

The Awareness Foundation Newsletter

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The Inner Light Beckons



Editor's Notes

These newsletters do not follow a pattern. Whenever some great news strikes me as note-worthy they are presented.

Lately a few email reports indicated spiritual realizations, awakenings just from reading the scripts sent to subscribers every week or so. This is very touching and also proof that grace flows from them. How is this possible? We

have over 3,000 subscribers worldwide and most I never hear from. I know from experience that many even deeply spiritual people do not pay too much attention to statements like, “*We do not exist as a body/mind but as Spirit appearing as a form.*” This idea of not existing as body/mind individuals is too much to accept for most people and we walk on mildly intrigued but that’s all. But for very few, extremely few, a deep heart-chord is struck. In awe, we begin to remember who we are.

Truth is available for everyone if they are willing to LISTEN. The mind cannot hear the Truth and the words are merely concepts, but when a love of what is real is earnest then even such a script as these can trigger the ever-ready heart.

The three reports received recently moved me deeply. It was the following report that prompted this newsletter:

*“Burt, I read your scripts with rapt attention and follow your suggestions avidly. A week ago I had a glimpse of what you mean when you say – **there is no personal ‘I’**— This experience took me by surprise because it wasn’t like I had expected it would be like. It came out of the blue and knew, without a doubt, that I was not an ego. Things are much clearer now. It would be interesting to know what you experienced when you first recognized you are a human being. Anything you feel like sharing will be much appreciated.”*

These scripts can bring an awakening when they are NOT read but reflected upon for days on end, and the hints given are followed through. So far, there have been many gratifying reports.

The following is my reply to the email above ...

“Thank you for your sharing. With me the recognition of my true nature as a human being was gradual and slow initially and it span many years. It started while working as a physiotherapist in downtown Toronto. I wasn’t happy with my life at that time and one day had a vision of Bhagavan Ramana Maharshi. It was over six months later that I realized it wasn’t a hallucination after all but a real person when I saw his picture on the cover of a small book. The impact of this fact that Ramana was real was overwhelming and as a result quit my career and retired to a basement apartment just to contemplate this extraordinary experience. I read his book over and over until it was planted firmly in my memory. After a year I started teaching Yoga and Meditation classes and even appeared on CBC ‘Food for thought’ and later on in a TV series based on Mind/Body Connection.

“I arrived in Vancouver in the late eighties after the TV series were over and taught similar classes at UBC plus ‘A Course in Miracles’ privately. The ACIM classes followed the same teaching as Bhagavan’s although the words differed but the meaning was the same. I chose to teach ACIM because of its immense popularity at the time. My classes were packed with people and most days there were over sixty.

*“One afternoon close to the year 2000, while reading the Acim text, a sweeping feeling came over me and entered another dimension of consciousness. At that moment I recognized the truth of what I had always taken for granted -- **I’m a human being!** The human is what seems to be, and the Being is what-is! **The human is a question with no answer. The Being is the answer!** This revelation brought everything, I mean everything, from human evolution, science, psychology, metaphysics and even Cosmology into crystal clarity. I knew, beyond any doubt, that I am a BEING playing the role of Burt, and yet going through the motions of a personal individual.*

“This experience is hard to explain and describe because words are so limited. Using the personal pronoun ‘I’ is unavoidable and so it would seem that Burt had experienced all this. Yet, strangely enough, it was an experiencing without a personal identity. I will attempt here, as best I can, the ‘feeling’ of what happened since you had a glimpse of it yourself and are bound to understand.

*“I” saw my body for the first time as it actually IS! The body was not solid but a moving energy. There was no Burt experiencing but just experiencing happening. There was no one home, so to speak. The body moved automatically towards the washroom to see what it looked like in the mirror. There was no one experiencing all this. There was just experience happening in awareness. Awareness is a living Presence that contains everything. The strange thing is this – that while there was no Burt (then) around but just experiencing, yet there was some fear like “who’s minding the store?” I guess all feeling of protection and control so familiar to me as a human was gone and felt a momentary state of insecurity. Who experienced this insecurity since the personal was absent? Then, suddenly everything became still, silent, utterly empty yet illuminated by a Light of Consciousness. It was this Light that ‘played’ the human side of Burt. There was no personal self. I was not there. (of course, it was much later that I realized my absence). There never was an I and in that flash of knowing ‘I saw’ how the human resists the Being as part of the cosmic play. **The human and Being were two opposites sides of the same coin.** The human is bent on specialness whether better or worse than others. It judges, compares and weighs everything as good or bad. It is always seeking, wanting, needing, desiring and never satisfied. It plays the game of hide and seek – it seeks but doesn’t want to find. It asks questions but doesn’t want the real answers. It seeks love but denies it since it’s incapable of true love.*

“I ‘saw’ how there are no answers to life’s questions except Being itself. Being was (IS) the center that acts, decides, sees and knows the truth. It is the Kingdom of God within the form and yet has no form. In this seeing everything reversed. I used to be an athlete and bodybuilder and excelled in gymnastics and had pride in my physical

excellence. Now I saw clearly that the body IS not real at all and made up of consciousness that makes it seem solid in appearance. Every cell that made up my body is consciousness intelligence and the Being IS that Intelligence.

“The body is the appearance of consciousness but it is a temporary state soon to pass away while the Being was (IS) the eternal and timeless NOW! Always at peace with itself. The whole cosmic game of seeking what we already are was crystal clear, and, how the human part of us can’t help but seek itself. All human thinking is based on seeking.

“The ‘I’ that I believed was ‘me’ was just a conditioned unconscious response that held no reality at all. There was only Presence of Being. Everything flowed from that center of Being and since there is no ‘I’, there is no doer or experiencer. It was obvious how it is the biggest deception and illusion of mankind.

*“Thoughts, forms and imaginations are infinitely changing and moving. They have no permanent existence. They are just modifications within from the overflowing process of ‘I Am.’ This is hard to explain to someone who still believes they are somebody because then we ask, “Who witnesses all this?” and how can we understand the answer which is “no one at all.” There is witnessing but no witnesser. In the same way there are thoughts but no thinker. The thinker is created by the ‘person’ who believes they are living a life and so make-believe a thought is real. A thought becomes real when the thinker is created and so thought and thinker are the ego. It is the duality of the ‘I’ idea that creates the human experience, and yet despite its illusion and deception, it is necessary to have the human experience in order to see what is higher than it. It is like change. Change is necessary, and everything MUST change except the one who witnesses the change. This witness cannot change otherwise seeing the change would be impossible. Therefore, **the reason we can see a changing world is also proof that we are more than change.***

*‘I’ felt grateful for the experience of Burt, otherwise, I would never have known what is higher than that ego-self idea. What was also clear was this – there is no world ‘out there’ or ‘in-here’ but a mind that perceived a world. **The mind did NOT create the world as many people believe – the mind IS the world!!***

“The most wonderful part of this direct experience is the knowing that no one took delivery of ‘my’ life. It was just being lived. I was not bad or good but thinking made it so. There was (is) no deserving of love but LOVE alone was IT! There was no one who took possession of thoughts because the thinker was a lie we had believed. There were (and is) thoughts but they are just thoughts and so who cares!? Nothing is serious except the thinker makes it so, which is a product of imagination. The wonder of it all is how everything created is just a play of energies and has no basis of reality. There is only One Reality and it is Spirit – it appears as the world of form.”

It is thrilling to hear about people experiencing altered states to see beyond the human side, just enough to be convinced that the egoless pure state is not only real but it's the gateway to Reality.

How can I open myself for Grace to happen?

Grace is this now-moment beyond the mind. The daily ordinary mind (human) lives in time. Therefore, the personal belief that you are an 'I' is time-bound. It is this belief that blocks the grace of seeing clearly.

Grace beckons through human limitation so that we finally ask, "*Who is this 'me' that suffers continuously and lives in fear?*" The human can take only so much fear and limitation before it suffers disillusionment, disappointment, hopelessness and helplessness. When it does, the potential is open to see how helpless and futile the 'me' is simply because it is a lie and deception.

Since our whole life is based on this 'me' preoccupation, so much has been invested into it, we are conditioned to believe the big lie. We can start by exploring where and who this 'me' is!

The fastest and safest way to realization (grace) is by opening the heart to its true nature. Inquire when you say "I" if there's such a thing. Focus on this "I" and take it to its source but reach no conclusion or answer – just keep open.

Many people who have awakened say that grace just happened without any volition on their part. This is true! We never know when it is going to 'happen.' The reason is this – it 'happens' when the "I" is absent. You cannot make it happen because there is no 'you' and there has never been a 'you' except the Being that acted through the form as "you."

Remember the two powerful words and never forget them. They are – ***You are a human being!!*** The human is a question while the Being is the answer! The human is always seeking Being but doesn't know it. It seeks Being through the world for the 'qualities' of Being. The 'qualities' of Being are peace, silence, happiness and clarity. These 'qualities' are always present and waiting for the human to see its reflection in the mirror as just a mere reflection. How often we look at the mirror and see ourselves – really!? Are you the reflection or the one casting it. Are there two of you? Similarly, it is the Being that is real and casts a reflection as human. We take the reflection (human) to be the reality and then wonder why we suffer!

Take moments daily to be still and ask, "Who am I?" but do not seek an answer. In 'time' and earnestness an opening is created where the Truth becomes revealed beyond any doubt.