

Supersentience Teaching of One Essence #23p

Two Sides of One Coin



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*There is no peace, freedom, clarity nor inner security
until we see clearly the difference
between thought and awareness.*

“Why does the realization of our true nature take so long when all enlightened beings say it is the simplest thing because that’s what-is?”

That is the paradox, it is because of its utter and even obvious simplicity that Truth is missed. And, even when we catch a glimpse of our true aware nature, we still cling to what is conditioned. So the real question is – *Why do we tenaciously resist who we really are?*

I have been conducting one-on-one sessions for many years and it is quite rare to meet someone who just wants what’s true and lasting. Most people want to get rid of their pain, their anxiety and to feel whole again. *What if we realized that we are already whole since we are awareness, and all our stresses and fears emerge from thoughts that we have made real?* So the battle continues between THOUGHT and AWARENESS – confusing the two and making thought real while ignoring the Presence of awareness as the wholeness itself.

I have witnessed people becoming so liberated after many years of struggle, to finally realize, there is nothing wrong with them. To see clearly that the idea of personal self is a conditioned hypnotic belief. Oh yes, it is a shock to the system to see what has never been looked at before, however, the truth is true and can’t be denied without suffering.

The Two Viewpoints

In truth there is only one true viewpoint but it is normally covered up by our unawareness of our true nature. When we awaken to what is real and lasting then our viewpoint shifts. This shift of viewpoint, contrary to popular opinion, does not happen by reading holy books and meditation alone – it happens when we have the authentic drive for what is true in life. In other words, it happens when we look deeply into who

we really are. This ‘looking’ at who we are is simple and direct but the reason it doesn’t ‘happen’ to make the shift is because we are not aware of the incredible fear we have of love (which is our true nature). We are literally terrified at seeing the truth as it actually IS! And the Truth is simple – it is LOVE! For example, just pause now as you read this and look at who you are right now – right this moment – who are you really? Your mind jumps back to the past (thought) and convinces itself, “well, it is me!” But who is this ‘me’ right this moment without the past (thought)? Chances are, if you are sincere and authentic in wanting to look at this ‘space’ called ‘you’ is a shock because you won’t find this ‘me’ that you have spent a lifetime assuming it was real. You literally can’t find yourself in this moment. However, once you get past the shock of seeing there is no ‘you’ – you start to see that there is awareness of your surroundings, and even awareness that you are feeling this depth of being. This awareness, which had always been with you, is your presence, is the truth of you. It is your connection to all life, it is oneness, it is the highest love.

You are not a thought consisting of your experiences, emotions, memory and conditioning. You are the awareness that says, “I AM!” Once you see past your self-image that you are literally just a felt-sense of ‘I’ then the slow shift starts and you begin to see your connection to all that is around you. You will feel the glow and radiance of your heart – the essence of love.

The difference between thought & awareness

The difference is vast and the viewpoint of this ‘me’ idea is like being inside a confining box experiencing frequent fear, discomfort, insecurity and loneliness and therefore spend most of your energy seeking someone or something to fill that emptiness. On the other hand, when you find that this ‘I’-sense is really whole and complete beyond a personal-me idea, the shift of viewpoint alters your whole ‘seeing’ experience. At this point you place importance strictly on the presence you are. This aware-presence which predominates in your consciousness is now a ‘feeling’ of inner peace and security combined with love and clear-seeing. This ‘I’-sense is something like this...

Thought – ‘I am me.’

Awareness – I AM.

You recognize that this ‘I’-sense which has always been with you believing it was your egoic self-image is really Oneness acting through you. There is only One ‘I’-sense and the mystery is how everyone on earth experiences the same ‘I’-sense as if it was personal. It is an incredible shifting experience when we get over our shock of being no one in particular and yet being everything and everyone in your true state of being. This knowing is true love...it is the immersion of ‘your-Self with anyone or anything.

When you identify with the ‘I’-sense as you personally, which most people do, then that’s what stress is...it is a tremendous fear.

The qualities of the personal 'I'-sense

Sense of lack – It is an undefined sense as if there's something missing or you are not good-enough. We filter everything through this sense of lack. This is why most people try to keep up with the Joneses.

Sense of separation -- Looking to the external world to fulfill our perceived lack. We become absorbed as if in a trance on this idea of 'me.' This separation creates self-concern and self-absorption so that most of our energy is taken up protecting, defending and maintaining our self-image.

Addiction -- Both the feeling of lack and the craving to fill this void are so strong in us that the moment we hear of something that 'can do it' we pursue it, latch on to it and become addicted. Food addiction, sex addiction, alcohol addiction, work addiction and so many others are forms of filling our emptiness.

Fear -- As soon as addictions take over, our life is filled with non-specific fears. We have no understanding or even awareness of what is happening, we just feel anxious and afraid for no significant reason.

Suspicion -- Nonspecific fear makes us suspicious. We distrust others and we trust no one completely simply because we have lost trust in ourselves.

Strategic living -- We carefully plan for eventual threat or danger. We are always prepared to defend ourselves against the slightest threat. We become fearful of rejection, being laughed at or ridiculed or feeling vulnerable. This suffering leads us to seek some spiritual understanding and it leads to more games, pretensions and fascination, and if someone tells us the plain truth as it actually is (when we have nothing to cling to) we escape into some fantasy to sustain our deceptions.

Anxiety -- The notion that something is wrong, that we should be doing something more to be complete, creates a constant sense of worry.

Hostile competition -- The personal 'I'-sense creates a feeling of hostile competition, as opposed to co-creation. For example, "*my teacher is more enlightened than yours.*" "*You've never known suffering like I have.*" "*The system I follow is the absolute best.*" "*Our path or religion is the truth.*" This is the result of separation-thinking.

Of course there are many others that result from 'I'-ego sense and they include self-doubt, self-sabotage, self-pity and caught in pain-body, disappointment and feelings of meaninglessness.

The above qualities are all the natural result of believing in thought rather than awareness. In other words, you believe you are the past-conditioned personality rather than the true 'I'-sense of Presence.

Qualities of 'I'-shift

The qualities of presence are not really qualities in the actual sense but rather the 'qualityless qualities' that emerge when we feel free and inwardly secure. They are *happiness, contentment, being present, feel harmony, fulfilled, successful, at ease, honest, loving, compassionate, patient, generous, feel grateful and have natural integrity and responsibility.* These are not something you acquire but are the Presence itself. The reason is simple enough – because you are aware that you are just here (now-

awareness) and not a thought. You are literally free from self knowing that there is only Self. The shift has been from 'I'-sense of being personal to the realization that the same 'I'-felt-sense was never personal but universal emerging from the One Will of the Source. In fact, you are the Source itself and never lacked anything.

The battle of the two viewpoints

The question is -- ***“Why does the realization of our true nature take so long when all enlightened beings say it is the simplest thing because that’s what-is?”*** It takes a seeming long time because our conditioned 'I'-sense, which is so familiar to us and have invested a whole lifetime into it, rebels whenever we start seeing the grander picture of our true nature. We simply can't or won't shake loose from our preoccupation with our self-preservation even if it kills us (no pun intended).

So, what is needed to break free? There are two steps necessary and they are simple if you are sincere:

1. *Do you really want what is real and lasting in your life, more than anything else? In other words, are you willing to love God with all your heart, with all your soul and all your might? (God is the Presence you are – it is the Infinite One).*
2. Having said 'yes' to the above, then start looking at all the qualities of the personal 'I'-sense and you will find in all of them – a craving for what is real in you. They are all a seeking of the truth acted out in the typical contradiction of the egoic self.

I have read ‘A Course in Miracles’ and did the exercises and have been faithful to the teachings for many years, however, I still feel incomplete.

Ask yourself if you are very clear about the difference between awareness and thought. I have found, throughout the years, from my clients and my own realization that it is seeing clearly the difference between thought and awareness, and yet, also oneness of thought and awareness that brings that final Oneness feeling of presence.

Start by really looking at what is thought and how it is everything you think 'about' and experience 'about' life. Thought is always 'about something.' Thought can never be the truth because it is 'about it' rather than 'IT' itself.

The 'IT' is awareness. Go deeply into awareness and see how everything is the result of awareness. For example, sit or lie down and see how every sensation, every feeling, every thought and everything around you and in you is part of your awareness. You are now reading this, you are aware of looking at it, you are also aware that you are understanding the words and also aware of your being here-now, and yet, ***who is it that is being aware?*** It is not thought simply because thought emerges from awareness. Everything comes from awareness, but who is being this awareness? Of course you won't find an answer because **awareness is not a 'thing' nor a subject nor even something you can think about.** It is the presence of 'I' that usually says 'me.' It is literally all you know of life, and yet, who is it that is this 'I'? Slowly and gradually you

will notice that every living human being is that same 'I' believing it is theirs and personal. Yet it is not 'you' (John or Mary) that is aware but awareness itself. You are literally One-Self. Once you start seeing this and get over your shock or fear of it, you will feel and see clearly, and will feel complete, inwardly secure and peaceful – it is guaranteed and was given as a promise by Jesus which he called 'The Comforter.'

Why is the conditioned daily mind so dense like a brick wall. It can read but cannot 'feel deeply' what is written. Is there some way you can suggest to use reading, such as your scripts, so that I get it in my gut?

Yes there is a way if you are willing to do it. Let me tell you a short story I read about William Samuel. He was in China when he was given a verse to read and then give his interpretation. Samuel said, "I was ready to give an answer immediately but was informed that I had eight days to reflect on it." "Why so long?" I protested with the usual impatience of a Westerner. I was given the answer, "Because nothing has been read once until it has been reflected twelve times," was the answer. Then Samuel went on as suggested repeating the indepth feeling of the words. After twelve reflected readings he began to hear a melody and he wrote, "A Melody I could not have heard otherwise until I reflected deeply for twelve times." He realized the true significance of the real meaning because his heart opened by his persistence to feel beyond the words. Samuel awakened by this 'practice' of going deeper and deeper into the real meaning.

So, dear friend, take a sentence like Presence or Oneness or Love and read and re-read about it until you start resonating with the feeling and impact of what it actually means. And with such a gentle touch, if you are in earnest, and act with the earnestness you are, one day when you least expect it, you will hear and feel your Heart within complete the words without.

I always read and re-read the words of the Masters such as Bhagavan, Jesus, Robert Adams, Buddha, Nisargadatta and so on until I feel their heart one with mine. The words are always the same but the music is transcendental. It is with such a resonance and deep feeling that 'I' write these scripts.

When I keep reading about enlightenment (awakening) I get the feeling that it is so far away even though I keep hearing it is this now itself, why is it such a mystery to me?

Enlightenment reveals that the Real appears a mystery only to the worldly thinking mind. Since most people are worldly, sophisticated and therefore dishonest with what is real, enlightenment is withheld from those who would search for it outside the childlike essence of their own being. The cleverer you try to be, the more thought you give the enlightened state, the more complicated and mysterious it becomes.

When I realized that I didn't know anything outside of what I read, studied and heard, I also realized how ignorant I was. This awareness of my own ignorance, although shocking at the time, was fully acknowledged and accepted. From the acceptance of my ignorance emerged an open heart ready to listen. It was this innocent listening that 'started' me hearing until finally recognized how simple and direct it was. There is nothing simpler than truth because it is your very being here and now. It is your ordinary awareness which is presence but the mind makes it 'yours' and that's what blocks the seeing.