

Can there BE an "end of suffering" - Part 1

In Full Awareness, which is the only Self alive, existent—*suffering never occurs or begins*, so does not exist to be prevented or diminished. The very question implies such a thing is possible—yet from the standpoint of the Allness of Self, no such thing is possible.

That being said, even in what appears as “daily experience” yes, it MUST seem, (but only as a *seeming*) as if pain and suffering do diminish because they have no place, no presence, to this Present Awareness being aware here, now.

This notion of “suffering” brings out a key difference between Infinite Reality as stated here, and what appear as various “teachings.”

In the so-called human scene, there often is an expectation that spirituality will *relieve* suffering; that there *should be* an end of suffering, and sometimes even that *there has been* an end of suffering! If this is the case, there obviously must be an assumption that suffering *began*. The very clinging to this mistaken assumption--that suffering *can* occur--is why "suffering" seems to continue.

Shocking as it may sound at the moment, "**suffering**" **has zero history of existing, and zero possibility of ever occurring, from the standpoint of Self presently alive here, now.** To make this crystal clear, and to "blow this mistaken notion out of the water forever" is why this post is in three parts.

(To Self Itself, the Pure Infinity that this present Awareness is, are there even such things as various teachings, differences, mistaken assumptions, or even blogs *about* Reality, Self? No—there is only the Alive Now-Presence that is Self Itself—fully being Itself!)

What is said here *always* is said from the standpoint of, or AS, this Alive Present Itself. It is said on the basis of the Allness, the utter Total Presence of Self Itself, the Infinite, or what could be called Full Awareness. Do not assume that this right now is some body named “Peter” talking to other bodies. It is THIS very Aware Presence that is presently aware NOW—and It is said from this standpoint because only Awareness is now present to be a standpoint. And It is really not a “standpoint” but is ALL.

All that can honestly be said to be *present*, to actually exist, and have genuine presence to “operate” is this Aware Being Itself, also called the Timeless NOW, the Pure Present. This may be clear via logic and words, or with what sometimes is called “direct experience.”

If this seems like a lot of heavy-duty spiritual talk so far, just relax and see what is actually existing, functioning and operating here right now. See what is honestly *present* now.

First, there certainly is Awareness. If not for Awareness, Being, being present, it could not even be said there was such a thing as existing—so there certainly wouldn’t even be suffering either. Absolutely nothing can be said to exist beyond or apart from this Awareness. Also notice that It is Awareness Itself that is being presently conscious. This Presence of Awareness certainly is not something a Peter or Jean or any other so-called body knows how to do or sustain.

Now notice that *Awareness only can be present*. Pure Awareness is present tense only—It does not move in time. Awareness can’t be moved back into a past or ahead into a future—and Its Present-ness never changes. Try to move Awareness out of being present. Can’t be done. So again, read this AS this Aware Presence Itself—not as a body sitting in front of a computer that knows about “an” Awareness.

Awareness also is *all* that is genuinely present. How is this true?

First notice what else *seems* to be going on. There also may seem to be passing thoughts, passing feelings, passing sensations—even visual sensations of what seems to be seen on a computer screen. But these passing thoughts and sensations always seem to be the stuff one is “*aware of*”—they are not aware, not Awareness Itself. More importantly, they do not have genuine or “permanent” presence or present-ness. They are not Awareness, the Present Itself. Thoughts and feeling always seem to be coming, and then going, moving on in time, passing along, *never being present*. They never stop moving, passing on, to be present. This is the key.

It would be only in, or as, the passing thoughts and sensations and feelings where ALL so-called suffering would seem to be. What exactly is suffering anyway? It may seem to start with something felt by a body, or seen by a body. Then there are emotions about what is seen, or sensed—maybe a “tragic” picture—and the emotions are labeled as “unpleasant.” Then there may be lots of thoughts and worries (more thoughts, but now emotionally charged) about the suffering. which only seems to “increase” the suffering. But what *is* all that?

Just be honest. ALL, repeat, ALL of the so-called suffering seems to be only in the “aware of” part—never in or as Pure Awareness. Awareness Itself is not any thought, not any sensation, not any feeling. Awareness Itself is present-only, thus never is anything experienced in never-present passing time (like thoughts, sensations, emotions).

Most emphatically, this is NOT saying or advocating that Awareness, All, is “separate” from anything or is dualistic, as sometimes seems to be assumed. When starting 100% as Pure Present Awareness, there is ONLY Pure Present Awareness. Period. Stop Here. Stay Here. Present Awareness

Itself is having no thought about including or excluding, separation or non-separation. It seems necessary to do this with words here, but Awareness Itself, Alive Infinity, *is not saying any of this*. It is unthinkingly *being*.
Period.

So the “answer” is to cleanly, specifically, consistently and persistently start with, or AS, Pure Present Awareness only. Insist on being Pure Awareness only. Do not identify or claim those thoughts, sensations, and emotions as “yours” for they are NOT You, not yours. Do not negate or deny them either. The only You is Awareness being Itself—always AS THE PRESENT ONLY—and as such, as Infinity, You really do not experience finite sensations, thoughts and emotions that seem to pass in never-present time. So You can neither claim them, embrace them, nor negate or deny them.

Do not be half-hearted about this—for the Present never is half-heartedly present—and It is “You”! Do not pussy-foot about this. Be adamant and put Your All-Present foot down firmly and keep it down as Pure Awareness—meaning don’t let what may seem to be nagging, continuous thoughts and feelings pull You out of this Pure Aware Being You are (because they really can’t).

When it came to thoughts and feelings of a little “personal I” trying to arise and pretend presence—even gentle, loving Ramana Maharshi was ruthless and said to “grab them by the throat”—and see that this purported thinking, emoting, suffering “personal I” is not a conscious entity at all. You’re even going one better than that, by not dealing with *them* but being exclusively and pre-clusively “interested in” the sheer fascinating-ness, the grace and magnificence of Awareness only. (more on this is coming up)

One actually cannot escape or fail to be Present Awareness, for IT is the only One being aware, present in the first place, and It never fails to fully be present only! Never. Simply stop entertaining the assumption (mere

thought) of time.

To start or identify merely with, or as, all the seeming sights and feelings and thoughts that one seems to be *aware of* is to totally ignore Awareness Itself. It is to attempt to function as un-Awareness, not-Present Life, and that's why the suffering seems to continue.

Awareness IS what truly is present, and the feelings and thoughts are something that is trying to be present *in addition to*, or “superimposed” on top of Awareness which purely, changelessly IS. To ignore Awareness and identify with them is to seemingly “oppose” or function in opposition to, One's very Awareness, Being—and that is why all the problems.

Suffering DOES NOT have some kind of independent presence of its own that will, or can, continue when totally “busy” being the Pure Awareness that truly is present. Why? Because only Pure Awareness, the Present Itself, can honestly be present! And to say there is something else, something in addition to this Purity, would be to *think*, to super-impose, to ignore and be dishonest with what truly is effortlessly and inescapably being present. Yet can the Aware Present ever actually ignore or be dishonest with Itself? No! So not even that is really possible.

POSTED BY PETER FRANCIS DZIUBAN AT 7:36 PM 1 COMMENTS

Can there BE an "end of suffering" - Part 2

Look at “suffering” again, now cleanly starting from, or AS, Pure Awareness Itself. (And this doesn't take any “work”—It is this very present Awareness here, now, as It is effortlessly simply being—“pre” all would-be feelings and thoughts. Awareness is the complete *absence* of trying—yet It still is perfectly present.)

If a feeling or thought of suffering tries to come up, just be alert and ask, “Is this feeling the same as Pure Awareness Itself as It is being here, now? No—it is a feeling—maybe a heavy feeling, or a rumbling, uncomfortable feeling. But wait—is that feeling aware? No. Is *it* permanently being? No—only Awareness is aware, is being. Well, as Awareness is the only One aware, and being, the only One truly present—what is true of IT? What does IT “feel like”?

In other words, what is Pure Awareness to Itself—to Pure Awareness? Awareness is 100% here right now, so the “answer” to this question also has to be 100% right here, now. It is not an answer gotten by thinking—it is an answer gotten by silently, effortlessly “aware-ing.” It is simply a matter of not ignoring what is already right here and fully functioning.

How much does Awareness *weigh* to Itself? Is Pure Awareness heavy? How much does NOW, the Present weigh? How far away is Awareness from Its very Presence, therefore from the fullness of Itself?

REALLY CHECK THIS OUT, BE THIS! Why? Because THIS is the very, only One presently aware here in the first place.

Can there honestly be, ever, any “experience” more direct than THIS Present Awareness being Its own Pure Present-ness?!

This is TRUE “direct experience”—It is SELF’S “direct experience” and who else is there?

Stay Here—because You ARE Here. As Awareness, how hard, how dense, is this NOW that You now are? Is NOW an emotion, or emotional? Does Pure Awareness ever feel rumbling? How long does it take before Now-Awareness is totally present to Itself?

Does the changeless NOW suffer? From what—there being only NOW? Does Awareness have to make more contact with the Awareness It already is being right here, now? No! And so on...

This is not done with any sense of labor or struggle because *It is what already is*, effortlessly “speaking as” Itself. In fact, It “feels” wonderful because now there no longer is all the seeming super-imposed intellectual and emotional opposition to It. Actually, there never was!

The point is—stay “busy” as Present Awareness, which is the only “You” there is. Again, Awareness Itself is the only One who is being here, now. This is entirely the Life of Pure Awareness, not a Peter or any other. So to be honest with or AS what really IS, there *has to be* a functioning as Present Awareness only. All “interest” must be in being Pure Awareness only—because this is what Awareness Itself honestly is “doing.”

To repeat, there is no attempt to deny thoughts, deny feelings, deny sensations—because Awareness Itself is not doing that. It is 100% busy being Pure Awareness only, being Self-Interested. Sometimes this is called “Awareness watching Awareness” or Awareness aware-ing (being) which is not perfectly accurate, but it’s about as close as words can come.

This Allness (or Fullness) of Pure Awareness Itself does not mean what Awareness, Self, the Infinite, is to a “me,” but what Awareness is to, or AS ITSELF ONLY. Notice there is no mention of *thinking*. There is no mention of *sensations*—of what is seen or heard, etc. There is no mention of *emotions*. Not that there is anything wrong with these—they just are not this Present Pure Awareness. Again, if mentioned at all, they would be un-Awareness.

Full Awareness is not some ultimate, esoteric, or eventual state. Full Awareness ALWAYS is present. Full Awareness never becomes more

present. What seems to happen is simply that there is a cessation or dissolving of all the thoughts comprising the “personal me” that assumes it is separate, and only partially aware.

As this Full Awareness-NOW is the ONLY ONE that “ever” can be aware—It leaves no other that also has to, or can, be fully aware. Awareness Itself already is “taking up” all the Awareness there is, which leaves no Awareness for another to be. In fact, Awareness leaves no other to even *try* to be as aware as Awareness Itself.

The notion of a “me” that also has to be as aware as Full Awareness is not really an actual self—it’s just more of those same assumed thoughts—meanwhile, Full Awareness is unstoppably present and functioning.

POSTED BY PETER FRANCIS DZIUBAN AT 7:30 PM 1 COMMENTS

Can there BE an "end of suffering" - Part 3

Thoughts or feelings may try to come up (and it may *seem* as if these thoughts or feelings are coming from a “you,” but they are not—because the only Self or “You” is Pure Awareness Itself.) For example, a thought may try to say, “This is all just a lot of words.” But is It Awareness saying that? Is It doubting Its own Presence?

Other thoughts may seem to come, such as, “It’s hopeless because suffering has been going on *for such a long time*. I have this *long history* of feeling intensely for those who appear to suffer, or I have suffered myself. I have this clinging habit—of being sensitive to suffering; it’s a part of me.”

Total rubbish. And actually, to Present Awareness, no such thing ever occurred, not even as rubbish. Why?

Look again, as Pure Present Awareness. In or AS this Present-ness, is there any such thing as history? AS THE PRESENT, is there any evidence, even the slightest, that there was a long time “back there” where a hard-to-break habit developed? No. To Present Awareness, there is ONLY Present-ness. Again, Awareness Itself does not think, or sense or feel emotions. It does not experience past or future—thus cannot think in such terms.

The only thing trying to say there was a long time back there would be a mere un-aware thought that tries to arise right now. And the so-called “past” is not back there, it’s not past—for all of it would be just a *current* thought seeming to arise right now for the first time ever. That’s the only place the entirety of “a past” can be found.

Go ahead, look into that thought. It may be an image of a place, an image of a body—and there may be feelings associated with those images. The entire thing, the whole so-called package or panorama is found only in, or as *this* thought. Try to find more of it separate from the very thinking of it. You can’t. There never is the thought *of* a situation--only the thought *as* the situation—because that “situation” has absolutely no other presence or existence apart from that mere thought! But in order to entertain even this thought, or to “suffer it” there first would have to be an ignoring of this effortlessly present Pure Awareness.

From CIA p. 231:

Mistaken human belief would try to say there are *both* that current thinking of a past and the other “real” past—the one that occurred in a physical world at a previous time. Why is that not true? Because, again, absolutely all there is, is Consciousness—which precludes there being any physical world. And the fact that Consciousness, All, is changelessly *Present only*, precludes there being any previous time.

The would-be ignorant “sense-mind” doesn’t realize that its “world” never is a separate

physical world, but just its own dream-like thought. So all that the entire so-called past ever could have been “made out of” is thought. And when you examine it closely, you see the shocking truth—that dream-thought never is something that occurred “way back then”—for the entirety of it is being mentally projected just now!

Go ahead, try as hard as you can to come up with a little bit of a “past,” or a whole lot of it, in some place other than the current thought of it. It’s impossible.

The beauty of It is, as Pure Awareness, You actually never ignore Yourself to go on a time-thinking binge —and there is no other being present or aware.

Even the thought that Present Awareness has existed or been present before...even *that* would be just a thought trying to arise now. Not even Present Awareness has existed before—because where Present-ness is All and doesn’t change, there is no “before”! So there is absolutely NO history of anything! None. That means no history of ANY suffering, or any “body” prone to feel a lot of suffering! To this Pure Present Self, no such thing ever occurred.

As Present-ness, You are utterly Pure, and incapable of co-existing with, or “knowing” any suffering. Why? Because all would-be suffering requires time, and to this Pure unchanging Present-ness, a previous time never has occurred, thus suffering never has occurred.

As Pure Present-ness isn’t even a nanosecond old, It has had no prior experience, thus *doesn’t “know” anything at all*—so It certainly doesn’t know suffering. THIS is You! This history-less clean slate is all that is present!

On the same basis, as Pure Present-ness, You *never* are waiting for a seeming situation of "suffering" to ease or diminish, to finally dissolve.

Why? To Pure Present-ness *wherein nothing has happened before*--You cannot wait for a dissolving of something that *never even happened!* The very notion that something *did* happen, and now hopefully will dissolve, still would be more mere thought--a thought seemingly arising *just now* for the first "time" ever. Don't fall for it!

And even if it temporarily still *appears* as if pictures of suffering, and thoughts and feelings of suffering continue trying to "knock at the door"—stand your ground as Pure Present-ness. One *has to*. Why? In the first place, this is where the Present's "ground" is eternally "stood" and there is no other. Again, this Life here is 100% that of the Pure Present, Awareness Itself.

Does it seem as if this website is relentless about this? Well...isn't the Present relentless in being present?

Truth, Life, is this *alive being* that Pure Awareness, Pure Alive Presence is. It is now actually *aware-ing*—not *thinking about* Its Awareness. One is "alive-ly being" Oneself, not merely thinking thoughts about "a" Self.

Emotions and feelings seem to "run deeper" than thinking, or be more "visceral," so mere thinking about Present Awareness will not cause them to fully dissolve. Nor does it do any good to try to "get rid of" feelings.

Only functioning as Alive NOWNESS, Pure Alive Presence, seems to dissolve such feelings. Why? Because Alive Nowness is the only One existing here, now, and this is what IT is "doing" or being. It is not feeling emotions of suffering. It is "aware-ing," "Now-ing."

Feelings would be mere impersonal vibration—and they seem to continue as long as there seems to be a "resonation" with them—either a resonation of unwittingly accepting them as "mine," or a resonation of trying to

oppose them. Either way is based on the mistaken assumption that something besides the unchanging Pure Present Itself is present—and to claim or oppose is continuing the assumption. Again, can the All-Present Present assume something besides Itself? No, there is nothing present besides Present-ness Itself that could be assumed! This clarity, *being This*, instantly stops all the run-on thinking/assuming dead in its tracks.

When seemingly on the level of the would-be “mind,” when merely *thinking about* Awareness, the Present, there always will be a dualistic or binary (two) opposite: un-Awareness, non-Presence, etc. But when consciously, unthinkingly *being* Awareness, the Present, Pure Being, there is no opposite. Only THIS is. Only THIS has or is Presence, and the seeming other has no permanent presence, which is why it “seems” to dissolve.

The Present Itself, this very Pure Being Itself, DOES NOT RESONATE. It would take time to have resonation, vibration, and in Pure Being, in Now-You, there is no time. Resonation seems to happen at a certain frequency or with a certain frequentness—and Being has no frequency. Why? *Being is not frequent*. Being IS. In Truth, Changeless Reality, You do not resonate with anything because You, Infinite Alive Being, are ALL—and there is nothing besides the Purity of this Being that It could resonate with.

Be clear right now, AS NOW. To this thought-less, wordless Present-ness, there is *only* Present-ness. There is not *also* present something called “several days ago” when a “Jean” made a comment about suffering. Only if Present-ness is ignored, could there seem to be such a thought. Is there present NOW a so-called “Peter” that replied seemingly even “a few minutes ago”? To have any of that, too, and the entire seeming “background” of the entire history of planetary suffering would require first ignoring the Present in favor of such thoughts. But the Present cannot ignore Itself. And even if it *seemed* to happen, at most it would be only a

dream-like thought, trying to arise now for the first time ever.

To this Present Self, there simply is no background of time, no accumulation of a past in which anything occurred before in a certain way, and thus must continue. None at all!

This utterly history-less Life present NOW is permanently a brand new, clean slate! *All That Is*, is a permanently brand new clean slate! You are absolutely without any prior mental or emotional baggage! None!

What is THIS?!

Ease back into, or AS, the clean, clear Present, and enjoy how unlabored and baggage-free You are. Notice that, the *less* effort is made, the *more* light and alive it seems You are. This is not done as “another” that is turning to “a” Present—but because the FULLNESS of this Pure Life is the only You NOW and It cannot be otherwise for Eternity.

Get “lost” in how easy It is, and in how *inescapably easy* It is, to simply be present! Sink, sink into the Divine Quicksand of the Infinite Ease You are.

Again, as THIS is all that is present and never, never, never can change—what is this brand-new Fantastic-ness that You are?

As said before, as Pure Present-ness, having NO prior existence or experience, *You don't “know” anything!* You don't even “know” what Present-ness is, because It hasn't been before in order be able to know It! Yet here It is, *unfailingly alive.*

Every “moment” of Life, You are “a total surprise to yourself” thanks to this Never-been-before-ness of Life that You are. And It cannot be shut off, avoided, or put aside! WHAT IS THIS?!

Don't try to mentally grasp what You are, because You are That which *doesn't want* to be grasped!

A thought may come, "This is wonderful...but what about being *compassionate?*"

This Self-Honesty is truly being as "compassionate" as ONE can be. Why?

It leaves only utterly fresh, pure, untainted LIFE as the entirety of what exists! This history-less Alive Awareness is the only Substance existent. All exists Here. Functioning as this Aware Purity simply does not allow a dream pattern of suffering to pretend its presence, nor any of the sufferers that appear in that dream. It may sound surprising, but this All-New Reality *leaves no such thing as ever having occurred* and this open Freedom is as "compassionate" as can be.

What could be more "caring" more "loving" than having the entirety of Existence be that of absolutely Pure, Perfect, un-aged LIFE?! Again, as the Present Itself, You literally are *being* This. And This is the only "Substance" existent now and eternally so.

It even may appear "outwardly" that one does things with the body to help others—to offer kind words, or to assist in other ways. So what?

All that *counts* is where one is "inwardly." Inwardly, You "stay consciously busy" as the Pure Present, Pure Alive Presence, simply not ignoring or denying this history-less Alive Self that effortlessly IS. As long as You are clear and "busy being" this ease of Pure Present Awareness, *what You truly are*, it makes no difference what the *body* appears to do, for that "doing" never alters the Presence of Pure Awareness, or makes It less than Totally Present.

It's worth repeating: if one *were* to talk about appearances, it seems that some teachings unwittingly acknowledge that there *is* suffering. It is taught that there *could be* an end of suffering, or that there *should be* an end of suffering. Then it may even be said that there *has been* an end of suffering. Of course, all of this contributes to the false belief that there can BE suffering.

All of it mistakenly *implies* that the Unchanging Total Present lapsed, and that suffering actually began; that it started “back there” in a past. Again, this always would be merely a “current thought” and a complete, total denial of Present Awareness—the only Presence, Self, and Power there is. And yet, to the Present Itself, not even that is really possible.

As long as the “goal” is an end of suffering, there *never* will be an end of suffering. Why? Because that is actually perpetuating the very thing that seemingly allowed it to occur—an ignorance of simple Present Awareness! To assume suffering can be ended, is to already be caught because one has already assumed suffering began in a “time before”—which it didn't. This would be in ignore-ance of Present Awareness, assuming It is not changelessly all-present—which It is!

Again, isn't it great that, this Present Awareness truly being the only Self, ALL PRESENCE, means *there hasn't been a past* in which there could be mistaken teachings. In this inescapably present Present, there hasn't been even a nanosecond of a past in which there was a “separate you” who wasn't being THIS. Who could do such a thing—the Absolute Present Itself being ALL? **Can there BE an "end of suffering" - Part 1**

Regular visitors here may notice a similarity between the title of this post and the post of 12/23: “Can there BE such a thing as lack?” The word

“suffering” easily could be substituted for “lack” in that post, and be read on that basis.

You may be wondering why some of these posts are long, and consist of several parts. What is said here sometimes refutes popular "teachings." So rather than give short, "pat" answers (even though the short answers may be true), it seems wise to clearly, carefully state the basis on which the statements here are made.

This forum also provides an opportunity to simultaneously reply to many similar questions. These may have come in not only on this website, but via email, through formal talks, or even phone calls—or they may simply be general issues of spirituality. So while a post written here may “start out” in response to one question, it often will branch out to cover a much wider range of points.

This post is primarily in response to Jean’s comment of Jan. 2 (below), yet it is not directed to any one “person,” for there is only Self.

Anonymous said...

The question of suffering. Does full awareness prevent or diminish pain and suffering? I feel - or it seems I feel - Oneness (I am a zen practiser - but I(i?) feel overwhelmed by suffering, particularly before innocent victims, humans or animals. Could you be so kind to give me any light about this crucial problem? Thank you heartedly. Jean

The short answer is—No, Full Awareness (and there is no other kind of Awareness) does not actually prevent or diminish pain and suffering. Why? In Full Awareness, which is the only Self alive, existent—*suffering never occurs or begins*, so does not exist to be prevented or diminished. The very question implies such a thing is possible—yet from the standpoint of the Allness of Self, no such thing is possible.

That being said, even in what appears as “daily experience” yes, it MUST seem, (but only as a *seeming*) as if pain and suffering do diminish because they have no place, no presence, to this Present Awareness being aware here, now.

This notion of “suffering” brings out a key difference between Infinite Reality as stated here, and what appear as various “teachings.”

In the so-called human scene, there often is an expectation that spirituality will *relieve* suffering; that there *should be* an end of suffering, and sometimes even that *there has been* an end of suffering! If this is the case, there obviously must be an assumption that suffering *began*. The very clinging to this mistaken assumption--that suffering *can* occur--is why "suffering" seems to continue.

Shocking as it may sound at the moment, **"suffering" has zero history of existing, and zero possibility of ever occurring, from the standpoint of Self presently alive here, now.** To make this crystal clear, and to "blow this mistaken notion out of the water forever" is why this post is in three parts.

(REALITY CHECK—To Self Itself, the Pure Infinity that this present Awareness is, are there even such things as various teachings, differences, mistaken assumptions, or even blogs *about* Reality, Self? No—there is only the Alive Now-Presence that is Self Itself—fully being Itself!)

What is said here *always* is said from the standpoint of, or AS, this Alive Present Itself. It is said on the basis of the Allness, the utter Total Presence of Self Itself, the Infinite, or what could be called Full Awareness. Do not assume that this right now is some body named “Peter” talking to other bodies. It is THIS very Aware Presence that is presently aware NOW—and It is said from this standpoint because only Awareness is now present to be

a standpoint. And It is really not a “standpoint” but is ALL.

All that can honestly be said to be *present*, to actually exist, and have genuine presence to “operate” is this Aware Being Itself, also called the Timeless NOW, the Pure Present. This may be clear via logic and words, or with what sometimes is called “direct experience.”

If this seems like a lot of heavy-duty spiritual talk so far, just relax and see what is actually existing, functioning and operating here right now. See what is honestly *present* now.

First, there certainly is Awareness. If not for Awareness, Being, being present, it could not even be said there was such a thing as existing—so there certainly wouldn’t even be suffering either. Absolutely nothing can be said to exist beyond or apart from this Awareness. Also notice that It is Awareness Itself that is being presently conscious. This Presence of Awareness certainly is not something a Peter or Jean or any other so-called body knows how to do or sustain.

Now notice that *Awareness only can be present*. Pure Awareness is present tense only—It does not move in time. Awareness can’t be moved back into a past or ahead into a future—and Its Present-ness never changes. Try to move Awareness out of being present. Can’t be done. So again, read this AS this Aware Presence Itself—not as a body sitting in front of a computer that knows about “an” Awareness.

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First notice what else *seems* to be going on. There also may seem to be passing thoughts, passing feelings, passing sensations—even visual sensations of what seems to be seen on a computer screen. But these passing thoughts and sensations always seem to be the stuff one is “*aware*

of—they are not aware, not Awareness Itself. More importantly, they do not have genuine or “permanent” presence or present-ness. They are not Awareness, the Present Itself. Thoughts and feeling always seem to be coming, and then going, moving on in time, passing along, *never being present*. They never stop moving, passing on, to be present. This is the key.

It would be only in, or as, the passing thoughts and sensations and feelings where ALL so-called suffering would seem to be. What exactly is suffering anyway? It may seem to start with something felt by a body, or seen by a body. Then there are emotions about what is seen, or sensed—maybe a “tragic” picture—and the emotions are labeled as “unpleasant.” Then there may be lots of thoughts and worries (more thoughts, but now emotionally charged) about the suffering. which only seems to “increase” the suffering. But what is all that?

Just be honest. ALL, repeat, ALL of the so-called suffering seems to be only in the “aware of” part—never in or as Pure Awareness. Awareness Itself is not any thought, not any sensation, not any feeling. Awareness Itself is present-only, thus never is anything experienced in never-present passing time (like thoughts, sensations, emotions).

Most emphatically, this is NOT saying or advocating that Awareness, All, is “separate” from anything or is dualistic, as sometimes seems to be assumed. When starting 100% as Pure Present Awareness, there is ONLY Pure Present Awareness. Period. Stop Here. Stay Here. Present Awareness Itself is having no thought about including or excluding, separation or non-separation. It seems necessary to do this with words here, but Awareness Itself, Alive Infinity, *is not saying any of this*. It is unthinkingly *being*. Period.

So the “answer” is to cleanly, specifically, consistently and persistently start with, or AS, Pure Present Awareness only. Insist on being Pure Awareness

only. Do not identify or claim those thoughts, sensations, and emotions as “yours” for they are NOT You, not yours. Do not negate or deny them either. The only You is Awareness being Itself—always AS THE PRESENT ONLY—and as such, as Infinity, You really do not experience finite sensations, thoughts and emotions that seem to pass in never-present time. So You can neither claim them, embrace them, nor negate or deny them.

Do not be half-hearted about this—for the Present never is half-heartedly present—and It is “You”! Do not pussy-foot about this. Be adamant and put Your All-Present foot down firmly and keep it down as Pure Awareness—meaning don’t let what may seem to be nagging, continuous thoughts and feelings pull You out of this Pure Aware Being You are (because they really can’t).

When it came to thoughts and feelings of a little “personal I” trying to arise and pretend presence—even gentle, loving Ramana Maharshi was ruthless and said to “grab them by the throat”—and see that this purported thinking, emoting, suffering “personal I” is not a conscious entity at all. You’re even going one better than that, by not dealing with *them* but being exclusively and pre-clusively “interested in” the sheer fascinating-ness, the grace and magnificence of Awareness only. (more on this is coming up)

One actually cannot escape or fail to be Present Awareness, for IT is the only One being aware, present in the first place, and It never fails to fully be present only! Never. Simply stop entertaining the assumption (mere thought) of time.

To start or identify merely with, or as, all the seeming sights and feelings and thoughts that one seems to be *aware of* is to totally ignore Awareness Itself. It is to attempt to function as un-Awareness, not-Present Life, and that’s why the suffering seems to continue.

Awareness IS what truly is present, and the feelings and thoughts are something that is trying to be present *in addition to*, or “superimposed” on top of Awareness which purely, changelessly IS. To ignore Awareness and identify with them is to seemingly “oppose” or function in opposition to, One’s very Awareness, Being—and that is why all the problems.

Suffering DOES NOT have some kind of independent presence of its own that will, or can, continue when totally “busy” being the Pure Awareness that truly is present. Why? Because only Pure Awareness, the Present Itself, can honestly be present! And to say there is something else, something in addition to this Purity, would be to *think*, to super-impose, to ignore and be dishonest with what truly is effortlessly and inescapably being present. Yet can the Aware Present ever actually ignore or be dishonest with Itself? No! So not even that is really possible.

POSTED BY PETER FRANCIS DZIUBAN AT 7:36 PM 1 COMMENTS

Can there BE an "end of suffering" - Part 2

Look at “suffering” again, now cleanly starting from, or AS, Pure Awareness Itself. (And this doesn’t take any “work”—It is this very present Awareness here, now, as It is effortlessly simply being—“pre” all would-be feelings and thoughts. Awareness is the complete *absence* of trying—yet It still is perfectly present.)

If a feeling or thought of suffering tries to come up, just be alert and ask, “Is this feeling the same as Pure Awareness Itself as It is being here, now? No—it is a feeling—maybe a heavy feeling, or a rumbling, uncomfortable feeling. But wait—is that feeling aware? No. Is *it* permanently being? No—only Awareness is aware, is being. Well, as Awareness is the only One aware, and being, the only One truly present—what is true of IT? What does IT “feel like”?

In other words, what is Pure Awareness to Itself—to Pure Awareness? Awareness is 100% here right now, so the “answer” to this question also has to be 100% right here, now. It is not an answer gotten by thinking—it is an answer gotten by silently, effortlessly “aware-ing.” It is simply a matter of not ignoring what is already right here and fully functioning.

How much does Awareness *weigh* to Itself? Is Pure Awareness heavy? How much does NOW, the Present weigh? How far away is Awareness from Its very Presence, therefore from the fullness of Itself?

REALLY CHECK THIS OUT, BE THIS! Why? Because THIS is the very, only One presently aware here in the first place.

Can there honestly be, ever, any “experience” more direct than THIS Present Awareness being Its own Pure Present-ness?!

This is TRUE “direct experience”—It is SELF’S “direct experience” and who else is there?

Stay Here—because You ARE Here. As Awareness, how hard, how dense, is this NOW that You now are? Is NOW an emotion, or emotional? Does Pure Awareness ever feel rumbling? How long does it take before Now-Awareness is totally present to Itself?

Does the changeless NOW suffer? From what—there being only NOW? Does Awareness have to make more contact with the Awareness It already is being right here, now? No! And so on...

This is not done with any sense of labor or struggle because *It is what already is*, effortlessly “speaking as” Itself. In fact, It “feels” wonderful because now there no longer is all the seeming super-imposed intellectual

and emotional opposition to It. Actually, there never was!

The point is—stay “busy” as Present Awareness, which is the only “You” there is. Again, Awareness Itself is the only One who is being here, now. This is entirely the Life of Pure Awareness, not a Peter or any other. So to be honest with or AS what really IS, there *has to be* a functioning as Present Awareness only. All “interest” must be in being Pure Awareness only—because this is what Awareness Itself honestly is “doing.”

To repeat, there is no attempt to deny thoughts, deny feelings, deny sensations—because Awareness Itself is not doing that. It is 100% busy being Pure Awareness only, being Self-Interested. Sometimes this is called “Awareness watching Awareness” or Awareness aware-ing (being) which is not perfectly accurate, but it’s about as close as words can come.

This Allness (or Fullness) of Pure Awareness Itself does not mean what Awareness, Self, the Infinite, is to a “me,” but what Awareness is to, or AS ITSELF ONLY. Notice there is no mention of *thinking*. There is no mention of *sensations*—of what is seen or heard, etc. There is no mention of *emotions*. Not that there is anything wrong with these—they just are not this Present Pure Awareness. Again, if mentioned at all, they would be un-Awareness.

Full Awareness is not some ultimate, esoteric, or eventual state. Full Awareness ALWAYS is present. Full Awareness never becomes more present. What seems to happen is simply that there is a cessation or dissolving of all the thoughts comprising the “personal me” that assumes it is separate, and only partially aware.

As this Full Awareness-NOW is the ONLY ONE that “ever” can be aware—It leaves no other that also has to, or can, be fully aware. Awareness Itself already is “taking up” all the Awareness there is, which leaves no

Awareness for another to be. In fact, Awareness leaves no other to even *try* to be as aware as Awareness Itself.

The notion of a “me” that also has to be as aware as Full Awareness is not really an actual self—it’s just more of those same assumed thoughts—meanwhile, Full Awareness is unstoppably present and functioning.

POSTED BY PETER FRANCIS DZIUBAN AT 7:30 PM 1 COMMENTS

Can there BE an "end of suffering" - Part 3

Thoughts or feelings may try to come up (and it may *seem* as if these thoughts or feelings are coming from a “you,” but they are not—because the only Self or “You” is Pure Awareness Itself.) For example, a thought may try to say, “This is all just a lot of words.” But is It Awareness saying that? Is It doubting Its own Presence?

Other thoughts may seem to come, such as, “It’s hopeless because suffering has been going on *for such a long time*. I have this *long history* of feeling intensely for those who appear to suffer, or I have suffered myself. I have this clinging habit—of being sensitive to suffering; it’s a part of me.”

Total rubbish. And actually, to Present Awareness, no such thing ever occurred, not even as rubbish. Why?

Look again, as Pure Present Awareness. In or AS this Present-ness, is there any such thing as history? AS THE PRESENT, is there any evidence, even the slightest, that there was a long time “back there” where a hard-to-break habit developed? No. To Present Awareness, there is ONLY Present-ness. Again, Awareness Itself does not think, or sense or feel emotions. It does not experience past or future—thus cannot think in such terms.

The only thing trying to say there was a long time back there would be a mere un-aware thought that tries to arise right now. And the so-called “past” is not back there, it’s not past—for all of it would be just a *current* thought seeming to arise right now for the first time ever. That’s the only place the entirety of “a past” can be found.

Go ahead, look into that thought. It may be an image of a place, an image of a body—and there may be feelings associated with those images. The entire thing, the whole so-called package or panorama is found only in, or as *this* thought. Try to find more of it separate from the very thinking of it. You can’t. There never is the thought *of* a situation--only the thought *as* the situation—because that “situation” has absolutely no other presence or existence apart from that mere thought! But in order to entertain even this thought, or to “suffer it” there first would have to be an ignoring of this effortlessly present Pure Awareness.

From CIA p. 231:

Mistaken human belief would try to say there are *both* that current thinking of a past and the other “real” past—the one that occurred in a physical world at a previous time. Why is that not true? Because, again, absolutely all there is, is Consciousness—which precludes there being any physical world. And the fact that Consciousness, All, is changelessly *Present only*, precludes there being any previous time.

The would-be ignorant “sense-mind” doesn’t realize that its “world” never is a separate physical world, but just its own dream-like thought. So all that the entire so-called past ever could have been “made out of” is thought. And when you examine it closely, you see the shocking truth—that dream-thought never is something that occurred “way back then”—for the entirety of it is being mentally projected just now!

Go ahead, try as hard as you can to come up with a little bit of a “past,” or a whole lot of it, in some place other than the current thought of it. It’s impossible.

The beauty of It is, as Pure Awareness, You actually never ignore Yourself to go on a time-thinking binge —and there is no other being present or aware.

Even the thought that Present Awareness has existed or been present before...even *that* would be just a thought trying to arise now. Not even Present Awareness has existed before—because where Present-ness is All and doesn't change, there is no "before"! So there is absolutely NO history of anything! None. That means no history of ANY suffering, or any "body" prone to feel a lot of suffering! To this Pure Present Self, no such thing ever occurred.

As Present-ness, You are utterly Pure, and incapable of co-existing with, or "knowing" any suffering. Why? Because all would-be suffering requires time, and to this Pure unchanging Present-ness, a previous time never has occurred, thus suffering never has occurred.

As Pure Present-ness isn't even a nanosecond old, It has had no prior experience, thus *doesn't "know" anything at all*—so It certainly doesn't know suffering. THIS is You! This history-less clean slate is all that is present!

On the same basis, as Pure Present-ness, You *never* are waiting for a seeming situation of "suffering" to ease or diminish, to finally dissolve. Why? To Pure Present-ness *wherein nothing has happened before*--You cannot wait for a dissolving of something that *never even happened*! The very notion that something *did* happen, and now hopefully will dissolve, still would be more mere thought--a thought seemingly arising *just now* for the first "time" ever. Don't fall for it!

And even if it temporarily still *appears* as if pictures of suffering, and

thoughts and feelings of suffering continue trying to “knock at the door”—stand your ground as Pure Present-ness. One *has to*. Why? In the first place, this is where the Present’s “ground” is eternally “stood” and there is no other. Again, this Life here is 100% that of the Pure Present, Awareness Itself.

Does it seem as if this website is relentless about this? Well...isn't the Present relentless in being present?

Truth, Life, is this *alive being* that Pure Awareness, Pure Alive Presence is. It is now actually *aware-ing*—not *thinking about* Its Awareness. One is “alive-ly being” Oneself, not merely thinking thoughts about “a” Self.

Emotions and feelings seem to “run deeper” than thinking, or be more “visceral,” so mere thinking about Present Awareness will not cause them to fully dissolve. Nor does it do any good to try to “get rid of” feelings.

Only functioning as Alive NOWNESS, Pure Alive Presence, seems to dissolve such feelings. Why? Because Alive Nowness is the only One existing here, now, and this is what IT is “doing” or being. It is not feeling emotions of suffering. It is “aware-ing,” “Now-ing.”

Feelings would be mere impersonal vibration—and they seem to continue as long as there seems to be a “resonation” with them—either a resonation of unwittingly accepting them as “mine,” or a resonation of trying to oppose them. Either way is based on the mistaken assumption that something besides the unchanging Pure Present Itself is present—and to claim or oppose is continuing the assumption. Again, can the All-Present Present assume something besides Itself? No, there is nothing present besides Present-ness Itself that could be assumed! This clarity, *being This*, instantly stops all the run-on thinking/assuming dead in its tracks.

When seemingly on the level of the would-be “mind,” when merely *thinking about* Awareness, the Present, there always will be a dualistic or binary (two) opposite: un-Awareness, non-Presence, etc. But when consciously, unthinkingly *being* Awareness, the Present, Pure Being, there is no opposite. Only THIS is. Only THIS has or is Presence, and the seeming other has no permanent presence, which is why it “seems” to dissolve.

The Present Itself, this very Pure Being Itself, DOES NOT RESONATE. It would take time to have resonation, vibration, and in Pure Being, in Now-You, there is no time. Resonation seems to happen at a certain frequency or with a certain frequentness—and Being has no frequency. Why? *Being is not frequent*. Being IS. In Truth, Changeless Reality, You do not resonate with anything because You, Infinite Alive Being, are ALL—and there is nothing besides the Purity of this Being that It could resonate with.

Be clear right now, AS NOW. To this thought-less, wordless Present-ness, there is *only* Present-ness. There is not *also* present something called “several days ago” when a “Jean” made a comment about suffering. Only if Present-ness is ignored, could there seem to be such a thought. Is there present NOW a so-called “Peter” that replied seemingly even “a few minutes ago”? To have any of that, too, and the entire seeming “background” of the entire history of planetary suffering would require first ignoring the Present in favor of such thoughts. But the Present cannot ignore Itself. And even if it *seemed* to happen, at most it would be only a dream-like thought, trying to arise now for the first time ever.

To this Present Self, there simply is no background of time, no accumulation of a past in which anything occurred before in a certain way, and thus must continue. None at all!

This utterly history-less Life present NOW is permanently a brand new,

clean slate! *All That Is*, is a permanently brand new clean slate! You are absolutely without any prior mental or emotional baggage! None!

What is THIS?!

Ease back into, or AS, the clean, clear Present, and enjoy how unlabored and baggage-free You are. Notice that, the *less* effort is made, the *more* light and alive it seems You are. This is not done as “another” that is turning to “a” Present—but because the FULLNESS of this Pure Life is the only You NOW and It cannot be otherwise for Eternity.

Get “lost” in how easy It is, and in how *inescapably easy* It is, to simply be present! Sink, sink into the Divine Quicksand of the Infinite Ease You are.

Again, as THIS is all that is present and never, never, never can change—what is this brand-new Fantastic-ness that You are?

As said before, as Pure Present-ness, having NO prior existence or experience, *You don't “know” anything!* You don't even “know” what Present-ness is, because It hasn't been before in order be able to know It! Yet here It is, *unfailingly alive.*

Every “moment” of Life, You are “a total surprise to yourself” thanks to this Never-been-before-ness of Life that You are. And It cannot be shut off, avoided, or put aside! WHAT IS THIS?!

Don't try to mentally grasp what You are, because You are That which *doesn't want* to be grasped!

A thought may come, “This is wonderful...but what about being *compassionate?*”

This Self-Honesty is truly being as “compassionate” as ONE can be. Why?

It leaves only utterly fresh, pure, untainted LIFE as the entirety of what exists! This history-less Alive Awareness is the only Substance existent. All exists Here. Functioning as this Aware Purity simply does not allow a dream pattern of suffering to pretend its presence, nor any of the sufferers that appear in that dream. It may sound surprising, but this All-New Reality *leaves no such thing as ever having occurred* and this open Freedom is as “compassionate” as can be.

What could be more “caring” more “loving” than having the entirety of Existence be that of absolutely Pure, Perfect, un-aged LIFE?! Again, as the Present Itself, You literally are *being* This. And This is the only “Substance” existent now and eternally so.

It even may appear “outwardly” that one does things with the body to help others—to offer kind words, or to assist in other ways. So what?

All that *counts* is where one is “inwardly.” Inwardly, You “stay consciously busy” as the Pure Present, Pure Alive Presence, simply not ignoring or denying this history-less Alive Self that effortlessly IS. As long as You are clear and “busy being” this ease of Pure Present Awareness, *what You truly are*, it makes no difference what the *body* appears to do, for that “doing” never alters the Presence of Pure Awareness, or makes It less than Totally Present.

It's worth repeating: if one *were* to talk about appearances, it seems that some teachings unwittingly acknowledge that there *is* suffering. It is taught that there *could be* an end of suffering, or that there *should be* an end of suffering. Then it may even be said that there *has been* an end of suffering. Of course, all of this contributes to the false belief that there can BE suffering.

All of it mistakenly *implies* that the Unchanging Total Present lapsed, and that suffering actually began; that it started “back there” in a past. Again, this always would be merely a “current thought” and a complete, total denial of Present Awareness—the only Presence, Self, and Power there is. And yet, to the Present Itself, not even that is really possible.

As long as the “goal” is an end of suffering, there *never* will be an end of suffering. Why? Because that is actually perpetuating the very thing that seemingly allowed it to occur—an ignorance of simple Present Awareness! To assume suffering can be ended, is to already be caught because one has already assumed suffering began in a “time before”—which it didn’t. This would be in ignore-ance of Present Awareness, assuming It is not changelessly all-present—which It is!

Again, isn’t it great that, this Present Awareness truly being the only Self, ALL PRESENCE, means *there hasn’t been a past* in which there could be mistaken teachings. In this inescapably present Present, there hasn’t been even a nanosecond of a past in which there was a “separate you” who wasn’t being THIS. Who could do such a thing—the Absolute Present Itself being ALL?