

Supersentience Teaching of One Essence #21p

Crucial understanding



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*What is the crucial understanding
for spiritual knowing?
It is knowing the difference
between thought & awareness.*

Someone emailed, *“I keep reading the scripts you send and feel good and free, and yet, I can’t seem to get it all together, something is missing.”*

The feeling of something is missing is not only common but an inevitable feeling prior to awakening. After all, spiritual awakening is the knowing that nothing is missing and we are complete just as we are.

What is missing initially is the deep inner ‘feeling-knowing’ of *‘who I am.’* Until we are clear about this, our conditioned response to life undermines everything in our life.

I have found through giving satsangs and meeting clients one-on-one that the major misunderstanding is the following – *knowing the difference between thought and awareness.* It is the difference between the real and unreal; the difference between the finite and infinite; the difference between the mind and consciousness. I remember, quite a few years ago, when I thought (at the time of psychology study) that the brain, mind and consciousness were similar. Years later, it was my own clear direct experience of being a human being that brought crystal clarity. Just as the human is a ‘becoming process’ controlled by thought, so is Being pure awareness. Just as thought is finite (comes and goes), so is awareness infinite and never-changing. Yet, it is seldom that I meet anyone who clearly sees the difference between them. In fact, 99.9% of all questions asked about Truth is the confusion between thought and awareness.

For example, let’s explore briefly the eternal nature of awareness in daily life. Ask yourself this – *aren’t you always paying attention to something?* For instance, you are reading this and therefore you are paying attention to the words and what you *‘think’* they are saying. You may agree or not based on your thinking process and conditioned belief response. You may even let your mind wander and pay attention to some story or

episode. In fact, every movement of your daily life is based on paying attention to something. If you are not paying attention to a thought in your head, you may be paying attention to an object or person. When your attention becomes 100% (which is rare) then we know it as love where there is no ego. There isn't a moment when you are not paying attention to something for that is the nature of mind.

Now listen carefully and closely – this attention is focused to either thoughts, emotions, objects, events, dreams and so on, what is the reality in all of them? You will discover if you are truly dedicated to the truth, that nothing you paid attention to is real but that it is a moving event, a temporary experience. However, what was/is real and lasting is 'attention' itself. Attention never leaves; attention is eternal; attention is the very core and essence of your being called awareness. There is never one single moment when you are not paying attention to something. However, have you ever paid attention to ATTENTION itself that makes everything possible in your life? If you ever have, then you have taken a giant leap in your true nature of pure awareness.

All our conditioned experiences are thoughts, in fact, this includes all our emotions, ideas, beliefs, opinions, judgments, conclusions, viewpoint and reason. *Did you know that thoughts have no reality in them except the belief you attach to them?* However, that which makes it possible to think at all is forgotten and bypassed, which is 'awareness.' You cannot think for one split second unless there is awareness that there is a thought. Awareness is not only eternal and unchanging but it is the very core and essence of being. You can be aware without a thought, but a thought cannot exist without awareness. Here's the crucial point – when you are not aware that a thought is a thought, it appears as reality to you and you are literally 'caught' in its trap. Yet, it is our awareness that creates the thought without the awareness of the fact.

Picture a child just born. He is innocent and pure awareness. When he starts walking and bumping into objects and cries, who is crying? Is it the body or the child? The child being innocent and blissful only knows the 'IS' of now. When crying happens it is the mechanical survival instinct of the body. We confuse the body with the spirit of the child and believe the child is suffering. The child cannot suffer because no ego has been established yet. It is only the egoic personal mind that suffers unhappiness. In the true egoless state of our being there is no unhappiness but aliveness of awareness.

Awareness is aliveness

The thought may come, *“as Awareness is not any 'thing,' then what is it? As pure awareness is what I AM, what am I as Consciousness?”*

You, as YOU really are, exist not as a physical object, but as a state of Awareness only. You are that Awareness which is NOT a body, but includes body and all things. You are present as an alert, intelligent, alive Presence only. This Alive Presence, the One You are now alive to Being is Life itself simply knowing, *“I am, I am Aware”* totally distinct from all I appear to be aware of.

Just because the Aware Presence you are is a nothing (no thing), doesn't mean it is nothing per se but everything. It is never blank or a deadness. On the contrary, Awareness IS! It cannot be seen, touched nor experienced by any of the five senses – yet it is consciously alive. Test this – ask anyone, *“How do you know you're alive?”* and

they'll say, "*because I just know, it is obvious.*" This obviousness is not a thought, nor a belief or a memory – it is Awareness of itself (Self-recognizing.)

Conscious Aliveness is a 'feeling-knowing' but not an emotion. An emotion is a thought that has become fixed as a moving energy within the body known as E-motion. This fixation happens through strong identification of our attention such as when we experience fear.

This Awareness you are is not a microcosm but a macrocosm...it is Cosmic. It is not owned by anyone because it is Infinite, beyond measurement. Similarly, there is no mind but Mind. There is no ego but Ego. There is no 'I' but '**I**' – what we think of as personal is universal. We think in personal terms because we live in a box and contract every feeling we feel into its smallness of space. This is why loneliness is rampant in our society creating havoc, chaos and violence because loneliness is Oneness reduced in size to make it personal. Then, as a result of this reduction of space we feel confined, separate, alone, desolate and lost.

Who am I really?

If we recognize who we are (and not pay lip service to it by mouthing the words), then we start living from it as the Great Being we are. It is this recognition that we are NOT a thought nor a self-image concocted by self-conscious imagination but AWARE PRESENCE – then we live in peace, harmony, joy and inner security despite what the egoic mind has created as the physical world of war and chaos.

Here below is a made-up dialogue based on conversations I've had with clients and at satsangs. After saying that everything emerges from Source (Being or Pure Awareness) someone asks...

You said thought and breath arise from the same source. Could you talk a bit more about that?

It is best that you experience it for yourself. As you are breathing right now, ask or observe, "*who is thinking? Who is breathing?*"

I can't. I can't see the thinker. My thoughts seem to appear.

Who is thinking those thoughts?

I don't see it?

Do you feel it? Do you feel the 'I' that is thinking those thoughts, and the 'I' that is breathing? Do you feel that 'I'?

Not really. They both just seem to happen on their own.

Okay, so they are happening on their own. To whom are they happening, or seem to be happening to, or with? Who is seeing and saying this? Is there not an 'I' there that is thinking and breathing? An 'I' that is seeing and saying this?

I guess there must be.

You're not sure? Do you deny that you are there? That you exist? Who says so? Who says that 'you' guess there must be?

I do!

Yes!! That very 'I' is the one; it is being used everyday. You call it 'I.' You say, "I am breathing, I'm thinking, I'm doing, I'm walking, I'm talking." But do we know what this 'I' is? Investigate into this 'I,' which is an immediate thing now, not reading

about it, or thinking about...but right now, explore into this 'I.' If you were in a pitch black room right now – pitch black – and you couldn't see your hand in front of your face, you couldn't even see your body, and I was standing outside the room and asked you, "Is my book in there?" what would you say? Do you know? Would it be there?

I wouldn't know.

Right! But, if I were to say, "are you in there?"

Okay, I get it; there's the sense of 'I'

Yes, now get a hold of that sense of 'I.' Hold onto that sense of 'I,' because that's the key. And withdraw or trace your attention, or the 'I' back into its source, out of which the 'I' appears or arises. And then, of course, second to that are the thoughts, breathing, and everything else. That's the very key here. Got that?

Yes, I believe I do.

Good. Now, just stay with that process as we continue in the call, because, we're already in the exploration process. Stay with this 'I'—feeling' alone, and it will draw your attention back into the source, or use it as an indicator as you intentionally track it back to its source.

This 'I' that we have taken for granted is the Source itself appearing as if it is a personal individual. This source is the spiritual heart or essence of all that IS. It is a felt-sense of presence, or radiance that can be felt internally. However, this eternal source of Being called 'I' is really the infinite itself and is NOT encapsulated in the body. It is like 'being a sponge in the ocean, and the ocean is in the sponge.' The sponge would be like our body/mind and the ocean is like the Self or the Heart (Source). The Self is what gives life to the sponge; it's permeating through it and giving life to it, so to speak. It is not located in the body although it seems to be. Just remember that this 'I' is a felt-sense of presence or 'I AM' radiance.

Everyone uses this 'I' as a small personal self but in truth it is the Universal Cosmic Being. This is why there is so much suffering when we misperceive reality by believing that this 'I' is a small body inside a giant universe. It is this universe which is the felt-sense of 'I.' And, everyone in this universe feels this felt-sense. When we make it personal through name and form that's called 'gross ignorance.' When we start seeing that same 'I' as universal beingness then we are free.

So, our everyday awareness is the Source itself?

That's correct, just like this very moment is the eternal being. And, this very 'I' that you believe is 'you' is really the Infinite One acting through YOU. The self you believe you are doesn't exist – it is really the One Self. It is all a shift of perception, an altered viewpoint from thinking in a box to seeing how things actually are. Nothing changes, just your SEEING!!

Why does it take so long to see something so simple and even obvious?

It is due to unconsciousness – we have invested so much belief that we are small limited beings and separate that it is extremely hard to see what is obvious here and now. Become still, relax completely after taking a deep breath and then just look directly without wavering and see how, in that stillness, you will begin to recall in a small way how dreamlike everything is. Yet, within the dream, YOU ARE!! It is this that

transforms you into the knowing between thought and Awareness. Initially, you believed the thought. In stillness the thought subsides temporarily to allow you to see that it's all like a dream except this one fact – you are the Aware Presence.

When this knowledge dawns in my awareness, does it change anything in my life?

There is no 'my life' but only Life. Also, everything will go on as before except now you are no longer afraid, insecure, unsafe and anxious. You feel literally free.

Is there some mental picture or metaphor that can make this understanding of awareness and thought clearer?

Picture a movie theatre. Now see that the screen is the basis upon which the movies (moving energy) appears. Picture the movie-projector as the thoughts that make the movies (movements of energy). When the projector plays (thought) it needs a screen to make it seem real (awareness). The screen (awareness) is always there in the theatre of life but it is the movement of awareness (thought) that makes the screen appear as if it is real. When you watch a movie you can get involved and believe it to be real. When the lights come on and the projector stops you realize it was all a play upon the screen (awareness) of Life. Yet, although awareness and thought are totally opposite, yet they compliment each other like black and white, up and down, male and female.

Can awareness exist without thought and can thought exist without awareness?

That which exists and existence are like saying thought and awareness. Existence 'just IS!!' Existence is always eternally so. However, thought as the movement of existence, appears as objects, motion and the world we experience. In science we say that Energy is indestructible because 'it just IS' and from that eternal Energy emerges waves that is thought. Thought creates form out of itself like a spider weaves a web from itself. Therefore, energy is indestructible, it simply changes form and appears real to the senses.

Here's another picture – Energy is the eternal 'cosmic soup' from which 'movement' creates waves, and waves create particles. Particles are molecular structure that appears as atomic electro-magnetism or matter – the physical world of form. Now picture a radio and you turn it on and listen to its music or voice, doesn't it actually 'feel' as if the voice or music is coming from inside it? Yet all that is happening is the radio receiver receiving the 'sound waves' from the 'cosmic soup' making it seem that it is personal and individual radio with sound inside it. The sounds are NOT inside the radio but in the etheric waves which are being 'received' by the radio. If there were a thousand or million radios they would all receive the same sound waves.

Jesus was a man who perfected his radio-form to receive the waves from the eternal 'IS' of the Father. The word 'Father' is another name for the Cosmic Soup. When Jesus heard this voice of the Father he said, "*Not I but the Father in me that doeth these works.*" Jesus was such a fine instrument of the Father (just like an expensive sensitive radio) that he actually said, "I am the way, the truth and the Life." Thus it is with awakening. When you realize that the felt-sense of 'I' is not personal but universal Cosmic Soup then you can say 'I AM' with a knowing that you are this Universal Principle of Allness. Thus Jesus became Christ. The word 'Christ' means the realization that the personal 'I' sense never existed since it was always the Universal IS projecting in

the form imbued with awareness. Although the form is THOUGHT, yet it is felt as ALIVE through AWARENESS. This ultimate eternal awareness is the felt-sense of 'I' but no longer confined to the personal individual but realized to be the Father itself or the 'I AM.' Therefore, in brief, the felt-sense of 'I' is really the Father principle known as Bhagavan or Buddha-nature or Christ (all mean the same thing.)

I believe that my senses are mine because what I sense and experience is individual, how do you explain that?

What you believe is what thought makes it seem real. Belief is not important. What is important is 'KNOWING' which can't be shaken or doubted. The senses are the disturbance within the Cosmic Soup that create the waves to see, touch and hear etc. It is like a peaceful lake as the Cosmic Soup, then you throw a pebble into the water and create a disturbance by causing ripples in the water. These ripples are the waves within the Cosmic Soup of IS. We have been given tools (physical senses) to experience the ripples of electro-magnetism action. A good radio receiver picks up the waves (ripples) from the cosmic soup just like a cell phone picks up the sound waves from a signal in the other cell phone of the sender. All these waves are thoughts. They are possible only because of the awareness (cosmic soup of consciousness) that when combined makes the world we know.

Is that what is meant by saying Consciousness is the doer?

When you say 'I' do this or that, you make it seem as if it is 'you' doing it in a personal way. However, who is this 'I'? Who am I? We are baffled when we ask that question because there is no personal 'I' and we get scared, perplexed and even terrorized – it never existed – it was always the Universal 'I' that spoke, acted and experienced. The felt sense of 'I' that you believe you are is a misnomer. There is only one felt-sense that every living human experiences as himself or herself. In Truth there is no such thing as a personal 'I' but a felt-sense emerging from the cosmic-soup known as the Father or Oneness. In other way we can say that the Truth or Heart of Being is very warm, loving and 'personal' when you realize that this felt sense of 'I' is really the Cosmic Intelligence of NOW. It is this KNOWING that awakens true LOVE.

WOW!! Then when I think of 'I' it is actually the Christ that is Being and experiencing?

You got it!!!