

Supersentience Teaching of One Essence #2p

The Secret of Knowing



The Awareness Foundation

206-1947 West 7th Ave. Vancouver, B.C. V6J 1T2

(604) 734-1427

burtharding@shaw.ca

www.burtharding.com

Thoughts, emotions, deep feelings are the waves from the ocean of knowing.

The moment we hear the word 'Knowing' we think of someone who knows something, privy to some information or knowledge. Of course, we can't help believing that, since knowledge is the mental domain. Also, when we think of someone who knows, we believe they know what we don't know. Truth is spirit and since everyone is a human being, then everyone has access to knowing the truth. ***If so, that every one has access to Truth, why does it seem so rare to meet someone who lives from this knowing?*** The answer is simple – human intellectual knowing is the opposite of true knowing and it is often that the two are confused. Every spiritual seeker is caught in this dilemma of thinking they know based on what they have read, practiced and studied. It is the shock of realizing we cannot know through the mind that we start breaking free to true knowing.

The human wants to know that it knows and that is its biggest block to true knowing. The seeker hopes to be enlightened without glimpsing the fact that the ego has to die for enlightenment to take place. In the face of true knowing there's the death of the egoic mind. It is like the wave suddenly realizing it is but the ocean itself – how can the sense of being a wave remain in the face of that realization?

Knowing the Truth means that there is absolutely no doubt. It is like knowing you exist, who can doubt that? However, recognizing you exist, when

it is combined with its realization instead of taking it for granted, there is also the recognition that one is existence itself. Therefore the form is just an appearance housing the Existence (Life). The moment you see the obvious that you exist, you also see that you are existence itself...all of Life. The body/mind organism is the expression of that existence. The body/mind seems to be a separate individual but in Truth its whole existence is derived from Life itself. So, in fact there is no 'you' but Life living as 'you.' Our need to assert this separation is called egoic mind. The surrendering of such a belief through recognition is called KNOWING. Conscious surrender is not possible as long as there's the belief you are an individual. Bhagavan Ramana Maharshi said that trying to surrender while believing you are John or Mary is like a thief playing a policeman capturing himself after stealing. Therefore, who is it that surrenders?

**Thoughts, emotions, deep feelings are the
waves from the ocean of knowing.**

Spirit and knowing are the same thing. Knowing is the nature of consciousness. The mystery and infinite intelligence of consciousness is this – Consciousness has the ability to recognize itself. When we think, we can also be aware that we are conscious of our thinking. In this recognition we actually rise above the separate limited self we think we are. In fact, the reason we can recognize our own smallness and limitation of self is proof that we are more than our limited unhappy self.

A great drive of the human-part is trying to understand. Now, here's the clincher – there's nothing to understand! You can look at it another way – there is nothing to understand, which means, the only thing to understand is nothingness or spirit.

Take a moment to be still and then LISTEN to all that's around you and in you. In your bodily stillness 'see' how the body is constantly moving in order to appear real – every cell (trillions of them) are shifting and changing, living and dying moment by moment. The heart pumps blood through miles of arteries and your brain neurons are firing just to perceive what-is. Observe the miracle of seeing, hearing and awareness of just watching.

Recently my eyes suffered double-vision and my right-eye saw slightly different colors than the left and even sizes of everything were different. This disorientation had caused me slight dizziness and nausea. However, what was interesting is – if my eyes perceive differently how real is what I see visually?

Just take a moment and observe the miracle of technology which is wholly based on Spirit. How does a remote control work if not through electro-magnetic

energy? You can talk to someone miles away on your cellular phone, how's that? Isn't that proof that space is also electro-magnetic? If space does not exist as we think it does, maybe beyond our visual sight everything is really ONE. Remain still and keep observing and 'listening' – without looking at the clock on the wall or at your wrist-watch, where is time? Is there really a future? If so, listen closely and see where it could be! Isn't everything, I mean everything, happening NOW! And what had happened, isn't that history? Is history ever as we think it is in books and movies? How can we know unless we were there experiencing it now?

There is literally nothing to 'know' – **just knowing through seeing directly**. When we do not see directly then we are not seeing but living from memory, which is NOT real.

Most people do not 'see' at all but live from memory alone. This is deadness of Spirit, not aliveness.

Throw away everything you have ever read about Truth (just for one brief moment) and look directly at what-is as it actually is and you will start, slowly and gradually, see that what you thought was real was just a movement of energy, ever-changing, shifting and deteriorating and eventually dying. Yet, what is alive is Spirit appearing as everything you experience. It is this Spirit which is knowing – real knowing!

I had a dream where a woman was talking to me repeating words like, *"I feel..." "I think that..." "I am planning..."* and I interrupted her saying, *"You keep repeating the word "I" all the time. Are you referring to your body and past when you do so?"* She replied, *"I guess so!"* then I continued, *"Right now where is this 'I' you keep referring to as yourself; where does it emerge from?"* and she became very quiet, introspective saying, *"I really don't know"* looking astonished at her own unawareness of who she is. At that point of recognizing her own unknowing was the opening for a higher knowing beyond the egoic self. In her openness she began to see that the source of this 'I' had vaster implications of seeing, feeling and knowing but only to the extent that she was willing to see beyond her own conditioned limitation. By seeing who she was NOT cleared the way to see what truly IS!

The paradox of Knowing

As long as we think we know, we don't! When we start seeing clearly how little we actually know and see, to that extent we are open to see and know more. Knowing beyond any doubt, that is, the kind of knowing that rises above all fear and can never waver is the kind that 'happens' when we humbly see our

ignorance, limited seeing and the falsity of our thinking. In fact, every time you see your thinking as merely 'thinking' and not real at all, to that extent you have seen what is higher and deeper. The Truth is Spirit and therefore is known only by rising above and beyond our thinking-believing mind. It seems like an impossibility to rise above our thinking mind, but in truth, it takes only the willingness to know what is real and lasting to get the feeling-knowing.

We are human beings and very rarely pay attention to the Being-part. And, since the human is ordinarily so caught in the delusion of 'becoming' and 'seeking' that it's blind to what already IS, which is Being (Spirit).

The paradox of experience

The human part of us lives from experience and then judges, compares, reasons, believes and acts according to those experiences. Experiences of the personal individual create personal beliefs and are only real to that individual. Therefore, the capacity to know for certain, beyond any doubt, is not within the grasp of that person. When a person experiences a momentary opening of the Being-part it proclaims, "*I've had a beautiful spiritual experience.*" But soon its conditioned human state takes over again. The reason why the experience doesn't shift us to live from what we had glimpsed from Being is simple – we believe we had an enlightening experience when in fact it was an opening to our true Being nature. Although such an experience can bring a shift in knowing, yet it seldom happens simply because we still believed we are human having an experience. It is like the wave experiencing the ocean and says, "*WOW! I saw God!*" but goes back seeing itself as the wave again. The human may catch a glimpse but instead of seeing its an open window to Reality, sees it only as a personal experience and thus remain hooked in the dream of the separate self. The experience doesn't mean anything until we ask, "***Who is it that experiences?***"

Over the years I've had hundreds of emails telling me about their spiritual experiences but most still cling to the experience rather than the Reality of what they had seen. This is a subtle point and please reflect on it.

The human part of us is stubborn and won't see that we are LIFE appearing only as separate humans. There is only One Life, One Being and in that Life there is no beginning or end. All physicists have discovered one great Truth, "***Energy is indestructible, it simply changes form.***" Energy (Spirit) creates the form out of itself but is NOT the form. Similarly, there are over 6 billion humans on this earth alone but only One Being. You are a human BEING! Jesus said that the greatest mystery is how Christ lives in every heart as One Christ.

The whole journey of Life is to recognize itself in its parts and discover wholeness within that part. Each human believes it has a life of its own. We hear comments like, “*My life is not working out*” or “*This is my life*” and so on. The moment you say “*my life*” you have automatically turned it into a nightmare.

In Truth you are a BEING playing this human role. Your life as it is right now being expressed is your dharma and it’s perfect for ‘you.’ You have all the tools you need to see exactly what is the Truth.

“What holds us back from seeing the obviousness of this eternal NOW?” **It is the conditioned and unconscious need of the human to BECOME rather than BE!** The belief in attaining something is so strong that it happens without the awareness of it.

A personal experience is completely colored by the personal beliefs which were attracted by the power of thought. *What if you viewed an experience from a Universal ‘I’ viewpoint instead of a personal one?* It is all a matter of seeing.

I received an email recently that asked the following questions: “*It seems that something controls this Light (like a spotlight which shines on thoughts, feelings, etc.) It seems that I am this spotlight, with its own will. It seems that I can choose to identify with a thought or not.*

This idea also seems so real because some teachers say: “try to focus” on silence between words, or on space between things.” I can see that this works, but then: “WHO is focusing ??????” Who controls the spotlight???”

Here is where we have to see with the eyes of pure awareness (Being); when you ‘focus’ you have simply become aware of awareness itself (consciousness recognizes itself) and thereby that very awareness creates the focus. So, in point of fact, it is YOU who is focusing but not the egoic part that believes it is a separate individual. In truth there is no free will until we realize that we have been free all along. Words are such a paradox. “*Who controls the spotlight?*” YOU do, even though there is no separate individual. Therefore, since there has never been an individual to do anything we start to realize that what we thought we did was ‘done’ by the expression of the ALL that appeared as ‘you.’ Picture the ocean and it is One Ocean. Yet it creates waves on its surface and, in point of fact, the ocean appears as so many waves. Each wave is unique and seemingly

individual and yet each wave seems to be acting on its own while being 'lived' by the ocean.

The moment we see we have no free-will, we are free. The moment we see that we are helpless, we have great power. The moment we surrender to that which IS, we discover the incredible glory we are. This is the Cosmic Play. As long as we want power, control and separation we shall suffer and feel hopeless and helpless. The moment we accept fully and embrace our helplessness as egos we flower. Our attempt to understand blocks our true knowing. It is when we acknowledge the ignorance and limitation of the egoic self that we find our lasting freedom and power.

You said that only to the extent of seeing our smallness can we see what is higher and deeper. What is higher and deeper?

What is higher and deeper is your natural state. It is the very Being, Spirit. It is who you are! You have been looking at the human instead of the Being and then wondered why you lived as you do. The "I" that the human uses as the personal self is a misnomer. In Reality this "I" is LIFE itself acting as if it is an individual person.

"Well, what's wrong with thinking I'm John if I am really much greater?"

There's nothing wrong except your belief in being personal which makes it almost impossible to be totally happy, at peace, joyous and to know unconditional love.

"Why would it be impossible?"

How can you be free of fear if you believe you will soon die another five or twenty years or so. How can you be happy when you don't have the freedom of egolessness and its incessant need to seek, grasp, compete, protect and never secure, safe or feeling whole? If you believe you are an individual how can you feel and know that which is deeper and higher? You may pretend or even hope but nothing substitutes or compensates for knowing beyond any doubt.