

Backup Buddies

It Helps to Know I'm Not Alone

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*The Truth
that is God and Life
is sufficient in and of Itself.
We are not truly separate from That.
We are happy only in ecstatic
or self-released Communion with That.
To release the entire body-mind
into Communion with
the Radiant and Unknowable
Divine Reality is happiness.
It is not that the act of such release
produces effects in us that are happiness.
Rather, the sacrifice, or Communion itself, is happiness.*

Da Free John
The Enlightenment of the Whole Body

All is God

The realization of the Nondual traditions is uncompromising: there is only Spirit, **there is only God...** All the good and all the evil, the very best and the very worst, the upright and the degenerate--each and all are radically perfect manifestations of Spirit precisely as they are. There is nothing but God, nothing but the Goddess, nothing but Spirit in all directions, and not a grain of sand, not a speck of dust, is more or less Spirit than any other.

This realization undoes the Great Search that is the heart of the separate-self sense. The separate-self is, at bottom, simply a sensation of seeking. When you feel yourself right now, you will basically feel a tiny interior tension or contraction--a sensation of grasping, desiring, wishing, wanting, avoiding, resisting--it is a sensation of effort, a sensation of seeking.

In its highest form, this sensation of seeking takes on the form of the Great Search for Spirit. We wish to get from our unenlightened state (of sin or delusion or duality) to an enlightened or more spiritual state. We wish to get from where Spirit is not, to where Spirit is.

But there is no place where Spirit is not. Every single location in the entire Kosmos is equally and fully Spirit. Seeking of any sort, movement of any sort, attainment of any sort: all profoundly useless. The Great Search simply reinforces the mistaken assumption that there is some place that Spirit is not, and that I need to get from that space that is lacking to a space that is full. But there is no space lacking, and there is no space more full. There is only Spirit.

The Great Search for Spirit is simply that impulse, the final impulse, which prevents the present realization of Spirit, and it does so for a simple reason: the Great Search presumes the loss of God. The Great Search reinforces the mistaken belief that God is not present, and thus totally obscures the reality of God's ever-present Presence. The Great Search, which pretends to love God, is in fact the very mechanism of pushing God away; the mechanism of promising to find tomorrow that which exists only in the timeless now; the mechanism of watching the future so fervently that the present always passes it by--very quickly--and God's smiling face with it.

Ken Wilber

The Eye of Spirit

pp. 281, 282

God is one. It is all one vibration, one energy. The only difference is the rate of vibration. So God and people and rocks have the same relationship as steam and water and ice. Everything, all that is, is made up of the One.

Brian Weiss

Only Love Is Real

p. 144

The inferior devotee says, "God exists, but He is very far off, up there in heaven." The mediocre devotee says, "God exists in all beings as life and consciousness." The superior devotee says, "It is God Himself who has become everything; whatever I see is only a form of God. It is He alone who has become maya, the universe, and all living beings. **Nothing exists but God.**"

Ramakrishna, quoted by S. Abhayananda,

The History of Mysticism, pp.374-375

This is God. You can begin with and further develop negative interpretations of Humanity and the World, but the only obvious phenomenon is God. When whatever is arising is nothing but the Vision of God for you, then you are free. Then all the propositions others make to move toward their Enlightenment, Salvation, and ultimate Realization will be nothing to you. You will be utterly released from fear, self-possession, and attachment.

This manifestation that you see is God... Therefore, do not divert your attention, do not become absorbed in attention. Be relaxed, aware. Do not concentrate, do not move a muscle, do not turn anywhere. Do not go within, do not go up...Do not think. Do not do any of these things. See that this is God. This is the manifest Reality. This pattern is the Divine manifestation, as it is presently arising. What you see in this moment is the Form of God. The configuration of every moment is the Form of God. This Vision is the Realization of the one who is Awakened in the Way.

Whatever the world, or experience, or existence may seem to be, that seeming is merely a state or presumption that is determined and conditioned and limited by the body-mind. However much of many, or other, or mine, or fear, or sorrow, or doubt, or anger, or desire, or separation of me appears—all of it is nothing more than an apparent condition of the body-mind in itself. But the body-mind is only a convention of experience, a temporary condition in space-time, whereas the body-mind and space-time always inhere in the Radiant Divine Being.

Therefore, we must not permit ourselves to be disheartened by the world, or by physical mortality, or by experience, or by knowledge, or by thought, or even by the emptiness of our internal seclusion. The total psycho-physical being must remain Awake in the Feeling-Remembrance of the Eternally Present Divine Being.

Da Free John

Compulsory Dancing

pp. 103, 113, 132, 133

I am not separated from God. Only my reflective and thinking mind seems to separate me from the Eternal Self or Transcendental Consciousness that is God.

I am not separated from God. Only my reactive and loveless heart seems to separate me from the Divine Person, the Infinite Love-Radiance that is God.

I am not separated from God. Only my bodily recoil from the universal demand of all relationships seems to separate me from the Eternal Domain, the All-Pervading Life-Power that is God.

I am not separated from God.

When “I” Realize the Transcendental Identity, then fear leaves the body-mind and humor is restored.

When “I” Realize the Transcendental Identity of every one that is loved and every thing that is desired, then sorrow leaves the body-mind, and Happiness is restored.

When “I” Realize the Transcendental Condition of all phenomena, all experiences, and all dimensions or worlds, in the Realm of Nature, then anger leaves the body-mind, and Love is restored. So be it.

Da Free John

The Existence of God Will Soon Be Announced by the White House

p. 404, 295

The Nature of God

From the source of the subjective reality from which these words emanate, as well as the derivation of man's spiritual experience throughout history, the following statements can be made with absolute certainty:

1. God is both manifest as the Totality and Allness of Creation and simultaneously unmanifest as the Godhead, the Infinite Potentiality and source or 'void-ness' prior to form.
2. God is infinite beyond time or depictions of space or locality, without beginning or end.
3. God is omnipresent, omnipotent, and omniscient.
4. God is the source and substrate of consciousness, awareness, knowingness, and sentience.
5. God is the sole source of the energy of life.
6. God is the source of evolution and Creation, which are one and the same.
7. God is the source and presence of peace, love, stillness, and beauty.
8. God is beyond all universes and materiality, yet is the source of All That Is.
9. God is the sole source of existence and the potentiality of beingness.
10. God is the ultimate context of which the universe and all existence is the content.
11. God is the *a priori* formless source of existence within all form.
12. God is not within the province of the provable or the intellect.
13. God is the source and essence of the subjective state of 'I-ness' called Enlightenment.
14. God is the radical subjectivity of Self-realization.
15. God is descriptively immanent and transcendent.
16. The human experience of the Presence of God is the same in all ages, all cultures, and all localities.
17. The effect on human consciousness of the experience of the Presence of God is subjectively transformative and identical throughout human history. It leaves a timeless mark that is verifiable as a calibration of a recorded level of consciousness.
18. The essence of God does not include human frailties, such as partiality, the desire to control, favoritism, duality, judgmentalism, wrath, righteous anger, resentment, limitation, arbitrariness, vanity, revenge, jealousy, retaliation, vulnerability, or locality.
19. The variabilities of the depictions of Divinity reflect the variabilities of human perception and the projections of the impediments of the ego and its positionalities.
20. The purity of the Presence of God is traditionally the essence of the ineffable quality of holiness and is the basis for the depictive term "sacred." That which is devoid of content is the equivalent of Innocence.
21. When the obstacles of human mentation, emotionality, and the ego's structures from which they are derived are transcended, the Self as God Immanent shines forth of its own accord, just as the sun shines forth when the clouds are removed.
22. God is the context and source of the karmic unity of all Creation, beyond all perceptual descriptions or limitations, such as time or space.
23. Truth is verifiable only by identity with it and not by knowing about it.

David Hawkins,

I, Reality and Subjectivity pp. 163-164

Discovery of The Presence of God

...there was delicious warmth, and then a state of peace beyond all description. This was accompanied by a suffusion of light and a presence of infinite love that had no beginning and no end and was undifferentiated from my own essence. The physical body and surroundings faded as my awareness was fused with this all-present, illuminated state. The mind grew silent; all thought stopped. An infinite Presence was all that was or could be, beyond all time or description...

All ordinary motivations had disappeared along with all fear and anxiety. There was nothing to seek, as all was perfect...

Everything and everyone in the world was luminous and exquisitely beautiful. All living beings became Radiant and expressed this Radiance in stillness and splendor. It was apparent that all mankind is actually motivated by inner love but has simply become unaware; most lives are lived as though by sleepers un-awakened to the awareness of who they really are. People around me looked as though they were asleep and were incredibly beautiful. It was like being in love with everyone...the incredible beauty of all things shone forth in all their perfection, and where the world saw ugliness, there was only timeless beauty. This spiritual love suffused all perception and all boundaries between here and there, then and now, or separation disappeared...

...every thing and every person, which had appeared as separate in ordinary perception, melted into a timeless universality and oneness... As the limited, false self dissolved into the universal Self of its true origin, there was an ineffable sense of having returned home to a state of absolute peace and relief from all suffering. It is only the illusion of individuality that is the origin of all suffering. When one realizes that one *is* the Universe, complete and at one with All That Is, forever without end, then no further suffering is possible...

The Presence is silent and conveys a state of peace that is the space in which and by which all is and has its existence and experience. It is infinitely gentle and yet like a rock. With it, all fear disappears. Spiritual joy occurs on a quiet level of inexplicable ecstasy. Because the experience of time stops, there is no apprehension or regret, no pain, no anticipation; the source of joy is unending and ever present. With no beginning or ending, there is no loss or grief or desire. Nothing needs to be done; everything is already perfect and complete.

When time stops, all problems disappear, they are merely artifacts of a point of perception. As the Presence prevails, there is no further identification with the body or mind. When the mind grows silent, the thought "I Am" also disappears and Pure Awareness shines forth to illuminate what one is, was and always will be, beyond all worlds and all universes, beyond time, and therefore without beginning or end.

David R Hawkins

Discovery of the Presence of God

pp 291-292

All is Love

Love can be projected onto objects, just as fear may, but it has no object. It is itself a fundamental condition, **the fundamental Condition of existence**, just as fear in the other case is the fundamental condition of your existence.... So we become free of fear by abiding in our native or prior Condition, not imploded, not engaged in the reaction that is fear. Thus rather than projecting that contraction on all our experience, we exist as love, effortless, unobstructed feeling. Usually all our effort is a response to the sense of fear and the aggravation of experience. But from the point of view of love, which is not fear, we are no longer in need of consolation. We may simply be satisfied in our ordinary relations then. And we may be free to observe the conditions of existence, of experience, of knowledge....

You cannot become free of fear through mere philosophical or subjective reflection. That is total nonsense. Fear arises in our contraction, our withdrawal from the pattern of our relations, our separation from Infinity. The spiritual demand is not, "Think about all of that and then it will not be true, and you will not have to be afraid anymore." The spiritual communication is a demand for a moral transformation of your whole existence, your whole life. You cannot be free of fear just by sitting here thinking about it or reading a book. You must consider the mechanism of fear, yes, but then you must go and serve and work and love and be transformed, newly adapted. You must live a life in which fear, the mood of contraction, is made obsolete by love, which is feeling-attention to Infinity. All of these things that you are suffering are expressions of one affair, this contraction of the whole body-being, the contraction of feeling-attention, the collapse on oneself. That is the whole matter. And to be free of it we must begin to live differently. Simply to think about and consider freedom may make it sound good here and now, but that subjective activity does not change anything fundamentally. Even in that case, you are still everything that your past adaptation makes you.

So whatever is wrong with anybody, whatever is troubling you, it is a matter of whether you *love or not*. The things that are wrong with you are expressions of your contraction of feeling-attention. When you are feeling good, it is because you are not exercising this recoil so profoundly as when you are feeling bad.... As long as we are not love, then every moment is a problem, a dilemma, in which we try to manipulate the circumstances of experience in order to console ourselves. But all our experience is distorted, all our relations are corrupted, everything fails to satisfy. Thus, we look for beliefs of all kinds, because we are afraid, unsatisfied, and unconsolated.... Therefore, in every moment we must be responsible for God-Communion, for moving beyond the contraction of feeling-attention, the avoidance of relationship, the contraction that is the ego, the falling into the principal mood of fear and thereby experiencing existence as a dilemma, as a search for consolation that never ends and that is never satisfied

The spiritual traditions are filled with doctrines of practice and esoteric knowledge, which are assumed to be necessary and leading to God. Thus, people think that their spiritual life is the practice of methodical and strategic approaches that lead through this life, through many lives perhaps, to the ultimate moment, the ultimate hope. But all such practice is fruitless. No knowledge is God. Even the traditional path of devotion, wherein you work yourself into a fierce state of emotional ecstasy for God, does not realize God. You do not have to bother with any of the esoteric practices. Even if you were to engage them, you would only have to be liberated from them eventually.

There is only one discipline: to become responsible for the contraction of feeling-attention by moving beyond fear in every moment into the disposition of love. It is the only discipline. If you will hear this, you do not have to do anything else.... It does not itself grow or change. It is simple, direct, and absolute.... Then you will also continue your experience. Whatever arises and involves you in the ordinary way, you will live from the point of view of this principle, and on its basis transform the conditions of

existence. Your life will be a manifestation of God-Communion then. That is the simple affair. That is all there is to it.

Jesus said the same thing very plainly. When people asked him casually, he would tell them the whole way right there in a moment: **Love God and be love in all your relations. That is it. There is nothing else to do. There is nothing else to realize. There is not a single experience that will add to it. That is the whole Realization. It is the whole way. God is not at the end of it, but "the Father and I are one." This is not just true of Jesus, it is true of everyone. It is the truth of everything.**

Da Free John
The Way that I Teach
pp. 60-68.

**You will not exhaust
The love in the universe
If you were to absorb it from now until the end of time.
Love is all that exists.
Love is the universal communication.
It is the energy that has created the
Universe and is keeping it going.
God is love.
All matter is formed by love.
There is an organic love
That speaks to everyone
If they could but hear.
A leaf holds together
For love.**

Emmanuel
Emmanuel's Book
p. 47

Love is the ultimate answer. Love is not an abstraction but an actual energy, or spectrum of energies, which you can "create" and maintain in your being. Just be loving. You are beginning to touch God within yourself. Feel loving. Express your love.

Love dissolves fear. You cannot be afraid when you are feeling love. Since everything is energy, and love encompasses all energies, **all is love.**

Brian Weiss
Messages From The Masters
p. 134

Only Love is Truth, Reality, and God...
This is the Highest and most Radical Teaching. Only Love...fulfills and transcends all inward paths, all experiences, and all relations of the self. Therefore, grow in the Way of the Heart until the Perfect Identity Shines as the Consciousness that transcends all bodily and mental states. Then **abide as Love**, re-cognizing...Unqualified Love to be your own Condition, and that of all beings, processes, things, and realms of experience... until all noticing Dissolves in Bliss.

Da Free John
The Enlightenment of the Whole Body
pp. 511-512

The Royal Road To God

Focus on Love itself. That is the royal road to God and one that is everywhere present and available to everyone. In the beginning, love is seen as dualistic, i.e., the one who loves and that or who which is loved. Love starts out as conditional and a feeling state, but it progresses. It becomes apparent that love is a way of seeing, experiencing, and interpreting life. Later, it becomes apparent that it is a state of being.

Life itself becomes the expression of love, and that love is the way to realizing that one's life is love. In the final realization, the divinity of love transforms perception into spiritual vision, and the presence of God as All That Is becomes self-revealing. All existence radiates forth the divinity of its essence as creation, which is the manifestation of the love of God.

Love is transformative; its power sweeps away all obstacles. It is both the means and the end. It brings forth willingness and the capacity to surrender. It brings forth compassion and the desire to understand. With understanding, forgiveness insures. With the relinquishment of positionality, one then realizes there is nothing to forgive. Judgment dissolves and condemnation and hatred are no longer possible. Ignorance born of innocence is seen to be the only 'defect' that needs to be transcended. It is seen that the nature of Creation is as it is and not in need of correction.

People say they can't find love as though it were something to be gotten. Once one becomes willing to give love, the discovery quickly follows that one is surrounded by love and merely didn't know how to access it. Love is actually present everywhere and its presence only needs to be realized.

The universe responds to love by revealing its prevalence. It is hidden to ordinary perception but the awareness is finessed by lovingness itself. Awareness is a capacity that is beyond the senses or emotions. If one ceases anthropomorphic projections and limitations, it is revealed that all which exists is innately conscious and emanates love as a consequence of the divinity of Creation.

Every plant is aware of its surroundings and the admiration and respect for it. It returns to us by reviewing its own intrinsic perfection and beauty. Each plant stands forth as a unique, creative sculpture and is a perfect expression of its essence. Divinity shines forth from all Creation to those who can see. Nature becomes not unlike a children's cartoon where the trees smile, animals talk, and flowers move gaily. When perception ceases, the world of wonder reveals itself. Consciousness is in all that exists. It recognizes itself manifesting as the Allness of Creation.

How can such a wondrous revelation come about?

By the mere intention of kindness, respect, and consideration for All That Is, without exception, and in every detail, including oneself. **We see what we believe and accept that we ourselves are.** The qualities of gratitude, thankfulness, gentleness, and appreciation are themselves powerfully transforming. Our experience of the world and life is totally the result of inner beliefs and positionality. Out of love and respect for God arises the willingness to surrender all these prejudgments, and the humility that ensues opens the doors to the splendor of reality which is the revelation of the Self. Love is the magic catalyst that brings about the awareness...

David Hawkins [The Eye of the I](#), pp 225-228

The power of love emanated by the consciousness of only a fraction of mankind actually totally counterbalances the negativity of the whole mass of humanity... We change the world... as a consequence of what we have become.

David Hawkins

All is Life

Death does not happen to Life. Only that which is merely touched and enlivened by Life can die (or seem to become Lifeless). But that which is Alive is deathless and never threatened. **The being in Whom We inhere is Life.** And Life is only conserved and increased by the process of changes, or transformations. Life always persists, even after change and death.

Therefore, the idea that we are all going to die is simply false. It is a false, self-frustrating, and deluding presumption. "I" inheres in Life -and to believe otherwise is to embrace fear, separation, unlove, and all the philosophy that presumes death, rather than Life, to be the Principle of Existence. The idea that "I" can, will, or must die is a false belief, even a deadly act, founded on the failure to fully observe, consider, and understand our experience. When true understanding arises, there is only the natural and positive presumption of Life, which inherently transcends experience, change, and death through the Transfiguring and Transforming Power of Love-Surrender .

The Living Divine Being is not merely outside us and thus separate from our essential being. Nor is the Living Divine Being merely within us and thus separate from the body and the world. Rather, we wholly inhere in the Living Divine Being .

Therefore, the Way of Life is neither a matter of extroversion nor of introversion, but it is a matter of conversion, or self-transcending Love-Communion with the Infinitely Radiant and Eternally living Divine Being. The Practice is feeling-surrender of body, mind, and attention --directly and via every kind of right or appropriate action --to the point or degree of Ecstasy, or Radiant Fullness of life, beyond doubt and sorrow and fear.

Only life overcomes death. Therefore, surrender to the life-Principle and presume only life to be our Situation.

Da Free John Compulsory Dancing pp. 117-118

Feeling Realization

What is God? The eternal One Life underneath all the forms of life. What is love? To **feel the presence of that One Life** deep within yourself and within all creatures. To be it. Therefore, all love is the love of God.

Being is the eternal, ever-present **One Life** beyond the myriad forms of life that are subject to birth and death. However, Being is not only beyond but also deep within every form as its innermost invisible and indestructible essence. This means that it is accessible to you now as your own deepest self, your true nature. But don't seek to grasp it with your mind. Don't try to understand it. You can know it only when the mind is still. When you are present, when your attention is fully and intensely in the Now. Being can be felt, but it can never be understood mentally. To regain awareness of Being and to abide in that state of "**Feeling-realization**" is enlightenment.

Eckart Tolle
The Power of Now
pp. 129, 10

The beings and things and conditions and events that arise Are Not what You think About them. Reality, or God, Is Always Already Prior To what You think, or Prior To thinking itself. Merely To Observe and To **Feel** whatever arises (Exactly as it Appears) Is To Completely know whatever arises. Merely To Be Is Who You Are. The **Feeling Of Being** Is What every being, every thing, every condition, and every event Is.

...Stand Free and Be. Transcend all knowledge and experience In The Inherent and Infinitely Expanded Radiance or **Feeling Of Being** Itself...

When self-Observation and self-Discipline Have Thus Become The Steady Disposition Of Feeling Beyond The Limitations Of self and Toward What Is, ...The Emphasis Of Practice Moves...To The Great Process Of Seeing. Seeing Is self-Transcending Participation In What Is. Seeing Is Love. **Seeing, or Love, Is Able To Locate, Acknowledge, and Feel The All-Pervading Spiritual Radiance and Spirit-Identity That Is The Divine Person, or The Only One Who Is.** Therefore, **Seeing Is Heart-Felt and whole bodily Recognition Of the Presence Of The Divine Person.**

Da Free John

The Dawn Horse Testament

First Edition 1985 pp. 311-314

The Ritual Of Rejection, Fear, egoity, self-Contraction, or Un-Love Can Be Directly Transcended, If Only It Is Summarily Replaced By The Ordeal (or Discipline and Practice) Of self-Transcending Love, and (Then, By Grace) **Heart-Communion** With and (Ultimately) Heart-Communication Of The Divine Self-Condition, In The Form, "I Love You".—Adi Da Samraj

You must become responsible as the heart, or the emotional, feeling core of your being. Everything else follows from this practice, and everything that is necessary for your existence and your spiritual practice will thus be revealed to you by Grace...

Fundamentally there is one practice, one basic discipline. Contrary to common presumptions about religious and spiritual life, that practice is not to seek for God. The fundamental practice is to confront and transcend ... emotional dissociation right now, and in every present moment. It is to surrender to God as the One Living Personality, the Companion of one's heart, and to allow that condition of surrender to be the Condition of one's life...

You must enter into a presumed association with God as the intimate, heartfelt Associate or Companion of your life. The creation of relationship with God certainly is a great gesture. It is the only cure of the loveless heart and of the whole life of suffering...

The heart is the primal center of consideration. Everything that is body and mind is the emanation of the Divine, which we identify via the heart principle, or Life-positive emotion, Radiance, love, prior to contraction, self-possession, and fear. The effects of the gesture of the heart must appear in your mind and body. The body-mind must be transfigured by love, by emotional self-transcendence. Nothing less than this emotional practice is true or sufficient.

Da Free John

Compulsory Dancing Selections pp. 19-22

Love Does Not Fail For You When You Are Rejected or Betrayed or Apparently Not Loved. Love Fails For You When You Reject, Betray, and Do Not Love. . . .Be Vulnerable. Be Wounded When Necessary, and Endure That Wound or Hurt. Do Not Punish the other In Love. . . . **The Most Direct Way To Know Love In every moment Is To Be Love In every moment.**--Adi Da Samraj

All is Perfect

What if we could somehow manage to see *everything* in the entire universe as being exquisitely beautiful, like the finest piece of great art? What if we right now saw every single thing and event, without exception, as an object of extraordinary beauty?

Why, we would be momentarily frozen in the face of that vision; all of our grasping and avoiding would come momentarily to rest; we would be released from the self-contraction and ushered into the choiceless contemplation of all that is. Just as a beautiful object or artwork momentarily suspends our will, so the contemplation of the universe as an object of beauty would open us to the choiceless awareness of that universe, not as it should be or might be or could be, but simply as it is.

Could it then be possible, just possible, that when the beauty of all things without exception is perceived, we are actually standing directly in the eye of Spirit, for which the entire Kosmos is an object of Beauty, just as it is, precisely because the entire Kosmos is in fact the radiant Art of Spirit itself?

In this extraordinary vision, the entire Kosmos is the Artwork of your own highest Self in all its shining creativity, which is exactly why every object in the universe is in truth an object of radiant Beauty when perceived with the eye of Spirit.

And conversely: if you could right here, right now, actually see every single thing and event in the entire universe as an object of sheer Beauty, then you would of necessity be undone as ego and stand instead as Spirit. You would want nothing from the Kosmos at that moment except to contemplate its unending Beauty and Perfection. You would not want to run from the universe, or grasp it, or alter it at all: in that contemplative moment you will neither fear nor hope, nor move at all. You will want nothing whatsoever, except to Witness it all, contemplate it unendingly, you want it never to end. You are radically free of will, free from grasping, free from all mean motion and commotion. You are a center of pure and clear awareness, saturated in its Being by the utter Beauty of everything it contemplates.

Not a single particle of dust is excluded from this Beauty; no object whatsoever, no matter how "ugly" or "frightening" or "painful"-- not a single thing is excluded from this contemplative embrace, for each and every thing is radically, equally, unendingly, the brilliant radiance of Spirit. When you behold the primordial Beauty of every single thing in the universe, then you behold the glory of the Kosmos in the eye of Spirit, the I of Spirit, the radical I-I of the entire universe. You are full to infinity, radiant with the light of a thousand suns, and **all is perfect** just as it is, always and eternally, as you contemplate this, your greatest Artwork, the entire Kosmos, this thing of Beauty, this object of unending joy and bliss radiant in the Heart of all that arises.

Think of the most beautiful person you have ever seen. Think of the exact moment you looked into his or her eyes, and for a fleeting second you were paralyzed: you couldn't take your eyes off that vision. You stared, frozen in time, caught in that beauty. Now imagine that *identical* beauty radiating from every single thing in the entire universe: every rock, every plant, every animal, every cloud, every person, every object, every mountain, every stream—even the garbage dumps and broken dreams—every single one of them, radiating that beauty. You are quietly frozen by the gentle beauty of everything that arises around you. You are released from grasping, released from time, released from avoidance, released altogether into the eye of Spirit, where you contemplate the unending beauty of the Art that is the entire World.

That all-pervading Beauty is not an exercise in creative imagination. It is the actual structure of the universe. That all-pervading Beauty is in truth the very nature of the Kosmos right now. It is not something you have to imagine, because it is the actual

structure of perception in all domains. If you remain in the eye of Spirit, every object is an object of radiant Beauty. If the doors of perception are cleansed, the entire Kosmos is your lost and found Beloved, the Original Face of primordial Beauty, forever, and forever, and endlessly forever...

Ken Wilber

The Eye of Spirit

pp. 136-138, 301

**The Plan is perfect.
The design is exquisite.
And the nature of all reality is love.**
Emmanuel, Emmanuel's Book p.141

The universe bursts forth and then is reabsorbed, yet its Source is ever-living, like a Sun that never sets; and who can hide from that which never sets? That eternal Intelligence in man is forever beyond change; it is God. To God all things are beautiful, good and just, but men see some things to be just, and others unjust.

One should understand that the world appears by the opposition of forces; order exists in the world by this play of contraries. We would never have heard of "right" if we did not know of "wrong;" whole and not-whole, united-separate, consonant-dissonant, -- all these are interdependent. But in the One, above and below are the same, just as beginning and end are one in the circumference of a circle. That which is in conflict is also in concert; while things differ from one another, they are all contained in the most beautiful Unity.--Heraclitus, The History of Mysticism By S. Abhayananda pp. 92-93

I saw that everything, just as it is now, is IT—is the whole point of there being life and a universe...Each thing, each event, each experience in its inescapable oneness and in all its own particular individuality, was precisely what it should be, and so much so that it acquired a divine authority and originality. It struck me with the fullest clarity that none of this depended on my seeing it to be so; that was the way things were, whether I understood it or not, and if I did not understand, that was IT too.

Allan Watts, What is Enlightenment By John White p. 21

The world is not imperfect or slowly evolving along a long path to perfection. No, it is perfect at every moment...Everything is necessary, everything needs only agreement, my assent, my loving understanding; then all is well with me and nothing can harm me. --Herman Hesse, Siddhartha

If you become part of the movie, you think that you go from imperfection to imperfection to imperfection. What you're actually witnessing is perfection moving to perfection, to perfection, to perfection. You're witnessing that creation and evolution are one and the same thing. Creation doesn't go from imperfection to perfect, and neither does evolution. --Dr. David Hawkins

Grace is the fabric of God's Consciousness. It is eternal love. Everything is Grace.

Emmanuel, Emmanuel's Book p. 24.

All Of This Is Sacred! All Of This Is Beautiful!

And So Be you!

Adi Da Samraj, Eleutherios p. 232

Pure Awareness

When I rest in simple, clear, ever-present awareness, I am resting in intrinsic Spirit; I am in fact nothing other than witnessing Spirit itself. I do not become Spirit; I simply recognize the Spirit that I always already am. When I rest in simple, clear, ever-present awareness, I am the Witness of the World. I am the eye of Spirit. I see the world as God sees it. I see the world as the Goddess sees it. I see the world as Spirit sees it: every object an object of Beauty, every thing and event a gesture of **the Great Perfection**, every process a ripple in the pond of my own eternal Being, so much so that I do not stand apart as a separate witness, but find the witness in one taste with all that arises within it. The entire Kosmos arises in the eye of Spirit, in the I of Spirit, in my own intrinsic awareness, this simple ever-present state, and I am simply that.

From the ground of simple, ever-present awareness, one's entire bodymind will resurrect. When you rest in primordial awareness, that awareness begins to saturate your being, and from the stream of consciousness a new destiny is resurrected. When the Great Search is undone, and the separate-self sense has been crucified; when the continuity of witnessing has stabilized in your own case; when ever-present awareness is your constant ground—then your entire bodymind will regenerate, resurrect, and reorganize itself around intrinsic Spirit, and you will arise, as from the dead, to a new destiny and a new duty in consciousness.

You will cease to exist as separate-self (with all the damage that does to the bodymind), and you will exist instead as vehicle of Spirit (with the bodymind now free to function in its highest potential, undistorted and untortured by the brutalities of the self-contraction)...

And thus, resting in simple, clear, ever-present awareness, you will arise with the qualities and virtues of your own highest potentials--perhaps compassion, perhaps discriminating wisdom, perhaps cognitive insight, perhaps healing presence, perhaps wrathful reminder, perhaps artistic accomplishment, perhaps athletic skill, perhaps great educator, or perhaps something utterly simple, maybe being the best flower gardener on the block... When the body-mind is released from the brutalities inflicted by the self-contraction it naturally gravitates to its own highest estate, manifested in the great potentials of the enlightened mind, the great potentials of simple ever-present awareness.

Thus, as you rest in simple, ever-present awareness, you are the great Unborn; but as you are born-as you arise from ever-present awareness-you will manifest certain qualities, qualities inherent in intrinsic Spirit, and qualities colored by the dispositions of your own, bodymind and its particular talents.

And whatever the form of your own resurrection, you will arise, driven not by the Great Search, but by your own Great Duty, your limitless Dharma, the manifestation of your own highest potentials, and the world will begin to change, because of you. And you never flinch, and you will never fail in that great Duty, and you never turn away...

Ken Wilber

The Eye of Spirit

p. 296-

Awakening Into Awareness

On the morning of February 5, 1997, my life was changed, at a deep and fundamental level, by a completely unexpected and inexplicable experience.

It was a moment of intuitive revelation which arrived suddenly and without warning, and which I can only describe as an “epiphany,” or an Awakening. In this timeless moment, my understanding and experience of the universe were completely and irrevocably transformed.

Within this timeless, euphoric space, I suddenly realized and knew with unmistakable clarity that the universe, exactly as it is within the present moment, is absolutely complete and perfect. The present moment was whole and integrated. Any sense of fundamental separateness was gone. “I” was still there, but any anxiety I had ever felt was completely eliminated. All I knew/felt/experienced was the complete and absolute perfection of the present moment.

I became keenly aware of the river of energy flowing through each of us – an energy arising from within and intuitively guided by this exquisite and innate perfection. I realized that everything appearing before us is simply a manifestation and expression of this energy, and that this energy is always moving through each of us, guiding us throughout our lives.

This was a moment of overwhelming revelation, of pure and absolute joy. The perfection and wholeness of the universe seemed so obvious, so simple, so complete, so absolute. Like a bliss-filled fool, I alternately laughed and cried, spontaneously and irresistibly, at the exquisite perfection of All That Is.

There was no question in my mind, during this timeless, indescribable moment that:

- Within the present moment, each of us is where we need to be, doing what we need to do.
- In our lives, and through our being, the Infinite Universe is continuously manifesting its completeness and perfection.
- An exquisite bliss arises when we recognize and acknowledge this perfection and wholeness within our own, immediate experience.

I realized that it is at the intuitive level that we have our deepest moments of “knowingness” and “beingness” and insight, and that for each of us, this process of revelation begins simply with an intuitive faith and trust in our own energetic movement toward wholeness and integration.

I realized that within each of our lives, there is a pattern of intuitive recognition that has developed over time, an “intuitive river” that can provide clues to understanding the development of this integration process. I realized that the pattern and rhythm of this process are uniquely and individually appropriate to each of us, within the present moment. And, I understood that regardless of the path we choose, this process of intuitive integration will gradually guide us all through, and toward, a recognition of the essential wholeness, completeness and perfection of All That Is.

I realized that in all our efforts to discern a sense of meaning and purpose in our lives, and in our struggle to understand the nature of the universe, our simple goal – and our greatest freedom – ultimately lie in recognizing this fundamental and essential state of natural Awareness. I realized that all of our efforts and struggle ultimately dissolve into our ability to trust the process of the completeness and perfection of the universe manifesting within the present moment.

With this recognition came a deepening understanding that:

- “Mistakes,” as we know them, are not possible.
- “Whatever happens is the only thing that could have.”
- Our most fundamental freedom is our freedom to choose within the present moment.
- The present moment and the human soul are a converging nexus point of the Infinite.
- Bliss is recognizing the absolute, complete perfection of the universe, exactly as it is, within the infinite present.
- The perfection of the universe lies within its complete integrity and wholeness. Within this larger context, there is room for all the smaller, diverse “imperfections” of our daily, human experience.
- All suffering in the universe ultimately is not absurd because it is contained within an Infinite Benevolence that extends far beyond the limits of all imaginable suffering.

In this Awakening, I discovered that my restless seeking and ceaseless longing were suddenly and completely resolved in the Perfection of the present moment. With a sense of indescribable delight and relief, I discovered that my search for meaning and purpose was finally over.

I realized that our common, “ordinary” human experience is indistinguishable from the Fullness and Essence of Reality.

And, I finally understood that nothing ever needs to be done to achieve or obtain this Great Perfection. It is already absolute, complete and inherent within the present moment.

I realized that this shift in Awareness is not about a change in perspective or position: it is simply a Recognition of our essential Beingness.

I realized that this shift is both gradual and sudden: it happens suddenly, and it exists outside of time. And, it emerges gradually, both in and over time.

I also realized that this shift is not about arriving somewhere; it is simply borne of a contentment that no longer feels the need to go anywhere.

I realized that throughout history the saints and sages have always supported and encouraged us until this experience of Awareness and insight is one we recognize, and accept, as our own.

I realized that part of the Great Mystery of the universe is that the Infinite is continuously manifesting in and through our individual, personal experiences of the finite.

I also realized that this discovery was simply a pure expression of my own truth, not an absolute “Truth.” At the same time, I knew that a larger Truth and deeper meaning were revealed within my individual experience.

I realized that each experience of “awakening,” each Realization, each discovery of That which is Real, is unique to each individual. At the same time, I understood that we all ultimately “break through” into a recognition of the same essential Presence: a vast and spacious background of whole, integrated and natural Awareness.

I was also delightfully surprised to discover, in this moment of exquisite euphoria, that “I” – the little identity I recognize as “me” – did not disappear or extinguish! I was astonished that “I” didn’t have to die in order to “experience” this magnificent Wholeness! The Realization of this incredible integration occurred, and yet “I” still remained conscious and aware. The personality remained intact: “I” was still “me,” and “I” was still here, but “I” was now contained within, and not separate from, the Presence and Essence of vast and integrated Wholeness.

The emergence of the epiphany felt like pure, unadulterated Grace... I also do not know what essential conditions would be necessary in order to initiate a similar experience within another individual, but I have begun to believe that:

- Everything within our lives – without exception – is a revelation and expression of That which is the Source of our own inevitable Awakening.
- Each of us is already gradually “ripening” into a recognition of our own innate Awareness and Essence.
- In its own unique way and appropriate time, each individual experience of Awakening occurs quite naturally, unpredictably and with absolute spontaneity.

With the epiphany, it has also become clear to me that we do not need to pursue or cultivate a spiritual hunger for experiences such as this awakening, simply because even the “highest” of mystical experiences is still just that: another experience. Rather, I believe we are best served by beginning to recognize that our own immediate, present moment reality is not separate from, or other than, the larger Truth or Reality for which we have been searching.

I believe that when we finally release our attachment to the misconception that “This moment, or this experience, is not It,” we will suddenly realize, with an exquisite and overwhelming delight, that we already are That for which we have been seeking.

Metta Zetty

Awakening into Awareness: Insight Mentoring

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Consciousness

There is Only Light.
Light is All There Is.
All That Is Is Light.

The Subjective Nature Of Light Is Self-Radiant Being, Transcendental
Consciousness, or Consciousness Itself.
The Subjective Nature Of Light Is God, or Truth.

When Light, or God, Is Objectified To Itself, It Appears As The Cosmic Mandala
Of all conditional worlds, forms, and beings.

Thus, Light, or God, Utterly Pervades all conditional Worlds, forms, and beings.
All conditional worlds, forms, and beings Thus Inhere In, Are Lived or Sustained
By, Are Not Other Than, and Can Directly Realize A State Of Perfect Identification With
Light, or God.

Light, or God, Is The Literal or Inherent Condition, Substance, Reality, Quality,
and Destiny Of All conditional worlds, forms, and beings.

For Light, God, or The Real Condition To Be Realized, It Is Only Necessary For
The Subjective Nature Of Light, God, or The Real Condition To Be Realized.

Consciousness (Which Is That To Which and In Which conditional worlds, forms,
thoughts, beings, and self Are arising As Apparent Modifications Of Objectified Light, or
God) Is Light, or God, Itself.

Consciousness Is the Subjective Nature Of Light, Energy, or God.

Consciousness Is The Subjective Nature Of The Cosmic Mandala and all
conditional worlds, forms, thoughts, and beings, including one's own self.

Consciousness Is Self-Radiant Bliss, Happiness, or Unqualified Being.

Consciousness Is That In Which or As Which any being Always Already Stands.

Therefore, To Identify With Consciousness Is Also To Realize Freedom, Eternal
Being, Bliss, Happiness, and Love (or The Self-Radiant Nature Of Light, Energy, or
God).

If, In The Context Of any objective event or condition (including thought), The
Consciousness To Which and In Which that event or condition Is arising Is Located (As
The Native and Blissful Feeling Of Being Itself), Then that objective event or condition
Is Inherently and Perfectly Transcended In The Subjective Nature or Reality or Condition
Of Light, or God.

To Identify With Consciousness (Prior To world, form, mind, others, or self) Is
To Realize The Subjective or Prior Nature and Reality Of Light, or God.

To realize Light (or To Be Literally Enlightened), or To Realize God (or To Be
One With The Only One Who Is), Is To Be Transcendental Consciousness, or
Transcendental Light, The Substance Of Existence, The Real Condition Of Existence, or
Happiness Itself.

Happiness

Freedom (or Happiness Itself) Is Not (Separately) mind (or attention), or body, or world—but It Is (Self-Evidently Divine) Consciousness (Itself), Which Is ... The Perfectly Subjective Feeling Of Being (Itself), Self-Existing As Mere (and Utterly Non-separate) Awareness (Itself), Self-Radiant (Utterly Prior To, and Most Perfectly Expanded Beyond, self-Contraction) As Centerless and Boundless Love-Bliss (Itself).

$$C^2 = E = mc^2$$

Consciousness (Itself) Is Identical To The Self-Existing Energy (or Indestructible Light, or Perfectly Subjective “Brightness”) That Is all things (or all conditional forms, conditions, and states).

To Abide As Consciousness (Itself)—Inherently Transcending all things—Is To Abide As Self-Existing Energy (Itself), Prior To all things.

Prior To all things, Self-Existing Energy (Itself) Is Self-Radiant (or Boundlessly “Bright”) As Love-Bliss (Itself).

Consciousness (Itself) Is Self-Existing.

Consciousness (Itself) Is Boundlessly Self-Radiant, As Love-Bliss (Itself).

Consciousness (Itself), Is Always Already The Case.

Therefore, The “Perfect practice” ... Is To Be Consciousness (Itself), and To Contemplate The Space Of Self-Existing Consciousness (Itself), and, By Contemplating The Space Of Self-Existing Consciousness (Itself), To “Locate” and Realize The Inherent (and Self-Evidently Divine) Love-Bliss-Happiness That Is Reality Itself (and That Is all things.).

When all things Are (Inherently, and Immediately) Divinely Self-Recognizable In and As Consciousness (Itself)--all things Are Realized To Always Already Be Love-Bliss (Itself), and all things Are (Inherently, and Immediately) “Brightly” Transcended In (and Are, At Last, “Brightly” Outshined By) Self-Abiding Conscious-Love-Bliss (Itself).

And then
There Is
Just That.
And That
Is That.

Journey of Souls

Dr. N: These, I want to close by asking you more about the Source. You have been a soul for a long time, so how do you see yourself relating to the oneness of creation you told me about earlier?

s: (long pause) By sensations of movement. **In the beginning there is an outward migration of our soul energy from the Source. Afterward, our lives are spent moving inward toward cohesion and the uniting ...**

Dr. N: You make this process seem as though a living organism was expanding and contracting.

s: ...There is an explosive release. ..then a returning. ..yes, the source pulsates.

Dr. N: And you are moving toward the center of this energy source?

s: There really is no center. The source is all around us as if we were ...inside a beating heart.

Dr. N: But, you did say you were moving back to a point of origin as your soul advanced in knowledge?

s: Yes, when I was thrust outward I was a child. Now I'm being drawn back as my adolescence fades. ..

Dr. N: Back where?

s: Further inside the source.

Dr. N: Perhaps you could describe this energy source through the use of colors to explain soul movement and the scope of creation.

s: (sighs) It's as if souls are all part of a massive electrical explosion which produces. ..a halo effect. In this. ..circular halo is a dark purple light which flares out. ..lightening to a whiteness at the edges. Our awareness begins at the edges of brilliant light and as we grow. ..we become more engulfed in the darker light.

Dr. N: I find it hard to visualize a god of creation as cold, dark light.

s: That's because I am not close enough to conjunction to explain it well. The dark light is itself a. ..covering, beyond which we feel an intense warmth. ..full of a knowing presence which is everywhere for us and ...alive!

Dr. N: What was it like when you were first aware of your identity as a soul after being pushed out to the rim of this halo?

s: To be. ..is the same as watching the first flower of spring open and the flower is you. And, as it opens more, you become aware of other flowers in a glorious field and there is. .. unbounded joy.

Dr. N: If this explosive, multi-colored energy source collapses in on itself, will all the flowers eventually die?

s: Nothing is collapsing. ..the source is endless. **As souls we will never die-we know that, somehow. As we coalesce, our increasing wisdom makes the source stronger.**

Dr. N: Is that the reason the source desires to perform this exercise?

s: Yes, to give life to us so we can arrive at a state of perfection.

Dr. N: Why does a source, who is ostensibly perfect already, need to create further intelligence which is *less* than perfect?

s: To help the creator create. In this way, by self-transformation and rising to higher plateaus of fulfillment, we add to the building blocks of life.

Dr. N: Were souls forced to break away from the source and come to places like Earth because of some sort of original sin or fall from grace in the spirit world?

s: That's nonsense. We came to be. ..magnified. ..in the beautiful variety of creation.

Dr. N: These, I want you to listen to me carefully. If the source needs to be made stronger, or more wise, by using a division of its divine energy to create lesser intelligence which it hopes will magnify-doesn't this suggest it lacks full perfection itself?

s: (pause) **The source creates for fulfillment of itself.**

Dr. N: That's my point. How can that which is absolute become more absolute unless something is lacking?

S: (hesitates) That which we see to be. ..our source. ..is all we can know, and we think **what the creator desires is to express itself through us by. ..birthing.**

Dr. N: And do you think the source is actually made stronger by our existence as souls?

s: (long pause) I see the creator's perfection. ..maintained and enriched ...by sharing the possibility of perfection with us and this is the ultimate extension of itself.

**

Dr. N: ...can you describe the creator in more human terms?

S: **As the ultimate selfless being which we strive to be.**

Michael Newton, Ph.D.

Journey of Souls

p. 197-199, 194

We are mortal, and also immortal. As individuals we apparently live and die, but our existence is not threatened. The psycho-physical form passes through cycles of birth, and change, and death, but each cycle is followed by another, so that all the evolutionary lessons may be learned.

After gross physical death, the subtle psycho-physical being continues to function in subtler energy realms, until it either passes permanently beyond the gross physical realm or else reincarnates in the gross physical realm itself. Personal experience thus develops or evolves through adaptation to various levels of the psycho-physical dynamics, in cycles of birth, change, apparent death, and renewal. The play of individual psycho-physical existence is a kind of evolutionary schooling in the ultimate or Divine Law of growth via self-transcendence, until absolute Unity with the Divine Reality is realized, and an immortal or eternal Existence is enjoyed in the absolute Domain of the Living God (or Perfect Light of Life).

Da Free John

The Existence of God Will Soon Be Announced by the White House

p. 228, 188

**Spirituality is simply seeing God in all things,
regardless of whether the thing is great or small, ordinary or extraordinary,
and then expressing that insight through selfless service.**

John White What Is Enlightenment p. 217

**There is no basis for “religious differences”
at the level of actual practice and Realization.**

Da Free John Compulsory Dancing p131

Destiny of Souls

The body, not the soul apart from the body, is the mechanism of evolution. The soul simply becomes more and more conscious and ecstatic via various kinds of embodiment. The soul is gradually transformed, eventually becoming Radiant to Infinity. The soul acquires all the faculties of God through ecstatic surrender, and it acquires a more and more Divine body. Such a Divine body is a body of Light, created from the transformation of the physical into Light, or Radiant Consciousness.

Da Free John

The Existence of God Will Soon Be Announced by the White House

p. 246

The Ultimate Condition is a Paradox, ultimately requiring either paradoxical language or Blissful Silence. Truly, the soul Awakened in God finds that it is One with God and yet still existing in a Play of experiential and Transcendental relationship with God...there is only God, to Whom all souls are Ecstatically and Eternally related, and to the Domain of Whom all souls are Destined to return.

Da Free John

The Enlightenment of the Whole Body

p. 496

The Living God, the Beloved of all beings, has, from eternity, become a Great Sacrifice. The Radiant One has become the process of all possibilities. We are not merely the creatures or victims of God created and set apart to suffer for some inexplicable reason. We are the very Sacrifice of God. God is Alive as us. Our lives are the creative ordeal to which God is eternally submitted. We need only Realize the Living One and thus become capable of this Divine Sacrifice, which is an eternal creative ordeal of Love that leads, step by step, toward a Most Wonderful Transformation. Once we transcend the illusion of our dark separate selves and enter into the Divine Process, we see clearly that the existence and destiny of the world and every being is the Fullness of Love-Bliss in a perfectly Transformed state that has become One with the Person and the Domain of the Transcendental Divine.

Da Free John

The Existence of God Will Soon Be Announced by The White House

p. 397

Is there a time when all blends into one? Yes. But there is never a time when one blends into nothingness...The ultimate oneness is mutuality, not the erasure of self.

Emmanuel

Emmanuel's Book

pp. 189, 22

**The World Of Joy
Made Joyful By The Oneness
Of Infinitely Multiplied Joyful Beings
In The Unlimited Embrace Of Love.**

--Da Free John

The Dawn Horse Testament

First Edition 1985

P. 172

The View from the Near Death Experience

- ❖ God sends truth through many channels to those who ask.
- ❖ Love creates positive energy.
- ❖ Indifference is the opposite of love.
- ❖ You are a part of God, and God is a part of you.
- ❖ Everything is a part of God.
- ❖ God works for our best interests.
- ❖ When we work with God, we create love.
- ❖ Every action of love has a reaction of joy.
- ❖ Others judge us by our actions; God judges us by our motivations.
- ❖ All you do and think is known to God, and God understands everything.
- ❖ The greatest joy is to share love.
- ❖ Transformation occurs through the energy of love.
- ❖ God (the Light) knows you for who you are.
- ❖ We are all one with God, and to hurt even the smallest part of God hurts us all.
- ❖ Light is the single source through which all are united.
- ❖ Selflessness turns energy into the power of Love.
- ❖ When you see the Light everywhere, and see everything in the Light, the Light will never be lost to you, nor will you be lost to the Light.
- ❖ The secret to power is to make and keep yourself connected to the Light of Love (God), which is our constant source of energy.
- ❖ God loves and forgives you, and expects you to love and forgive others.
- ❖ Love, like God, is too immense and profound to ever be fully understood, measured, or confined within the structure of the physical world's concept of language.
- ❖ Love at its best is Love motivated to action.
- ❖ Remind people of Love by word—written and spoken.
- ❖ In terms of seeing the life force as energy, we have to get back to the right love frequency before we can be unified with God, the ultimate life force.
- ❖ All pain we feel or cause is felt by the Light.
- ❖ God is spirit, which is the energy that creates all.
- ❖ God is the cause. Life is the effect.
- ❖ The part of humankind causing effects is the part of us in the image and of the essence of God.
- ❖ To honor God, the effects we cause should be worthy of God.
- ❖ In order to become one with God, work must be done to remember or find the truth, which is your true self is a spirit and that spirit is one with God.
- ❖ Love requires committing yourself to the spiritual growth of others without the guarantee of love returned.
- ❖ It's not possible for one who has experienced and remembers the infinite to completely explain it in finite language.
- ❖ The Love that shines brightest is that which reflects on others.
- ❖ Enjoy the simple beauty of God's artwork; it surrounds you.
- ❖ No amount of darkness can blot out light, yet the tiniest amount of light can overcome darkness.
- ❖ The only thing that lives forever is Love. Praise God for the things you have, and also for what you do not have. Love endures forever.
- ❖ Where Love dwells, God is there.

- ❖ Our interrelatedness is the reason and the way that all things work together for good. Everything God makes has a purpose in creating good.
- ❖ In the search for truth and understanding, all paths lead to Love.
- ❖ Since we are created from God, we work with God, not for God.
- ❖ Always want the best for your enemies. The best is Love.
- ❖ Miracles happen when you realize that God is your source and you place your trust in God. God is limitless.
- ❖ Nothing is secret. Our thoughts are being recorded for all to hear, see, and experience. What you do in secret is known.
- ❖ To live in the Light is to let Love be your motivator.
- ❖ God is the one energy from which all other energies are manifested. God is, Death isn't.
- ❖ Life is a road full of lessons teaching Love. When Love is learned, you will forever be home.
- ❖ Work is Love demonstrated.
- ❖ Through God even the impossible is possible. God is infinite Love, laughter, energy, Light, and infinite wisdom.
- ❖ God is in all places at all times.
- ❖ When you fully understand your true self, nothing can destroy you.
- ❖ Love in the physical world is a reflection of Love throughout eternity.
- ❖ God is Love, Light, and the energy in all. God is the source of perfect Love and all life.

Sandra Rogers

Lessons from the Light

pp. 43-48

Many people have asked me what I believe in, how my NDE changed my life. All I can say is that I now believe in the God of the universe... God is everything that exists, everything-and that is beyond our ability to comprehend at all... It is all the same God, and that God showed me that the universe in which we live is a beautiful and marvelous mystery that is connected together forever and for always.

Anyone who has had such an experience of God, who has felt such a profound sense of connection with reality, knows that there is only one truly significant work to do in life, and that is love; to love nature, to love people, to love animals, to love creation itself, just because it is. To serve God's creation with a warm and loving hand of generosity and compassion - that is the only meaningful existence.

Dr. George Rodonaia's Near Death Experience

Declared clinically dead three days.

From the Internet

What conclusions can be drawn from the accounts of near death experiencers? In many ways the accounts speak for themselves. The message is simple and highly repetitious. Anyone who listens to or reads many accounts of near death experiencers hears the same basic theme again and again. Briefly put, the message is:

God is Love.

We are all connected.

We are all part of God.

God's plan for the Universe may be beyond humanity's understanding, but we are a part of it

Hell is the absence of God.

Hell is the land of the self-preoccupied who have shut out the Love of God and others.

It is never too late to call out to God, even from Hell.

It is never too late to turn to then ones who love you and go toward the Light.

The being of Light has many names that fit the religious frame of reference of the beholder. All religious revelation filters through we finite beings who are products of our culture, our time, and our symbolic language...It would seem from the accounts of the near death experiencers that God is interested in what is in our heart and not what is in our creed. It is the love for God and one another that is important. To love others is to love God.

While scientific investigations of the near death experience helps us understand the details of the experience, the lesson of the near death experience is the essence to the near death experience. The lesson is simply:

Love God.

Love one another.

The two are one and the same for we are all connected.

The Spirit of God is over all the earth,

and in all things;

It is in God that we live and breathe

and have our being.

All that is, is God.

And while we are here

There is only one rule:

Never hurt anyone,

And there is only one commandment:

Love one another.

Ken Vincent

Visions of God from the Near Death Experience

pp 161-164

What Happens When We Die?

Vital messages from the Higher Intelligences transmitted in different countries to us humans on this Earth in the last few decades REPEATEDLY inform us that, (succinctly put):

- All humans survive physical death, irrespective of their beliefs.
- At the point of death we take our mind with all its experiences, our character and our *etheric* (spirit) body – which is a duplicate of the earth body.
- There is no such thing as heaven “up in the sky” or hell “down below”: the location of the afterlife does not change from the earth plane – different spheres interpenetrate – from the highest vibrations to the lowest.
- Atheists, agnostics and others may not be encumbered from passing on to the higher spheres – what they did in their lifetime and the motivation for what they did will be important not what they believed in.
- Love, unconditional love, is the most powerful force known in the universe.
- Unconditional love is the irretrievable link with our loved ones in the afterlife.
- Decent folk are met by their loved ones – soul-mates are reunited. Higher Intelligences inform us that in the afterlife our appearance can regress to our best age – for most people from the early-mid twenties.
- The kind of life to be lived in the afterlife – beauty, peace, light and love which awaits decent folk is unimaginable.
- One can still learn spiritual lessons in the afterlife and progress to higher even more beautiful spheres.
- Any physical disabilities people had on earth will disappear – for decent folk there will be no such thing as deformity, sickness, blindness or any other thing which adversely affected them on earth.
- Those who were consistently evil are either left alone or are met by those others of the same *very low* vibrations, with the same *very low* spirituality to be attracted to the darker lower spheres.
- Energy – a universal law – positive or negatives – is a “boomerang”. When you send out good energy towards someone that good energy is returned sooner or later. If you send out negative energy by unfairly being dishonest against someone, or by cheating or lying or harassing or discrediting or causing harm to someone – that kind of negative energy will *inevitably* return to you.
- “you will reap what you sow” is the recognized universal spiritual law. Karma means **you will not get away with it**. All negative deeds against others have to be experienced for the purpose of “continuous spiritual refinement.”
- In the *higher* spheres you will be able to recall and see any event in any period of your existence **three dimensionally**.
- Abuse of power and systematic harassment of others are two of the *most* karmic actions. Horrific karma awaits those whose task it was to protect society by themselves willfully abused their power, indulged in willful transgressions and caused harm and injury to others.
- Hell for *eternity* and *eternal damnation* were invented by men to manipulate the hearts and the minds of the unaware – they do NOT exist. Whilst there **ARE** lower spheres in the afterlife which are particularly dark, unpleasant and even *horrific* – some call them “hell” – ending up there is **NOT** for eternity.
- The universal Law of Progress ensures that at some time in the future those with lower vibrations will eventually, even if it takes aeons of time – centuries even thousands of years – obtain higher vibrations and graduate to the higher spheres.

- *Deathbed conversion?* We have been and we are repeatedly being informed by Higher Sources that immediately after we die our vibrations do not change – not even if one repents shortly before death. We take with us the accumulated vibrations (spirituality) we gained or lost during our **whole** lifetime on earth. Baptism, repentance are absolutely meaningless as a way of getting “a better deal” immediately after death.
- No one on earth or elsewhere can hurt you spiritually.
- Selfishness is one of the greatest transgressions against spirituality and is highly karmic.
- Not everybody has to “reincarnate.”
- You do not come into this world to have a dream run – without pain, suffering, without problems. The more varied your experience, the more learning from many mistakes, the more valuable your lifetime.
- Many of you will be cheated, maligned, unfairly harassed...but justice will be done ...not in your world maybe but certainly in the world to come.
- The universal laws operate whether or not you are aware of them.
- Being religious does not necessarily mean being spiritual.
- Not participating in religious rituals eg. baptism, confessions and non-belief in creeds and dogmas does **NOT** encumber anyone from attaining higher spirituality and the higher afterlife spheres.
- There are different levels of spheres in the afterlife – from the lowest vibrations to the highest. On physical death we go to the sphere which can accommodate the vibrations we accumulated throughout our life on earth. Simplistically put, most decent folk are likely to go to the “third” sphere – some people call the summerland. The higher the vibrations, the better the conditions – which will take us to the higher spheres. We are informed that the higher spheres are too beautiful to even imagine. For those with very, very low vibrations, very serious problems do exist.
- Consistent with the Law of Progress, eventually, even if it takes aeons of time, all will progress to the higher spheres.
- Like attracts like in the afterlife. Unlike on the earth plane, those with lower vibrations cannot mix freely with those in the higher spheres.
- Self responsibility – ultimately, you yourself are responsible for all acts and omissions during your time on the earth plane.

Victor Zammit, Retired Justice of the Australian Supreme Court
[A Lawyer Looks at the Afterlife](#), Chapter 27, victorzammit.com

It may sound surprising, but no one actually experiences their own death. There is, of course, the experience of the conditions which precede death, but when actual physical ‘death’ occurs, one instantly leaves the body effortlessly and merely witnesses the body’s death. With separation from the body, the former experiencer or inhabitant becomes aware that it is a spirit...The spirit is then attracted to its destination by the actions of attraction or repulsion, which are the automatic consequences of the soul’s evolution.
 David Hawkins. [The Eye of the I](#), pp302-303

All beings are spirits and survive physical death...

There is Not any one who is merely a mortal “organism”—Not Even any of the fishes or the possums or the frogs or the mosquitoes, and Not Even any of the worst Of Mankind. --Adi Da Samraj

Easy Death

Fear of death is fear of surrender to Infinity.

Learn to surrender, to exist at Infinity while alive, and fear of death dissolves.

Fear of death is fear of the Unknown.

Realize the Eternal Unknowability of the Totality of Existence, and fear of death is transcended in the Feeling Beyond Wonder.

If Happiness (or Freedom) depends on the Answer to the Question, then there can be no Happiness (or Freedom).

The Question cannot be satisfactorily or finally Answered.

For one who Abides at Infinity—Happy and Free, at ease with his or her Ultimate (or Divine) Ignorance—the Question and the Answer are equally unnecessary.

What Began will come to an end.

What is More than Wonderful is not threatened.

The Process of the Totality of Existence is Transcendental, Inherently Spiritual, and Self-Evidently Divine—and It is Eternal.

Only a fraction of the Whole can pass away in any moment, since only a fraction of the Whole appears in any moment.

Therefore, the True Divine Heart Itself is Always Already Full of Love and More-than-Wonder.

“I” is the body-mind, the fraction of the Whole that is now appearing and will soon disappear.

“I” must be surrendered to the True Divine Heart, to the Whole—Which Is Infinity, and Love, and More (and More) than even Wonder knows.

Adi Da Samraj

Easy Death

p. 97

Death is not a permanent event or effect.

Death is simply a transition to further experience.

Death is a transforming event that prepares you for another birth—just as it stands before you now, motivating you toward ego-transcending surrender during your lifetime.

Death and rebirth are the inevitable cycle of your existence—until (by Means of Divine Grace) you grow and surrender and serve beyond the limits of all the schools of cosmic Nature, and so Emerge permanently into the “Bright” Divine Self-Domain, Where you will exist in Inherently Perfect Self-Identification with the Divine Being, as well as in Inherently Perfect Relationship with the Divine Being.

So be it.

Adi Da Samraj

Easy Death p. 268

The Zen Way

You Are There Now.
What Was Never Lost
Can Never Be Found

All Beings Are The Truth,
Just As They Are

The Snowflake Never Falls
In The Wrong Place

This is it
And I am it
And You are it
And so is That
And He is it
And She is it
And it is it
And That is That.

Sitting Quietly, Doing Nothing,
Spring Comes,
And Grass Grows By Itself

If You Seek It
You Cannot Find It.

The Ducks Legs Though Short
Cannot Be Lengthened Without Great
Discomfort To The Duck.

By Plucking Her Petals,
You Do Not Gather
The Beauty Of The Flower

If You Understand,
Things Are Such As They Are;
If You Do Not Understand,
Things Are Such As They Are.

The More Excellent Way

If I speak
in the tongues of mortals and of angels,
but do not have love,
I am a noisy gong or a clanging cymbal.

And if I have prophetic powers,
and understand all mysteries and all knowledge,
and if I have all faith, so as to remove mountains,
but do not have love,
I am nothing.

If I give away all my possessions,
and if I hand over my body to be burned,
but do not have love,
I gain nothing.

Love is patient; love is kind;
love is not envious or boastful or arrogant or rude.
It does not insist on its own way; it is not irritable or resentful;
it does not rejoice in wrongdoing, but rejoices in the truth.
It bears all things, believes all things, hopes all things, endures all things.

Love never ends;
as for prophecies, they will pass away;
as for tongues, they will cease;
as for knowledge, it will pass away.
For our knowledge is imperfect and our prophecy is imperfect;
but when the perfect comes, the imperfect will pass away...
For now we see in a mirror dimly, but then face to face.
Now I know in part; then I shall understand fully,
even as I have been fully understood.

And now faith, hope, and love abide, these three;
and the greatest of these is love.

1 Corinthians 13

Everyone who loves is born of God and knows God.

Whoever does not love does not know God, for God is love.

If we love one another, God lives in us, and his love is perfected in us.

God is love, and those who abide in love abide in God, and God abides in them.

There is no fear in love, for perfect love casts out fear.

Surrender

Until you practice surrender, the spiritual dimension is something you read about, talk about, get excited about, write books about, think about, believe in—or don't, as the case may be. It makes no difference. Not until you surrender does it become a living reality in your life.

Eckhart Tolle

The Power of Now

p.176

Always relax into the pains and circumstances of experience, and so remain in Communion with Life, rather than in confrontation with the modifications of Life. Relax into Life rather than react to experience. Do this consistently, under all circumstances, and thus remain always free, happy, Full of Life, and disposed toward loving self-release in all relationships. This is the Human Foundation of Morality.

Da Free John

The Enlightenment of the Whole Body

p. 309

The realization of happiness depends upon the emotional conversion of the human heart from Narcissism, or self-possession, to Divine Communion, or love of God. Our ordinary self-centered life is expressed emotionally in cycles of fear, sorrow, anger, guilt, doubt, lust, and anxiety about “me” and “my” pleasures and “my” death. We can instead enjoy the disposition of love, trust, and self-yielding service in all relations, self-forgetting sympathy with all beings, intuitive bodily certainty of Eternal Life, and radiantly happy faith in God. The way of this great conversion is first to recognize that our own lives and the entire world are arising in each instant within the Spirit or Being that is God, and then to surrender, with profound feeling and with every breath, into that Living Transcendental Being.

While true emotional conversion may be associated with an incident or series of incidents in one's experience, it does not depend on any experience. It converts one not to believe in God, but to direct, unmediated Communion with and dependence upon God for one's very life. Emotional conversion involves intuitive Awakening by Grace, through “hearing” or understanding the Divine Teaching to the point that you spontaneously “see” or feel the living Radiant Energy of the universe, the “Vision of God.” It simply becomes obvious that no matter what you think or feel or do, God is the Condition of this and every moment, and God is presently living you.

However, you must literally choose to live on the basis of this Enlightened revelation. You always have the option to turn back upon yourself—thus, you must **choose** in every moment to live and breathe and speak and act from the point of view of one who is alive in the Spirit of God.

Saniel Bonder

From the introduction of:

Compulsory Dancing

Da Free John

pp. 7, 8

We must surrender to and into the Present God. God is not elsewhere in relation to us now. God is always Present, Alive as all beings, Manifest as the total world. Our obligation is not to invert and go elsewhere to God, nor to extrovert and exploit ourselves in the self-possessed or anti-ecstatic mood that presumes God to be absent or non-existent. Our obligation is to Awaken beyond our selves, beyond the phenomena of body and mind, into That in which body and mind inhere. When we are thus Awakened ...only God is evident and only God is the Process of the present and the future.

You must come to the point in your practice where ...the Living Presence of God, is completely obvious to you, even bodily, moment to moment, so that you can actually feel its working in the body-mind. Likewise, you must have a capacity for surrender to that force, so that it can continue to purify the body-mind at every level.

There are two things that you can do in any moment. You can either contract in the midst of what arises, or you can release. There are only those two actions. You are never involved in anything else—either the knot of self-possession or surrender, the avoidance of relationship or love. There is nothing else.

To “see” the Spirit is to see the Vision of God. It is a whole bodily realization, like the realization that the body has at the level of touch. It is profound, psychic, prior to bodily and mental configurations. The total being of the body-mind touches the Infinite Being of the Spirit, surrenders into the Spirit with every breath whole bodily, on the basis of true emotion, love surrender. That surrender is the epitome and the practice of the Way of Truth.

Surrender the world, the body, all conditions and relations, every experience, all thoughts and every part of the mind, and even the deep seclusion of the inner being into the Radiant Universal Transcendental Divine Being, the Only Existing One.

Such Remembrance, or Love-Sacrifice of the independence of all conditions of the being, is free of every trace of dilemma and self-bound strategy. There is no game in God, no awful demand for clever victory in the world or in the inward domain. The eyes may remain open, and the body may move about, but it is always a matter of simple, direct, ecstatic love-Communion with the Blissful Person of Love, Who is Alive as the world, Active as the body, Conscious as the mind, and Existing as the inner being of every being.

Da Free John

Compulsory Dancing

Da, pp. 18, 25, 66, 97, 133.

The final lesson for each soul
is total surrender to the will of God
manifested in your own heart.

--Emmanuel

The Song of the Heart of God

Listen to Me and hear Me. This is My Secret, the Supreme Word. I will tell you what will benefit you the most, because I love you.

If you will surrender to Me, if you will become a sacrifice to Me, if you will constantly yield your attention to Me through love and service, then you will attain Me and come to Me. I promise you this, because I love you.

...Engage every action that is appropriate for one who loves Me, but simply perform every kind of action as a form of direct and present Communion with Me. Relax all of your anxiety. Be free of sorrow and fear. When you abide in Love-Communion with Me, the natural results of your various activities no longer have power to separate or distract you from Me.

The soul that is born into the Realm of Nature, or the worlds of action and experience, advances from childhood to manhood, old age, and death, while identified with the same body-mind. Then the same soul attains another body-mind as a result. One who is truly intelligent is not troubled by all of that.

All of that is simply the natural Play of Life, in which the two sides of every possibility come and go in cycles. Winter's cold alternates with summer's heat. Pain likewise follows every pleasure, since every appearance is followed by a disappearance. There is no permanent experience in the Realm of Nature. One who is truly perceptive simply allows all of this to be so, and does not add their own distress to this inevitable round.

Realization of the Eternal Destiny is only possible when one has ceased to defeat oneself by reacting to the Play of Nature. Such a one is steadied by their own understanding, seeing that the cycle of changes, both positive and negative, is inevitable in the world of experience.

...The entire Realm of Change, even the body-mind, and even the soul itself, is Pervaded, each and all, by That which Exists Eternally.

I am the Eternally Existing, All-Pervading, Transcendental Divine Person, the true Self of all. And My Power of Creation, whereby individual beings are made to live and change, is Eternally Active as the Universal, All-Pervading Life-Energy of Nature.

I am the Divine Person, Who Pervades even the Realm of Nature, and within Whom every individual being is arising. I am Realized by self-transcending love, wherein every action is engaged as a form of direct and present Communion with Me.

Men and women who are without faith in this Way of Communion with Me do not Realize Me. Therefore, they remain associated with the Changing Realm of Nature, the round of psycho-physical experience, and the repetitive cycles of birth and death.

...They already have Me in every human form, but they do not notice Me. They do not Realize Me in My Transcendental Nature, the Master of everything and the true Self of all manifest beings.

But if anyone will live in Communion with Me, surrendering himself to Me in love, then...I will always accept the gift, and Offer Myself in return.

I am situated in the heart of all beings.

The Divine Master of all beings is literally to be found at the heart, wherein the soul observes the changes of experience. Every experience rises and falls at the heart, spontaneously generated by Eternal Activity, the Universal Life-Energy...

Therefore, do not surrender the heart to experience, as if you were in love with your own body-mind. Surrender the heart to Me, and to no other. I am the Divine Person, the Eternal Master, the Radiant One, Who Pervades the Machine of Nature as the Blissful Current of Life-Energy, and Who Transcends all experience as Infinite Consciousness, the true Self. If you will surrender your self-consciousness into My Transcendental Consciousness, and if you will yield your experience into My All-Pervading Current of Life, then I will also become an Offering to you. You will be Given the Gift of Perfect Peace, and an Eternal Domain for your heart.

Now I have Revealed My Mystery to you. Consider it fully, and then choose what you will do.

Da Free John
A free rendering of the Bhagavad Gita
Compulsory Dancing

Epilogue

A wondrous
soft light penetrates the heart.
All is holy calm.
And behold there is no judgment;
there are no sinners, no just.
None is great, none is small.
There is no punishment and no reward.
An overwhelming light illuminates our being.
We know and ARE.

Gustav Mahler