

## Supersentience Teaching of One Essence #34p

# *Be Awake Now!!*



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*How do we become awake?*

*What is the secret?*

*There is no secret and there is no 'how.'*

*Just be awake now!*

*“It is so frustrating when I read words like, “Be awake now!” without giving step-by-step instructions.”* The egoic mind wants instructions because it has lost the ability to be itself. Simplicity has given way to complexity. There are books on how to make love, heck, there are even books on how to love or even how to make friends. We have lost the ability to feel and gave way to thought instead. Awakening is simply moving from the head to the heart. It is a return to innocence, simplicity, openness, trust, spontaneity and laughter. In other words, it is a return to ‘being yourself.’

When are you yourself? Isn't it when you are relaxed, peaceful and happy? Are you yourself when you are angry, frustrated, hurt, egoistic?

There is nothing one must do to be awake in the moment except be aware of presence. If you are not clear what ‘presence’ means then review video clips such as “You are awareness presence.” ([www.youtube.com/burtharding](http://www.youtube.com/burtharding)) The moment you are aware of presence you are awake, period. Then, everything else takes care of itself. Of course, it takes trust and surrender to live this way, but as you allow yourself to unfold into this presence daily, you will become aware that presence is all there is that is real and unchanging. More and more you will allow life to unfold for you rather than directing it yourself from your human ego.

One of the most beautiful realizations you can make and one that will transform you is this – Presence is eternal consciousness which never changes, knows no opposite, knows no beginning or end, can never be harmed and is always perfect. Have you ever had moments when you felt merged with what-is – moments of oneness – where there was no fear, no consciousness of time, and the mind had stopped judging, calculating,

measuring and figuring out? That was a moment of presence-consciousness! It is your true essence. It is reality where everything else is just relative to it but NOT it! When we experience moments of presence we usually exclaim and say, “*OH, I had such a wonderful spiritual experience*” and then lose it just as fast because we made it an egoic possession. This presence that you are is your natural state – it is not attained nor developed – it is always eternally present waiting for you to merge with it. You don’t evolve into presence and it is always perfect just as it eternally IS!

Eternity is not made in everlasting time, it is not something that stretches forever...eternity is NOW! It is the presence.

Make a little exploration right now – close your eyes and be still, then say to yourself, “*This now is eternal!*” allow this statement to go deep inside you, then open your eyes and remain in your stillness watching, seeing without mental activity. If you are open to this experience something inside you will be ‘raised’ from its dormant state.

This ‘practice’ of being still and watching is not a process nor a ‘doing’ for an outcome. You just sit and witness to see that all there is, is this aware presence totally untouched by conditioned memory or any thought and emotion. If you can be still enough and empty enough for a few moments you will ‘see’ that you cannot be anything else in essence but ‘this!’ Realizing this essence frees you from the human condition of fear, doubt, uncertainty, feelings of smallness and pre-occupation with limited egoic self. You will realize that what you had been looking for all your life was this essence that you have always been. This essence that is the aware presence is the intelligence of life from which everything ‘appeared’ and relative to it. Through this knowing wholeness and peace become your natural daily expression as you become lived by this presence. It creates the beautiful life you had always dreamed of having but thought it was something to achieve rather than awaken.

When you start living from this presence as the only REAL ‘thing’ there is, then everything you see around you will reflect this presence. You will radiate this grace wherever you go and people you meet. You become so lucid that you do nothing but be yourself since all effort had diminished.

Your trust in the presence will help you meet any challenge in your life with clarity and also keep you from falling asleep again by living in the past. As Assagiola (founder of Psycho-Synthesis) once said, “*95% of our energy is spent protecting, defending and maintaining our self-image and it’s all imagination.*” Imagine the energy you will have when the self-image is no longer valid and has been replaced with presence?

From now on see yourself as this essence simply because it is the truth and everything else is a relative truth to it. Claim it NOW! Know yourself as presence, intelligent and clear-seeing. There is nothing to fix, control or overcome – just know yourself as presence and everything else follows as naturally as day follows night. Relax in your aware presence and see how joyful and rich life can be – beyond words to describe!