

## **Working my way out of Mind”?: Awareness being Awareness Itself**

Question: Several times I have had a spontaneous release of thinking--not entirely, but where it dissipates and is very limited. As thought arises it is immediately seen as not important and it "melts" quickly. When negative states or emotions arise they too dissipate. This can last for days or weeks, but then eventually the mind predominates over the natural state. If I stop and "look" or "notice" the peace and joy are still there. But there is a fine line between simply *noticing* and jumping into a practice. Now I realize that every time I stop to acknowledge my true nature as Awareness, it is an end to itself, and not really a means to an end.

So my question is, What is your take on this? How does one stay "busy" being pure Consciousness?

Great questions. You said:

Now I realize that every time I stop to acknowledge my true nature as Awareness **it is an end to itself, and not really a means to an end.**

That's the main point. The "key" is that, always, always, always, it's all about Awareness *Itself* being Awareness. Never has there been another that also could be It, or that's now doing a better job of being more consistent--even though that may be how it "seems."

One can be clear on this, but because it "seems" as if some of the relative still hangs around, it's easy to unwittingly "revert" and assume that "I've worked my way out of the mind, and now I'm doing a better job of sticking with Awareness." It's so subtle, yet that's still basically coming from the would-be relative or human side (of which there is none, really!). In Truth, it's "all about Awareness ONLY"--it's never about how good a job "I'm" doing of being that Awareness. And from HERE, the periodic "in and out" is not seen as "now I'm really getting good at sticking with Awareness." If one were to talk about such states at all, they would a gradual lessening of periods of "ignoring" Awareness--for the only I is Awareness Itself. The

"ignoring one" would be just that--a would-be state of ignorance or ignore-ance--which never is Self-I, never a conscious entity. And OF COURSE, from the standpoint of Self-I, as Awareness is changelessly "starting from" or "looking out from" Its own Absoluteness--everything we've just said is impossible; ignorance simply never can happen, it's un-occur-able.

“...I seem to be attracted to doing this looking, believing, as some say, that brief moments of awareness, repeated often, eventually become permanent.”

Again, as Awareness Itself is the Only One Conscious, there's not really a separate "I" that could be looking. Turn it around...if it were to be mentioned at all, It's that Awareness' Total Absolute Presence is less and less being "hit upon" by the little waves (or periods) of ignore-ance. I know this "sounds" as if another state began, and that Awareness is "getting stronger" at being Its own Awareness, which again, is impossible. There's a line in *Consciousness Is All* that talks about this seeming lingering state, calling it, "...the last weak waves of 'not-ness,' lapping at the shore of Infallible Being." And yet that still implies that something besides Being can occur, which isn't true.

This is why it is "so important" that NOT EVEN AWARENESS, THE PRESENT, HAS BEEN PRESENT BEFORE--so there's absolutely no prior way of being. Nor is there any prior history of the Present ignoring Its Present-ness. Self has absolutely no accumulation of any tendencies to ignore Itself. Life's "Slate" is Absolutely Clean, Fresh, Pure.

There's another passage on 239 (the same page as the one about Infallible Being) which says: "It's never that you've 'fallen' and must 'climb back.' It's staying alert that, *as the Absolute Present*, You leave no past in which You could have fallen!"

It is a subtle trap, this "I" arising to take over the experience. Is stopping to notice, from the standpoint of Awareness noticing the mind coming in, a problem in itself? Especially if it is done often?

This still would imply another self, or another state. Can Awareness Itself say or ask any such thing? No. Does Awareness have a problem

being present when not saying any such thing, or not watching the mind? No. Awareness Itself never is "noticing the mind coming in" so, yes, in a sense that would be "a problem in itself" because the attention is mind-directed rather than Awareness-directed (and of course Pure Awareness really has no such thing as "attention"). "At this stage of the game," it does *seem* as if "attention" needs to be kept on Awareness, otherwise it seems to wander off into time and mind/dream. This is "staying busy" as Awareness. Yes, in one sense, it could be argued that this is a "conscious focus", but here's the thing...at this point *Whose Consciousness is It*, really? It really is thanks to the Presence of Consciousness Itself...it's not a separate "I" who's doing that, for the Only One aware is Awareness Itself.

At this point, it isn't that Awareness is staying *aware of* Its Awareness (which implies two)...It's just Awareness alone, *being*--not aware of Itself, because then It would be an object to Itself. There is only Awareness aware-ing, but not as a time-process. The clarity, the awareness that It is *Awareness Itself alone* being present (and only Awareness "knows" this) is what makes the seeming ignoring or mental arising, seem to "fall back into" Awareness. If It were to be talked about in terms of how it appears to unfold in time, it "seems" as if Awareness Changelessly *being* is being experienced or "held onto" over time--but It really isn't. Awareness Itself leaves no other to "hold to" Awareness.

Take the statement, "*Awareness being alive as the Changeless Aliveness It is.*" To one who *thinks about* that, it's going to sound as if Awareness is "doing" that over a period of time. And the moment one starts to think about or "know" that--one is already in time. But when it's a matter of Awareness un-thinkingly being presently alive with no comment whatsoever--there's nothing commenting about it being a focus of attention, or that it's ongoing in time. Only Awareness Itself can be that--for a Peter certainly doesn't make Awareness be aware.

To Awareness Itself, to NOW, there is no "practice." Can you imagine NOW having to practice Its ability to be present *NOW*? And there's no effort involved in this, for It's all up to Awareness Itself, which *already* is the entirety of Presence. The clarity that there is no practice, no effort involved in Awareness being present, and the alertness that It always is *Awareness Itself* being aware--is a far cry

from running around identifying with body and senses, thinking with an intellect, and muttering, "There's no such thing as practice...Awareness is the only One aware...so I can do whatever I want...nothing in the human scene matters, so what difference does it make..." They're vastly different...in both cases it's the same *words*, but coming from entirely different "places."

Is the best course to keep looking at the pointers in books and let the resonance occur?

All One (Self Itself) can "do" is to keep "coming from" or *being* Awareness. It is a matter of "letting" Awareness be Its own Ungraspable-ness, yet which never fails to be alive, vitally present. After all, this is what Awareness Itself is "doing" or being--and IT is the One being aware in the first place. There's no middle man. Stay away from words like resonance, because that implies two. Awareness, being *All*, leaves nothing besides Itself to resonate with, and It, Itself, never resonates. It would take time to have resonance, and as Timeless Being, Awareness is the absence, or preclusion of resonance.