

AWAKENING

Earlier we mentioned that all of our senses can actually be grouped together as one primary sense of touch. So first one can take a nice careful look at the bright light that reflects from this page. Do you see how bright it is compared to other things around you? It doesn't matter what reflection of light you look at, but notice that the brighter the light which reflects off this page, the more intensely it shines onto your eyes. You may realize that the light reflecting off of this page, as an example, is actually a "thing" that is shooting out in all directions around it and hitting many things. It is actually dynamic and moving. You may notice that the strongest and brightest light in your present environment is the one that hits your eye with the most force. It is actually gently *touching* your eyes, which happen to be the only place on your body sensitive enough to allow light to easily penetrate it and thus "see" the light. Notice the darkest spots in your environment and note that there is not as much light touching your eye from that place. Like a great visual artist, look at your current environment (it doesn't matter if you actually look around you or just at what you are looking at right now as you are reading) and take careful notice of all of the bright places and the dark places, the colors and reflections and how each one hits your eye – actually *touches* your eye – at different intensities. Realize that the light is a "thing" that is rapidly shooting around in so many places. It is a movement of things which shoot from here to there and is a part of the air as much as it is a member of its origin and destination. Take a good look. The rapidly moving light is touching and creating a portrait on your eyes right now. You may even find that when you close your eyes, tiny remnants of the portrait on your eyes may still remain to be seen. Notice that there are actually millions of details in your vision. Appreciate the miracle of your Sight at this very moment.

Now notice the sounds around you which work in a similar way. Vibrations trickle through the air and through all things. Our entire body can feel the vibration of enormous sounds but is not very sensitive to the soft sounds. Only our ears are sensitive

enough to *feel* the vibrations of soft sounds that resonate in our ears and thus we can “hear.” You may realize that the sounds you are hearing around you are waves that go through the air like ocean waves. These waves move *things* like the wind moves things. The air is moved and vibrates everything it *touches*. And it touches your eardrums deep inside your head and you pick up on sounds there. Notice all the sounds around you. Notice that they are not actually anything “more” than waves that ripple in all directions and happen to be *touching* your ears at this moment. These vibrations are touching your entire body, in fact. But only one place is sensitive enough to pick up on the intimate details of the vibration. The waves are actually everywhere in the air and you happen to be at a specific location where some of those waves are strong enough for you to hear. Listen to the sounds that are touching you right now, inside your head. Listen to the high and low pitches. Appreciate the marvel of Sound.

Taste whatever is in your mouth and realize what you taste is a “thing” you touch with your tongue and is supported by what you smell. Smell what is around you and notice that what you smell is a “thing” that is picked up by receptors in your nose and are things that you actually touch. Now, you may actually want to touch something with your hand and realize that the nerves within your hand allow you to compare the feeling of what you touch to the feeling of your hand. Notice that everything has a smell, taste and feeling. You happen to be in a certain place where you smell, taste and feel particular things. Appreciate the phenomenon of Taste, Smell and the parent of all senses, Touch.

Notice the Temperature of all the parts of your body and how it relates to what you are touching. For example, certain parts of your body that are covered may be very warm while exposed parts may be much colder. Some places may be dry while other places may feel moisture – that is your skin’s way of cooling down a place that may be potentially too hot. There are warmer and colder places on your body right now. Can you feel it? Appreciate the wonder of your body temperature.

Now take a nice deep Breath and notice one of the most important things of all. Take a breath like you are eating the air and

hold it in. Consume it through your nose as well and perhaps imagine the air as if it were a clean invisible smoke that gives you vivacity. Realize that the air is much like what you eat. When you breathe it in, you are breathing in a thing. Notice where inside of you the air goes. Your body soaks it in with every breath; it is a vital life force. Notice the energy a deep breath can give you. Notice what happens when you hold your breath and let out a slow exhale when you are ready. Taking in a breath is taking in a “thing” of the world. It is the same air breathed in by every plant and animal. It is the same air breathed in by every person who has ever lived. Appreciate the magic of each deep breath of air you take in right now.

Notice your Heartbeat and the blood that is pumping all throughout your body. Notice how it moves and how it feels. You may realize that it is another vital life force within your body. It gives you life and warmth. Notice also, if you can, the insides of your body, like your muscles. You may, if you like, notice, flex or just relax all your muscles one by one from head to toe. For example, forehead ... face ... neck ... shoulders ... arms ... hands ... chest ... back ... stomach ... mid section ... legs ... feet ... etc. Acknowledge the many parts of your body (lest they decide to no longer acknowledge you). You may also notice the inside of your head, your digestive track and how all of your other insides feel. Maybe you can notice your sexual organs and your sexual feelings. What state are you in now? How does everything inside your body feel? Appreciate the wisdom of your heartbeat and the amazing internal workings of your entire body, from head to toe.

Now, notice the force of Gravity. You may realize that you do not just float into the air. The Earth is currently spinning at an incredible speed and for many reasons including that, we are all held down by the force of our fast moving environment. Notice your entire body and how each part is affected by gravity. Realize that when your arm goes up, gravity weighs it down; that every single part of your body is being affected by gravity. In fact, you may want to recognize that we are living our lives on a planet spinning and rotating at a remarkable speed, like an amusement park ride. We are traveling faster than any automobile, train or plane available on

our planet right now. If you were to imagine a gigantic round rock that rotates all the way around in twenty four hours, you might find that the larger you imagine the rock to be, the more significantly faster you can see the movement of the surface being. It is not that easy to imagine, but if you could make the image colossal in your mind, you will notice that the slightest rotation in the center would make the tiny person on the surface move at an incredible speed. That's what is happening right now. You and I are living on this rock moving through space at an incredible speed. Appreciate the power and force of gravity and this enormous environment.

Can you again be grateful and experience all of these feelings *at the same time*? Try it. Sight ... Sound ... Taste ... Smell ... Touch ... Temperature ... Breathing ... Heartbeat ... Insides ... Gravity.

This is The Core. I wonder if you can also become aware of another magnificent phenomenon. As your heart beats and you breathe; as you realize that the Earth we are riding on now spins and flies at a remarkable speed; as you notice that nothing around you is really standing still at all, you might find that you can actually become aware that everything around you is constantly moving, consistently growing and persistently changing. In other words, *everything is alive*. We actually have a word for this. We call it time. Time is transformation and, more specifically, motion. The “past” is who, what and where you were before the movement in the cells occurred; before the movement of the Earth occurred; before the movement of your blood and the feeling of your last heartbeat occurred. Who, where and what you were “before” are the same *things* that *still exist right now* but have moved. The “moment” is in that constant state of movement; a constant state of change. You and I are locked into the ride of our lives. It does not stop. It does not die or go away. It moves in a trillion different directions and you and I are here witnessing a part of the constant motion of everything. And we give it this word, time. If you can, notice that everything is moving and transforming around you. Time is not some abstract mysterious numeric concept. Time is the expression of life – motion, growth and change. Time is something we actually

feel. It is your heart beating, it is the pull of gravity and it is every single little thing around us that is constantly moving, changing, transforming and growing. *Everything is moving – inside and outside*. Are you able to witness that? Maybe there's a way for you to notice the constant flow and life within all things right now, which we label as "time." I wonder if you can somehow experience the vibrant energy of this waking never-ending moment; the "current moment." Perhaps you can even feel the incredible movement and change happening right now everywhere around you and within. Notice the eternal Motion of time; the expression of life.

With constant motion, everything happening seems to have a reason. The world is a web of things happening because of something else. And, thus, so is your body and everything that is happening right now. It is all happening in the exact way it should be happening, like clockwork. It is *perfect* and you are a part of this living breathing perfection. You are reading these words because you were meant to read this. It was destined to happen. There is no "free will" or "responsibility." Your body and mind are free of that stress. The perfect world is in charge of you in a billion ways. Everything happening right now is innocent and happening because of something else. Notice the brilliance of cause and effect – Perfection – and thus, the feeling of having no responsibility.

If you can, picture yourself and where you happen to be at this moment. Recognize your own ego; your identity. What do you look like? And what does the building or house look like and what's going on here? Maybe picture the area you are in. Picture the community. Picture the city. Picture the state. Picture the country. Picture the continent. Picture the planet. Picture the universe ... it's hard to imagine, but notice *yourself* as part of that Big Picture. Do you *see* pictures in your mind's eye? The pictures are physically there. Can you feel them?

What is your name, again? Observe it as a label of your ego; your identity. You can notice something that you relate to your name. How would you like to describe yourself? This is a part of your ego. Your identity is built to help you grow and live. And your instincts and emotions – your love, logic, fear, jealousy, possessiveness, and sexuality – are all there to see you through this

powerful dominating environment. Your drama is here to entertain you. You may realize that your ego is a feeble tool among a body dominated by so many powerful feelings. It is mostly for this reason that it becomes so amazingly defensive and fanatic. For this reason, you and I have accepted fanatic ideas in the past. You thought you were taking on this massive world by itself. This is not your fault. Notice your identity and all your beliefs are puny compared with The Core which you can most easily *feel*. Yet, even those “serious thoughts” themselves – the pictures and sounds in your head – are something you can feel in the *most sensitive* of all places of your body, the mind. As you are reading, notice the sound of each word you are hearing within your mind. Realize that you may have been reading page after page without acknowledging this quiet sound within you; this sound which has been touching you all along as you have been reading; the sound which touches you all your life. The vast web of pictures, sounds and feelings within your head are all imprints of what you have experienced. The sounds you are hearing in your head right now are often easy to overlook even though they can be the most influential of all your feelings in life. And the pictures you were seeing before were also, indeed, *physically* there as you were seeing and feeling them. That’s why they can physically affect you. They intend to help you flourish and survive. I wonder if you can *feel* your thoughts even more. Maybe you can imagine that these words you are reading right now are growing louder within your mind. Notice just how loud and overwhelming that voice in your head can be. Realize that this is an actual feeling within your head, touching you. You might want to further demonstrate this to yourself with a random thought – image, sound and feeling – of your own choosing. Choose any one now. Imagine the picture and make it bigger and brighter, with as much color and detail as possible. Give it sound and all kinds of feelings. Make it louder and richer, as if it is right here, right now. Let yourself pay close attention and never again dismiss these images and conversations inside your head as anything other than a great and powerful *physical* presence within you. Feel the enormous power and *physical* effect of the ego’s superior; *your superior* – Imagination.

You may also be able to recognize that deep inside, all people and all that they do are with the best intentions. They do what they can, given their limited resources. You can possibly see the innocence of everyone and everything. Indeed, you are able to *feel* while others are mostly distracted by an imagination which they do not even realize that they feel. When you take a good look at the Big Picture and see things from the perspective of The Core, you find that all are essentially trying to do and even say similar things. Yet, everyone speaks a different language, because we all come from different experiences and have only specific resources. We may have a loving mother and we may have murderous enemies. From deep within The Core, we are able to recognize that the only essential difference is a different understanding and experience. We all speak a different language yet at The Core, we are exactly the same – completely innocent. I wonder if you are at all able to feel this Compassion for everyone and everything right now.

You may even want to take a step further and recognize that though we are a part of a world of “things,” each one of the things is possibly unique and so small that we may never locate them or figure out what they are or why they do what they do. For now, we may just appreciate the unique amazing composition of our own body; every unique cell. We may want to appreciate all the things *we don't know*; the senses which we may not be fully aware of. For example, the various energies we are exposed to or the possibility that connections between lovers and family may be as deep as a cellular chemical level.

If you can, be reminded again that there is only Right Now. The physical spirit of all the experiences you have had are here with you right now in this waking living moment. Everything is here. History is here. There is *only* now and it is alive and moving. Notice that everything is actually a part of One thing. Although we were built to witness differences within our world, we are also able to make associations and view how it is all the same. I wonder if you are able to sense the perfection of everything. Maybe you just know how to appreciate the fact that you can feel all these things we have experienced. Perhaps you are savvy enough to feel *lucky* for all the things you have; that you are able to do all these things.

What would it be like for you to even feel completely *blessed* by all of your personal experiences; by all the people you have known and everything you have. Can you maybe even list in your mind all the things you can be *thankful* for? If you're honest, you will find the list to be endless. Just look around you right now and notice the humbling contribution of people, plants, animals, and things. The list goes on and on. If you really want to feel it, you might want to take a moment to focus and again, really experience the feeling of each major power within you, *altogether*:

Sight ... Sound ... Taste ... Smell ... Touch ... Temperature ... Breathing ... Heartbeat ... Insides ... Gravity ... Motion ... Perfection ... Imagination ... Compassion ... Appreciation.

Are you lucky? Are you blessed? Do you feel humbled? Do you feel thankful? Welcome. You may have just experienced Awakening. When you allow yourself to reach the depths of The Core; when you truly allow your entire body – with the help of your mind's focus – to realize the *overwhelming* touch and feeling of everything around it, you can become one with the world and notice the situation as it really seems to be. You can be one with the true Kingdom of God – right here, right now. You can check into paradise. What looked like a mess before becomes perfection. What looked like boundaries and distinctions are really limitless and one. When it seemed that you were trapped within your own identity, you were able to come outside and feel The Core. You can realize that you are actually indestructible and immortal; that nothing really dies but only moves and changes; that the moment includes everything. You can notice that your logic of making associations allows you to effortlessly see the world as One, and your logic of making distinctions allows you to celebrate the differences within all things that are One. It is precisely this Logic Function power – a possible reflection of God within us – that allows us to creatively witness the universe in this amazingly spiritual way. You can feel the bliss and freedom of simplicity. You can realize that your body and mind are never working against you. And you can realize that outside of the drama that plays within your mind,

everything is innocent – there is nothing wrong, no bad, and no evil. This is Awakening.

EMPOWERING THE ARCHITECT

Next, are the creative and even potentially dangerous steps. How about rebuilding the ego in a way you truly want; building it in a way that will give you the maximum amount of power and fun? Reaching The Core often and experiencing Awakening allows you to truly see the Big Picture, within our bubble of understanding. While most people stand an inch away from life's massive monument and only see the details right in front of them, you are able to take some steps back and actually see the majestic structure for what it really seems to look like.

Your ego and imagination can be a playful instrument of life. *It can be a means and not an end.* It is from here that you can best do anything you want and be the healthy strong person you want to be. It is from here that you will be able to love yourself and everything around you more than ever before. It is from here that you can surprise those around you and truly be amazing and unexpected.

Listen. A most interesting aspect about life is that the thing you need the most will automatically become the hardest to get. You will approach such things with fear and trembling. In fact, whatever you get you probably already have right now. If you are going to be “successful,” for example, you are likely already acting and being “successful.” Needy people, in contrast, usually fail miserably in getting what they feel they most need. Awakening is the great reminder that *you already have what you need.* From this point you can playfully and more easily get whatever it is that you want. That's how “the rich get richer.” When you have all that you need, you approach what you want without fear.