

FROM THE AUTHOR OF 'DO NOTHING, ACHIEVE EVERYTHING'

# YOU

# ARE NOT A

# PERSON



**MICHAEL MACKINTOSH**

Do nothing, Achieve Everything - you are not a person

# **Do Nothing Achieve Everything**

**You are NOT a Person**

Are you awake or are you dreaming?

Do nothing, Achieve Everything - you are not a person

*PART I*

# AWAKENING

## What's possible?

Would you love to feel deeply liberated, free and amused all the time? Would you love to be immortal? How would your life be better if nothing could ever harm you and you were always safe?

Imagine you had unlimited access to another level of existence and you were tapped into infinite power. A noticeable sense of joy emerging from within. Nothing matters anymore. You don't care. You are free. You are the power of immortality. You feel a wave of light rushing through your being like a current of bliss. Boom! YES! This is it! A silent knowing that it's all good. Life is amazing. Ablaze with power. Living in magic.

Imagine all the chronic background noise of 'not good enough', 'I have to fit in', 'what will people think?', 'do I look ok?', blah, blah blah - vanished. All fear ended. All the neurotic obsessions that have been robbing you of joy are gone. You are no longer held hostage by the relentless struggle trying to fit in or be someone.

Imagine each moment you felt so happy and overflowing with joy you nearly melted. You have so much bliss you need to sit down to handle it.

Imagine you always had everything you needed. You lived every moment in complete wonder. Safe. Secure and Free.

That's who you are. That's what you came here to experience. And that's what this is all about.

## **Awaken From The Dream: A short read to wake you up to the wonder**

Light, my light, the world-filling light, the eye-kissing light, heart-sweetening light!

Ah, the light dances, my darling, at the center of my life; the light strikes, my darling, the chords of my love; the sky opens, the wind runs wild, laughter passes over the earth.

The butterflies spread their sails on the sea of light. Lilies and jasmines surge up on the crest of the waves of light!

The light is shattered into gold on every cloud, my darling, and it scatters gems in profusion.

Mirth spreads from leaf to leaf, my darling, and gladness without measure. The heaven's river has drowned its banks and the flood of joy is abroad.

*- Tagore, Song LVII from Gitanjali*

## Two Paths, Two Realities

There are essentially two ways to experience life. Each has it's own experience associated with it.

You can chose whatever you like and each path will lead you through life with unique experiences...

### ***OPTION A:***

#### **TRAPPED IN THE ANXIOUS DREAM PERSON**

You probably know about this path already. It is born from the myth of being a body.

Living in this path means living form the awareness that I AM THIS PERSON. I am limited by the world around me. I am limited by who I see in the mirror each day. I am not good enough. I need to fit in. I have all this stuff to do all the time. I need to protect myself and my stuff. I need more stuff, more status, more money, more time - but there is never enough. Always something missing, always a new challenge. This is a path of chronic anxiety and craving. Moving from lacking to lacking. Craving to craving. Needy to needy.

Nothing is ever enough. There is always something wrong. Always something lacking. Always something to do. You feel constricted. Like life is hemming you in. Being squeezed on all sides by life. A caged bird. You live with a gnawing monster craving more, more, more. Never enough. Never a moment to relax. Always stuff to do. Never free to relax and enjoy life.

Living in this way is like playing a game you can never win. A game with rules that change so often you're not even sure what the game even is. Lost, confused and trapped in an endless nightmare that only feels bearable with drugs, alcohol or sedation of some kind. We live in a constant state of needing crutches and stimulants to manage this endless craving.

This is an unnatural state. But there is another way.

***OPTION B:***

**AWAKENING TO THE DREAM**

**EMBRACING YOUR BIRTHRIGHT OF COMPLETE FREEDOM**

In this life, you awaken from the nightmare and you are free. Finally... you can breathe deep. You can relax and enjoy this dream world, the holographic universe you have co-created.

Breathing in the free air of peace. Smiling on your magnificent creation. You are expansive. You are limitless light. You are not bound by the body, the name, form or any details of your life. Your life is a constant blessing. You know you are an immortal guest. You don't own anything - ever. You feel light because you are tapped into the endless radiance of your soul. You know you are a trustee and have no responsibility. No worries. You are aligned with Divine Power. You are surrendered to the highest good for all. You move from fullness to fullness. From complete to complete. You smile on your world and your world smiles back on to you.

You have awakened to the dream. Living in the dream. A master of your world. A master of the dream.

## **In the beginning was the light...**

You are a spiritual being. You are AMAZING. You are eternal light. A traveler here to this planet for an extended vacation.

Welcome to the world! You are a cosmic traveler.

Your body is like a wrapper for your light. It's awesome. In fact, it's so amazing we should really be even more careful than we are with our bodies, our costumes. But not get lost in them.

The point of this book is to support you in your freedom from the mass delusion that we are that thing we see in the mirror every morning. Liberation from the sad belief we all have to tart up our wrappers with products and services to fit into this bizarre world or we won't be loved.

This book is about being a spiritual being while you are here in this world. Being awake. Awakening from the dream we call life. Not as a 'nice idea'. But as a tangible reality.

How does it FEEL to be immortal? How would you be living if you *really knew* you are eternal and can never die? What is our natural state of being? What's the point of life? How do we deal with this madhouse we are living in? Where nearly everyone is convinced they are a person - and have forgotten they are an eternal traveler?

What if you are still dreaming?

This is for you if you already believe you are a spiritual being, but you still find yourself getting caught up in the nonsense, thinking you are not good enough, getting stressed over spilt milk and not really feeling free, liberated and blissful.

This book will help you *really* wake up and get over it. Sooner or later theory has to become real. And why not make that shift today?

Are you ready to awaken from the dream?

“The Self is realized in a higher state  
Of consciousness when you have broken through  
The wrong identification that you are  
The body, subject to birth and death.  
To be the Self is to go beyond death.

Realize the Self, the shining goal of life!  
If you do not, there is only darkness.  
See the Self in all, and go beyond death.

- *The Upanishads*

I'm not going to try and convince you of anything. I'm just going to share from my heart about living as an immortal being, which you already are.

*This book is for you if...*

- You have a suspicion (or deeper knowing) you are far more than your body
- You've had 'peak spiritual experiences' where you felt connected to everything, deeply liberated from just being a lump of blood and bones - and tapped into the beauty of eternity. Once you have this transcendent experience you can never forget it.
- You want to live in freedom, knowing who you are and what life is *really* all about
- You'd love a reminder of what you already know and a gentle prod to help you go further into the experience of total peace and freedom

*This book is not for you if...*

- You're skeptical of all things non-scientific and are looking for 'objective proof' about a topic that is deeply subjective and can't be proven
- You're not open to new ideas and perceptions
- You are a one of those nit-picky neo-non-duality nuts who claim there is no separate self to awaken, yet go out of their way to discount separate individuals

who don't conform with their own personal dualistic view of non-duality (go figure...)

- You think you know it all and have nothing else to learn
- You can't handle paradoxes

You don't need to read this book. And as you'll discover, you can't read this book. It happens by itself if it's meant to. But feel free to continue if you're ready for a new experience and different perspective on this bizarre thing called 'life' and awaken from the dream...

### **How to get the most from this book?**

In one word: **Allow**. Slow down to speed up your transformation. Read from the presence within your open heart. Read with a willingness to experience the wonder of life. This is not a text book *about* something. It's for you to RE-experience That which was never lost and awaken to the Real.

Smile. Breathe. Enjoy.

## AWAKENING FROM THE MYTH OF LITTLE “ME”, THE PERSON

If you're like 99.99% of the population, you've been told your whole life that you are a person. A limited human being trying to survive in a big thing called “the world”.

To awaken from the “Myth of Little ME, the person” - we first need to know what it is. We're all told some version of this myth of our existence.

It goes a little something like this...

Once upon a time your parents had sex. And thanks to their sperm and egg coming together, “you” were created. Before that moment, “you” didn't exist. There was no “you” in the universe.

But once the sperm and egg connected, a series of biological changes occurred and “you” appeared. Gradually, “you” grew in your mothers womb and about nine months later “you” were born. The baby “you” arrived - and another number was added to the human population.

Fast forward to now... and here you are reading this.

According to this story, “you” are simply a product of your parent's genes combined with some conditioning/programming from the culture around you. In this myth you are simply a mortal physical being. You = body. You are the age of your body. A product of your society and your parents.

From the moment you were born, you were addressed as either male or female, young or old, beautiful or not so beautiful. You were judged based on appearances. You were either a good girl/boy or bad girl/boy. You are either

smart or not so smart. Talented, untalented, rich, poor, good, bad or any number of things based on circumstance that make up this thing you call 'me'.

In this idea: you *are* your political party, your skin color and your family name. You are your social programming, your education and your stuff. And if you get enough stuff, buy enough beauty products and look good enough, you'll be ok and fit in.

You've probably been told if you work hard enough and do the right things, perhaps you will one day be happy and successful in this world. Maybe you'll even be accepted and loved. And if you work hard enough and sacrifice enough, keeping your nose to the grind, you are able to retire and enjoy your self a bit while you await the inevitable: The end of your existence. The death of you, the body.

If you subscribe to this idea - it means you are a product of your parents and your society. You are born. You get older and you will die. That's it. And once you die - it's all over. An eternity of nothing (or so they say) but there is none there to experience it. You are a physical person, living in a physical world and maybe, if you were religious enough, your soul (whatever that is) will go on to a better place. But you'll be dead so what does it matter?

But what if this idea is not true at all?

What if you're not a body?

What if you were never born and can never die?

What if we're living in a crazy world where everyone is asleep?

What if you are not even stuck in a body?

What if this whole world is not what it appears to be?

Do nothing, Achieve Everything - you are not a person

## What if you are not who you thought you were?

What if you're deep asleep somewhere else having a long, elaborate dream you call life?

What if you're actually NOT the person you see in the mirror?

What if you don't *have* a spirit or soul - but you ARE a soul?

What if you are far, far, more amazing than anything you've ever imagined?

What if you're not bound by time and space and are connected to everything?

What if you could tap into bliss, infinite power and complete freedom at will?

*Would you be interested?*

What if you're watching an elaborate movie and are in the audience?

What if RIGHT NOW you're sleeping and this is all a dream?

Are you ready to awaken?

Are you ready to do nothing, achieve everything and awaken from the dream?

## **Theory means nothing: Awaken to the Real**

*“I am a spiritual being having a human experience.”*

Most spiritual people would readily agree with the statement above. You’ll see some form of this sentiment being touted about in endless books, websites and social media feeds. And while this could be seen as an improvement on cat videos and random nonsense, has anything really changed?

If simply agreeing that we are spiritual beings was all it took, we’d be living in a world of bodhisattvas.

Yet, when it comes down to it, very few really *experience* this state in real life.

Listen carefully.

When talking about their spirituality, most spiritual seekers use the term ‘*my soul*’.

“I need to look after *my soul*”

“*My soul* knows I should do this”

“I feel it in *my soul*”

“Spirit is guiding me”

“Even though I’m suffering, *my soul* is ok”

Having taught meditation and spirituality for over 16 years, it’s become apparent that while the theory of ‘who I am’ is widely accepted - the penny hasn’t really dropped.

It’s superficial.

When it comes to this wonderful word “I” - most spiritual people say things like: “*How do I look?*”

“I don’t feel good enough”

“I want...”

“How can I tap into my higher self?”

This is not a semantics issue. It’s a sign of something deeper.

For most, the real sense of *who I am* is not ‘I am a spiritual being. I am divine bliss’. It’s completely wrapped up in the body and personality.

Spirituality and higher consciousness is seen as this thing that “I (this body, this person) need to experience”.

“I (the person, the body) need to become enlightened, and experience *my soul*”

“If I do enough meditation, I hope it will make me feel more peaceful”

But you ARE a spiritual being.

There is no “I” to *become* enlightened.

You are *already* an eternal spiritual being.

The first step to awakening is to understand the body (the non-self) is like the car or vehicle for you, the spirit.

Can a car become enlightened or awaken to a higher state?

Is there is a lower car and higher car?

Can a car get therapy or go on a retreat to get in touch with it's "Divine Car-ness"

Or tap into the Divine Car within?

???

There is no car-Goddess.

You are eternal. You don't need to become spiritual.

You can't get a bunch of candles and incense and sit in a circle with in a special position and become spiritual.

No matter what your body does, or doesn't do, *you* are always the same.

YOU are real. You are immortal.

You can't become spiritual. You are always spiritual.

...

You are not a person trying to understand your soul.

**You are soul, with an identity crisis.**

An actor who forgot the act wasn't the real.

Waking up is easy.

You are already immortal.

Release the illusion of being a person and that's it.

Are you ready to awaken?

Do nothing, Achieve Everything - you are not a person

You are already awake.

## **Are you a dream character... or the dreamer?**

The process of spiritual awakening is natural - but it isn't easy. If it were, you'd have done it already and would be living in grace, constantly aware of your Eternal Nature. But we are forgetful beings. We can be influenced by our environment. And living in this madhouse where almost everyone has a serious identity crisis takes its toll on us! We fall asleep into a deep trance. Hypnotized into compliance...

But not forever.

If you're reading this, you've probably experienced a powerful 'awakening'. You've tapped into moments of awe and wonder where it all 'clicks'. Life is illumined by profound beauty. Suddenly, everything makes sense. You feel free. You are connected to everything, endowed with Divine powers. You are living in magic and all of existence glows in magnificence. Everything is illuminated. Everything is perfect. Your heart is warm. You are invincible. You are home at last.

Heaven is here at last.

But then this state fades away. And sooner or later, it's back to the usual madness - believing yourself to be a mortal human, struggling to survive and fit in. But the memory of what's possible never goes away. It's just the Reality of that state is no longer vivid and real. It's hidden in a memory of what's possible... somehow, somewhere.

And as time goes on the memory may seem like a dream we once had. We put our heads down and accept life and may think we are doing great compared with others who've never even had that experience. But, in the words of Krishnamurti "It is no measure of health to be well adjusted to a profoundly sick society."

We need to return. We need to awaken to the Real. Now. Here. It's destined.

At age 18 I had a powerful spiritual awakening. It was so intense and profound that I immediately abandoned my old life. My desire for drugs, alcohol and living in the old way of endless self-sabotage vanished without effort. And since that day, I dedicated my life to awakening and returning to that State. I knew that Reality was far more real and solid than anything else and I could no longer live in the deluded trance that had taken me.

Over the last 16 years, this state of freedom has increased as Michael, this person who is writing to you carried on living and getting on with life. The feeling is not constant yet, but these higher states of consciousness are no longer 'nice ideas' I read in a book or remember way back when. They are real. And I can tap into them at will. I AM THAT I AM and don't need proof or convincing or special drugs, mantras, events or incense.

Over time, it's become more natural and easy to stay here, in this peace. Allowing the Pure Power to Radiate through these hands into the keys on the keyboard.

And sooner or later, we will all fully awaken and laugh at how we could have ever lived otherwise. We will smile at how it was even possible to think we were anything other than eternal freedom all along.

But awakening doesn't happen all of a sudden. Yes, it can take leaps and bounds, but it happens in stages. Sometimes we can be 'stuck' at a level for months or even years and then one day - BOOM - a shift occurs and a whole new reality opens up.

The main thing is be open to awaken and keep moving deeper into the light you always are.

## **Go look into the mirror**

What do you see?

Can you see yourself?

Can you really see who you are in the mirror?

What self?

Are you the same as you were when you were a child? Who is this YOU that is still here after every single cell of your body has been replaced multiple times.

If you are the cells that make up your body, then every 7 years 'you' are completely replaced. Every cell you woke up with 7 years ago is no longer in your body.

So who are you? What are you?

Are you the dream person or the dreamer?

## What are you?

I'm not here to convince you of anything. Frankly, you can think and feel whatever you want and it makes no difference to me whatsoever. You are free.

If you want to think you are a woman, man, rich person, poor person, teacher, writer, mother, a superhero, the universe, a flower, a chair or anything else you can. That's the magic of consciousness. You can think. You can dream up anything. You can create images in your beautiful mind. You can create whole cities and empires in your own inner world. You can love me or hate me. You can think the government is out to get you or here to protect you. You can love dogs and cats, hate them or feel indifferent. You can believe everyone is conspiring to ruin you, or everyone is here to love you.

You can believe you are living in a benevolent universe or an evil hell.

Milton said: *The mind is its own place and in itself, can make a Heaven of Hell, a Hell of Heaven.*

You are completely free to think whatever you want.

But who you are and what you are will never change, regardless of what you think or believe. The only difference is how you will feel.

And if you're tired of feeling trapped, lost, not good enough, stressed out and anxious - then there may be another way to think and perceive a life that serves you more. Are you open to that? Or are you happy to carry on your journey through life the way you are?

It's totally up to you.

But if you're ready to come on a journey with me, then let's have some fun and play - and see what happens.

If not - don't worry, there are endless other books to read and plenty of other things to absorb your mind...

What do you want?

## A quick word for science

I love science. The quest to understand and master matter. Science has brought this computer which allows 'me' to sit in Hawaii listening to sweet tunes and write to you (or so it seems). I'm watching this all happen in a state of sheer wonder at what those amazing souls with scientific minds have managed to create. Why spend all day washing clothes when we can use a washing machine? Why sleep rough and live in squaller when we can enjoy a beautiful comfortable house? I truly appreciate electricity, water, gas and the internet. I'm loving my cell phone and little gadgets. Science and technology (when used wisely) are awesome. And any more inventions that can increase our comfort while we are here (without trashing this planet) would be wonderful. Why not? We're creators.

But what science has not been able to figure out is *who we are, why we are here* and *what it's all about*. While I may be enjoying the latest iPhone, those same geniuses have not been anywhere near as successful in making people happy or creating meaning in life.

While millions of people now have their basic needs met and are not wondering how to eat, get water or stay safe - those same scientists have not helped us get any closer to answering the questions that make life worth living.

Yes, we have billions of pills that can sedate us and change our brain chemistry. But frankly, have all these meds really solved the problem of depression and made us truly happy?

Scientists may never be able to measure the soul or understand the marvels of human consciousness using their wonderful instruments and fabulous equations.

But it doesn't matter. It's not their job to worry about that sort of thing. So why waste time trying? Let poets write, let painters paint, let scientists create things that truly serve the happiness of the travelers to this world. I'm sure the most remarkable inventions are yet to come.

But the deeper things in life exist on another plane of existence - another level of reality all together. And that's what this book is all about.

So enough about science, let get to what matters most of all. Being sane, being alive, awakening to who we are.

## Subjective Reality: Welcome to *YOUR* world

### THE STUDENT

Who makes my mind think?  
Who fills my body with Vitality?  
Who causes my tongue to Speak?  
Who is that Invisible one who sees through my eyes?  
And hears through my ears?

### THE TEACHER

The Self is the ear of the ear  
The eye of the eye, the mind of the mind  
The word of the words, and the life of life.  
Rising above the senses and the mind  
And renouncing separate existence,  
The wise Realize the deathless Self.

- *Kena Upanishad*

Each of us lives in our own world. This is important to realize if you want to live an awakened life of freedom. This universe is not what it appears to be. What we see and feel is not 'the way it is'. We don't really experience 'the world' - which is a concept in our minds. We experience 'my world'. My interpretation of the unknown *Reality*.

The universe is not an objective 'thing' out there we experience directly. It's more like the code in the movie *The Matrix*. From this non-physical, inconceivable code we edit, interpret, project and end up with what we call 'the world' out there. The world you are seeing and feeling right now.

Have a look around. :)

Welcome to *YOUR* world.

Do you love it?

It's not what it appears.

**“Question:** But how can we prevent ourselves from falling into the error of making distinctions between this and that?

**Answer:** By realizing that, though you eat the whole day through, no single grain has passed your lips; and that a day's journey has not taken you a single step forward - also by uniformly abstaining from notions as "self" and "other." Do not permit the events of your daily lives to bind you, but never withdraw yourselves from them. Only by acting thus can you earn the title of "A Liberated One.”

Never allow yourselves to mistake outward appearance for Reality.”

- Huang Po

What we forget is about 99.9% of what is ‘out there’ has been edited out of our awareness before we ever notice it.

Right now millions of pieces of information are coming to you, the eternal presence through your senses. What looks like objects and colors are really your mind's edited version of something so vast and complex the limited mind can't handle it.

The universe is not an objective thing. It's a field of energy interpreted and edited by the mind and experienced in consciousness by the Presence YOU are.

But don't believe me. Just look about your world.

Do you really know what anyone else is thinking or feeling?

Do you even know anyone else is real? Can you even ‘see’ anyone else? Can you see through their eyes? Can you experience what they experience? Do you really understand your mother? Do you know why your friends do the weird things they do? Have you ever really seen the sky? Really? Will everyone reading this paragraph feel the same way and understand what is being said?

Does everyone love your favorite music as much as you? Does everyone have the same tastes in food, clothes, ideas, people, places as you? Have you ever had an argument about 'what happened' - where you and the other person disagree on the details of the event?

Do an experiment. Go online and read about the latest international conflict on your local news website. Then go have a look at the same story from 5 other websites in different countries and see if you get the same information and 'angle' on what happened. It's fascinating. One Man's Terrorist is Another Man's Freedom Fighter.

The reason this is important is once you know you are living in your own world, it brings you back to yourself.

Here you are. Right now.

Ramana Maharshi said: "If you hold this feeling of 'I' long enough and strongly enough, the false 'I' will vanish leaving only the unbroken awareness of the real, immanent 'I', consciousness itself"

You are eternal consciousness. You are witnessing this wonderful reality unfolding - magically.

Are you that body? Are you that name? Are you limited by the details of what is happening?

Or are you a witness? Or are you something else?

Are you defined by the things you see and feel. Or are the details of your experience simply an experience, you, consciousness is having?

If all the details of your life changed, would you, the witness, the presence be any different?

Imagine you closed your eyes and when you opened them your body was different. Your clothes were different and you were looking out onto a different part of the world through new eyes.

You may be shocked at first. But would it be much different from the shock of getting wrinkles or having an injury or wearing a costume?

Consciousness is non-physical.

You are the witness of the wonder.

You are in your own world. You are free. You are liberated. You are nothing to do with anything.

## **You are an alien**

You are an alien. You come from another world. You didn't arrive here on a space ship. You came flying on dreams of light. Immortal consciousness.

Your body is not alien. Your body is human. Your body was born here, in this world.

But you existed before your body.

Do you realize that?

You existed long before that body you see in the mirror was born. And after that human body expires you will still exist. Blazing with light.

Blazing with the light you are now.

You are not from here. You are a guest.

You are not from around here.

You are on an extended vacation.

Welcome to planet Earth!

It's a beautiful madhouse. Make the most of it.

But remember.

You are not from here.

You are an immortal traveler.

You were never born. You will never die.

Are you the dream person or the dreamer?

## The 5 Levels of Spiritual Awakening

You are an alien. But by being here on this planet at this time you were poisoned by the conditioning, social programming and systems of this world. It's now your time to awaken from this illness and shake off the delusions that have clung to you.

There are 5 levels of awakening from the trance. Awakening happens in stages.

What stage have you reached so far? Where do you want to go?

### Level 1: Spiritual Psychosis

Spiritual psychosis is the most common state of humans today. It's an abnormal condition where we are completely unaware of our derangement. I've spent years of my life like this. Deluded by my delusion. Unaware I even existed. Not even realizing I was thinking. A reacting machine that simply responds to stimuli.

This is the state we reach when we have lost contact with the Reality of our Divinity for so long **we don't know we don't know**.

We are unaware we are ignorant. We are the walking dead. Hypnotized by our programming and conditioning. Another cog in the global machine.

And even worse, at this stage we don't believe there is anything wrong with us. We unconsciously assume we've sussed it all out and know what's up. We don't even question.

This is the most deluded state we can reach, because someone suffering from spiritual psychosis firmly believes they are sane and everyone else is mad. I'm sure plenty of souls with spiritual psychosis would consider themselves sane and believe I need to be locked up for writing such an insane book as this. This is why some souls who have experienced real spiritual awakenings are in fact locked up and 'treated' with pills to bring them back to 'reality' of being a conformist citizen of the madhouse.

As we go up a level, we reach a heightened condition, Spiritual Neurosis, a state where the soul has become aware of the fact something is wrong and is open to new ideas.

## **Level 2: Spiritual Neurosis**

This state can be considered a 'functional' spiritual illness. When we are in spiritual neurosis, we experience the emotional and mental distress that comes from living out of alignment with our true nature.

At this point, we are neither experiencing the severe delusions nor hallucinations of the spiritual psychotic, who is unaware anything is remotely wrong.

With Spiritual Neurosis we are still living within socially acceptable limits but we feel something is horribly wrong. We know that we don't know. We are open to more. We are humble and willing to read books and do courses that may help us.

During this state, our minds are out of control and our lives can be described as an emotional roller coaster. A nervous breakdown just waiting to happen. We need alcohol, recreation drugs (or pharmaceutical drugs) to ease the pain of living without direct access to God and Bliss.

But, with enough pain, grace and the right timing, we experience a spiritual awakening. We are awoken to a new world and begin to embrace a higher state of consciousness. The awakening begins...

## **Level 3: Spiritual Awakening**

Spiritual Awakening is not a permanent state of sanity. It's a process of dipping into the ocean of bliss as much as possible and dwelling in the eternal wonder of life - while repeatedly falling back into some form of spiritual neurosis from time to time.

The keynote of those in level 3 are: Interest in spirituality. Moving away from old relationships that no longer serve. Reduced addiction to drugs and alcohol. Openness to new ideas. It's at this point that we join other 'conscious' people in communities (in person or online). We eat organic food and start to think about the planet and our impact on the world. We get into 'causes' and stand for something. We want to make a positive impact on the world.

But at this state we're not having powerful spiritual experiences all the time. We still think we are a body and spirituality is still just a nice idea (if we're honest).

We like the idea of higher states, but our interest is just part of our life - not our whole life. We still have plenty of 'off days' and need various stimulants and substances to maintain wellbeing. At this level we are still worried about how we look and what people think. We seek approval. We have a craving beast within us still that wants to consume, consume, consume - and, despite having spiritual experiences on occasion this craving and desiring is what drives us.

This is the level of most people on the spiritual path and it's easy to spend a lifetime here because of the endless circus of the spiritual ego with endless things to taste and sample. This is the realm of the spiritual consumer. Always another book, another event and another course to do. The lure of the ego is too strong and the attachment to 'me' - the person is too familiar to release.

Very few pass over the threshold into the next level: Spiritual Surrender - where we simplify our lives, cut out all the extras and get to the core of it all.

But, with dedication to Truth, willingness to release old addictions and surrendering our lives to a Higher Power; it's possible to take a high jump higher through consciousness and reach the deeper and far more blissful states of Spiritual Surrender.

## **Level 4: Spiritual Surrender**

Spiritual awakening is common. Spiritual surrender is fairly rare.

The keynotes of this level are: regular and consistent experiences of eternity. Some kind of powerful meditation practice that really works and a sense of lightness, ease and peace with life. Those who are awakening may still have 'off days' and experience ascension symptoms. But they are conscious of who they are and can tap into this state with relative ease.

This is the state of many sincere spiritual seekers who are really doing 'the work' on themselves.

And, provided they keep increasing their time in the higher realms it's possible to reach the final level.

### **Level 5: Sanity (AKA Enlightenment)**

Not much is written on this state, because typically, those who attain it are either unable to communicate clearly what it's like to others in a way that makes sense at lower levels - or they leave.

*In the Gita it is written...*

The awakened sages call a person wise when all his undertakings are free from anxiety about results; all his selfish desires have been consumed in the fire of knowledge.

The wise, ever satisfied, have abandoned all external supports. Their security is unaffected by the results of their action; even while acting, they really do nothing at all.

Free from expectations and from all sense of possession, with mind and body firmly controlled by the Self, they do not incur sin by the performance of physical action.

They live in freedom and have gone beyond the dualities of life. Competing with no one, they are alike in success and failure and content with whatever comes to them.

They are free, without selfish attachments; their minds are fixed in knowledge. They perform all work in the spirit of service, and their karma is dissolved.

To reach level 4: Sanity - we need to increase our time spent in the experience of being immortal. Open our hearts to Divine light and free ourselves from the delusion of being a person with a soul.

Awakening is a process. It is not a destination.

## **You are watching a movie**

*“Wakey! Wakey! Good morning!”*

What if you’ve been sleeping? What if someone came over to you and whispered in your mind to *wake up*.

*Wake up!*

*Wake up!*

*You’re dreaming right now. You’re sleeping. This is all a film. You’re not doing anything.*

And you wake up in the audience of a gigantic movie theatre. On the screen YOU, the Presence are initially surprised to see ‘yourself’, the character you play on the screen.

Look...

The person you think you are is on a screen. Bright and bold.

You float, amazed as the ‘me’ you know wonders about in a 3D movie. Talking to other people, Eating. Sleeping. Getting stressed. Worrying about life. Getting lost in the details.

It’s happening now. You’re in a movie.

HELLO!

It’s happening by itself.

When you wake up, you realize you are completely different from the remarkable movie you mistook to be real.

You realize you are immortal presence. You are free. You don't need anything. You don't care. You don't need fictional people in the movie to like the fictional character you thought you were. You don't need money. You don't need food, air, water, nothing.

You don't care how many other fictional characters like or dislike your fictional character.

You are watching a movie. You are the presence that illuminates the screen. You are the creator and witness of the wonder of life.

It's all destined to happen. It's happening all by itself. It's a delusion to think the fictional person on the screen is alive and doing anything.

Are you the dream person or the dreamer?

You are watching perfection unfold perfectly. You can think whatever you want about the movie. You can get worried and stressed about what may happen. You can vision all day long about what you want to happen. But ultimately, perfection is taking place all by itself.

Ramana Maharshi knew what was going on: "Whatever is destined not to happen will not happen, try as you may. Whatever is destined to happen will happen, do what you may to prevent it. This is certain. The best course, therefore, is to remain silent."

Stop and watch it happen. Be humble and step into the magic.

Open your eyes to see your mind. You were never born. You can never die. And you've never done anything in your entire life.

Even your eyes are moving along the page automatically as this book appears within your movie. It's all happening by itself. You are simply watching it. Welcome. Witness. Wonder. Smile from your soul. You are your soul.

You are consciousness spontaneously creating, witnessing and acting in the immortal safety of Eternity.

Watch it happen. And enjoy it.

## **Sleeping dreaming waking**

You will wake up today

You are here right now

But are you still asleep?

Are you sleeping still?

Or are you awakened?

Where are you?

Why are you here?

How did you come to be here?

Memories try to tie the pieces of your puzzle together

They try to hold your existence up

But where are they?

Where are your memories?

Where is your past?

Can you even prove you lived?

Can you prove your life happened?

Dreaming

Sleeping

Waking

Dreaming

The dream within a dream

Within a dream

Immortal Presence watches and settles in to the eternal now

The blazing fire of power

The one

The infinite

Limitless divine light

Stop and feel the power

Melt into the immortal presence

Eternal bliss

Melt until you awaken

Merge in love with One

The one

The awakened one

Melt

Relax

Release

And become

Do nothing, Achieve Everything - you are not a person

## Attachment through familiarity

Wisdom is knowing I am nothing,  
Love is knowing I am everything,  
and between the two my life moves.”

— *Nisargadatta Maharaj*

We are immortal beings. Divine light. We are watching a movie. But that doesn't stop us from becoming attached to what is familiar to us.

That's why we forget and fall asleep.

We don't need to own something to become identified with it. It doesn't even need to be real. How many people are attached to Harry Potter or Santa or their Soap Opera's. So why is it hard to be attached and identified with that person you see in the mirror each morning?

Whatever we are exposed to over and over we can absorb into our sense of self, our dream persona.

For example, if you spend your whole life in one town and know it like the back of your hand, you are familiar with it. On some level you may feel it becomes apart of you. You know you are not the buildings you see or the views, the smells, tastes, the sensations of being in that experience - but they become strong enough to identify with them. It's not just a town. It's my town. My team. My job. My people.

We expand our sense of me to include all our stuff, our memories, our ideas, our friends, religion, political parties, etc, etc, etc, etc, etc, etc, etc...

Michael Mackintosh is not who I am. But, it's possible I can think I am a man, who lives in Hawaii. I can think *I am* an author, a beloved to my partner, a spiritual teacher, etc. etc. Anything I see and (deludedly believe I have), can be eaten up and claimed to be me.

One day while walking along with a cup of coffee in hand, I noticed that I felt like I was somehow better now that I had the coffee. If it can happen with a cup of coffee in hand then you get an idea of how much we think we are men, women, rich, poor, high or low status, ugly or beautiful, smart or dumb.

But I am none of these things. And neither are you.

Nothing I ever experience defines who I am. I am never limited by anything, even if I think I am.

I can believe I own a car and cry like a baby for a month when the car is damaged. I can contemplate suicide when Michael gets a poor review for a book (don't you dare, hehe) or get elected with a "good review". But my sense of self worth has nothing to do with anything in this movie world dream. I am never any of those things.

Neither are you.

You can be as attached to your appearance, stuff, people, position as you like. You can think you own things. You can think you have money and clothes and stuff that belongs to you. You can protect your assets and get a bodyguard. You can pile up gold in a vault and employ the world's best security company to watch over it.

But you are always immortal love. And all that stuff is going to be buried in the waves of time.

### **Experience it now**

Project your mind 1000 years into the future.

Go into the future with your awareness.

In a 1000 years, as you are looking back on the world what will you see and feel?

Nothing you think you own is yours now. In 1000 years, your body is long since buried or burned. Your movie friends are all corpses. Your clothes are in tatters. Nothing remains, except perhaps a vague memory in the distorted history books, if there are any. But no one cares.

You have nothing from here.

In 1000 years you will still exist as you are forever. Your real friends, the immortal beings are still with you.

But all that you are NOT will fade away like an old photograph, dissolving into nothing.

The Buddha said:

One day's glimpse of the deathless state is better than a thousand years of life without it.

One day's glimpse of dharma is better than a hundred years of life without it.

Is today the day you awaken to the wonder and glimpse the deathless state?

You can delude yourself your whole life by thinking you are a person and you have all this stuff. Go for it, if you want to. But when that bag of bones and blood and flesh stops working - it's all over.

And you'll realize that you, the witness, the presence, *never had anything to begin with.*

And all your worries were for nothing.

Are you a dream person or the dreamer?

## **A dream within a dream**

Wake-up

You're dreaming

Lucid living

True awakening

A dream within a dream

A life

A memory

An endless flow of time

How did you get here?

You awoke from a dream

And opened your minds eye

To your remarkable dream

A Dream within a dream

Balance

Tilting from ideas about you

Thoughts of free will

Concepts of choice

Theories about the physical world

But you're dreaming

Awake within the dream

A movie playing out

Spontaneous conversations

Random moments

Endless thoughts and ideas

Floating and spinning

Until you awaken

Lucid living

Waking dreaming

Dreams within dreams

Eternal now

Endless light

## Your Giant Holographic Dream World

*“An impressive body of research in many laboratories has demonstrated that the brain perceives by sophisticated mathematical analysis of frequency patterns. These findings have resulted in the so-called holographic paradigm, which states that everything in the universe is connected with everything else, including the human mind. In the hologram, each part contains the whole.”*

- David Hawkins, The Pathway to Surrender

According to leading quantum physicists, Carl Pribram of Stanford University and the late physicist David Bohm of the University of London, our brains are a hologram interpreting a holographic universe. We are living in a giant hologram.

It may appear that we are people who are thinking ‘in our heads’ and are living in our bodies - but in Reality, where are we witnessing ‘life’?

From where do you ‘see’ the world? Where about do you hear sounds? Where do you feel, touch and taste?

As you go deeper into this, and tap into what’s going on inside of you, you’ll discover there is no actual place in time and space that you are experiencing from.

Are you the dreamer or are you a dream character?

Being in a holographic universe basically means our brains interpret what we consider ‘concrete reality’ by interpreting frequencies from another dimension. This is a realm or field of primary reality that goes beyond time and space. It seems Plato’s cave analogy has been proven by scientists.

Experientially this means the world you see around you is not 'real' or outside of you. You can see the whole universe is inside of you. You are part of the universe and the universe is part of you. You hold the entire world inside of you.

Have a look at your amazing hologram. Feel it. Let go, surrender and embrace it all.

What an amazing world you have. What an amazing world you are!

So why do we feel so limited?

## The Ego's Claim to Fame

Are you that dream person - or are you the dreamer?

Attachment is born from believing we are the doer of deeds. But what if you are not doing anything, but are consciousness watching the wonder of life unfold by itself?

The mystics have told us many times that free will is an illusion and ultimately things are happening all by themselves. But a deluded, limited part of us doesn't like this idea. The delusion is born from the seed of our false identity, the identification with the details of life and the body. This false I (or ego) is a mechanism that believes it is the cause and creator of everything that happens in the movie. It's like an arrogant child who claims he built the house and created all the success that belongs to his parents.

If we want to snap out of the trance of being a person and awaken to who we are, we need to find the space where we truly *feel* the power and wonder of life emerging through us.

David Hawkins explains the ego mechanism wonderfully in his book, *The Eye of the I*.

"Basic to the ego's continuance and capacity to dominate is its claim to authorship of all subjective experience. The 'I thought' is extremely quick in interjecting itself as the supposed cause of all aspects of one's life. This is difficult to detect except by intense focus of attention during meditation on the origination of the thought stream. The time lapse between an internally sensed occurrence and the ego's claim to authorship is about 1/10,000th of a second. Once this gap is discovered, the ego loses its dominance. It becomes obvious that one is the witness of phenomena and not the cause or doer of them. The self, then, becomes that which is being witnessed rather than identifying with it as the witness or experiencer. The tracking capability and function is interesting. The ego actually interposes itself between reality and the mind. Its function is like the tape monitor function of a high-fidelity set. The tape monitor plays back the

program that has just been recorded, as a split second prior to the playback. Therefore, what the person experiences in ordinary life is an instant replay of what the ego just recorded. In this split instant, the incoming material is instantly edited by the ego in accordance with its previous programming. Thus distortion is built in and automatic. This screen obscures reality and hides it from awareness. One of the things noticed when the ego is transcended is the enormous transformation of all life into intense aliveness. One gets to experience reality before it has been distorted, muffled, and edited by presumption."

Things are just happening by themselves. There is no person who is doing anything. You didn't wake up this morning and brush your teeth. It happened automatically.

Are you reading this right now?

Or are words spontaneously appearing inside of consciousness?

The misconception that 'I' did this and that occurs after the events have already happened.

You may think you decided to read this book. But the reading of this book happened before the ego claimed that "it was *my idea to read that book*".

In reality, consciousness is watching perfection. The whole notion that 'I did anything' is a grand illusion. If the ego could claim it made the sun rise and the waves move, it would.

Our work (if there is such a thing), is to release the illusion of control and realize the movie is perfect.

STOP!

Relax. Allow the breath.

Stop and watch the movie in your mind right now.

Can you allow it all to happen by itself?

Become the witness and enjoy the wonder.

We do not need to demonize the ego, or anything, for that matter. We just need to wake up and realize who we are. Freeing ourselves from illusion.

You are silence and peace watching this magical movie right now.

The ego isn't something to overcome or fight against. Once we drop the idea of being a person the whole house of cards falls to the ground by itself.

You can spend years in therapy and processing to try and get rid of your ego. You can go on retreats and take drugs and practice tantra or foreignness or work with a healer. You can learn EFT, get a realizing coach, see a shaman and get entities removed. You can do whatever with your life. But in the end, when you wake up and pull the rug from under the idea you are a person, the whole illusion vanishes in a second.

Boom! Kaapow!

Do nothing, Achieve Everything - you are not a person

*PART II*

# THE REAL

## How to stay awake?

Staying awake is like becoming aware you are lucid dreaming.

Hello.

Are you awake or are you dreaming?

You are already immortal. You are already everything you could ever need. But the clouds of ignorance get in the way of the wonder.

You are the sun seeking light.

Are you the dreamed character. Or are you dreaming?

...

Awakening happens in a mystical field part way between letting go of what you are not, knowing who you are and surrendering to God.

As these three perspectives intersect a spontaneous combustion erupts into silence.

And you are left smiling in the sweet feelings of beauty and all embracing power.

So the awakening is not a forceful thing.

It's a contemplative gesture of the heart and mind towards God, Divinity and Truth.

***Being in truth*** means to renounce the addiction and attachment to name and form. It means you let go of the idea you are a body, a person. You release the juice you get from being right or better than other. You drop the judgements and ego trips. You are neither better than anyone, nor worse than anyone. Why? Because you are No one. You don't exist in the world of form. You exist in the

world beyond form - and everything you can see and feel is NOT who you are. Being in truth means you own nothing, you have nothing, and you are nothing.

Understand this deeply.

*Divinity* means embracing the Divine within. Rejoicing in your Self, the pure cosmic light you are. Delighting in I AM THAT I AM.

Singing praise of the mystery and the Self. The wonder of I - the invisible presence. You may not know who you are, but you revel in the majesty of what remains when you let go and become still.

*Moving toward God* means having Yoga with the Ocean of Bliss. Being United in love. Merged in love.

God is light. God is the spiritual sun - the Source of spiritual power.

To be with God is only possible after you have moved into truth by renouncing you are not, and rejoice in who you are. Being empty makes you sane and filled with wonder. And from this wonder you meet the Lord of Life, the Ocean of Bliss.

Being with God is to be a child and a master. You receive the kingdom of heaven within from the Master of the Universe. As a child you lay in the lap of love, receiving the nectar of bliss. As a master you embrace the vision of your eternal power.

Being in this field of God, Divinity and Truth is what spirituality is about.

You can do it anywhere, anytime. This field is not a place in space or time. It's a realm from which all else arises. And you can experience it now. Right here.

You can tune in anywhere, when your heart is pure and your mind is still.

## Living an Awakened Life

When we awaken to who we already are two things happen.

First, we feel deeply liberated, free and amused. We feel immortal, because we are immortal. Nothing can touch us. The body is still limited. The body doesn't get superpowers. We don't have X-ray vision or magic powers like in the movies.

But it doesn't matter. We don't need that. We're alive. We're immortal. We're free.

Will you allow yourself to feel it right now?

Can you stop and experience the peace and breathe in the power?

We're real. Living in the real. Being the real. A noticeable sense of joy emerges from within.

Are you willing to feel happy?

Are you willing to smile?

Are you willing to feel good and have your life go well all the time?

Nothing matters now. It's not that we are irresponsible and jump off cliffs or drink poison for fun. It's not about the body. It's about the power of immortality, running through us like a current of bliss and power. Boom! YES! This is it! A silent knowing that it's all good. Life is amazing. Ablaze with power.

And along with this - the other thing we experience is we finally feel 'normal'. The unnecessary stress of living a deluded half-life with a serious identity crisis suddenly ends.

Ahhhh! Sanity.

We don't need to carry the chronic background noise of 'not good enough', 'I have to fit in', 'what will people think?', 'do I look ok?', blah, blah blah. All the neurotic obsessions that have been robbing us of joy are gone. We're no longer held hostage by the relentless struggle of playing a sick game to be accepted by other deluded halfwits.

When we awaken we can see clearly we've been living in a madhouse. Where else would eternal beings feel the need to invest vast amounts of their time and energy into buying products in a vain attempt make their wrappers look different - hoping they will be accepted by other wrappers laden with mascara, designer jeans and handbags.

When you realize you are not a person you can finally just be.

Breathe in freedom right now.

Are you watching a movie?

Relax. Allow the majesty of life to express itself through us. We are finally in alignment with the universe. We are at peace with ourselves and our lives.

Once you wake up, you realize you are already immortal power. Infinite bliss. Endless beauty. You are all of eternity contained in a point of light.

As this dawns upon you, life becomes funny.

You don't care anymore. You just don't care. What's there to care about?

Yes, of course, we need to take care of the house, pay the bills and deal with the details in this movie - but we know it's a movie. It doesn't matter. It's all a fictional game. It's fictional money, fictional success, fictional cars, etc.

If you lose the house, the car, the cash, the stuff, the fame - so what? It wasn't real anyway. You never had anything. You never lost anything. YOU are extreme power. Awakened wonder. Infinite energy burning through the universe.

Who cares if your body dies? Who cares if you spill the milk and clean it up?  
Make a million, lose a million.

You live in freedom.

Those who are alive, live in joy and embrace God's Divine love and power.

And, ironically rather than becoming more reckless and careless, this carefree life creates a higher level of mastery over the details. You are more likely to manage money and stuff with ease. You are more able to be organized and on-point. The lack of emotional tension and mental illness allows you to see more clearly and get things done.

It's not real. It's a movie, so why not make it remarkable? It's all a game anyway, so why not play the game? Why not win the game.

Why not be creative and live your life in a way that feels good?

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Why not be creative and live your life in a way that feels good?

## Meditation

Sitting down to meditate thinking we are a person who needs to become enlightened is complete madness. There is no-one here except the immortal power that brings your world to life. Special postures and magic mantras are all irrelevant *unless* they remind you of the truth.

If you meditate, it's not about 'getting' anything. The movie character you see in the mirror can't become enlightened - it's not real. And you can't become spiritual. You are spiritual.

So meditation is about sitting in the spiritual sun and enjoying the rays of bliss from the One. It's about releasing the delusion that you are a person.

Its about reminding yourself of who you always are. It's about becoming sane.

You don't need any candles, mantras, beads or special postures. You can watch your body sitting down standing up or waiting in line at the bank. The only thing that matters is your focus.

Focus your mind, your body and your heart on your SELF.

Who are you?

You are an eternal being of love.

Who are you?

You are immortal light. Divine peace. An invisible smiling light.

Who are you?

You are the mystery revealed. The ocean of bliss. The source of all you experience.

You are. And because you exist you are able to experience life. You are witnessing your own movie playing out right now. This book is inside of you.

You are the source of this book. This book is emerging inside YOUR consciousness.

You are the clouds and the sun you see. They are not out there. Your whole world is in here, inside of you.

Who are you?

Who are you?

Who are you?

**Do Nothing Achieve Everything is not just an attractive idea.**

It's a tangible reality that anyone can reach if they are willing to ascend in their level of consciousness and open themselves to the REAL.

What this means is once you tap into these higher states, you experience that everything is happening by itself. You are surrendered to whatever is the highest good for all. You have let go of all that no longer serves. From this space, you, the ego self is not doing everything. You are in an exquisite state of peace, freedom and deep contentment. You feel you have truly attained everything. Whatever you wanted to attain you already have it. You are complete. You are free.

And from this space, you watch as life occurs spontaneously. Everything happens of it's own aliveness. You are free. You are the witness. You are doing nothing, you have attained everything.

All the stress and worry is drained out of life as you gracefully attract experiences towards you.

You could spend your whole life striving for 'stuff' to hopefully feel you have attained what you wanted - or you can awaken to this natural state of completeness where you have all you need.

## Practical Application

Yes, yes, yes, Michael. It's all very well...

***BUT...***

What about dealing with life!? What about my responsibilities? What about dealing with other people? Fixing the car, buying food, paying bills, looking after my health...

For years I used to sit in meditation classes and ask questions like these to my teacher. He used to say 'Just get the consciousness right and everything else will take care of itself.'

But I didn't buy it. After the meditation class ended, "I" would stand up and wonder off back home to do some work. I had food to eat, people to see, things to do.

All this higher consciousness stuff seems like it was something I did while sitting in a meditation room somewhere.

And for most people it's always like that.

On one side there's *my life*. And on the other side is *my spiritual practice and my soul*.

Two distinct, yet connected things.

Hopefully, with enough spiritual practice *my life* will improve. I'll feel happier, I'll have more love, more success, better health, more money and people will like me better.

For years, I lived with this awareness.

One day I was meditating in my bedroom experiencing myself as Divine Light. But in the back of my mind I knew I had to attend a business meeting with my friends around our kitchen table.

The bliss was so strong I didn't want to 'corrupt' it with meetings, business, people and details. I wanted to stay in the light.

Reluctantly I floated down the stairs to the kitchen. Midway down the stairs, I had an epiphany. In an instant I realized *I* was not having any meetings.

I could allow Michael - the character in the movie - to act and speak while, I (the witness) enjoyed being in bliss.

I watched Michael walk into the kitchen, sit down at the table and engage in an hour long business meeting. He shared his opinion. He nodded. He asked questions. He disagreed and at times became animated and passionate about his views.

This all happened without effort, while, I, the silent presence, remained in wonder. Safe in eternity.

I am that which watches on as the hands write these words on a screen.

You are the witness of the words being read, entering your mind.

Did I create these words? Or you? Or are we both watching perfection happen on a movie reel? A hologram of light that shines forth the illusion of time and space.

## How big is your world?

We can perceive this world however we want. While we are under the distorted influence of spiritual psychosis and neurosis we think what we see, hear and feel is all there is.

Spirituality and higher consciousness are not important to us because:

“I have to take care of the real world problems first.”

We may say things like: “I don’t have time for meditation, I’m too busy.”

“I need to pay my bills. These things are real. Spirituality doesn’t put food on the table or money in the bank.”

But this is missing the point completely.

The whole world emerges from you, the Spirit. There is nothing that isn’t spiritual, ever. Not even for a second.

Your money, food, clothes, illnesses, relationships, credit cards, phone, car and everything else only exists INSIDE consciousness.

You shine the light that allows it to exist in the first place.

If you ceased to be, there would be nothing in the ‘real world’ to worry about.

*If a tree falls while no one is around, does it make a noise?*

*If a tree falls while no one is around does it even exist?*

Are you awake or are you dreaming?

We need to learn how to get perspective from the details of life and make the REAL BIG THINGS BIGGER - and the small things smaller.

*“Things which matter most must never be at the mercy of things which matter least” -*  
Goethe

Consciousness is primary. Matter is secondary.

Which is more powerful - the Creator or the creation?

Which comes first?

You are not a consequence of your body. You were never born.

Your body and your world is your creation. Your parents didn't create you. Their bodies created your body, but the whole experience exists within consciousness.

The body and person exists as a shadow from your Light.

Plato found that “Those who are able to see beyond the shadows and lies of their culture will never be understood, let alone believed, by the masses.”

You may not be understood or approved of for being awake in this open mental hospital where nearly everyone has an identity crisis. But you will be able to smile and laugh in freedom. You live in awe and wonder. You become a loving presence for the world.

The more you make the world small - the more you allow space for the REAL.

If your life and mind is dominated by trivial details, you have no space for TRUTH, SANITY AND WONDER.

Turn on the TV, listen to the radio, watch social media feeds. The ego is an addict that will spend 5 hours a day distracting us from the REAL.

It makes what is meaningless appear important. It's a trivia monster. Given half a chance your entire life will be gobbled up in nonsense.

Our deluded society makes it a social crime to remain at peace with life. We're expected to get angry, cry, take sides and be emotional wrecks – at least sometimes. Someone who lives in peace, happiness and freedom is considered abnormal in this strange society. Send an enlightened being to a Psychiatrist and they will be diagnosed with a long list of mental illnesses and given dozen prescriptions – or be locked up.

In the Gita, Arjuna is about to wage war against members of his own family and slaughter countless people in a world war threatening to destroy everything. Death and pain are facing him. He is (understandably) overcome by emotion and grief. But is reminded of what is REAL and what is not.

As you read these powerful passages think to situations in your own life where you would normally get upset. What things do you normally get stress or anxious about? When are you expected to be emotional?

As you bring these situations into mind - merge into the power behind these words.

“You speak sincerely, but your sorrow has no cause. The wise grieve neither for the living nor for the dead. There has never been a time when you and I and the kings gathered here have not existed, nor will there be a time when we will cease to exist. As the same person inhabits the body through childhood, youth, and old age, so too at the time of death he attains another body. The wise are not deluded by these changes.

When the senses contact sense objects, a person experiences cold or heat, pleasure or pain. These experiences are fleeting; they come and go. Bear them patiently, Arjuna. Those who are unaffected by these changes, who are the same in pleasure and pain, are truly wise and fit for immortality. Assert your strength and realize this!

The impermanent has no reality; reality lies in the eternal. Those who have seen the boundary between these two have attained the end of all knowledge.

Realize that which pervades the universe and is indestructible; no power can affect this unchanging, imperishable reality. The body is mortal, but that which dwells in the body is immortal and immeasurable. Therefore, Arjuna, fight in this battle.

One believes he is the slayer, another believes he is the slain. Both are ignorant; there is neither slayer nor slain. You were never born; you will never die. You have never changed; you can never change. Unborn, eternal, immutable, immemorial, you do not die when the body dies. Realizing that which is indestructible, eternal, unborn, and unchanging, how can you slay or cause another to slay?

As one abandons worn-out clothes and acquires new ones, so when the body is worn out a new one is acquired by the Self, who lives within.

Are you willing to be bold and make life small so you can come ALIVE?

Are you willing to let it shrink down - smaller and smaller and smaller until there is nothing left except what is true and everlasting. You are free?

Are you ready to awaken to the REAL?

## **Make it small**

*Don't Sweat the Small Stuff ... and it's all small stuff — Richard Carlson*

First realize the deluded part of you is addicted to distraction and addicted to suffering. You don't need to feel bad about this. There is no need to have any sense of self doubt. No need for guilt, shame or negativity at all. It doesn't matter. It's not a terrible thing we have an ego or we fell asleep. It is destined like everything else. And your awakening is destined too.

But before we can fully awaken we need to at least reach the level of spiritual neurosis, where we accept that some part of us is a trivia addict and would much prefer to be watching a movie or getting high than reading this and waking up. Don't worry about it. We're all in recovery.

Second, realize that your entire world only exists in your mind and consciousness. You are the witness, the dreamer, dreaming up the entire world around you. LOOK AT IT! You are a living miracle watching a living miracle.

Third, realize awakening happens by making the BIG things BIGGER and the small things smaller. The big gets bigger by focusing on the REAL. This is the purpose of meditation and contemplation.

But to make space for the big things we need to clear the way from the clutter of all the small stuff. We need to make the small stuff smaller.

Why do you not care about some things and obsess over other things? One of the reasons we make such a fuss about all the silly details in life is due to our language around things. The other is our vision and attitude toward things.

To make the world smaller a new vocabulary and vision is needed. Lets be clear, life is a spectacle beyond belief. A fizzing, exploding masterpiece. But the addiction to details is nothing spectacular. Its a mental illness. We get so lost in the details we can no longer see the forest for the trees. The unwanted anxiety robs us of joy and our ability to live. The more obsessed we are to the movie the more the dream world becomes a nightmare.

Are you ready to enjoy the dream world and wake up?

So, to make things trivial and shrink the size of the small stuff; here are some words to use in relationship to these things.

As you look on life - see it in the following light. Pick a trivial topic or situation that is clinging to you and consider it to be the following. Do it for fun...

This situation is completely...

*Pointless, meaningless, small, irreverent, needless, idle, absurd, futile, unavailing, valueless, foolish, silly, empty, hopeless, fild, thwarted, barren, impotent, sterile, blow, flat and ridiculous.*

Read this list over a few times and notice how the 'juice' that traps us in unneeded drama is drained away from things.

Forth, shrink the size of situations in your mind.

Imagine a situation. Drain the color from it. Make it black and white. Then see your non-self, the dream person on the screen of a black and white TV. Zoom out and see this old TV in a tiny room where no one is watching it. Notice how the noise sounds like a silly cartoon. Look! You have a clown nose too and a silly squeaky voice that makes you laugh.

And even more, the whole scene is looping. It's on a 10 second loop. The same silly scene happening over and over again.

Watch from your GRACE as you see this amazing experience happening all by itself.

All at once it is *pointless, meaningless, small, irreverent, needless, idle, absurd, futile, unavailing, valueless, foolish, silly, empty, hopeless, fild, thwarted, barren, impotent, sterile, blow, flat and ridiculous.*

YOU ARE DIVINE LIGHT. An awakened lamp. YOU are alive. You are real.

And you look upon your world in awe and wonder.

MAKE IT SMALL

And Awaken To the REAL.

## Being the MOON

Behind the veil of illusion is eternal power.

A shining full moon, Ablaze with power. Alight with the full force of the Spiritual Sun.

It's hard to try and 'GET' spiritual power for 'me' (the dream person). That's why so few people enjoy a solid spiritual practice. Most do their thing, trying hard to reach somewhere or get something - but come up dry, frustrated and feeling lonely. Many even believe God doesn't love them or they've screwed up their spiritual life. But we are always loved and can never screw up our spiritual life. We ARE our spiritual life. All life is our spiritual life.

I've found the most effective way to tap into the magic is to become an instrument for the Light. A channel for the light. A lighthouse.

Or, best of all... being the moon.

Do you love seeing the full moon?

It's powerful. So powerful it can even be hard to sleep in this dream world when the moonlight comes pouring in.

The moon is powerful. You can even read a book in the moonlight. But is it doing anything?

No. The moon is reflecting the light. It's just in the right place at the right time for the light to come pouring in, illuminating the world.

You are like the moon. You are receiving the spiritual rays of the sun from God. You are not doing anything. You shine because you shine. Its what you are

and what you do. There is no effort. The wind and the waves move without you doing anything. Beyond the clouds, the sun always shines.

The moon does nothing, yet it lights up the world at night.

And you shine too. But your shining has NOTHING whatsoever to do with your body or the world. You can't make yourself shine. You can't buy the shine. And no magic pills can create the shine. Mind altering drugs don't give us anything. They have an effect by REMOVING the clouds of illusion to reveal the sunshine that was there all along. You don't need them. Surrender to the highest good for all and the light will burn through the clouds.

The light is on another level of Reality. And it's not in this book or anywhere in the world.

Right now you are shining. On another level, right now you are shining brightly. Right now the blazing Sun, the spiritual light is blasting through you. On another level you are fully illuminated. The full force of infinite power is blasting through you.

In the Mundaka Upanishad it is written of this place. A state beyond the limited world where:

“The sun does not shine there, nor the moon and the stars, nor these lightnings, not to speak of this fire. When He shines, everything shines after Him; by His light everything is lighted.”

Are you the dream person who needs to shine? Or are you the shining moon? Illuminated with power.

Be the moon.

Be open to receive the light.

Do nothing, Achieve Everything - you are not a person

And light up the world.

## Sky

There is a sky beyond the sky

Place beyond a place

A time beyond the time

A sound beyond the sound

A touch beyond the touch

You won't find it inside

The city of the nine gates

You won't find it in the skies above

Or the oceans below

You won't find it in the forests

Or the deserts

You'll find it at home

You'll find it now

Beneath the surface of your mind

You'll find it

You find in your heart

You'll find it when you finally abandon hope

You'll find it when you need it no more

You'll find it when you don't know where to look

You will find it when you expect nothing

And open your heart to Me

Divine Grace beyond divine grace

I'm inside all things and yet you'll never find me

Inside all things

All things are in you

And you in all things

You'll find me there

Between worlds and beyond ideas

The path to me is clear

Smile in your heart and be there now

Be here now

## **It's Just "Happening" Nature Interacting with Nature**

You are not reading this book. I didn't write this book. I watched words appear on a page. It's happening now. Fingers typing. Words appearing. I don't do it. I watch it happen. Matter is interacting with matter. The fingers are interacting with the keys (and God only knows how the computer works, or how the brain figures it all out).

Are you the dream character, or are you the dreamer?

All the various interactions of matter are creating this thing called a book. I don't do it. It happens through this interacting of matter with matter.

In the Gita, there is an expression "All actions are performed by the gunas of prakriti."

Prakriti means matter / form. The gunas are basically the qualities or conditions of something - or the levels of vibrancy or purity. We can see that all matter and form in the universe (prakriti) is made up from different elements with various qualities (gunas). Just as you can create all colors with various mixtures of red, blue, yellow and black - likewise all expressions of this universe are made from a mixture of the different qualities of nature (gunas of prakriti). Most people have two arms, two legs, eyes, a head etc. But the qualities that they express through them and how they interact with their environment varies. This variety is what makes up the universe. This interaction is what creates the story of life. The variety in nature. The wonder of reality. This is what creates the endless variety of cultures and sub-cultures. It creates countries, tribes, movements, fashions and wars. What is one county so different from another? Why are some places similar to others?

Have you ever wondered through a city and got lost finding yourself in the 'wrong part of town'? All of a sudden the energy changes. The atmosphere changes, the people and buildings change and you're in trouble...

The gunas are sometimes described as a trinity of elements - from highest to lowest. You may have studied ayurvedic medicine and heard about the three different types of food,

Satvic (pure, original highest state), Rajasic (passion, middle state), Tamasic (impure, the lowest state).

Just as not all foods are the same quality, nothing is the same. Nothing in the universe stays the same quality. It passes through the gunas. The body is born. It grows older, matures and then starts to decay and eventually dies. It goes through the stages of sato, rajo, tamo. Positive, Neutral, Negative.

Pure, Less Pure, Impure. Gold, Silver, Iron. First Class, Economy, Luggage Compartment.

You buy some shoes. They have that 'new shoe smell'. They are in their highest state. Then you put them on and start wearing them. They begin to get 'worn in' (the raja state). They become dirty, scuffed and possibly stained or discolored. And eventually, you throw them away. They have reached the end (the tamo) stage. They return back to the earth from which they arose.

And its time for you to see how matter is interacting with matter. Passing through the stages of life. You are the dreamer. You watch the dream.

What do you expect will happen if matter endowed with higher vibrations (sato) interacts with matter from lower vibrations (taco)? What happens if sato mixes with more sato? Or tamo mixes with more tamo?

Why do you think 'birds of a feather flock together?' Why do you think that certain countries, tribes, cultures don't get along? What happens when someone in the family AWAKENS and their vibration changes?

Look around you? What can you see?

All actions are performed by the gunas of prakriti. Deluded by identification with the ego, a person thinks, "I am the doer." But the illumined man or woman understands the domain of the gunas and is not attached. Such people know that the gunas interact with each other; they do not claim to be the doer. Those who are deluded by the operation of the gunas become attached to the results of their action. Those who understand these truths should not unsettle the ignorant. Performing all actions for my sake, completely absorbed in the Self, and without expectations, fight! – but stay free from the fever of the ego.

Those who live in accordance with these divine laws without complaining, firmly established in faith, are released from karma. Those who violate these laws, criticizing and complaining, are utterly deluded, and are the cause of their own suffering. Even the wise act within the limitations of their own nature. Every creature is subject to prakriti; what is the use of repression? The senses have been conditioned by attraction to the pleasant and aversion to the unpleasant. Do not be ruled by them; they are obstacles in your path.

It is better to strive in one's own dharma than to succeed in the dharma of another. Nothing is ever lost in following one's own dharma, but competition in another's dharma breeds fear and insecurity.

As you awaken to see that the different qualities of nature are interacting with each other you experience freedom from life. You are no longer bound by anything. You are the witness of the wonder.

The dreamer has awakened.

## **You are awakening from a dream**

You are awakening from a dream

Into the part of another dream

From the fluid dream

Into a sequential soap opera

You call your life

Is one more real than the other?

Or are you still dreaming now?

The witness of a former self

Fly on the wall

Of apparent choices

You were always destined to see

## Awareness

Transformation happens in an instant. Awakening happens gradually. But we always remain the same as we were. Eternal consciousness.

Are you the dream person or are you the dreamer?

The difference between sleeping and waking is subtle. The greater our awareness of eternity, the more awake we are. The less our awareness of our immortal Reality, the more we are hypnotized into believing we are people.

The progression of awakening may jump through these states rapidly. It may progress slowly over long periods. It may even progress and regress. The Self remains the same.

Where are you?

### **1. I am not aware I exist.**

This is a state of drifting through life in a trance. The state of spiritual psychosis. In this world we live our lives in reaction mode, unaware of ourselves. Not realizing we exist. Animals. David Hawkins claimed that about 80% of the world's human population is in this state.

### **2. I am a person.**

Here we are aware we exist. We know I am. But our sense of self is wrapped up in who we are not. We are in the state of spiritual neurosis. We believe we are male or female. We think we are citizens of a certain place. People of a certain lineage. We are trapped by the endless label given to the body. The disease of name and form. And then we load up all the exiting space in our awareness with our own self created labels until we are fully convinced I AM WHAT I SEE IN THE MIRROR. I was born. I will die. I am my name, my stuff, my achievements. Most of the world lives here and propagates the illusion through consumerism, rituals, and customs.

### **3. I am a spiritual person. I have a spirit.**

A ray of sanity shines forth when we glimpse the idea there could be something more to life than meets the eye. We have reached the state of spiritual awakening. A huge achievement. Now, we are aware there is a soul (somewhere, somehow). The mystery of creation tantalizes and quickens our hearts and explodes our mind into a moment of sheer wonder and possibility. But, that's all. It's just the beginning of awakening. I am still a person. Just now, I have a soul somewhere. Perhaps, maybe, if I'm good, my spirit will survive and live on beyond me. But for now, I am too busy to worry. After all, there are bills to pay and things to do. Let's not waste too much time on speculation.

At this level we may even attend church or read the odd book or two. We may even attend a weekend workshop or go on a retreat. But I am still a person... at least until our world is torn apart and the POWER of all eternity buries our mind in grace. Illuminating all that is and ever was. We become believers. The sleeper has awakened.

### **4. I am a spiritual being.**

I am having a human experience. But I am immortal. I am moving this body around. We have the awareness of spiritual power. We know who we are. Experientially. It has gone beyond theory. This is the state of spiritual surrender. We can tell the difference between the body and the soul. We know we are not just what we see. We are more than our part in the play. We are spiritual, not physical. We consciously choose to let go of control completely and surrender to God, being aligned with all eternity.

But, sometimes, I am still the doer. From here we need to further release the sense of I. The 'me-ness' that hides the radiance of eternity within itself. It is so subtle that most never go beyond this state. Yet, as with all things, That which is eternal and always. Thinking neither brings it into existence, nor hides it from existence. As we keep letting go and surrendering to the Highest Good for all - handing over our lives to God - we will end up experiencing the final state. A state free of karma.

## 5. I am an eternal witness

As we awaken further, we become conscious that I have never done anything. I am watching this bizarre miracle called life emerging all by itself. I don't have anything. I never did anything. I am not the creator of the details of life. I am the Creator and Witness of the entire experience. The witness of I. The presence that illuminates the screen of the mind, allowing the flickers of form to dance upon the screen of eternity.

In the Upanishads, the state where one is in Direct connection with Reality is called Brahman.

*"Brahman that is immediate and direct—the Self that is within all."*

*"You cannot see That which is the Seer of seeing; you cannot hear That which is the Hearer of hearing; you cannot think of That which is the Thinker of thought; you cannot know That which is the Knower of knowledge. This is your Self, that is within all; everything else but This is perishable."*

# **WOW!!!**

## **Wake up in wonder: The Way of The Awakened Ones**

You are not a person. But you may be watching that body as it stands in line at the bank, or drives a car or eats a meal. While *you* are never the body, nor the person, you are the witness and source of all you experience. And you can become aware of who you are, free from the limitations of the body anytime, anywhere.

To experience this heightened state (sanity), you can *practice* the WOW method.

By practicing this method you are aware of yourself as the doer, which is not really who you are. But as long as this idea prevails you can use this simple practice to WOW yourself into the magic of what is.

WOW represents the 3 phases of awakening.

1. Wake Up: You're Dreaming. Welcome the wonder
2. Observe: Becoming the Witness. Let Go and Allow
3. Wonder: Tap into the Magic

### **1. Wake Up and WELCOME**

Are you that dream person, or are you the dreamer?

Even while reading this book you may drift off into the sleep walking illusion of being a person.

Are you awake? Being awake means you FEEL the power.

Sleeping in the trance of the ego is the 'default' setting for 99% of human consciousness at this time. With no awareness, either spiritual psychosis or spiritual neurosis will creep in. No judgment. No need to feel bad. Just notice. Are you ablaze with power. Or are you worried about something?

The first step in WOW is to realize we are sleep walking and wake up.

Are you that dream person, or are you the dreamer?

Once we awaken (at least theoretically) we create some space. We welcome life. We welcome whatever we are experiencing because it's here. What else is there? Where else is there to go? This is it!

We wake up to the possibility of being so much more than just little me. Then we welcome eternity unfolding before us. We stop running from life. Busying ourselves in trivia and escapism and embrace what is. Welcoming brings us the eternal now. Welcoming life is a gesture of embracing all parts of us. All we experience. All that exists.

If it's happening, It's destined. So welcome it. Why not? It's here. You're having your own experiences. So welcome them.

## **2. OBSERVE**

Waking up and welcoming leads us to being the witness. The observer. The immortal presence that contains all experience.

We are the dreamer, not the dream character. We look in the mirror and don't see ourselves. We see the dream person we have created. We watch as He/She wonders about and has conversations. We observe as spontaneous movements of the gunas move and interact with each other.

You may be talking to someone's body when you realize: WOW! I'm watching a movie! This is all happening by itself. This being is really an eternal light. None of this is real!

You are the witness of all experiences. The experiencer of experience. The detached observer. You are eternal light, watching as life happens. It's not happening to *you*. It's all happening to Him/Her inside of your subjective experience of life. You are the observer. You are the guest. You are the one who watches as the clock ticks, the grass grows, the mind moves, the waves churn. You witness in wonder as a bank robber grabs the cash and races out of the bank. You observe as the boys in blue come bolting down the street, shouting, waving guns and shooting rounds.

This is a truly wonderful world. And since you are safe, you can relax, and enjoy. Even in the midst of it all. You are the witness of the wonder. The eternal being. The caretaker of life.

As you observe, you release the grip of fear from your heart. You stop caring. You don't give a shit anymore about the nonsense. You are free. The delusion of separation is over and you are free.

Nothing needs to be done. Die before you die and you'll never die. You can't ever die.

As this occurs... you awaken to the wonder.

Deep down in your heart of hearts, you embrace the WOW of life. The AWE and wonder.

Every time "I" feel bad, the thing that snaps "me" out of it is this practice. Realizing I AM NOT this person. I am not Michael. Everything is happening to HIM in the movie, not to ME - in the audience. I am watching it. I am safe. It's all magical. I am free.

### **3. THE WONDER**

Waking up leaves you feeling truly amazed in awe and wonder. You re-awaken to the immortal presence of love. As you become detached you connect to God.

God is not an idea. God is REAL. The Supreme Being. The Ocean of Bliss. The Purifier. The Infinite BLISS. The immortal.

As the wonder dawns upon you, the force of Eternity Rushes through you. It IS YOU.

As the wonder begins to dawn upon you, spiritual awakening is as easy as ABC.

Allow. You allow your experience  
Beyond. You go beyond being a person.  
Connect. You connect to God.

It's easy. There is no effort as soon as you let go of the person. You are in the home of God, the home of light. It's not something far away. It's here. Right now. Hallelujah.

You accept all life. You welcome it all.

You are beyond. You are immortal. Nothing can touch you because you are immortal.

Connect. You are connected to your true essence. And your heart is with the One.

God is not some religious idea anymore. God's love is real. You feel it in your heart. You taste it in your soul. You relax into the wonder. Embracing the immortal time and space.

Are you the dream character, or are you the immortal dreamer?

Is your spiritual home a place to reach? Or is it here, embedded into the fabric of Reality?

1. Wake up and welcome the movie.
2. Observe. You are the witness of the movie.
3. Wonder. Connect to God in wonder.

**WOW!**

If you're not blown away in wonder - ask yourself.

Am I this dream person or am I the dreamer?

Wake up in wonder.

## The Mystery

We know we are not a person. But we don't know who we are. Awakening is a process. Not a destination.

In the Upanishad's it is written:

The Self our eyes cannot see.  
It cannot be grasped even by the mind.  
We do not know, we cannot understand,  
Because it is different from the known.  
And it is different from the unknown.  
Thus have we heard from the illumined ones.

We need to stay humble.

We are dreaming in the wonder.  
We don't know who we are even if we *know* who we are.

The moment we say YES! I got it - the magic slips away into the realm of theory.

The SELF, the WONDER is always FRESH.

Never yesterdays news. Never a memory.

Not a concept of who I am.

I AM THAT I AM.

And that awareness is born from the death of the unreal. The illusion of the unreal.

*Die now! die now!  
In this Love, die;  
when you have died in this Love,  
you will all receive new life.*

*Die now, die now,  
and do not fear this death,  
for you will come forth from this earth  
and seize the heavens.*

*Die now, die now,  
and break away from this carnal soul,  
for this carnal soul is as a chain  
and you are as prisoners.*

*Take an axe to dig through the prison;  
when you have broken the prison  
you will all be kings and princes.*

*Die now, die now before the beautiful King;  
when you have died before the King,  
you will all be kings and renowned.*

*- Rumi*

## Behind the mind

Behind the mind

Is a dream

Inside the mind

Is a lake

Sometimes still and calm

A pure reflection

Other times a storm

Turbulent waves, wind and mud

But none of it is real

Nothing you say is eternal

Nothing you witness is permanent

Go deeper

Go deeper

Go deeper

Behind the mind

Below the mind

Imagine being

On the flip side of a mirror

Behind the mirror

Facing back at you

Looking at the mirror

This is your home

Behind the mind

Resting in the unchanging

Immortal stillness

Witnessing consciousness

Behind the mind

Staring out of your own reflection

You have awakened

You are immortal

Behind the mind

## How do you know if you're awake or dreaming?

What are you?

Are you light watching light

or

The body watching matter?

Where are you?

Are you soul watching souls

or

A name watching form

Are you clever or dumb

Genius

Or idiot

Who has shown up

Right here

To read?

The mind watches as  
Your brain pretends to exist  
In your mind  
The light allows light to emerge  
People float across the screen of your mind

Ideas of people  
Dream people  
Dreamers dreaming dreams  
Children of thought  
Perceptions inside  
Looking out  
Nothing is real  
Except your existence  
The dream is dreamed  
Inside existence

No existence  
No dream

No people

No world

You are the world

You watch the world

You witness the world

You light up the world

You're alone and at peace

Beyond and beneath

Your world

A masterpiece

Intricate and unlimited

Endless and imaginary

Magical and meaningless

Welcome to life

Welcome to your world

Welcome to the world

# What's next?

**This is the END of the book.  
But it's the BEGINNING of another moment in eternity...**

**Would you love free guided meditations, audios and  
videos to  
TAP INTO THE WONDER?**

A huge wealth of experience is awaiting you.

**Enjoy your free ascension toolkit below:**

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Do nothing, Achieve Everything - you are not a person

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