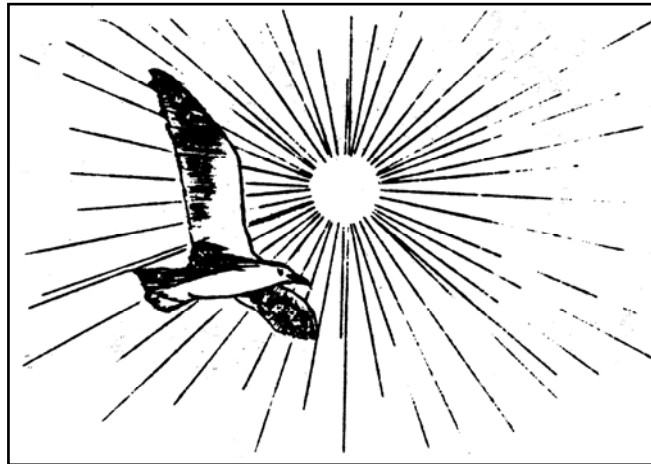


# The Awareness Foundation Newsletter

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## Quantum Physics and Love

I have received quite a few emails within the last few months regarding statements and questions on Quantum Physics. Some of these video clips on Quantum Physics are available on youtube. Some are entitled...

*"Do we really exist?"*

*"Matter does not exist!"*

*"The Illusion of reality" (given in four parts)*

The emails I have received regarding these video-clips of Quantum Physics fall into two categories...

First are the negative approach asking, *“What’s the point of it all?”*  
*“We are puppets on a string...”* or *“why bother...”*

Second category is of intellectuals who believe that since this is truth then they know the truth and spout their new-found knowledge as the basis of their life.

The question is – how true are these findings? Do they compare to the Truth of Advaita (non-duality)? The fact is that they are not only comparable but similar. However, here’s the big mistake. **Intellectual knowledge has nothing to do with actual direct knowing.** This confusion is understandable but must be emphasized. There is the strong egoic belief that knowledge is ‘knowing’ and the two are worlds apart. True heart-knowing is as apart from intellectual knowledge as earth is from the sky.

I keep getting emails from people wanting to know by sheer reason alone and not willing to explore or LISTEN deep within their own heart.

Intellectual knowledge is so readily available through watching videos, movies and speakers that we get the mistaken notion that reading and hearing is enough and thus we miss the heart of true direct knowing. Then, we wonder why our life is flat, dry and devoid of joy, compassion, love and aliveness when we believe we know truth. Truth has nothing to do with words ‘about something’ but it is in emptiness that we discover directly the glory of our Source nature.

The **Truth is very simple – it is about the oneness or Source.** There is only the One Life appearing as you and me just like the One Ocean may appear as so many waves that are unique and different. Yet in truth there are no waves but the ocean playing its thing. There is no separate ‘you’ and ‘me’ but Life appearing as such. In brief – it is all about love where I begin to recognize you as myself!

The first time I experienced my true nature was a profound vision of pure light, not in the sense of a metaphor, but a tangible

white light. This light was so holy and profound that I was awestruck. There was a clear communication that this Light was alive, warm, loving and relating to 'me' without words. Yet, strange as it may seem, I was the Light. I felt this enormous peace and Oneness knowing. It was brighter than bright, lighter than light, more alive than life. It is impossible to describe, almost like a liquid light and knew that this was the truth of being, the eternal NOW itself in its true being. This was the emptiness of Buddha; the Spirit of Jesus; the 'nothingness' of advaita.

In my satsangs I tried to explain the difference between thought and awareness or thought and pure feeling but words could never do it. Yet, there can be true resonance when the listener truly LISTENS with an open heart. Many of you who have listened to the videos and tuned-in had received transmissions judging by the many wonderful emails received.

When physicists say there is no soul or God but Oneness of energy they are trying to describe the indescribable to novices who have no idea of what is implied. The word "God" has been misunderstood for many centuries of unawareness. God is Love itself. It is the Oneness. It is the Source of you and me. In fact, there is only Source, period. The reason we have intelligent people who are atheists is because they refuse the God of the conventional religions. Someone asked me, *"I love your videos but where is God in what you say?"* I replied, *"God is mentioned in every video if you listened. God is a word that means Oneness, Source, Love and Life itself. There is nothing else but that Wholeness. Whether we call it "God" or Source or IT does not alter one iota of what-is."*

People have asked me, *"Why do you devote so much time to answering emails from hundreds of people in need when there is no money in it for you?"*

First of all, there is only love and, **it is only through love that we get meaning and fullness of being.** If the knowledge of oneness doesn't awaken love then what's the point? It is not words or

explanations that do it but LOVE shared fully, compassionately and caringly.

Giving love makes one feel alive because giving is getting fullness. Jesus said, *"I am come that you may have life, and life more abundantly."* Giving replies to emails is not itself the answer – it is the sharing of love that ultimately reaches the one who is reading it. It is true that words can carry impact if there is direct listening from the heart, however, it is the willingness to share that brings the meaning of our basic oneness. In giving there is much joy and when we discover this giving then we start spreading our wings towards the oneness that we already are (and have always been.) We do not live in isolation but in togetherness. We give each other immortality in love, holding each other in the cup of our minds. If you want to be free from hating, from guilt and shame then give love to another wholeheartedly and in that all hate, shame and guilt is wiped out. Just as emotional suffering is self-concern and egoic preoccupation, so is loving getting out of our way to give our life meaning, joy and happiness. Therefore, do you want to be happy? Then make another happy! Do you want to feel loved? Then give another fresh unconditional love. Love, being oneness, is a giving until you become absorbed into that oneness.

To know Oneness intellectually by reading about it is just as useful as knowing baseball by reading about it instead of actually experiencing it. The question is, *"How do we live consciously and directly?"*

To be aware of your oneness with another is to be truly alive while with that other. When you live consciously with oneness then you are fully alive all the time. Yet, love is often rejected, how can this happen? We reject love because we have felt rejected ourselves. The more we have felt rejected or unloved the more we crave love, and paradoxically, the more we crave love the less capable are we of giving it. In craving it we keep telling ourselves we don't have it. Love can never be away from you because you are already One with Life. You are not only worthy of love but are IT yourself! It is this

discovery that brings us into our own realization of Oneness (Source or God).

### *How do we become responsible?*

Be prepared to be responsible for your own life and this is the choice we have.

I have a story to tell you about responsibility for your life. This is something I have read about but it felt so appropriate that I had to include it here. It is a story about a lady who was unkindly called an old maid. Such a one has been that way by her parents or guardians – afraid of the opposite sex. So she retired into herself. The dreamer or wisher within her did not want to dream of real males. But her subconscious, being repressed, produced such dreams automatically. This she couldn't stop. Her desires were frustrated and so she hungered for affection and love. This hunger brought loneliness and made the body sick. She was taught by her church that making love was evil.

At night she dreamed about a handsome male so often that she came to a state of consciousness that in her dreams it became real. In her dream she was just as frightened as in external reality. One night she dreamed a handsome man was looking at her over the foot of her bed. She was frightened because it seemed so real. She pulled the covers up around her chin and cried out, *"Oh, sir, what are you going to do to me?"* He looked at her and said, *"Lady, I don't know. This is your dream."*

This is our responsibility. Can we say to life, *"What are you going to do to me?"* This is your life, your dream. You choose the life you want and then our experiences are the consequences of what you have been telling yourself subconsciously. We have a choice to live by fear or love. It is all based on living from the ego-mind known as intellectual knowledge or heart known as love.

**Quantum Physics are simply about the facts of life. Knowing the deeper meaning behind the facts is the realm of the awakened heart.**

When I was a young man I used to suffer from deep gut-wrenching loneliness and, at the time I attributed that to shyness and insecurity. I had many friends and yet never felt completely comfortable or at ease with them. Most of the guys just wanted to make out with the girls and I participated in such conversations because I wanted to belong.

The evenings in Malta, especially on the beach, were balmy and glorious. My greatest joy was lying down on the soft sand with a girl in my arms looking at the star-studded sky and wondering what it all meant.

Now, in retrospect, I see that these experiences of loneliness were spiritual experiences where I saw clearly that the world was an illusion. I just wasn't ready to see what I was witnessing and my personal concern turned the experience into great fear.

The latest discoveries of Quantum Physics are merely pointing out what I had already known as a teen but which I couldn't face. I was known as a nice but weird kid. It is a good thing I didn't talk about it to anyone as I might have resulted in a psychiatrist's office and given drugs.

We are a Being playing the human role of a man or a woman. In fact, we refer to ourselves as 'I' such as "I am John." When in Reality this 'I' is Cosmic Being looking through a form to know itself. This feeling of being separate (which creates the semblance of loneliness rather than oneness) is the greatest illusion and the greatest suffering in human nature. Yet, this is all part of the evolution to recognize itself through a form-body. The body is needed for this recognition just like we need a mirror to see ourselves and yet it is but a reflection and not it.

### *Awakening knowing*

The question is, "*How can we awaken heart-knowing when all we have are words?*" If words can lead you beyond them as most satsangs are meant to do, then through listening we can enter the realm of true

knowing. How? I would recommend watching one of the latest satsang videos entitled, *"How to free your Being."*

The way to receive knowing from the heart would require a true dedication to truth from you. I have to ask you this, *"Are you willing to recognize your not-knowing of who you are and be willing to celebrate it?"*

When I recognized that I AM far more than I thought I was, I also knew that I didn't know myself. How could I? My Being is so vast that there's no way the daily mind can even begin to comprehend it. So, I felt by acknowledging fully my unawareness of my true greatness, I was left open to receive more. The moment I sincerely acknowledged the fact that I did not-know who I was and rested in that without any attempt at trying to know through words, something happened through that allowing (surrender). I began to have glimpses (intuitions) of something so vast, so empty, that the Source took over my mind.

*Are you willing to be empty?* Of course, in truth you are already empty but by trying to figure things out, by reaching ready-made conclusions, by judgments and opinions you become so full of mental activity that the Source (Oneness or Heart) has no room to enter you.

It is only through emptiness that we come to know through the heart. Let me give you an example...

People on the whole live in constant fear of living. We call this fear neurosis. So many people do not sleep because they are eaten by fears. Most people live frightened lives and so self-concerned that true living escapes them. Most people do not know what they are afraid of. Someone wrote me and asked, *"What am I going to do? I'm afraid to go to sleep for I'm afraid I'm going to die."* We have plunged ourselves into a neurosis that kills us and puts us into permanent spiritual sleep. We are so filled with 'something' to keep us from the nothingness we are, that we become numb to true living. Emptiness is fullness.

Let me explain. Many times I had written about the difference between thought and pure feeling. Thought has emerged from Source or pure energy and it has created waves and particles to appear as the material world of form and matter. Pure feeling is who we are and it means a knowing beyond the intellect. It is just like knowing that you exist and yet this 'knowing' is not a thought, image, memory or past. It is awareness recognizing itself. Pure feeling is pure knowing. For instance, look at someone who is radiant, happy and ask, "*How are you feeling?*" and they'll respond, "*I feel great!*" and then ask them, "*What does feeling great feel like?*" and they might feel stumped because feeling great is not a feeling, it is being empty. I had a woman once who often complained about having a bad self-image and felt highly self-conscious most of the time. One day she appeared joyous and I asked her, "*Where is your self-image now?*" She replied, "*There is no self-image because I am, for the first time, feeling empty of any image of myself. I just am here and now being myself.*" Emptiness of mind is joy of spirit, it is the fullness of the heart. When you feel nothing then that's fullness of being. It sounds like a paradox but then all truth does. Truth is beyond duality and therefore true emptiness is fullness. Just as negative emptiness feels like a sinking feeling, loneliness and suffering, so is emptiness of mind is fullness of heart.

Watch Quantum Physics with an open heart and see how you feel about the glory of Oneness, love, aliveness and true eternal life. If you try to understand with your mind then you block the heart from direct knowing. There are only two things to feel the obvious and they are your very being here and now and the truth that NOW is all there is. Here is a question that will help you to go beyond the conceptual mind and into your heart. Answer it by closing your eyes and feeling it with our being.

***How can there be death if 'now' is all there is?***

Answer that question from your heart and you have taken a leap of consciousness growth.