

Supersentience Teaching of One Essence #1p

What is Spirit?



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***There are no answers
There is only knowing
that emerges from Silence.***

Someone emailed me and asked point-blank, “*What is Spirit?*” For a moment I hesitated because the real question is, “*What is NOT Spirit?*” Where do I start? Then, as always, the typing fingers moved to express the human-Being. The immensity of such a question could only be approached by focusing its effect on the human-being.

The human part of us trembles at the nothingness of Spirit, it literally shakes with fear and horror. **It is the unacceptance of Spirit** that causes all the terrible suffering of mankind; its desolation, loneliness, deprivation of love, fear of rejection, the horrific feeling of meaninglessness, with nowhere to go, nothing to attain, the futility of seeking and worst of all – the feeling of being lost in a world we don’t understand and the helplessness to do anything about it. We create a self-image to compensate for lack of a stable identity which is often questioned but dare not explore it. The question “*Who am I?*” is feared because we come up empty with every attempt. And so, we fill it with things to do, plans, hopes, desires for success but as time goes on find that nothing works to give us ‘answers’ to the mystery of our existence. We are literally lost in a sea of paradox.

We compensate for this state of affairs by pseudo-truth such as a 'good relationship, family, financial security and worldly gain. In our middle-age, whether we admit it or not, we are constantly nagged by an unconscious fear of impending death. We escape 'death' by living feverishly whether through drugs, alcohol, parties, social get-togethers, workaholism or just keeping busy. Whether we admit it or not, this is a picture of the human condition that fears Spirit often seen as nothingness, emptiness and Silence.

We turn to religion to give us hope and some belief in a future life and, although beliefs help to soften the blow against spirit-emptiness, we still see death as a terrible thing rather than part of the dream we live under as humans. We literally fear what we want most, and paradoxically, what we are made-of and have always been – Spirit.

We play possum with words such as Spirit, Oneness, Love, Infinity and Eternity. We hardly ever LISTEN to what these words really mean. *If all is One, how can there be time, ego or a personal individual? If ALL is One inseparable whole, how can there be an answer to the human need for personal meaning?*

When we are afraid, we are fearing our nothingness and emptiness since everything is unreal with nowhere to go. However, it is when we ask, "Who am I?" and suddenly realize through shock that we really don't know that something happens. And, if at that moment of not-knowing we accept it as what-is, then everything will begin to transform. When we embrace our nothingness and emptiness we go beyond time, beyond mind, beyond past and beyond knowledge so that what is left is immensity, infinity and eternity and that is our freedom and joy that words can never ever even touch...we go beyond mind and into that paradise that is ever NOW without form.

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The human part of us is a condition of fear, uncertainty and seeking for answers. Yet, it is when we recognize the Being-part that 'things' begin to jell, to start 'making sense.' The human part is a necessary part of the equation without which the Being can never be 'discovered.'

All our questions, which are comprised of our feelings of lack and limitation, are a quest for the Being or Spirit. Of course, there is no awareness of this unconscious quest because it takes the form of worldly attainment, plans and

goals. We become convinced, initially, that we are here on earth to become special; to accomplish some worthwhile goal without realizing that whatever happens is our dharma. Every living expression of Life (souls) has its own energy-action and how it is carried out depends upon its viewpoint of that action. Life is not only infinite but intelligent and it lives us but it often takes tremendous waking-up to recognize this truth.

The Freedom from conditioned mind

Just as the human believes and wants to have beliefs, so does the Spirit (Being) know beyond any belief.

This knowing beyond a doubt is possible only when we acknowledge our unknowing.

The mind can never know beyond doubt because true knowing is not of 'something' but of the eternal essence that resides above and beyond the daily mind. Truth is invisible because it is the creator of that which appears either as physical, material or mental. Truth is spiritual (spirit)

The mind can never know the unknown. And, since the unknown is the 'source' of the known, even the known is unknown to the mind. For instance, a computer expert may know how computers work but never what makes them work (which is memory). Memory is a mystery and the mind can never know it simply because mind is memory itself.

The mind is a necessary tool for learning information for survival and adaptation but it is limited to experience and memory. The Spirit in us resides way beyond ordinary mind and is the witness of the mind's futile activity to understand the mystery of being.

Freedom from fear and lack can only be 'found' through knowing. This knowing is not of 'something' but of nothingness (spirit). This 'knowing' is not based on knowledge or words from a teacher or book. This 'knowing' emerges spontaneously when we are willing to explore, investigate what is real and lasting. Therefore, it is okay to start with doubt. In fact, even as you read these words, it is imperative that you have healthy doubt so that it encourages you to find out for yourself. It is this willingness to explore within your own nothingness (spirit or spiritual nature) that you will know beyond doubt.

Knowing, to repeat, does not come from belief. The moment we believe something we stop inquiring because we feel as if we know. The moment we

believe we know we create a wall to real knowing. A belief can be shaken but real knowing that emerges from Silence cannot be shaken.

Letting the answers come through Silence and as Silence itself is the way to know beyond doubt simply because the 'answer' doesn't come in words but as a 'knowing' beyond any doubt. When Silence is experienced to the point where there is no thought then there is in that great void a 'knowing' that everything is okay as it is accompanied with an inner inexplicable feeling-knowing of joy.

All religions are based on belief, and since beliefs vary according to the mind's structure, they diversify, they divide and destroy the very oneness that is known as True Love. The truth of our being can only be discovered when we are willing to quiet the mind.

How do we quiet the mind?

The mind is quieted through complete acceptance with no resistance whatever, combined with seeing things as they are. All ignorance and suffering stem from the belief that we are separate individuals. This creates the belief in a 'thinker.' Thus we have plunged into a hypnotic state where we believe every passing thought as our own. The moment the thinker is activated, the thought and thinker become one. The result is this – we are feeling, experiencing and seeing whatever that thought has created through the thinker. We no longer see Reality but only feel whatever that thought made us experience. All emotions, positive or negative, are created through *thought-made-real* by the thinker. In Truth, thoughts are not ours but impressions from the past. In this moment, right here and now, we live as pure beings (in spirit). We see this in innocence, in animals, in our moments of peace and mental quiet.

We cannot quiet the mind through sheer will but we can see a thought as a thought rather than reality. It is this seeing (and doing nothing about it) that eventually establishes an inner quiet.

In your natural state you are pure spirit. Spirit cannot be located anywhere. It has no plans, no goals, no hopes and no fears. Spirit lives fully in this NOW moment as timeless and eternal. Spirit is the experience of pure joy and cannot experience fear. Fear only exists as a thought from the past and carried over as a future possibility. In other words, fear is impossible in this moment. It is only when a thought comes from the past and reminds you of some dread in the future that fear is created. In this NOW (timeless spirit) fear cannot exist. When we become aware of this natural state of our being as pure being then we muster the ability to sit in stillness beyond thought. In this state of

absolute stillness (nothingness) the truth reveals itself – not in words but in a feeling that defies belief and doubt. Such a knowing cannot be shaken, cannot be doubted, cannot be challenged and cannot die. It is the peace that passeth understanding said Jesus.

When I read your scripts I feel clear but the next day I'm back to square one. Any suggestions?

This can't be helped because we have invested our whole life in the reality of the dream. Give a voice to what's happening inside you! I often ask people for questions at satsang and through email but very few people ever do. When there is no awakening to the dream then questions fill our unconscious to the point of unease and nagging doubts and discomfort. Unless we give voice to these habitual thoughts and emotional feelings they fester inside us.

When we start releasing these questions by knowing what they are, then, we create a space in which we can see a little clearer until Truth becomes obvious. Challenge every belief you have whether positive or negative until you empty yourself, and in time through inner quiet, life will live you.

I still fear the term 'nothingness' – will I ever see past this?

You do NOT fear 'nothingness' – you fear what you think about it. Since nothingness is not a thought, fear is impossible in nothingness. Look at the word 'nothing' (no-thing) and see deeply into it. Once you start looking deeply into it, this fear will start leaving you.

Does the word Spirit coincide with the occult teachings of living spirits?

The spirit life often mentioned in occult literature simply refers to disembodied souls. These creatures may still believe they are separate. Spirit, on the other hand, is whole and oneness. It is true unconditional love.

There is only Spirit whether in form or without form. The great infinite emptiness is all inside you and around you. You are swimming in it. You look inside and there's nothing behind your thoughts; nothing behind your feelings; nothing behind your ideas. Even material objects that seem real and solid are made from nothing. A gigantic tree initially appeared from a seed, a seed whose nucleus is empty.

The waves that make it possible to talk to each other and to use cellular phones and watch television are movements of energy created by electromagnetic energy. It is all Spirit. Our bodies which seem so real are concentration of memory (DNA, cellular memory).

Think a thought right now and visualize it as real – now stop make a direct and conscious awareness of this thought...where is it? It was nothing but seemed real because of dormant consciousness. Thoughts only affect us as long as we are unconscious of what is happening. Then, through unconsciousness they become feelings and bodily sensations...all from nothing but unconsciousness.

We suffer because of unconsciousness. When we wake up our awareness, suffering stops.

The world appears real because of our unconsciousness. Remember that the subconscious mind doesn't know the difference between the real and unreal. It believes any thought that the mind accepts.

Take a good look at any material form. Keep looking at it and then attempt to prove its reality. No one has yet been able to prove that material form is real! It was Einstein who said that matter is mass – mass of energy! It all appears real because it is moving energy and hence the reason for the continual change.

How does Silence (nothingness, emptiness, spirit) teach us Truth?

Simple – Silence is Truth. It is Love. It is Oneness. It is Wholeness. It is the infinite and eternal source.

Behind all emotional pain lies the call and invitation to Silence. In fact, behind every negative feeling is a call telling us that there is no Truth and feels like pain. Whenever Truth is absent there is pain.

Recall the last time you had an argument with your loved one and how you felt afterwards. We suffer every time we transgress or avoid love. The word Silence might not sound wonderful to the ego but only through the great nothingness that the greatest Truth is revealed. Why? – everything has emerged from Spirit-nothingness.

A Course in Miracles states that the Holy Spirit is the One Answer and the true teacher and guide.

What is mental illness?

Mental illness is making real that which isn't real. The key to sanity lies in seeing that nothing is real except nothingness itself. Look at this statement – NOTHING IS REAL! It means that what is real is nothingness itself. In other words, what is real is Spirit. It is through this knowing that we find freedom, love and peace.

The moment we realize this great and ultimate truth we gain sanity. Everything is a play of energy and therefore we live in a timeless eternal experienced as freedom, love, joy and peace.

How is love nothingness?

Ask many people what love is and you will get a different answer from each one. They will tell you what they believe love is to them according to their viewpoint. Love is not a belief nor a viewpoint – it is Spirit. Initially love is experienced emotionally tinged with fear, jealousy, possessiveness and attachment. Eventually we see that LOVE is oneness.

Have you ever felt a very warm feeling of love? Recall, as best you can, this feeling of warmth! Now, was there fear, concern, consciousness of time, personal agenda or ulterior motive? Wasn't it a state of total freedom from any concern? It was a free-flow energy, a pure state where the mind was empty of control, need or motivation. In other words, the warmth of true love is the state of nothingness (no-thingness).

Spirit is love. The moment we start going deep into our inner void space and immerse into it, something starts happening that we do not notice at first. We start feeling comfortable with our space. Then it becomes a deeper love of love itself by enjoying our natural Silence. Finally, a quiet joy emerges where we start living from the moment oblivious of tomorrow or yesterday.

I watched a movie yesterday entitled “***A Beautiful Mind***” starring Russell Crow as the real professor John Nash. John said in his brief lecture after winning the Nobel Prize: “***I always believed in numbers. Equations, logistics and reason. After a lifetime of such pursuits I asked what is reason? What is logic? Who decides reason? My questions have taken me to the physical, metaphysical and the delusional and back. I made the most important discovery of my career. The most important discovery of my life. It is only in the mysterious equations of love that logical reasons can be found.***”