we call Existence, Pure Life, Essence, God or whatever you want to call it, takes on an appearance such as human, animal, vegetable and all of nature and imbues it with its essence, which we call 'a living thing.' All living things are products of this Consciousness. And, this is what Robert Adams meant when he said nothing exists but Existence itself appearing as 'things.'

All these forms of Existence are of various intelligence. An average human being may be smart, clever and shrewd but that doesn't mean intelligence. In awakening to the true Life are we truly intelligent. It is in awakening that we see clearly what-is. True intelligence is the ability to listen.

How does this intelligence awaken? By Listening. The word 'listening' means to place yourself in a receptive open alert state of tuning-in. Did you ever listen to your fear while it's happening? Listening can teach you a great deal about what you are seeking and how to 'feel it' and 'live it.' You can read and study and never know beyond a doubt. However, when you listen you see directly what-is and that becomes the feeling-knowing without the slightest doubt.

Be still and unwavering in your stillness of mind and look at the sky. Stare at the sky if you have to, but do not think about it. Allow all feelings and sensations to enter you unimpeded by emotion or control. In this utter stillness 'something' inside you will recall who you are. When you have done this enough times, a silence will permeate such moments so that the truth will reveal itself.

Moments of such stillness investigating who you are will reveal much more than my words can. Remember though, you won't experience anything since the truth is not an experience. Experiences come and go. What happens is a subtle feeling-knowing that you are far more than a body/mind organism. And, you may get a glimpse that NOW is all there is or can ever be. This feeling-knowing will take you deeper into another knowing, which is that of your eternal unborn nature. When you finally realize your timeless essence you'll understand (beyond words) everything that has been written, and much more.