

SELF is your_{self} without the *self*

Jay Ghee

Demystifying death

New Age - Inner Light

Book cover by: Michelle Dos Santos

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Life is the darkness of the night in which each one of the billions of stars tries to shine more than the others.

Death is in the brightness of the day in which all the stars have 'melted' within the LIGHT, leaving no trace, no memory.

Only LIGHT is.

Jay Ghee is a shooting star in a sky covered with billions of stars. It glides for a short time and doesn't attach anywhere, on anything or anyone. Like all others it vanishes within LIGHT.

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Review by: P Taljaard-

Clinical psychologist.

"This book is a 'must read' to any student in the field of eastern philosophy. It is one of the rare occasions where one gets the opportunity to be slowed down (by design!) and contemplate one's way through a piece of literary work...The author deliberately focuses the reader on an ever more deepening path of thinking, comparing and evaluating one's own life's values, judgements and most importantly concepts of the I, the "ego"...

The journey starts high paced, drawing the reader fast into a meditative reading style focusing on the **SELF**, moving to a description and exploration of current societal structure and back to the individual in the second part.... As a metáfora, I experienced the journey as "the music is in the silence between the notes, not the notes". It's the brilliant stimulation of thinking...not the written words that makes this an exceptional read.

Reflect on these words from Jay Ghee:

*"Life is a constant movement towards the new.
A belief is a permanent seizure that contradicts life."*

As a clinical psychologist, I went through training that spanned from psycho analysis to systemic psycho-dynamic therapy...I was very much in contact during my training years with the different approaches followed by various universities in South-Africa. It is my wish that more of the work of Jay Ghee be introduced and taught at master's level in psychology.

I am looking forward to any future writing from this particular author."

We can follow blindly the path built by our ancestors or be curious, open-minded, audacious, and willing to look at the most important questions in our lives: "Can I search for who I really am? Can I discover my true nature? Can I discover the truth, my truth, not someone else's truth? Can I understand life before death and understand death whilst I am living?"

Abundance flows like a river of pure potential for everyone without exception. But to access this limitless potential one has to 'open a tap'. Very few know that this abundance is available to them and very few know how to open that tap.

Awareness is the first requisite. If you have no awareness you will walk endlessly along the 'river' and ignore it. Awareness results from self-knowledge. If you know nothing about the functioning of your own mind, you'll stay forever a blind stranger in the field of bounty, unable to recognize the source and to access its treasures. Awareness and self-knowledge go hand in hand like a key and a lock. Without the key, you cannot open the lock and without a lock the key has no purpose.

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This book is not written to open a debate but to open doors.

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Introduction

A few years ago, I visited a flea-market in a small town in South of France. I had no intention to buy anything but a strange feeling brought me there. Was it curiosity or just an impulse that guided me to the book section? After browsing through a few stalls, my gaze landed suddenly on the floor where a book had been dropped by a vendor...

This book was 'looking' at me! I looked somewhere else but the book attracted my gaze again. "Buy me"! It seemed to say... I bought it, convinced that I didn't choose it but that it chose me. I took it home and started reading it. There was a spark in it which lighted up a fire of inner discoveries. That book changed my life. It forced me to turn my attention in a totally new direction.

Have you experienced similar events in your life? You may have felt instants when events or people who had important consequences on your life appeared without warning?

The book you are holding in your hands may turn your mind upside down. It may do nothing to you... until you are ready for it! Some of the words collected along the pages may be like seeds dropped in your mind. Nothing may happen until the ground becomes fertile and these seeds will grow their own way, not the way you expect them to grow.

Be opened and receptive. Be alert at all time because psychological and spiritual understanding are always sudden and unexpected

For the past 3000 years some exceptional beings have tried to guide people towards the deep understanding of our true nature. Their words have often been misinterpreted. Most of these sages lived in very different times and very different countries. There is no possibility that they could have heard the teachings of others. They expressed their understanding in different languages and through different symbols and metaphors.

Here are some profound quotes by which they 'pointed a finger' towards the Unknown:

"Samsara is Nirvana and Nirvana is Samsara"- "Form is Void and Void is Form"-
Buddha

"From the beginning, not a thing is"- **Hui Neng**

"You are not a drop in the Ocean. You are the Ocean in a drop"- **Rumi**

"There is neither creation nor destruction, neither destiny nor free will, neither path nor achievement. This is the final truth"- **Sri Ramana Maharishi**

"You have from the very first been identical with the One Mind Source and in no way, separate from each other"- **Huang Po**

"Heaven, Earth and me were born at the same time. All life and me are One"-
Chang Tzu

"The Eye with which I see God is the same Eye with which God sees me"- **Meister Eckart**

"What you are looking for is the looking"- **St Francis of Assisi**

"Supreme perception implies the void of distinctions" – **Hui Hai**

"The Divine Light is always in man, presenting itself to the senses and to the comprehension, but man rejects it."- **G Bruno**

"The more you know yourself, the more clarity there is. Self- knowledge has no end - you don't come to an achievement, you don't come to a conclusion. It is an endless river."- **J Krishnamurti**

"Why are you unhappy? Because 99,9% of everything you do is for yourself. And there is no one."- **Wei Wu Wei**

On the objective field, Quantum physics scientists seem to walk on the edge between physics and metaphysics by pointing to a direction which is similar to many sages:

“If the attitude of Quantum Mechanics is correct, there is no substantive physical world, in the usual sense of this term. The conclusion here is not a weak conclusion that there may not be a substantive physical world but rather that there definitely is not a substantive physical world”.

“We have accumulated evidence which indicates that the key to understanding the universe is YOU”. (Self- knowledge)

“The world doesn't consist of things, but of interactions.”

Is the understanding of the awakened sages limited to a few, or can we all access it? The following pages will present some hints of how to clear our mind of un-necessary baggage and make it available for intuitive understanding. We have to travel light in order to recognize the subtle messages that Life places along the ‘pathless path’. This will allow us to go very far, very deep and perceive the Light within.

We have presented the various compilations under a sequence of weeks. We suggest that you read the texts a few times over the specific week and let the words sink in and travel at their own pace. Don't comment; bypass all the knowledge you accumulated in your past. Try not to judge or comment but let the words go deeper and deeper in your mind. It's not possible to understand all at once and for the first time.

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Thoughts

- *Things don't happen for a reason! They happen, then we look for a reason...
- * The ones with desires and ideals are running after the future. But the future always runs faster.
- * The ‘beast’ in us cannot be tamed by will and force, but through understanding and self-knowledge.

* In Reality, we are nothing else than our own absence. Such absence (of self-ego) reveals our true nature.

* There is perfection in each new manifestation, in each new instant. Imperfection appears once the mind comments on the manifestation. Since we cannot change *what-is*, it must be perfection. We can only change what is not perfect.

* Mindfulness is not about control but about awareness of what is happening in mind at the moment it happens.

* A person takes himself for being a thinker but in reality, it is thought which takes itself for being a person.

* Human love is a constant lie. Not a lie to the other but a lie to ourselves. There is always a hidden silent selfish motivation behind the word or the thought "I love". It is only when the "I" has been removed that 'love' exists in its exquisite magnificence.

* The most formidable barrier against Love is the 'self' with its desires, ambitions and attachments.

* Loving with conditions is not love, it is dictatorship! Loving unconditionally is not love either! The need to be loved unconditionally is selfishness. Love doesn't dictate conditions or absence of conditions. It adapts and flows moment to moment with the absence of me-ego entities stating how they should be loved.

* Teach your children to put their feet in other people shoes and they'll know what it feels to suffer from blisters, even if occasionally they'll wear Cinderella's shoes.

* Who desires to be free from fear and suffering? Who else than the mind that generates fear and suffering.

* Follow your shadow and you'll melt in darkness. Let your shadow follow you and you'll blend in Light.

* Thought can be your best friend or your worst enemy. Understand the process of thought in order to differentiate between the two. When it functions through Creative Intelligence, thought is a great asset, a wonderful apparatus. Left on its own, given free rein, it becomes a heavy burden.

* The pilgrim who searches for Truth is like someone lost in his own bubble bath. Blow the bubbles.

- * The ones fascinated by the shell will never discover the pearl.
- * The man of religion is not a religious man. The sage whose *self* is put aside is a religious man.
- * When we dwell in psychological thought, there is the pain of loneliness, despair, fear, dependence, envy and the relentless search for pleasure... When we accept *what-is*, each moment is freedom, bliss, non-attachment, compassion and Love.
- * We are the fleeting NOW that a 'me-*self*' will never grasp.
- * The self-ego is the source of all problems. But it is nowhere to be found. So, what are these problems which turn Life into hell?
- * Humility is absence of a 'me-entity' that thinks it is humble.
- * Love cannot be divided in portions. You are not a vase which should contain some of it. Throw the vase away. Love embraces everything.
- * The *self* is like the content of an empty bottle. Look for it inside body and mind and you will find nothing.
- * When we think we are the Ocean, we are nothing. When we perceive that we are nothing, we are the Ocean.
- * A dreamer never talks. Talk only happens within the dreams, within the illusion. Silence is the language of the dreamer. Let your mind be silent and know who you are.
- * Never compare yourself to others. The abundance of life is not in similitude but in diversity.
- * The *self*-ego can destroy love but **Love** always destroys the *self*.
- * There is no permanent or eternal truth, simply because "permanence and eternity" are concepts of our minds.
- * An intelligent tourist doesn't carry his country with him when he travels.
- * Leave the past where it belongs. Live the present as it is. Leave the future to the ghosts of imagination.
- * Life is a constant change. Adapt or die.

Our appearance is 'self'. Our Reality is **SELF**. There is nothing we can do to get rid of the 'self' since it is a concept, an illusion. There is nothing we can do to reach **SELF** since it is our time-less Nature. Let's play our role in the comedy of life and be aware of the play at each 'what-is' moment.

Be the witness of your life, not the victim.

Section One

SELF

The sun always shines.

The clouds hide its shining.

Please note that the word "**SELF**" is not a description of the Unknown but a term to direct the attention towards Creative Intelligence, the Unknown or the Unnameable Source of Life. The Unknown cannot be described nor explained. The ones who do it transform the Subjective into an object. The word 'self' is synonym to 'me, ego, I-concept, ...basically the sense we have of ourselves.

Also note that we are not involving here any actions which are needed for organising our life, performing specific work, managing enterprise, etc. We are enquiring mental endeavours and activities.

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Week 1

We can all say “I” once we have understood and in-seen that the ‘me-body-mind’ exists only in the mind of the ‘body-me’.PS: This ‘I’ also indicates the Unknown.

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To know what you are you must bypass the self-ego totally. Once you have forgotten the self, there is no one left to ask what you are. So why bother? Didn't a Prophet tell his followers "Die to the self!"? But can the self/ego commit suicide? Surely some translator must have misunderstood what he said....

PS: *self, me, ego, I-concept* are the same thing: the sense we have of ourselves, the idea of being an autonomous, independent entity that can direct its own life.

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Search with the ‘me’ and you’ll find illusions. Understand the I-concept-me and you’ll find nothing. Observe the *self* without a sense of *me-observer* and that *pure observing* is **SELF**. Since there is no observer but only an observing, who cares?

Silent observing is *Is-ness* which makes you in-see. Welcome back to the ‘home’ you never left. **SELF** is revealed in intuitive, spontaneous and detached *action less action*.

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*What is **SELF**?*

It is the unremitting silent functioning through every sentient being, through each timeless what-is moment; it is the ‘dreamer’ of life, the *observing* through your eyes, permanently Present but always Absent when the *self* is trying to find it. And it is no thing. It has been given many names but can something which is Unknown be named without making it an object? Thousands of books have been

written about It and many authors have gone to the extreme of imagination to described It. They have transformed a concept imagined by thought into a being to whom they have given attributes which are no more than a reflection of the limitation of what they know.

Awakened sages prefer to point the finger towards the moon and say that 'the finger is not the moon' (which is a looking from within), or to present you a flower and smile in reply to the question! There is no doubt that we have to use language in order to communicate but language is dualistic and cannot reach anything which is beyond dualities.

Ramana Maharishi talked about **SELF** or 'I - I', Wei Wu Wei talked about Whole-Mind, Pure Consciousness, Is-ness or simply 'I' (which is different from I-concept, me-ego) Others talked about Void but insisted that such Void is not another thing. When they said 'Form is Void and Void is form' they clearly reintegrated both.

By naming the Unknown, we are limiting the unlimited; we are making an ultimate subject that we differentiate from objects which we see as Its creation. But this is a mistake! The Unknown cannot be part of a dual concept such as subject-object. It can only be in the reintegration of dualities in their Source. The word 'Source' can point towards the Unknown. 'Non-conditional Love or Creative Intelligence' are not to be considered as description nor attributes. They are keys to open the readers' mind for intuitive understanding and reintegration.

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There is a silence which is completeness, a silence between two thoughts, which is beyond the quietness of nature, beyond words and beyond knowledge. It blends into the Void which is Absolute silence of unlimited Love and Intelligence.

Flow with *what-is*, at every moment, don't try to escape it or to keep it. Don't compare it to previous experience and you'll know what Heaven is. Search for yesterday, look for tomorrow, compare them, desire what should be, and you'll be caught up in mind's game.

Like flowing water don't attach yourself to any soft moss, any enticing shore, any still pond or any attractive beach. Flow endlessly, act without any 'self' acting. Observe what-is at each instant.

The past is behind us. It is dead. The future has no shape and no structure. Existence is NOW, always NOW, in the continuous Creative flow of endless

moments. Flow freely, without expectations and you'll rejoice with the 'Timeless Ocean'.

Observe your thoughts. You'll notice that mind continuously escapes into the past or future. There is nothing you can do about it. It is the function of the brain to project thoughts. Be aware of the process. Observe it. Don't suppress and don't condemn. Constant awareness develops mindfulness. No efforts are required. Observe without a sense of your-*self*, without an observer, without the past. This is what it means to live without resistance to what-is and to perform 'action-less actions'.

The sense of self, the 'me-ego' is the key to open the door of understanding of our true nature. Simply because it is what-we-are-not! Nobody can 'reach' the Unknown unless he understands perfectly and intimately the known, the 'self' ... then bypasses it.

Many spend their lives searching for ultimate understanding, praying or meditating each day, reading 'Holly Books', travelling to India, Nepal or the Himalaya's caves in the hope of becoming enlightened. But who is searching, praying, learning, trying to extend in eternal pleasure? Who else than the *self*, the me/ego? Therefore, they use the known to search for the Unknown. Drop the key, bypass the 'me' and you'll discover that there's never been any door. We are already on the 'other side' ...but there is no other and no side! Abandon the search, the key and the door. What remains is what has always 'been': pure Consciousness, Bliss, Light, and Love.

Dwell in the pure silence of the Unknown Source, in each present Creative manifestation, in the Void which is Creative 'nothingness'* and nothing can harm you. *Matter originates from 'nothing'

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Week 2

What is a quiet mind?

Is it the result of coercion, constraint, pressure from any methods? Is it due to concentration, hard work and sacrifices, endless chanting or praying? Or is it a mind which doesn't play anymore with wandering thoughts and bypasses them?

It is a mind which doesn't say "This guy likes me!" or "this is a beautiful girl and this is an ugly girl". It doesn't differentiate between the two but sees value in both. It doesn't choose good or bad but acts according to the impulse of the moment and as it must act. It observes the action and is fully aware of what-is. It doesn't keep any psychological memory of the action. It lives without preferences and doesn't suffer any conflict of choice between 'I like this' or 'I hate that'. It is neither attached nor dependent. The quiet mind operates at each moment with the memories of places, time, skill, work, and its specific talents for creating, designing, fixing, helping, caring, etc....

The quiet mind doesn't judge, criticize, comment on actions or reactions since these are done on basis of memories. It replies to questions, gives advice, helps when requested, and is not moved by either joy or pain. It is full of compassion and does what it must do to relieve suffering.

A quiet mind operates without having a sense of *itself*, without following a pattern or an ideal, without promoting discipline. It learns continuously therefore it is discipline. It does not attain anything but understands the play of the self. It is fully aware of each instant, each moment and therefore doesn't store memories. It never accumulates since accumulation is taking the present into the past. It is aware of the play of thought and doesn't fight it. It bypasses it.

When a quiet mind receives a sudden inspiration, intuition or Creative thought, it doesn't grab it as 'mine'. It takes it gently, does what it must do with it, then moves on to the next moment, the next Creative manifestation. To the contrary, a busy mind will grab the new, the inspiration and have it recognized by the 6th sense then it will store it in memories where it goes into stagnation. From thereon, the new becomes ashes. There is no life anymore in things which stagnate. The quiet mind never moves into inaction. It flows permanently and remains available to the creative impulses of the Unknown.

The new is always there, always available when we don't live chained to the past, to habits, to traditions or to our conditioning. We just have to see it with a clear and unpolluted mind, free of beliefs, void of intentions. The *self* is always on the look-out for gratifying experiences and to extend itself. If there is a

sudden eureka passing between 2 thoughts it will grab it, claim ownership and recognition. Then it will want more, it will want the repetition of the joyful moment of sudden burst of creativity. This closes the door to Creative thinking!

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To see nothing anywhere, not even a grain of sand, to see no heaven and no hell, no time and no space, no object and no you, means I AM THAT I AM. To dream worlds and grains of sand, paradise and hell, flowers, birds and men, space for them to be, and time to become, is I AM THAT I AM. An eye cannot see itself. I AM NOT therefore I AM.

Intellect and emotions act on our psyche like a powerful gravity force that makes it impossible for our mind to allow what we are to fly free. We are pure bliss trapped inside flesh and bone 'super computer', always there but impossible to find because the more we try, the more we fortify the walls of the ego-concept that keeps it suppressed. If, by chance or Creative connection this bliss is released, it dissolves instantly in the wholeness that is **SELF**, an ocean of ecstasy that we have always been but ignored due to our wrong identification with a concept.

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Until we perceive the non-nature of the concept '*self*', there won't be any possibility to in-see our true timeless nature. Life conditioning covered our permanent nature with the mask of the ego/ me. Realise fully that each one of our thoughts and reactions are done through this 'mask'. Then the door will open for deeper understanding.

The view of some Eastern spiritual teachings that each of us could be '**SELF**' is to be looked through another perspective than the way a western mind is conditioned to think. As an entity taking itself for being the body, its intellect, its senses, its experiences and memories, we are certainly not '**SELF**'... we are the illusion of **SELF**.

Once we understand that the sense of *self* is a concept, a process, an illusion, we may perceive that the body may also be an illusion (as also pointed out by quantum physics). But as the functioning, the dreaming, the manifesting, we are Pure Consciousness, unconscious of itself but manifesting consciousness of the characters associating themselves with their appearances.

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Week 3

The entire Universe changes each instant. It is never the same. Planets, stars, landscapes, nature, change continually. Life grows, wears down, disappears leaving place for new sites, new life, new manifestations. Wind, storms, rain, clouds, sunshine are always on the move. Our senses are able to distinguish all the strong variations of nature. Trees, plants, insects, animals transform constantly at a slower speed. We cannot see a tree growing but we can witness flowers opening slowly and animals changing their furs or moving from places to places. Oceans, deserts and mountains are also on the move, shaping their appearance, changing through the action of wind and rain or getting bigger through volcanic activity. But the slow transformation of a mountain cannot be seen by our senses, yet it is changing. So, we can understand that the only permanent law in the universe is the law of change! Life is a constant movement towards the new, a never-ending expression of the innovative, the fresh, the splendor of creation and evolution.

This affects the Universe and every form of life but man fights endlessly against the law of change! Our mind resist change; it rarely understands the new, the what-is, therefore it always tries to find security in the old, in what it knows. The self is the past and continually reinforces itself with experiences which accumulate, then are stored in the brain cells.

In our mad search for security, we face the new with resistance and always try to freeze into rigid opinions, rigid habits, rigid beliefs or rigid traditions. Thought, self, mind, consciousness are therefore the only exceptions in the Universe, opposing a strong resistance against the movement of Creative manifestation, against the movement of Life which feeds the new!

Once we have acquired habits or opinions, we tend to resist anything that could unsettle these habits? Once the self is convinced that there is security in worshipping **SELF**, or other 'authorities' we close ourselves totally to the gifts of Creative Intelligence. There is too much fear if the habit, the devotion or the opinion are questioned, if the traditions are challenged! This is how we close ourselves permanently to the constant flow of the new, the constant changes manifested by Creative Intelligence. Therefore, the thicker the walls of belief or habits, the more difficult it is to be conscious of the trap that thought

has built through the self to protect itself, its illusion, its play of make believe. Then the 'me-self' grows fear and goes to sleep within the comfort of strict opinions. Therefore, isolated and separated, having closed all doors of the mind, we miss all the subtle signs of Life; we miss the magic of endless renewal, the awakening of the extraordinary potential that we all have. But at the end of the show, we'll all discover that we have the same origin and destination. This understanding is Love.

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There is a huge difference between what the *self* wants and what Life wants for us. Follow the dictates of *self* and you will end up in trouble and suffering. Listen to the subtle messages from **SELF** and you'll flow wisely and happily within the river of life.

Life is like a river with many curves. We were born with the first drop that started a spring and grew slowly to become a stream then a river. The flow takes us from one landscape to another. We can never see what hides behind the river bends. It may be a beautiful beach or an ugly site. It could be a place where we'll meet new friends or lose a friend. The water keeps flowing towards the sea. If we hate the ugly site and want to swim back to the beautiful beach, we'll waste a lot of energy. If we flow without resistance to any provocation, we will save precious energy. The water never flows upstream. Surrender to the flow and do what you must do, moment after moment. Flow without fear to the next site with curiosity, open-mind and without expectations. Then every moment will be appreciated in its fullness, without comparing nor judging. Remember that your own perceptions and conclusions make a site pleasurable or boring, exciting or ugly. The river always ends up in the ocean. As drops of water, it was born from the Ocean, went for a journey and eventually finds itself back to where it belongs. The process has no beginning and no end.

It is a cycle *without separation*.

"We are the Ocean in a drop"

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Self is astute, clever, shrewd, and cunning and crammed with ignorance. **SELF** is Intelligence. The *self* is solely concerned and interested by itself. It is a center created by thought and therefore built limits and boundaries. It is devoid of humility, sincerity, honesty, beauty, intelligence and Love. **SELF** has no limits, no boundaries therefore no center, no

consciousness of 'itself' which means it is Love and Intelligence. Love doesn't have any attributes.

Beliefs (like nationalism) cause separation and division. Division causes conflict of dualities. *Self* divides and separates. 'I' (**SELF**, Whole mind) is unity, Wholeness, Completeness. The *self*-ego is a concept (not a thing). '**SELF**' is nothing but manifests everything including the I-concept. '**SELF**' is a concept from the brain cells of another concept (me-*self*/ I-concept). Back to square one... And there is not 'One' nor 'multiples' (all mind concepts)

Here is an advice from the sages: 'When hungry, collect the wood, cook your food and eat it! Wash your plate! Rest when tired! And dance when you feel like it!' Joy is in the dancing. Enjoy the show!

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Week 4

We, all the 'we's', as 'I', are the Light of Creation.

We, all the 'we's', as 'me', are the darkness of illusion.

Light dissipates darkness.

SELF disintegrates the *self*.

Self is absence of **SELF**. When the sun rises, all the ghosts, phantoms, spirits, hallucinations, spooks, phantasms disappear. When awareness rises, fear, anxiety, angst, distress, agitation, fright, worry, neurosis, obsession and photophobia disappear.

* **SELF** functions through each sentient being. It is absent if we look for it (simply because an illusion cannot find anything, a dream character cannot know its dreamer) But it is always present when we don't search for it! It manifests all the events that initiate pure actions. These are then followed by the reactions of the self-ego. Creative Intelligence is untouched by actions or reactions or any

conflicts of dualities. It is what we are behind the mask of the I-concept-ego. But this pseudo-entity uses extraordinary ammunition to fight any possible recognition or reintegration.

SELF manifests life and is the source of all creativity. But the *self-me-ego* always claims ownership of inventions, eureka, discoveries, creation or innovation straight after they appear. It wants recognition and says: 'my invention, my art piece, my achievement!' It wants to last and holds tight to beliefs and opinions and opposes full resistance against any new manifestation. The one who realizes this process is free from its burden. The others are illusions believing in fairy tales.

Life is manifested 'new' at each instant. This is why we have to face it with 'new' eyes, unaffected by the psychological past. If we meet life without perceptions and remembrances and with a mind unpolluted, a mind that is sensitive, pure, innocent, we are in harmony with the new. When the old meets the new there is confusion. When the new meets the new there is harmony, immense energy, ecstasy, joy and affection.

Creative thinking is always new. How do you plan to receive it if you approach it with all the obstructions and limitations of the past? Creative Intelligence is **SELF**, very much present in timeless what-is, constantly aware, intensely dynamic.

With traditions, attachments, dependence, with the baggage of conditioning and opinions, with the rigidity of mind which keeps escaping into the past and imagined future, we are like a passenger who always misses the train, arriving too late at the station and therefore unable to start the extraordinary voyage of our own potential through the landscape of Love, joy and abundance.

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'Truth lies sleeping in our consciousness'. Wake up! It is because we are looking for it outwards, via the cerebral and or emotional that it can't reach us. Truth is neither dual nor non-dual. It is the absence of both or the absence of presence and absence. 'Truth' which is taught by traditions or imagined by the brain is delusion. Nobody can describe it because it is non-dual and words are dualistic. Nobody can tell you what it is since it is neither objective nor subjective. So, what can a book reveal to you about the unnamable, the unlimited, the space-less and timeless?

For the ones whose cloud of ignorance is getting thinner, words can be like seeds thrown in the field of their mind. When time and condition are right they will germinate and grow receptors able to receive intuitive understanding.

There are no path and no method, but guidance can help us to free our mind of all unnecessary baggage. When mind is clear of all sorts of pollution (desire, greed, ambition, ego centric preferences, etc...) it becomes sensitive and receptive. It is then able to read the subtle messages passing continuously between two thoughts. These are the Light of Pure Consciousness guiding you towards understanding. This is the 'functioning' flowing through 'us'.

These pages may turn your mind upside down so that you may see the other side of the mind. A mind cluttered with knowledge, with the psychological past, opinions and beliefs or memorized emotions cannot be turned easily. The heavier an object, the more difficult it will be to turn it over! Thoughts are matter and time. They are produced by brain cells which are matter. Thoughts are a heavy burden! When thought projects a desire to become, it does it from its center me-ego which is the source of dissension, discord, friction.

When thought is bypassed and not involved in 'action-less action' there is absence of desire for being, becoming or lasting. This means no attachment and living without resistance to what-is. Since such living bypasses thought, mind, *self*; it is a state of Creative Intelligence. Don't try to achieve such a state! All desires have their source in the *self*. Therefore, you would only reinforce it! Observe your thoughts without judgement in order to understand their process. Then Life will do the rest, at its own pace.

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The difference between acting (**SELF**) and reacting (the *self*) is extremely subtle. Only a clear, sensitive, innocent mind, unpolluted by yearning or craving can grasp the difference between the functioning of Creative Intelligence and the reactions of the *self* to the endless provocandions of what-is.

Inspiration has got nothing to do with the *self* or with thought! It passes through two thoughts. Then thought creates and feeds the I-concept, the *self* which finds gratification, rewards, fortune, fame, pleasure in identifying itself wrongly with **SELF**.

The sage is blessed with inspiration and is detached from its effects. True humility is to recognize inspiration as a gift from **SELF** and express it in art, literature, science, etc.... without giving primary importance to the *self* and taking it as the 'source of creativity'! In that case, the world would pay

tribute to the bottle for the perfume that it contains, acclaim the squirrel for the beauty of the forest or praise the flowers for the work of the gardener.

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Week 5

The process of manifestation of life is just too extraordinary for words! Our brain can only grasp a vague understanding of this vast play. We can only be humbled by the Intelligence at work at each instant. We carry the memories of a myriad of accumulated 'instant' experiences that result from daily living. The present is an imaginary line between past and future. We are absolutely unable to grasp the instant 'what-is'. We are only aware of it once it is gone in the past. Such instant is forever impossible to catch.

The fundamental question is: "Where do we live if the instant is the only reality and if we can't grab it or we are only be aware of it after it has passed?"

There are no spiritual achievements, no realization, no enlightenment, no reincarnation. There is only a silent understanding that there is no one to achieve nor to realize! The Unknown will remain unknown for as long as time lasts. Thought is time. Time is the known. The Unknown is the absence of time.

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Why are we seeking immortality for a 'me', for a process, a concept that results from accumulation of experiences, which are the entire burden of the past? The sense of *self* is a movement through time and space that thought creates by dividing pure observing into an *observer* and an *observed*. Such division gives an impression of reality to a concept which seeks permanence.

This seeking demonstrates a profound misunderstanding of the process of life in which an illusion is striving for recognition on the stage of life and eternal

duration of imagined pleasure. We are completely absorbed and mesmerized by its slyness, treachery and fraud. So, absorbed that we identify with it! Instead of pursuing immortality let's perceive first what-we-are-not! Thereafter we will laugh out loud at the biggest joke, the gag or farce that **SELF** is playing with the *self*. 'Void' is playing with illusions! ... Can it be more extraordinary?

PS: Understanding the conclusions of Quantum Physics will allow full comprehension of the above lines.

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Never neglect the power of delusion of the mind! If you have the opportunity to wake up a few times at night and interrupt your dreams, you'll discover the absolute real world of dreams and fascinating projections extremely rich in details. The sounds are as sharp and precise as during the day. The quality of colours, the movement of people, the myriad of faces, the rich dramas are as alive and vibrant as in daily living. This points out that dreams seem just as real as the 'reality' of day-time living. A few seconds after waking up this whole 'reality fades away and you say: 'I was dreaming!' Shouldn't we declare with similar conviction 'I was living!' after each present moment has moved into the past?

So, what is the difference between day-living and dreaming? Isn't the difference due to a perception, a judgement of mind? We tend to store into brain cells many experiences and emotions of our daily living. We can recall them but we very rarely remember our dreams. Why is that? Could it be simply because the senses help to memorize the events and the 6th sense classifies and stores them whilst the content of the dreams originates from memories already stored or, as some believe, from an outside source? Or could it rather be due to the fact that there is no consciousness memorizing dreams and the impact of dreams leave no traces in memory? To the opposite, consciousness is fully active during the day and stores experiences which always have a high emotional content.

Dreams are not like thoughts, which are a way to keep alive and replay the past dramas. We can clearly see that a little time after waking up from a dream or a short moment after living a daily experience, the only thing left is a ***mind perception which translates into 'I was dreaming' or 'I was living'.*** Is there really a difference between both?

Should we ask what is the tool of differentiation? Isn't it the mind that differentiates? Thought is therefore the differentiator at the same time as the

tool of perception and replay. There is no difference between the dream of the day and the dream of the night.

We all experience sudden eureka, sudden flashes of understanding. We don't question their source but rather grab them as if "we found them ». We like to believe that we are in charge of our actions and in control of our destiny.

Look from within and discover that the self is absolutely unable to access the Unknown. It only plays with the past recorded in the brain cells. Therefore, each new impetus, each new discovery can only originate from the Unknown, the source of functioning which is behind accidents, synchronicity, 'meaningful coincidences'...

The *self* sees but doesn't look. **SELF** is *looking* but doesn't see. The *self*-ego always takes ownership of what the eyes *see*. To see, one needs a seer and something seen. Looking bypasses the 6th sense, the re-cognition, the past. The body operates through the senses according to genetic and DNA imprints together with a process of re-cognition and re-actions which took millions of years to develop. The senses are constantly receiving provocations from the outside world. This is why eyes see, nose smells, etc.... But the pure looking is done by the ubiquitous Unknown Source.

The 6th sense interprets the seeing, the looking, the hearing and feeds information to the body-entity for its survival. But beyond the necessary reactions, the self-ego divides the observing into an observer and an observed by interpreting, commenting upon, judging. This feeds the self-ego with continuity, duration and tricks us to believe it is real. Interpretations and comments offer the illusory concept an illusion of duration.

The 'looking' of what is out there is done by the Source. The 'seeing' is done by the *self*. The looking is the 'dreaming', the manifesting of the play of life. Without it there wouldn't be any stage and any characters to play. There wouldn't be any objects, any universe out there. Pure observing, looking, hearing etc....project the play.

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Week 6

Let Life talk through us. Let Life act through us. Then do what we must do. We cannot start to imagine how many extraordinary accomplishments it will manifest through us once we ignore our petty '*self*', our illusory me, our pitiful I-concept. The only barrier to harmony, joy and the constant manifesting of Creative Intelligence is this *self*. Understand its make-up by observing silently from within. Such silent observing is intelligence. Let it work through you instead of using the past, the psychological thinking to gain harmony. The past produces the limitations of traditions, opinions and rigid beliefs. Thought should only be used as a tool to work, function and organize daily living.

Surrender to Life instead of feeding separation through the sense of *self*. Open the door to inner revolution and the world around you will echo the magic, the ecstasy and bliss in each timeless instant. ***Our pains, suffering, grief and conflicts are due to endless denial of Creative Intelligence and the incessant asserting of the I-concept.*** Look at fears with detachment. Don't own them or they will control you day and night. Observe with total attention and dedication our most frightening fear: the fear of being nothing, the fear of absolute emptiness, the fear of Void, the fear of our origin as a *self*. We have been covering that fear for a very long time with all sorts of escapes. Acknowledge the link between the mad rush to be constantly occupied; observe the many tricks the brain uses in order to avoid seeing the fact of loneliness and emptiness! Once we'll discover the means we use for escaping we'll move one step towards understanding the illusion of the self. Armed with the courage to face fear by observing without comment what it does in us, without involving thought or emotions, we open the door to in-seeing. Sudden understanding will never reach us whilst we are nurturing thought, ego, self and obeying blindly to their demands.

Once we in-see the vacuity of the me-ego, we realize that such Void is what we have always been: The Void of illusion! Thereon, there are no more duality, no more 'I like it or I don't like it'. There is only the Unlimited, un-namable source of Creative Intelligence.

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What is enlightenment?

Is it an achievement? Since enlightenment bypasses pain and pleasure as experienced by a *self*, it should annihilate it. Achievements result from efforts by the *self* to reach something beyond itself, to become or to last! The desire to achieve reinforces this concept by offering duration and maintaining the idea that it is real.

We can perceive therefore that enlightenment cannot be an achievement. It can only be a state of being, not a state of becoming. All good intentioned I-concepts who pursue enlightenment are therefore burning lots of energy and often wasting their entire life in order to reach exactly the opposite of what they are looking for: worshiping an empty vase! Huang Po stated clearly that we are all Buddha's, but we keep denying or ignoring it!

Realization or enlightenment cannot be described, explained or transmitted simply because there is no one to be realized!

What could be realized: A body, an intellect, a mind, an ego, a *self*? Could it be a spirit or a soul? But what are these apart from fragments created by thought?

Realisation is a silent and sudden understanding which doesn't belong to time, space or the dual world. No word can convey or lead to enlightenment. It is like a timeless whisper! It is not any kind of magic or secret and cannot be achieved through drugs, meditation, prayer, good deeds, renunciation, sacrifices, celibacy, hard work, accumulation of merits or knowledge. If you search for enlightenment through any means or method you will keep giving life to the sense of *self* and will therefore build barriers against it! We may have worked hard to look like a humble person but if that humility is dedicated to a becoming, it is a pretense! Listen patiently to Life instead of obeying the desires of the *self*. Don't try to achieve anything but keep in mind that many achievements may be done through you. Once the *self* takes ownership of achievements you will be closing the door to the ultimate understanding.

The one who says that 'he knows doesn't know'. Does he pretend that he has the truth? He may have 'his beliefs' and this precludes his followers from finding their own 'truth'. Beware of following anyone who claims that he is enlightened! If you follow another, you will condemn yourself to crawl behind a shadow!

Know that Light is your Source and be conscious of the illusory veils of darkness surrounding it. Light has always been there and it will never fade. Look towards the Light, not towards darkness. Darkness is a creation of thought. There is no darkness when there are no psychological thoughts. Me-self-ego are fragments of thought. There is no sense of self when there are no thoughts.

Thought is the past and it conceives all the illusions on basis of memories, on basis of the finished, the dead! Thought feeds darkness. Thought feeds the desire of enlightenment.

Realization is to discover that there is no one to be realized!

Awakening is to awake to the fact that there is nobody to be awakened.

Objects and subjects are only when we see (all of us...human and other sentient beings) ® Once divided by split-mind, the pure see-ing transforms into a *see-er* and a *seen*. The eyes of all 'living' creatures look at objects, subjects and space time to extend between them. These billions of 'looking' are what we are as "**SELF**". The billions of see-ers are what-we-are-not.

® NB: Quantum physics scientists express similar views: *"Who is looking at the Universe? How is the Universe being actualized? We are actualizing the Universe. Since we are part of the Universe, that makes the Universe and us, self-actualizing."*

"What is 'out there' apparently depends, in a rigorous mathematical sense as well as a philosophical one, upon what we decide 'in here'. The observer cannot observe without altering what he sees."

* The ***essential understanding***... :

> The me, the sense of *self*, is a process, a concept, not an entity.

> There is nothing else than What-is, HERE and NOW. Reintegrate objective and subjective in their Source.

> Space-time is in mind. It results from the division of pure observing into an *observer* and an *observed*. Reintegrate Observer and Observed into their Source, just like any other duality and you'll be 'observing' Void (non-attachment), which is 'nothing', but the 'Fountain of abundance', the Source of Life.

> In the quietness of Nothingness (absence of the '*self*') there is *Is-ness*. That is Creative Intelligence, Bliss, Harmony, Light, Joy, Love-compassion.

What else is there to know? Nothing, once the *self* has vanished and 'knowledge and ignorance' have reintegrated their Source.

The ***ultimate misunderstanding***:

> To mistake the *self* for what we are. Its roots are in the conviction that we have free will, the belief that it is possible to become, and that achievements, and success, result from desire and ambition.

Such misunderstanding is constantly fed by memories and traditions. It offers duration to the *self*. Until we perceive that things happen through us and not

from (or by) us, we'll remain slaves to the I-concept-me. Freedom from the '*self*' opens doors to joy, love and abundance.

The *self* will never access the Source, the Unknown **SELF**, simply because an illusion cannot reach anything, a dreamt character cannot know the dreamer.

We cannot expect the '*self*' pseudo-entity (the thinker) to liberate us since, as a *self*, we are the prisoner and the jailer. Beyond the character expressed by the 'dreamer', *self* has no more substance than a gust of wind. But wind can still turn into hurricane and spread havoc.

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