

God is Real

*Enbrightenment for all*

God is Real



God is Real

# Enbrightened Commentary

**(God is Real)**

Volume 2

*2nd edition*

By Jared J. Kimble

*(Mukti Da)*

*sanskrit translation*

*Mukti: Free*

*Da: Giver*

*one who bestows liberation from birth and death*

God is Real

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**Jared J. Kimble**

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**Cover design by Jared J. Kimble**

*I dedicate this book to your healing, in any and every way.*

*Any Heart felt response is a sign of Enbrihtenment,  
and our Communion.*

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## **FORWARD**

**BY AARON JOY**

Spiritual Fiction writer and music critic

To some, the term "enbrightenment" might sound like a meeting of cliches brought together only to raise a questioning eyebrow. 'Enlightenment' ... 'bright' ... can one get more of a play on words?

To put doubts to rest ... yes, it is a play on words. But, this is no promotional toy, jest or satire. It is indeed a play on words, but one done with a heart-felt attempt to break the stereotype of the concept of 'enlightenment'. It is a move to make one take notice and think about the meaning of the word. 'Enlightenment' has come to mean many things in Western society, with more than a handful of them cliched, distorted, trendy and essentially meaningless through over use and ignorant use. If anyone is truly playing with the word, it's not happening on these pages.

As for the word 'bright' ... this is not a reference to light, that is in the traditional sense of Thomas Edison, but more so references the spiritual light of American born guru Avatar Adi Da Samraj. It also refers Jesus Christ, the light of the world without parallel.

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While 'Enbrightenment' may sound to some like an advertising slogan, and actually has been used as such, teacher and writer Jared J. Kimble, aka Mukti Da, is the first person to use the word 'Enbrightenment' in a religious context. The use of the word to label his expansive spiritual teachings was done not callously nor trying to be cute. If there's anything comical about it, then it's in the crazy things some people do in their search for enlightenment and God-Realization, or one might also say the cynical distance some go to deny these things. But, it is not Mukti Da's mindset to laugh and point fingers, only to show a new and proven way to God-Realization based on his own experiences.

But, if one still wants to cynically raise a questioning eyebrow it shouldn't be at this single word, but instead the teachings surrounding this word. Mukti Da has brought the revelation of Jesus Christ to a new level, influenced by the contemporary eastern and western teachings of Adi Da Samraj. He has brought out the hidden meaning of the Christ, long alive but suffocating in painful silence under organized religion that often places the ego above or against God. He's also dispelled the notion that religion is all about what you shouldn't do to avoid eternal damnation. He's brought back to the light, the Edison type, the original revelation that God is here now. Let alone, the essence of Jesus's teachings about feeling God versus just talking about him, or as he calls it the Heart~Fire.



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If raising a questioning eyebrow means you're pondering his teachings, if only for a brief moment, then surely Mukti Da won't mind your skepticism. But, Mukti Da's work is anything but cliched. Actually, any bit of the cliched flavor in the tradition of Enbrihtenment makes all the theology seem easy and transparent. Be here now, as another teacher once said, makes God-Realization sound so simple. But, the familiarity only disguises the mountain on one's path for spiritual enlightenment.

When I say that Mukti Da's talk seems easy, transparent and simple but actually isn't - as life isn't simple so why should God-Realization be - I speak from my own experience and verification of his revelation and teachings. He's a teacher. There are many of them, big and small, young and old. Nothing new there. He's a young man, actually we're the same age, with a vision and has spent part of his lifetime sharing the vision. If only more young men had visions as strong as his. If only that was all there was to Enbrihtenment skeptical cynics would rejoice. I had a life altering vision some years ago under the influence of one of my gurus Adi Da Samraj. I know what visions are, particularly as I'm not privy to many of them. Mukti Da may have had visions, but he's also had much more. Our paths couldn't be more different, but I've seen good teachers and bad ones and I can recognize a good one.

Not just do I know what visions are, but I also came from an atheist home. My father stopped going to church the day my

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grandfather gave him a choice of Sunday School or chopping wood for the fire in their little Maine island home. My mother stopped after she got a divorce from her first marriage. I never had a chance. I don't even know if I heard the word God until we moved down to North Carolina when I was 8 and suddenly I encountered the question 'what church do you go to?' This was the era of Jim and Tammy Faye Baker. My fifth grade teacher was the wife of the minister of the biggest Baptist church in the state with a congregation of 4000 plus. When we went to an Easter production there, the first time I'd been in a church outside of a wedding, I had no clue who the guy carrying the wooden pole was. And, wasn't he cold with so little clothing? And, why did I need to hold a candle during the service and introduce myself to those around me?

Some anti-Christians have said I was blessed, but personally I was just ignorant and would stay that way until college when I owned and read the Bible for the first time. Religion is too intricately tied with history and society to be ignored. Teachers like to say that religious education should be kept at home, but sadly I believe most parents only teach the religion they know - in my case none. Unless watching TV evangelists is a good education about what Christianity is, let alone any other religion?

So, I don't approach Mukti Da as a person, teacher or writer as many do with chips on their shoulder about being

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dragged through the church as children and forced fed beliefs. I don't have any disillusion or animosity about God to distort my view of his work. When I came to God in college it was through my own volition and personal revelation. I also have a bit of a cynic in me as Christianity of the Southern states is as much wrapped up in the culture of the south as it is any firm belief in God, if not a bit out of balance at times. I've seen plenty of charlatans and those with a soulless talking religion. I accept a spiritual experience for what it is and how much influence it can have in one's life. I also recognize when one is honest and sincere. I see that in Mukti Da. I say this, even as I'll also confess I don't always understand everything he's talking about.

I went from being an atheist to God believer in my first year of college when I found a book left on the sidewalk by Ram Dass, 'Miracle Of Love', about his Hindu teacher Neem Karoli Baba. Being an anthropology student I was fascinated by the cultural aspect, plus I hoarded reading material like words were going out of style and anything different struck my fancy I started reading there on the sidewalk. In that minute, fall of 1997, my life forever changed. Here was a religious teacher who died not so long before I was born, he did legitimate miracles, prayed to a God so much bigger than what I heard about, let alone had a whole different theory about what God means. The scales fell from my eyes. I read the book in a week. I still have it, actually. I went to the library and copied pictures of Krishna, Vishnu and

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the other Gods and hung them next to my bed, along with Baba, and became a Hindu in spirit. I signed up for religious studies classes in college. My roommate thought I was crazy as before I had never had a kind word for anything religious.

But, ignorance struck as I found myself under the faulty belief you had to live near the Ganges to be Hindu. I also came under the more personal influence of some new friends who were Christians, very different than what I knew. Suddenly I was introduced to G.K. Chesterton and C.S. Lewis and my intellect was tweaked and I found myself going to church one Sunday without telling anyone until afterwards. They played rock music too, which I liked. The rest of my college years became one linked with Christianity. I learned Christianity didn't equal fire and brimstone, but I won't say I learned about loving God. Actually, I don't think God had much to do with anything I did then and thus it was no surprise when after college I started going to the impersonal Mass and then stopped completely one Easter when I saw the church flooded with people who never attended any other time but still called themselves good Christians. I've never liked hypocrisy.

Today, I see Christianity and many of its followers broken and not finding healing. I also see the theology unable to come to grips with, let alone dare mention and confess, its own weakness, that is the negativity of the ego, thus never able to lead many of its followers beyond a shell of belief that eventually only brings

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disappointment. I see someone like Mukti Da opening the doors to healing. He also is a witness of a non-egoic and non-hypocritical Christian life.

The intellect is great, but it's not something to base a religion on, yet so many Christians are Christians on a mental level only. I was. I know that now. That's one of the things with MuktiDa. He talks theology better than anyone I know, but it's all based on personal revelation. I can't even tell you how many books he's read or how detailed his knowledge of religious traditions. It almost doesn't matter with him. Some great teachers, such as a later Guru of mine Swami Ramakrishna, were almost illiterate. In a way it made the strength of what they had to say stronger. They had only their revelation and experience to teach with.

To continue my own story, I'd later move to Hungary and visit Poland on two occasions. On the first, purely out of a lifelong love of history and roots of things, I spent 3 days visiting the only remaining intact Jewish ghetto in the country in Krakow. Familiar I visited every synagogue I could find. I sat with an old Jew born during the war as he taught me to hear the spirituality in Klezmer music. I sat and cried in a cemetery. I was lost - to myself.

On a second trip I balanced the equation with the Catholic tradition. I spent hours in prayer and contemplation in all the old cathedrals. I'd attend a couple Masses a day, only meal times

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finding me not in a church. I moved out of the busy youth hostel into a room in a local woman's home where I could be alone to read religious poetry such as by John Paul II. I talked as little as possible and it seemed the most natural thing to do. This was a Christianity new to me. I'd never had such an emotional response to God as I did then.

I ended up spending a summer in San Francisco where a friend asked what I wanted for my birthday. I said obviously the next step on my journey - a complete spiritual retreat. What about a Buddhist thing? I said, I don't care, as long as I'm isolated. Only a few blocks away from my sublet was the legendary San Francisco Zen Center. I'd spend a week as a guest student resident there and then a summer practicing Zazen weekly. I can now say I know what it's like to wake at 4 am and sit for 3 hours. I had the intellectual, the emotional and now the physical practice. The only thing I really lacked was something to fully believe in. I liked the ritual, history and feeling, but I was still unsure where my heart lie.

A move to Japan followed where for some years I tried to continue my path with the Buddhism there, but the once home of Zen is now filled with unreligious cultural traditions that have little to do with God, State religion and a Buddhism fused with as contradictory Shintoism, making the result muddy for foreigners. Natives are taught to ignore the contradictions. I ended up struggling with anything I could find trying to find that elusive

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thing, including the alien worshipping Raelians, Falon Dafa, the Urantia Book, Universalism, dating a Christian minister and even Islam. My ex said that I never focused long enough to go anywhere, but I see now none of those things would have brought me where I needed to be. We all have our own special path. I hadn't gotten to my goal, but read and learned a lot on the way.

Then, one day, I realized I needed a teacher. Really, it all comes down to a teacher. Not a grand philosophy. I wanted to feel again what I'd felt in Poland and I wanted a teacher to help guide the feeling like I had done in San Francisco. That's the key to any religious practice. People like to talk about going it alone, but all the great religious teachers had teachers. Let alone people who go alone still seem to have a habit of quoting past teachers.

I ended up stumbling upon Adi Da Samraj. I had no clue who he was and he wrote strange essays that didn't make sense. Strangely or ironically, of the 1800 followers in the world only one lived in Japan, today there are none, who called me up and said he was moving from 8 hours away in Tokyo to but 20 minutes away within the month to be with his girlfriend. Would I like to meet up to learn about the guru? We met and he said: this is the guru, if you're interested ask questions, if not let's talk about our similar work. We talked about work and I admired the guru's amazing art.

A month later I was loaned his 500 page biography, returning it barely a week later to much surprise. Was I not

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interested? No, quite the opposite, I finished it and started to read it again. Today, it sits on my shelf, a gift I treasure. My response was to find myself sitting every night for the next couple months writing a book that I believe was completely via automatic writing through Adi Da Samraj. I used words, ideas, sentences that I'd never used before. I'd spent my life writing, but this was not my writing. Since then my writing has never been the same. That was the final piece to my puzzle. That was the day I found something to believe in. That was the day, I believe, God showed himself to me.

This would be the first of many spiritual oddities via Adi Da, including an out of body experience where I saw the world beyond the maya, aka the physical illusion, seeing the connected entity that the world is really, not all of us separate beings living separately. I'd eventually become an official devotee but became an inactive member as the organization after his death has gone in directions I have issues with. Actually, I did the roots thing again by turning to Adi Da's roots in the Vedanta Hindu tradition. I became a follower of Swami Vivekananda and Sri Ramakrishna. Adi Da always said he was the same spirit and I remember seeing a photo of Ramakrishna in one of his biographies wanting to know more. I consider all three men the same, just different faces. I called myself Hindu once again, back where I started in college. I saw a bigger picture of God than ever before. I also know, without a doubt, that God exists and God



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does manifest on earth in teachers and living examples of different shapes and colors. Also, God takes many forms and his message is at its core the same but the words are different.

I discovered Mukti Da through a mutual friend who I met through Adi Da. At first it was skepticism, raised eyebrows, but then as I read Mukti Da books I saw he had a message that was no mere synthesis of books he'd read. We shared a same teacher, but I'd gone into the organization and gone out, while he remained outside it. Two different paths, but we're in the same place in the end. In my spiritual journeys I've explored and read many paths, it would be a book of my own. Most of them I'm skeptical about.

With Mukti Da I've always felt an honest soul, not someone doing something they shouldn't be doing or a get rich scheme. A humble soul. There's not many of them. Maybe too humble for his own good in this jagged pushy world. What's beautiful about him is that he just puts it out there. No ego, no force, no bow to me, no give money, no me-me-me.

Actually, thinking about all this ... maybe it is simple, this thing called Enbrightenment. Or, at least, once you find a comfortable place and you can let all the junk go, then it becomes incredibly simple, mysterious and powerful.

~ Continued on next page ~

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### *Additional thoughts for the second edition*

The previous preface was written for the first edition of this book in 2012. Except for a few grammar edits, it remains the same in this second edition in 2015.

For this second edition Mukti Da offered me the chance to make changes to my preface, even completely replacing it. I like the feeling I got re-visiting my old words and the flashback of where our respective mindsets and lives were at the time, let alone I feel it is some of my best and most honest writing. If I remember correctly, I had offered to Mukti Da to write a preface for his next book. This was my little way of supporting Enbrightenment, something I'd done for years, along with just supporting someone I call a friend. He graciously agreed to let me be the first to write a preface to one of his books, but added the stipulation that I extend the thesis to include my own spiritual autobiography. I was honored when he accepted my offer to write for him before and then asked me to take it farther. It's again an honor to contribute three years later almost to the month and with the same level of honesty and insight.

As I write this on a hot September day much has changed for both of us. While writing the original preface I was in the process of moving back to my home state of Maine after 27 years to be around family and get away from the poverty and stress of

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an unimpressive struggling Manhattan life. I didn't like the type of person I had become playing the big city game. For me, it's an insular world where everyone is always a little bit on edge, always rushing around and always competing to see who knows the bigger star or is the bigger star. After a while the emotions seem shallow, so is the bragging and there's nowhere that's really that important to get to or money that needs to be earned that badly. Those things don't really matter. Some of my fondest memories are just going out for hours at a time wandering the streets from one end of the island to the other. I became an expert at being alone with my thoughts in a crowded noisy space.

In the last few years Mukti Da also moved across the country with his family. His shock to the system was different than mine, though in its own way it was actually the same as mine. We both found ourselves in a new environment chipping away at life in a different way. In the end we became new and different people with new dreams, perceptions and values. I can only speak for myself here, but I like to say they are better dreams, perceptions and values that are far more fulfilling on a deeper level.

The biggest change that happened to my life was something I found that I always knew was missing, but didn't realize just how profound a discovery it was and just how life changing it would be. I'm also still learning what that means on a day to day basis. What I discovered was: love. True and pure love

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from one person to another. I will also confess that I not just discovered it, but acting selfishly took it for granted, hurt it, lost and won it and am every day thinking about how I can grow it and make it better than how I found it and make up for the ways I hurt it. I thought I knew what love was so I treated it the same as anything else, but love is special for a reason. I'm not as smart as I like to think I am, as I had to learn about love the hard way. I had to lose the greatest thing I ever had.

I have always gone after things, dreams, ambitions, reputation, etc. I still do, though not so active at it anymore and these days it's more about expressing my creativity than building my reputation like it had been in Manhattan 3 years ago. I still have dreams and things I want to achieve. And, yes, aiming for and fulfilling those things make me happy because I like the sense of achievement. But, falling in love gave me something new to go after and the happiness I gain from it isn't temporary and far more profound and life changing.

I have always said that my work wasn't about me, that I was helping others move forward. This is true, but it was always about me on some level. It was my work and it was my coattails I was sharing and you could ride them ... but only if I had them to offer. Being in a relationship it's truly not about me. It's about someone else, it's about the two of us, it's about something greater than the parts, but it's certainly not about me. I've spent a year and a half in a relationship with a beautiful young lady who

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not just brought love into my life as never before but taught me the meaning of love and I love her more than I love myself.

That's actually a scary thing to deal with as very few things in this world ask us to truly put ourselves to the side. That's how I feel, though someone will tell you I haven't always acted that way. That's the amazing thing about love, though – you realize when you are wrong and you want to change. It's not like arguing politics or something where there's no reason to ever change your argument and can always see the opposition as stupid from one light or another. In love you want to be a better person to give someone else a better life and you want them to have a better life not for anything you will gain. Having someone I love more than anything, more than I can even show, and wanting to be with that person for the rest of my life is a great feeling. But, the greater feeling is that I want to be a better person when I'm with her. And, even more than that I don't want to be selfish with her.

Does this sound like a spiritual experience? Well, it is. Lofty, intangible, indescribable and, as I said, scary. But, a true spiritual experience is all those things. A true spiritual experience is not going some place or doing something fun and walking away smiling and feeling at peace with the world. A true spiritual experience is profound, life changing, long term and changes your perspective. It may very well leave you dirty, unsettled, confused.

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Loves changes the ego. I knew all about the ego, or I thought I did. I learned about it from Adi Da Samraj whose main teaching point is about the ego, setting it aside and how it separates us from each other and from God and creates attachments. Mukti Da also teaches about the ego and the burden of attaching ourselves to things that in turn puts up barriers to greater things. There's a woman in this world I'm madly in love with. It hurts when I feel my ego get between us, particularly when I'm stuck and don't know how to get myself out of a situation. I want her help to be a better person, but quite often it is my ego leading the way and going the wrong way. There is no help for that because the barriers have been created.

I could go on and tell how Adi Da has become just a ghost haunting my bookshelf, how I had a pleasant year with gurus Vivekananda and Ramakrishna, how I stopped reading anything spiritual until recently when I found myself fascinated with the life of Mary Baker Eddy founder of the Christian Science church. I could also echo my original preface and tell about the continued work of Mukti Da, though I'd rather leave that to him. I could also go on and talk about how I find one religion illuminating the other to create this bigger and bigger picture. While how the idea of common ground and overlap is far more interesting to me than focusing on the differences, which seems to be the trend in society. But, I'd much rather discuss that which is at the foundation of every true religion, be it

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Enbrightenment or Christianity or Hinduism or Crowleyanity. That foundation is love, in some way shape or form, love of something greater than one's self. It is the greatest religious experience without need of dogma or ritual. The problem is it takes you to highs and lows and it can get very confusing. That's where I'll let my words end and Mukti Da 's pick up. I've told you about the extremes. Mukti Da will tell you how to make the best of them and how to travel even farther with them.

## Introduction

This is the 2nd edition of this book. The changes are scattered throughout the book and are not noted during reading. I came back and worked on wording and clarity of the ideas. ‘God is Real’ is the second volume of an ongoing, without any particular end in sight, spiritual commentary that appears within the context of Enbrihtenment. In some ways each new volume simply talks about the same things in the last volume, but then one will also find different subjects are covered in each volume and one will see differing ways of writing, which sets each volume apart from the others.

In this volume one will find two commentaries that sets this volume apart from ‘Open Heart’, besides the usual (spiritually) ecstatic approach to writing about Enbrihtenment. In the beginning, one will discover a consideration of integral spirituality and how it relates to Enbrihtenment. After integral spirituality is explored the book moves into numerous commentaries that reflect the same style of writing in the first volume. Lastly, the book finishes with Enbrihtened philosophical considerations that look at the ideas of atheism and theism and their limitations in relationship to how one can understand Enbrihtenment in a philosophical context. The last



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part of the book presents Enbrihtenment in a philosophical context. However, the commentary does not get highly detailed (or distracted) with all the ways one can rebut and/or argue *for* or *against* God's existence. This book is not presenting a perfect philosophy (not actually possible), but it is presenting a philosophy that works, has Real tangible evidence to back it up, and that it is strong in ideas that are universal in scope and definition. Enbrihtenment is a demonstration of the progressive and integral nature of human spirituality, and Enbrihtenment is not something developed in total isolation. This spiritual tradition is inherently connected to our spiritual history and this is something important to be remembered.

Finally, the sub-title of the book, 'God is Real', sets the tone for the whole book. The sub-title is meant to take God from the abstract world of thinking and talking about It, to a world literally and tangibly filled with God, and a world that finds its very own existence or reality to be inherently part of a universal and singular presence of One Divine Consciousness, One Divine Reality. God is Real suggests to the reader that in order to truly Know God, to Know if God is Real, one has to recognize one's own existence through that which is Real in Reality. Furthermore, with the recognition of that which Is Real, comes the Realization on one's own Realness. Reality sources its Realness in that which never perishes, and that which never

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changes or decays; for that which is Real gives life to all moment to moment.

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**Part One**  
Integral Enbrightenment

## Integral and Collaborative spiritual philosophy

The word ‘integral’ has many ways it can be thought of, applied, or used. Integral means the parts are necessary within the whole, and/or meaning necessary, basic, or fundamental, even balanced, inclusive, and ultimately comprehensive. Integral means to see or notice something common or shared among many things. Applied integral spirituality seeks to include as many traditions as possible while giving each tradition/religion its own room within the frame work of an umbrella spiritual tradition (*such as Enbrightenment, which is the first true Integral spiritual tradition ever created on Earth – and of which could Only happen at this historical moment*) that both transcends and embraces all traditions devoted to Truth and/or God.

The idea of integral spirituality involves common ideas and/or teachings shared between all traditions that serve as primary, necessary, and basic tenants of a right or correct practice for spiritual life. An example is the practice of love, and in every spiritual tradition *ever*, one will find the principle of love to appear at the top (or juxtaposed with the top) of what it means to fulfill the teachings. Love is an integral spiritual ideal that is

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shared by every spiritual tradition that serves Truth. Furthermore, one could say it is through love that integral and collaborative spirituality has continued to transcend cultural boundaries while embracing the numerous differences between cultures throughout our history. Integral spirituality transcends and embraces, integral spirituality shines light on what can be practiced, shared, or taught beyond the boundaries of dogma and belief. Integral in the context of this book views all traditions as individual rivers that are all connected in heart (in God or Truth), and through collaboration we all come together and learn from each other, and thus, we grow together (obviously not all at the same rate). So, integral recognizes that all spiritual and religious traditions are all attempts (some with greater degrees of integrating previous traditions) at understanding God, Reality and Truth through many forms of language and media, and that is because Truth is One (not many), and that all who Deeply yearn for Truth will learn about Truth, at least to some degree.

In the context of Enbrightenment, the word integral involves many meanings such as bringing together, sometimes apparently opposing, spiritual traditions by focusing on the tenants that are shared in two or more spiritual traditions. This is what is happening in many online spiritual communities that are mixtures of Christian, Buddhist, Hindu, Islam, and many Yoga traditions. The participants share quotes and teachings from their respective traditions, which give the participants a chance to learn

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and read about other religions and spiritual traditions from those actually practicing them. After spending some time in one of those on-line integral spiritual communities a person may begin to see that all people across the world are really not so different, and want to understand and realize God and Truth like everyone else.

Only until recently, in history, has an individual had the ability and/or opportunity to stand back and view all religions and traditions (devoted to Truth). Historically, this is the dawning of a time when the masses can learn and practice spirituality with a clear understanding of its (spirituality) integral nature of revelation and teaching that appears across multiple cultures and peoples. Truly, now is the time that people have a chance at learning about as many spiritual and religious traditions as they want. Integral spirituality views all traditions as individual rivers that are all connected in heart of humanity's urge to become open to the life of Truth; to Be living demonstrations of Truth. So, integral recognizes that all spiritual and religious traditions are all attempts (some with greater degrees of integrating previous traditions) at understanding God, Reality and Truth through many forms of language and media, which is also occurring in a historical context as well with the ease of interconnectivity.

Integral spirituality sees previous traditions through a progressive and evolutionary perspective, and possibly more importantly, through an understanding of how to collaborate,

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work together, and building upon previous traditions as one people alive through One God. Truth is Truth regardless of the system attempting to serve the Revelation of Truth, and no system will be nor can one become the Only system that serves Truth. With this understanding all our religions and traditions can serve Truth, but not exclusively, and they can work with other religions and traditions to serve Truth more fully.

Integral can also be thought of in the same way that life has appeared in its complexity by transcending and embracing integrated systems that come together to form life in various ways, with ever more complex creatures appearing over time. For example, atoms come together to form molecules, and molecules come together to form things like water (H<sub>2</sub>O), and this follows with cells that form tissue, and tissue forms organs within the human body. The ancient traditions of religion and spirituality have been built upon, changed, morphed, become splintered, and so on. No religion can survive without the ability to demonstrate integral qualities, which allow it to work in multiple cultures. Our self created cultural walls come down through an integral understanding of life and spirituality, and truly, through integral spirituality people transcend cultural barriers and embrace our differences. This is not only a basic instinct of survival; it is a principle that serves God Realization (Enbrightenment).

Collaboration is just as valuable as the role of integral spirituality, and collaboration between different spiritual

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traditions over our history has played both obvious and not obvious roles in humanities spiritual growth and evolution. One such example is humanity's historical growth that can be thought of as in transcending and/or embracing previous traditions, which has continued to develop and move beyond the limitations of our individual and cultural histories by merging our societies together, and building larger and larger civilizations. Collaboration does not exclude other traditions; instead, collaborative spirituality is open to many scriptures and teachers, and collaborative spirituality simply acknowledges that we are not perfect and can learn from each other. Our spiritual traditions are not spontaneously appearing out of now where. Our traditions are in many ways one tradition built upon another, while the antiquated forms of the practices, which no longer serve the growth and development of the tradition, are discarded for new ways that serve the people of the current time in history.

The process of the evolution and growth of spiritual traditions partly involves a critical analysis of current teachings by the most advanced students and a growth beyond ways that are not in line with the heart of the teachings of the religion or tradition. It is a sort of purging, while simultaneously advancing the teachings. This is not always the case with religion, and history does not always mean progression. As humanity began to spread out on Earth we came into contact with other religions and traditions. In this process some religions picked up new



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traditions, new teachings, and understood their religion or teachings in a new light or from a new perspective; and from these interactions came new forms of religion and spirituality that were born from a collaborative influence and effort. Traditionally the most advanced students are the ones making progressive developments within their own tradition, and the most advanced often look to other traditions and learn from a broader perspective.

Human history involves both a collaborative and integral aspect, and as one civilization dies out a new one is taking root, and in this process older civilizations are integrated into the newer, more advanced and often larger civilization. As civilization expanded to reach all parts of the Earth older smaller civilizations were integrated into the new one, and traditionally old tribal practices were given room within the boundaries of the new laws. This practice of integrating old tribal laws into broader laws of a larger civilization help to integrate the people, and older tribal ways and practices into a civilization that not only embraces an old, but it also transcends the older traditions by making room for more than one religion or spiritual tradition by not holding one tradition above another or allowing laws to serve Only one religion/tradition. Human civilization has grown up this way, and as the distance became less and less of an issue more and more people got out of their tribal mind set and began to see other traditions. Being exposed to other religions and traditions

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not only helps to keep an individual's mind free of intolerance towards 'other' cultures, it gives each person a chance to create their own culture or tradition while still practicing in the larger context of the collective; Serving One God – One Truth. Thus, as people from different tribes came together so did the myriad of religions and traditions, which inherently became a mix of religion. Love (is integral) is one of the great unifiers of varying cultures, and not feeling like one has to force their culture allows love to bridge ideological differences.

A trait of exclusive old world religions is the idea that everyone must practice that religion, these religions perceive themselves as the one true religion, and that God wants everyone to belong to their religion or spiritual tradition. What follows this kind of religious rhetoric, *in order to convey a feeling that it is - either their religion or eternal death – along with horrible suffering*, is that a movement within the religion appears that seeks a reason or reasons that trump all other reasons (for not converting), which give them reason to convert Everyone to their religion. Thus, many within that kind of religion attach an apocalyptic eschatology (end time prophecy) that proclaims everyone will convert to their religion in the end (or suffer eternal hell or death), and this movement adds an eschatological vision to their (delusional) claims to a monopoly on God and/or Truth. Their eschatology always involves war, death, forced conversion, forced punishment for not converting, and total political take over

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by the religious authority. This is not the Only reason that religions end up with an eschatology (end time prophecy), but the eschatology of the religion becomes the life force to urge to people to convert to theirs. Furthermore, this leads to violence, hate, intolerance, an unending fuel for cultural wars, and the kind of hard-line (fanatical) ideology that instigates an unending slaughter of people by picking up arms against whoever they believe their enemy to be.

However, the integral nature of Spiritual life never becomes bound or chained by the dogma and beliefs of any religion, and therefore, always progressively transcends the monopolistic ideology of a one world religion by adhering to the basic tenants of love, compassion, and oneness and unity, and/or the *principle of non-separation*. Integral spirituality, not exclusive religion, finds ways to work in the midst of other religions and traditions without offending each other or resorting to violence. This effort requires a common language or expression of practice, and in the process of finding commonalities old ideological boundaries are transcended or grown beyond.

Spirituality is really an integral evolutionary process that involves embracing, growing beyond and/or transcending that which has come before. Spiritual life is a transcendental life that is integrated into the bodily form, and the limitations of language and practice do not bind the growth of a genuine spiritual practice

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when those limitations are grown beyond, transcended, and/or shared. The activity of spirituality is an all embracing and transcending activity while manifesting as Love in action and in bodily form; thus, the historical evolutionary process of spirituality would necessarily involve integration and collaboration. Spirituality cannot grow to a full potential in the cage of dogma and belief. Spiritual Life is God based and naturally embraces and (then) transcends all genuine spiritual practices, and Spirituality is always open to new ways of communicating Truth.

Let's be clear that not everything of a religion is always embraced when such a period of transition historically dawns. It is violence that must be abandoned and hate that must be transcended (usually born from the resistance to that which is new), and it is closed mindedness and exclusivity of Truth that must be transcended. The reason is that the old traditions were in the business of continuing a lineage of (physically present) authority. The lineage does not necessarily mean that the original teacher passed on their authority in a traditional sense, like a lineage of Gurus, but that there is a group of people that lay claim to the teachings and an authority to minister those teachings in the correct way. Although, the practice of keeping the teachings and scripture in original language and description was beneficial to the preserving of the religion, it also sets up walls to an integral evolutionary process. This also means that any outside

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religion is taboo. It means that others must convert to their religion (if that is even possible), and gives way to eschatological (end time – end of the world) prophecy that ends up making their religion the one religion that will conquer all religions (because God favors their people or religion over others); eventually in the future.

However, the nature of our collective and collaborative spiritual evolution always seeks out what Truth can be found in a religion and the rest is left to die out with those who still practice the old ways. Fundamentally, this process builds new upon the old foundations of religions from the past, and therefore, there will always be elements of past religions in today's.

Integral spirituality has appeared in the background of history until now, and for the most part the integral processes of our religious history occurred without anyone really understanding the process; the Big Picture. Another way to view this, in the absence of a global network of communications and the vast reservoir of knowledge and information the internet provides, everyone is bound to antiquated forms of communication. Thus, the idea of standing back and viewing all religions and traditions from a perspective that transcended culture and civilization did not happen until the technology was present on Earth. People, in mass numbers, did not have the means to look at many religions and see the similarities being

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expressed until now, or at least had to attend college in order to learn about all historical traditions.

Our recent history has indicated that the evolutionary process of Integral spirituality is becoming self aware, not only in a spiritually inclined way, but in other areas of life such as academia and scholarly works along with many, many other fields of science and knowledge. In other words, (many of) the very people involved with our current processes of a collective spiritual evolution are aware of the integral processes of not only spirituality, but all forms of knowledge in general. The people of Earth are becoming aware of the integral and collaborative evolutionary processes of all traditions and religions. We are now able to stand back and transcend our cultural boundaries and come together in ways that go beyond the walls of dogma and belief because we can finally look out beyond what has traditionally kept people (only apparently) safe from outside influences.

Integral spirituality always takes the opportunity to go beyond the self aggrandizing of a religion, as if it is the Only Truth or Only way of Truth. The days of religions and traditions claiming to one day rule the world are ending, and the people of Earth are gathering momentum to collectively grow past the old limitations of our religious and spiritual paradigm. Furthermore, it is not necessary to abandon religion or spirituality all together, or to leave one religion or convert to another.

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We are at a point in our history that enables the masses to embrace, grow beyond, and transcend any and all traditions that claim a path of Truth. The old calls to be restricted to one religion or one holy book are fading behind the new global up roar of Oneness and Unity manifesting with all people and culture. It was important for our ancestors to protect the original teachings in the original language and style in order to keep the teachings as close to the original meaning given from the original master (spiritual authority). This practice is still in use today, but in many of the traditions there are a growing number of interpretations and commentaries on original scripture, and this makes it possible to keep the original language and style of the teachings while having at one's disposal a myriad of commentaries, produced over many centuries. Furthermore, the practice of preserving the original teachings in the original language always offers a genuine source that remains unchanged, but allowing room for interpretation and commentary because of the differences in current culture and the original culture the teachings appeared within. The ability of a culture to keep the original teachings in the original language while making room for new interpretive forms of the teaching that are designed for the current culture is a reflection of the integral nature of humanity and humanity's spirituality, which is free to evolve and work within the current society, while maintaining a core teaching that is preserved in the original revelation.

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Humanity's evolutionary spiritual process, both individually and collectively, cannot be stopped. There is always deep social resistance at the tipping points of great changes in civilization and religion. These changes threaten old ways, and when people's livelihood and/or ways are threatened many respond through violence. Violence becomes what must be thrown off, and hate for 'others' not of one's own practices/tradition must be abandoned, and a new tolerance for what feels or seems foreign should be embraced.

The process of the emergence of new traditions and religions and/or the integral growth and evolution of current religions and traditions involves the appearance of new kinds of ways to describe or discuss spiritual life, it also involves the chance for further deepening of the Revelation of God, which may or may not contradict current ideologies.

The appearances (*I use this word here to indicate that even though there is change Truth is still the subject no matter how many years pass*) of changes in the way language is used or the practices engaged by the students of a particular religion are natural and even necessary. Consider the idea of crops, and it is necessary to rotate crops to different fields in order to keep them from depleting the ground of minerals. When an area becomes depleted (preferably before there is total depletion of minerals) of the necessary minerals to sustain crop growth and production the crops are moved, new ground is tilled, and the cycle continues.



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When the people of a religion are used to hearing the same old arguments and teachings spoken and reiterated in the same old way the message ends up being developed for the current generations and cultures. This does not say that the message in its original form (language) has lost something, and it does not mean that the original scriptures can lose its potency. However, through the inherent freedom of spirit and consciousness new commentaries are produced, and these commentaries often reach outside of the intended audience, and bring in contemporary ideas that are socially appealing and reach a broader spectrum of people. This is an integral process, and one that always embraces and transcends current cultural limitations.

Real integral spirituality transcends the want or need to act out in violence, and it is through love, which transcends our self created boundaries of dogma and belief, that has held us together over the centuries. Love is integral and collaborative, and as this moment in history progresses and evolves it is by the practice of love and compassion, and the practice of tolerance and kindness that humanity will move beyond the self destruction mode of exclusivity, violence, and hate. Thus, the ideas of forcing conversion to a specific teaching, tradition or religion in any way are not in line with an integral view of our spiritual evolution. When cultural limitations become so strong that violence has value in 'getting the message across' then it is time

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to step back and find new ways to work together, learn together, and grow together. Violence is never the answer.

We are at another great tipping point in our history and this time we are aware (at least to a small number of us) of what's coming and the kinds of changes occurring, while also growing beyond and transcending these changes. This also means we can collectively work to steer this onward rush for real integral global changes, which is exponentially growing faster and faster. We are at the horizon of a time when everyone's voice can be heard, and because of this everyone's voice can reach a much larger audience than one's local community, and everyone's voice is valuable in our global spiritual awakening. Enbrightenment is one of the first 'new' traditions (and the first Real integral tradition) to appear on Earth that is self aware of the true underlying quality of an integral and collaborative nature of humanity's spirituality. With an integral understanding comes an open mind, and with collaboration comes an integral demonstration of spirituality. Spirituality thrives in an integral and collaborative environment, and it is in these kinds of integral social environments that the future of our global spiritual evolution will occur.

Thus, what is truly integral (in theory and practice) about human development and the continual revolution of our spiritual life must be open ended, free to transform and mutate with individuals and the collective, we must provide a system of

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understanding that is self aware of its limitations, and that new tradition must continue to explore the limitations of integral ideas and concepts in relation to historical cultural developments. This practice helps to sustain a social, economic, and political environment that supports the integral spirit of humanity (*which is not bound to anyone specific system or theory – the same applies to religion where Truth or God is not bound to one specific tradition or religion*), and allows the true transcendent qualities of human evolution and development through (transcendental) integral spirituality to shine ever freer.

There is a universal spirit of consciousness within humanity that is just now becoming collectively self aware (in ways like never before) through global communications, and even with the practice of integral spirituality online (the internet). Fundamentally, the integral spirit of consciousness that ties humanity together across all ethnicities and race and culture is at the heart of all major tipping points in history, and at the heart of our daily activities and relationships. The growth of scientific knowledge has also been integral, which is just another reflection of the integral consciousness of humanity. Scientific knowledge has embraced and transcended previous disciplines, but it has not made them useless through the discovery of deeper and more profound science. Humanity has taken science in integral steps through the integral nature of humanity, human development and human evolution. Integral consciousness is at the root of our

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progressive development into technologically inclined civilizations and societies, while also growing into an ever more powerful demonstration of humanity's potential consciousness, both individually and collectively, through an integral spirit of consciousness that is pressing us ever forward in time through deeper and deeper discoveries of nature and our selves.

Ultimately, there is nothing we can do to stop this; there is nothing humanity can do to prevent our integral consciousness from finding new ways of expressing itself further and further, and in more and more profound displays. Furthermore, we are now at a time when we can take hold of the wheel of this integral conscious force of evolution and truly enter the new age of global communication and integration with a firm grip and footing held in the strong gravity of our transcendent human oneness. It is up to each person to take the necessary steps in personal growth and development, which allow us to move as one people (or as many people as possible) whom respond (to the best of our ability) to the call of humanity's integral spirituality.

Understanding what integral means spiritually is a key understanding to learning what Enbrihtenment is all about. Enbrihtenment sees itself as a continuation of the advancement of spiritual revelation, and Enbrihtenment stands on the shoulders of past religions and traditions. The teachings of Enbrihtenment are drawn from our divine wealth of religious history. The spiritual precepts that Enbrihtenment can be said to

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embody in relation to all religions and traditions devoted to Truth and God involves free tolerance (or tolerance without anxiety) towards other traditions, seeing our own religion or tradition through the eyes of another, and growing beyond and transcending dogmatic limitations that prevent integration and collaboration. Enbrihtenment as a spiritual tradition is self aware of the limitations of communicating Truth/God through any form of media, and that each person is an embodiment of Truth ItSelf, and therefore, each person is a Direct Source for God and Truth. Consequently, this also means not one religion can claim to be the gateway of Truth.

We are each already integrated into the living realm of God, and there is nothing that needs to be done in order for a person to enter the Presence of God. Each person is a medium of God and Truth, and no one can come in between you and God, there is no Real separation of you and God. Truly, there is Only God, and the idea of 'me and God' is nothing more than an idea; a passing thought. Enbrihtenment recognizes this simple truth, and Enbrihtenment respects this simple truth, which also transcends all with ItSelf (God – Eternal Self – True Self transcends all religions and traditions we create). Moreover, it is simple truths such as this that support the inter-relatedness of Enbrihtenment with other traditions. The demonstration of integral spirituality is just beginning to dawn on Earth, and with this dawning a global awakening will follow that embraces the

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integral way of humanity, spiritual practice and life, knowledge in general, and the progress of civilization. Now, is the time in our history to reach out to each other in ways that transcend our cultural boundaries and our self created ideologies, which bind our hands from working together. ***We Are One people, Serving*** (the revelation, practice, and devotion to the) ***One Truth***, and ***Alive through the One God*** (Universe - Existence); lets come together through these three principles and truths of humanity.

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**Part Two**  
Enbrightened Commentaries

## Happy Is Who we Are

True Happiness (unconditional Happiness) is grounded in the steady-state of God's Perpetual Heart Presence. In the moments where there is total surrender of the conscious feeling of (ego) self the individual (or collective) can Be Overwhelmed by the Divine Presence of Reality, which Perpetually Transmits Perfect Happiness (or Perfect Satisfaction or Security, even Perfect Comfort). Perfect Happiness is without dependency upon a body, world, and/or universe to provide a source to achieve or obtain or experience (true or perfect) happiness. Happiness is much deeper than that, and Enbrightenment finds Happiness in the Everlasting Steady-State of pure existence, which Transcends all possible conditions in all possible worlds and/or universes.

When the individual turns to God being Happy is easy. When the individual turns to the world for identity and self (ego) there is confusion, fear, uncertainty, doubt, what-if, and maybe. The worldly self is always subject to change, ups and downs, highs and lows, and the worldly self is capable of sustaining prolonged altered states of consciousness that mimic Happiness, or drown in unHappiness. However, the only happiness ego self will Ever experience is conditional happiness, which disappears and/or changes like the winds and tides of the Earth. Any self



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based on egoic qualities cannot remain happy when the conditions of the world change and suffering intensifies. Real Self exists in the midst of the perpetual changes of conditional reality, but it never draws its existence from the support of a bodily existence in some form of time and space. Therefore, fear of death, fear of eternal suffering, and fear of non-existence (or fear of literally not existing) do not appear to the Real Self, which then only leaves the inherent living steady-state of the Eternal One to Be or Exist in Everlasting Happiness.

Happiness is who we Are, and humans tend to not maintain Awareness of the natural Way of inherent humanity, which is Also the Natural Way of Unconditional and Eternal Consciousness. All that appears bodily or worldly is manifesting in and through Unconditional and Eternal Consciousness. Always remember that Happiness is where existence begins and ends; however, in the midst of inherent Happiness the whole theater of ego seems to manifest as an eclipse like conscious darkness that ignores and even rejects its very own substance (or Source of existence – moment to moment).

Remember that Reality is in Its Eternal Source an Everlasting Conscious State of Being that Is Perfectly Happy. This Eternal State of Happiness is on tap to those who are ego surrendered into God's Holy Heart~Fire Presence. Thus, to the True Devotees of God, Truth, Light, and Love Happiness is Always an Immediate Freedom of God's Inherent Liberating Fire.

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Although, for the individuals that are not quite so bodily awakened and enlivened via the Divine Heart~Fire Communion with Guru (and God) the vibrant (infinite) abundance of Real Happiness is not always obvious and whole bodily apparent.

There are No possible conditions that can remove or block or prevent anyone from the opportunity of an Instantly Available Refuge in God's Happiness from all suffering and all forms of birth and death. No matter how bad it gets, Happiness is available through whole bodily identity in the Divine One. Furthermore, through the True Spiritual Process the body/mind becomes Saturated with God's Free Happiness, and because the body is consciousness too it becomes Alive with the Living Abundance of Bright Happiness, from head to toe, from finger tip to finger tip. Devote the whole body/mind to God, and surrender All conscious states of darkness into God's Light and let them be liberated through Reality's Holy Transfiguring Fire (the Eternal, Everlasting Consuming Fire of God).

## Real 'I Am'

Enbrightenment involves an understanding, Realization, and total bodily Awakening of the One and Only Everlasting 'I Am'. In the Spiritual process there is a progressive dissolution of the false (bodily conscious) sense of I am for the Eternal I Am. One can compare the conscious progress to a kind of surrender, letting go, and/or release of the *ego coil of inwardness* regarding the individual's whole conscious bodily state. In other words, the conscious activity of identifying as the separate self (ego self) actually involves and produces a psycho-somatic (mind directing body) effect, and the individual body/mind truly lives with a conscious feeling of a contraction like conscious energy that produces a sort of conscious turning inward upon oneself. The body literally lives with the feeling of this inward turning, and this conscious activity produces the veil which hides (what is plain and obvious) the Divine Conscious Light of God, Existence, and Truth ItSelf.

The Divine I Am includes an Eternal Love-bliss Fire through which the individual feeling of *I am* is dissolved into; thus, the Real I Am becomes the individual's whole living (perpetual) condition. Only God Is fully capable of Living you, the whole body/mind. God Is Fully Capable of Being you in the

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absence of you. The idea of an absence of you in the relationship of the body/mind and God is a positive, self sacrificed, self surrendered based relationship of the body/mind with God (Truth - Everlasting Life). The Real I Am is discovered, founded and grounded for the individual through Perfect Faith in God's Divine Will, which Is God dependent, God connected, Solely God's, and God revealed (moment to moment). Think of it like this; it is like removing the conscious feeling of individual (ego based) self, it is like getting out of your own way, it Is getting out of the Way of God's grace and letting God manifest Its Light through the individual. This requires the absence of a bodily conscious feeling of being a separate identity that is other than the Divine Light.

The false I am never Identifies As the Divine Light of Consciousness, and the false I am always objectifies the Divine Light of Consciousness. The false I am creates a spiritual (ego) identity that attempts to live the individual point of view forever. This 'spiritual ego' is a false enlightenment by which the 'spiritual ego' adds the Divine Light to its identity, and the spiritual ego will claim to have a spark of God within it, as if it (spiritual ego) somehow contains the Light, and uses the Light to serve its purposes. The spiritual ego believes it will always have some kind of bodily form to possess, and this is simply a reflection of the motive to Not Transcend separative self, and it is

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a reflection of a mode of seeking that serves the purpose of keeping the false sense of *I am* alive forever.

The spiritual ego (*false sense of I am that is consciously felt **beyond the flesh** – however, this sense of **I am** is still a form of embodiment - not yet Really Transcendent of All bodily forms*) is a feeble attempt of the body/mind to worship God objectively through honoring itself in that worship. In other words, the spiritual ego claims a piece of God's eternal life for itself, and through that 'spark' of God, which it (ego) 'contains', the (pseudo – not real) 'spiritual' ego assumes it also lives forever through a relationship with God, which is sourced in this 'spark' of God it (ego self - soul) contains. It's almost as if the spiritual ego presumes that this spark of Light, which is objectively seen – *Not subjectively Realized* - because of ego identity, is some kind of regenerative fountain of energy that serves it (individual me), instead of the individual serving It.

The spiritual ego deep down views the spark of Light as an object of consciousness, and seeks to control or own the spark of Light. Consequently, this kind of false understanding and teaching of the Divine Light has been mixed up with the Way Real God truly Is in relationship with the individual body/mind. The ego (sin based - separate from God) state of life creates religion to protect itself forever by (theologically - religiously) installing an eternal heaven where the spiritual ego will live forever. True religion and spirituality find the separate 'me' (other

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than God identity) to be the (only) darkness of the body/mind. God Is whole, complete and Freely As IT Is Forever, and IT IS Always more Present and more In-tune with nature, and more Present and In-tune with the nature of (Universal) Self than any personal idea one has of who they Are. And, while humans attempt to become more in harmony and in tune with nature God has Always been in Perfect Harmony with All, so much so, that it seems hard to notice God's Divine Presence in all; that is until Heart Realization dawns (Enbrightenment).

The ego is an attempt of the body/mind to live in the past or future through a false sense of *I am*, but never in the present (the Living Presence of the Divine *I Am*). Ego is always a process of becoming, a process of turning away from and turning towards, but never satisfied with simply *being* (Now), and never actualized (in the Presence of The~Now), never truly existing as something Real (whole or complete). The false I am (separate - other than God) is never Fully capable of living you, it is only capable of living fragments, partial, sometimes, not always in control, and only through bits and pieces. The (egoic) I am creates a relationship with God that fills in the gaps, and which it pretends to surrender the individual will for God's Will, BUT only when the ego (sinner 'self') is lost and blind, or feels like death is imminent.

The (spiritual) ego, which is truly the conscious feeling of the false *I am*, must give up and/or sacrifice its own (personal

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feeling of) I am for the Divine I Am. The false I am leaves the body/mind in a conscious state of, seemingly, Always feeling confused (even if it is ever so slightly and/or subtly) between personal self and God, between self fulfilling will and God Fulfilling Will. The independent identity born from the egoic (sin based) state/activity of the body/mind is never whole bodily Aware (in every moment). The sinner 'me' (point of view 'me') is never Aware of anything beyond its current obsession, and it uses the body/mind to get what it wants, it uses the body/mind to preserve and protect these desires, and it uses religion to extend these desires for eternity.

The Real and True 'I Am' is always; It was there before the things of the past where happening, It remained as those things changed into the things happening right now, and It will be there in/before the future to greet the things of the future. The 'I Am' Is where we find our True self. The 'I Am' Is our Home, It Is the foundation of All Spiritual initiation, growth and maturity. The Real 'I Am' is inherently Present before the individual body/mind considers its own (false) sense of I am. IT Is Present before the body/mind began to fathom Spirituality, and It Is already Being (Existing) before the next moment dawns. May the Blessing Presence of "I Am" Consume the body/mind for Its Very Own Self, and may the "I Am" Live you Freely, Fully, and Absolutely Now and forever.

## life is about Self Realization

Fundamentally, life is about Self Realization, and then living through Realization (Enbrightenment) with all. That is it. The choice is easy; however, the Impulse to choose a God Realized life verses an ego driven, physically satisfied, life is compounded by the constant presence of a society that supports, enforces, adheres to, embraces, and even worships the separative person – ‘the ego driven life’. The mass or popular ‘cult’ure of the world (and even many religions) applies some kind of philosophy, ministry, teachings, and/or social pressure in order to maintain the (ego’s) status quo. The status-quo of ego is supported through the idea of a constant search or method of seeking that maintains or creates one’s ‘vision’ of who one ‘think’ one is. However, there is never Any Real Realization in the activity of ego, and all that ego feels it has accumulated as some kind of self defining quality can be taken away or destroyed. True Self Realization (Enbrightenment) can neither be taken away nor can It be given (as if one does not have It already or is separate from It Now), and one cannot acquire It (Realization – Enbrightenment) in the same way one gains knowledge or understanding regarding things of science.



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Ego is in the business of equating knowledge gained about the world (science and philosophy) with understanding of (personal) self and collective humanity. Ego sifts through ‘knowledge’ gained in order to create and/or attach the identity of one’s self and humanity to certain qualities, and to discard certain qualities as not one’s self and/or defining qualities of humanity.

This results in an activity that is consciously, personally and collectively, played out and passed down in many ways, often in religion it appears through the concept of saving oneself (*a unique separative self different than – by identity – other individuals and even God*), and others, from eternal damnation or eternal hell. This also maintains the family bond for eternity by getting ‘to see them again in heaven’, and in some ways one will meet their family members after death of the human body, but getting ‘to see them again in heaven – for eternity’ is still a reflection of the urge to sustain one’s unique existence forever. It is really about the ‘me’ staying in its comfort zone for eternity. Ultimately, the false play of religion and spirituality is about the interaction of a ‘me’ (a unique separately created identity – via God) within the universe and the salvation of that (false) ‘me’, while True Religion and Spirituality do not support or embrace the life of ego, which is the life of the false sense of self and/or ‘me’, and the life of separation and otherness, especially from God.

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Precisely and accurately, the idea, concept, and delusion of 'me', which consciously feels other than and different, not only from God, but every individual ever, Must be purged from the conscious activity (pseudo - self actuating conscious activity of the body/mind) of personal identity that is happening with each individual. No one has to achieve uniqueness or otherness, the dualistic appearance of reality (through the bodily form) is what it is already, and no one has to seek or search to find a way to appear different or other than 'others'. Everyone is inherently unique and different in some way, and it does not require any effort on the individual in order to establish one's uniqueness or otherness, and/or it is unnecessary to create a unique identity, which establishes one as other than 'others'. Ego life is blindly caught up in this tail chasing game, and ego life is afraid to look beyond this activity. In other words, this activity is the core (inward coil of 'me') of the false conscious sense of self/'me' (even whole bodily), and this false sense of 'me' is what the body/mind recycles as the center of all bodily (conscious) experience.

According to All false religion and spirituality this 'me' is supposedly something separate and different from God, it is supposed to have its own free will, and it is supposed to have its own choices in life (i.e., destiny). Furthermore, the activity of 'me' is the center, source, and ground for the creation of all religious ideology, dogma and theology that presumes God

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created separate identities for every individual. Consider a block of wax, and within a block of wax there is a wholeness and smoothness to the sameness throughout the whole block of wax. In other words, a person could cut out two pieces from within the block and neither piece would look different, and/or one could even swap the two pieces and never know the difference. If there was only sameness throughout Reality then nothing would appear, and all would be exactly the same. Every person born is unique, and each person born develops and builds a unique life experience over their individual life time. Yet, none of the activity of building and adding on and taking away from one's personal view of their own unique identity (ego) is necessary.

We do not get our personal/individual identity from what is acquired in life, instead, we are born with who we Are, and no amount of life experience can replace or subsidize one's identity. Furthermore, conventional religion and spirituality (*even most of the new spiritual movements are really just more ego life disguised as something spiritual*) are caught up in the game of seeking, searching, and/or creating personal self, when that Whole activity is absolutely unnecessary.

The whole theater of this kind of religion does not Serve True God; it only serves the darkness and evil of the world. That kind of self (and collective) attitude creates a (individual) character that is easy to mould, bend and shape into whatever kind of dark creature you like; the kind of people dictators look to

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for support. This is the way of the world. However, the Way of True God is the Opposite of this life, and the Way of True God is Actually about the annihilation (or release and transcending) of the false 'me'. The Way of God is concerned with the dissolution of the illusion of a false sense of self ('me'), which is a false conscious sense of separation from the One and Only Real Identity of Existence (for All beings of existence), which IS GOD.

The Real Process of Spirituality appears in the Process of purging the body/mind, the individual's bodily conscious living steady-state, of the False Sense of self. Moment to moment you are, Literally, making the conscious choice to relate to life through the individual (false sense of) self or the Transcendent and Eternal Sense of Self. The darkness of the people of Earth is simply bound in this idea. Are you going to Live, Breath and Relate to each other through the false sense of self (ego – personal 'me') or our True Divine, Eternal and Everlasting Self? Practice living, breathing, and relating through your/our True Self (in God's Presence Only) instead of the dark, shadowy (false – fake) life of 'me'. The false 'me' chases after many things, attempts to repeat the experiences it likes as often as possible, uses the world to achieve these things, looks to religion to extend the existence of this unique self for all eternity, it claims realization is ever changing and always evolving, and the 'me' chases all that pleases it and turns from all that displease it. But,

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the 'me' Never Really is more than a pattern in the network of the brain, or a vapor upon the ether, in Truth, the 'me' is never anything Real that can't be removed from the present. Reality can't be removed from Existence, and that which is Real Exists, and that which is Real Existence is what life is about, and Realization of Real Existence is Enbrightenment, along with whole Spiritual Cross realization comes Divine Enbrightenment.

## Personality; of ego or of God

What is personality? Is personality the same as ego? What value does personality have verses ego? Can an individual have personality and no ego? How does one understand personality in the context of God Realization (Enbrightenment)? All these questions will be addressed through the Eye of Enbrightenment in the following commentary.

Personality is not true Self, personality is an activity that can be born of ego or Divinity, but it is not something that has to be embraced or denied. Personality (defined in this commentary) is an activity of the body/mind that will manifest, through the activity of simply living and relating, no matter what an individual does to form or shape the personality into. The personality is like one's breathing pattern, and personality is like the different beats of our hearts. Personality can be influenced or pressured into (through society, religion, or philosophy) shaping our responses and relationships in life. This is done either by ego or by surrender of ego for the Life and Light of Eternal Consciousness. Personality is sort of like breathing; furthermore, one can breathe naturally or with anxiety and discomfort. If a person holds their breath until the body passes out it (the body) will only begin to breathe again once the ego is knocked out of

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the seat of (apparent) 'control'. 'Who' is embracing and not embracing? Can an activity embrace or deny more activity? Is there something separate from personality, which can embrace or deny?

The false sense of self is in the business of separation, distinction, division, filtering and so on. The false sense of self clings onto personality as if it is true Self, or seeks to create or develop a personality that is in tune with ego's idea of true Self, which is actually an endless activity/cycle empty of Realization (Enbrightenment).

Being an individual is something inherent, not something that requires effort or practice. Everyone has personality regardless of effort. Personality is bound to a body/mind, and thus, something that is made of specific qualities, fragments, experiences. It is never whole or complete, and personality can NEVER represent wholly or completely True Self. Personality cannot subsidize Realization of God. In other words, no matter how much a person is in tune with their personality that cannot be considered Real God Realization, or Realization of True Self (Enbrightenment). When a person acts like they are Realized, the Realizers always know, and they know via Heart Intelligence and Communion.

Spend time on embracing personality and you spend time on embracing something that never really exists. Know true Self, this is the way of spirituality, and personality has to be

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transcended. In the realization of True God the entire individual, the wholeness of the activity of being an individual, is embraced freely and without effort. Thus, an individual's personality is spontaneous and not bound to a preconceived and caged vision of ego, and an Enbrightened personality does not seek to become anything other than As it Is already. Life is open and free to one that is Enbrightened, and the judgments and cultural taboos are transcended because one does not seek approval of society for being natural to one's individuality. Enbrightenment understands personality is natural and subjective to the Divine Reality of Existence, and an Enbrightened personality is living in Grace. Ego is an artificial personality based on a false view of Reality and God, and an Enbrightened personality is whatever God makes of you. Yet, it is important to understand any personality born of God is based on love, compassion, kindness, heart felt tolerance, and the understanding of Truth. Allow God to live an Enbrightened personality through you, and become whole personality open unto the Divine One Only.



## Ego Worship

Abandon the conscious existence of this 'me' you have been worshipping. Many of you claim to worship God, and end up at church (or whatever spiritual institution you attend) trying to save yourself from eternal damnation or another pointless cycle of birth and death. And this may very well be the breath of your (pseudo/false) spiritual life; a life based on saving yourself so that you can live forever as some kind of everlasting bodily form, in some eternal world worshipping or just going through the motions (rituals and practices) so you might have a better life next time around. None of this has anything to do with Realizing God and/or Truth in this life, right here – right Now. No matter where you are, and no matter what bodily form you are appearing as, God is Only available right Now, and regardless of how many lives one imagines it will take to Realize God, God is Only available Now. Therefore, all the work and effort for the next life is built on a false belief that one cannot or will not be able to know God Fully Right Now.

The person spending their (precious) life on saving 'me' (your self created idea of 'me') is *Not* worshipping God that person is worshipping their (false sense of) self. All the effort to prepare oneself for a better life after this one is preparing a new body for

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their ego to live in. Everything a person does to prepare for a next life is simply preparation for their personal self (ego self) to continue its life, to prolong the feeling of personal self, and to prevent their ego self from hell and/or suffering. Realization in this sense is not attractive because of Its Transcendent Pristine Radiance and emptiness of individual/personal self; instead, Realization is attractive to the ego because it provides a way for it to live forever and/or to end suffering. The suffering only ends (disappears) with the ending of the activity of separate self.

Truly, once a person is caught up in the game of saving their self from hell and so on, the maze and darkness of this game only serves to distance the body/mind from a proper relationship with self surrender, self sacrifice, and self submitting into the Divine Transforming Brightness of God. The practice of self worship projects the most deceptive self manipulation from this (false) world-view, this darkness convinces the person adhering to this world-view (ego based) that God's true Self is different from their very 'own' self. This kind of teaching leads a person into a path of fear, and into a path that claims the individual must fear Satan and his evil (in terms of the Christianity), and these preachers tell you Satan is coming for you, or he is going to steal your soul, that evil lurks in your footsteps, and that you will be a sinner for the rest of your life; and of course all variations of religion that preach saving a separate self or a separate self that becomes Realized.

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The church (religious organization) that leads you into saving yourself from hell or achieving Realization in another life is a church leading you in the worship of your (ego/false) self. This worship of self (ego) does not serve the true Spiritual process, which can Only happen right Now. Trying to save/enlighten a separative (other than God) 'me' is not spirituality, and it is totally detached from God right now, it is total devotion to otherness, differentiation, and it is the worship of the temporal, it is the worship of no self sacrifice. It is the worship of the complete opposite of what any Real Spiritual teacher really asks of the devotees/disciples. It is the worship of (the fear of) death, darkness and evil itself, even if the charade in which this kind of message is delivered appears light hearted and expressive of love, it is based on the bodily conscious sensation of the false sense of self (ego self). Ego worship, and ego religion, serves the bodily conscious contraction of personal self, and that is at the root of all (pseudo) spirituality that teaches people to worry about next life in this life.

Through the practice of fearing death, fearing eternity, fearing Satan, fearing God, and/or fearing anything is the practice of preserving an (fake/pseudo/false) eternal self. This kind of self is destined to somehow live forever in some kind of bodily form and is destined for a (separate, unique, other than) *bodily-lived* eternal hell or heaven. However, God is the alpha, the middle, and the omega, and nothing exists other than God – *God Only Is*

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in the One and Only Eternal Light/Brightness of God. Furthermore, there is Absolutely No Way for anything separate and other than God to exist/appear in the Transcendental Everlasting Presence/Face of God.

So, where will this individual, unique body/mind that you saved from eternal hell be when even all heavens roll up into the Everlasting Fire of God's Consuming Presence? It (your body, in any form) will simply cease to exist, and with all this work to save your body (your ego self) from eternal hell it would be a shame to see it go to waste and just evaporate in the Presence/Face of God (right)? Right? God will make a way for your body to live forever, right? God has created an eternal heaven to house your separate and unique body/mind (identity) forever (the one you saved from eternal hell), and God has created an eternal hell that all those who don't make it to heaven are destined to suffer, right? If you can't save others, at least you can save your personal self, right?

The Way to worship God can Only happen in the absence of your (personal/ego) self. God seeks (progressively Realizes) ItSelf in each individual (meaning all humans are in our Hearts yearning for God's Revelation to Live us Freely - this is what meant when it says 'God seeks ItSelf'), and while the body/mind is filled with this self you have been trying to save/enlighten, God's work goes on unfinished, uninitiated, and lacking the power and grace to make any Real, long-lasting bodily Spiritual

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Transformation. The self all these churches (the ones teaching you to save some kind of eternal self from hell and suffering) and religions cling onto is a ghost in the machine, a pattern in the dust, and a vapor playing in the fog of self delusion.

True God does not make room for anything other than ITSelf, and there is nothing existing now, that has existed, or will exist that is Everlasting and worthy of Eternal Identity, the irony is that All that is apparently manifesting is inherently the Eternal Identity Already. Nothing is separate from Truth and everything that *seems to appear* (all thoughts, places, people, things, space/times, universes) is Made of Truth. How could it be otherwise?

All that apparently comes - goes, all that is born - dies, and all that exists/appears through bodily form will return (and disappear) into the Eternal Fire of God. Any resistance to God's Eternal Fire of total Sacrifice is (present - immediate) hell; it is the practice and worship of otherness, and that IS attachment to worldly life, not Eternal Godly Life. Thus, Awaken to the real darkness being taught in your church (or through your religious institution), Clearly See the false message that has been passed down for ages, come to Know the truth of this skewed message, Realize that God's Eternal and Everlasting Kingdom is 'within' you and 'you' within IT, and Existence Is Perfectly Filled with God Only (there is No Room for two). Be Alive and Live through

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the Source of All beings, things, and appearances right Now,  
which Is God Only.

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## It's Up to You

Over time, with discipline for the process and a constant returning to devotion to the process (of Enbrightenment), the Divine One Integrates ITSelf (progressively) As the (progressively) Realized (steady-state, constant and ongoing - ForEver) Reality of Existence. This is not done through some effort on God's part, God is already meeting you (in this process of Enbrightenment) as far as God can go. In other words, there is nothing left for God to Do (your alive right? – reading these words) in order for you to turn to IT and Realize. This world right here and now is already Perfectly prepared for you to Awaken unto Full God-Realization, and there is Nothing God needs to add or take away (from the universe, Earth or Reality ITSelf) for each individual to engage and progress thoroughly through the Entire whole bodily Process of Enbrightenment and Resurrection. All that is left for anyone to do Is simply hand over everything of oneself (moment to moment - ForEver) to the One Divine Reality of All.

This is why the 'Vision~Inquiry' (of Enbrightenment) practice of the disciple/devotee is so valuable, because the Guru has Already passed through the bodily stages of ego purging. The Guru (of Enbrightenment) has already passed through the

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transfiguring stages (after the Resurrection) of the Spiritual process of Enbrightenment; the Guru is a Living, in your face, Example/Expression of (Real) God-flesh. Therefore, by losing one's (ego) self in the 'Vision~Inquiry' (of the Guru) the most Valuable Way (and Way with the most God-speed) of practicing/passing through the Divine Process of Resurrection can be lived (by the individual). The 'Vision~Inquiry' of Enbrightenment is the Highest form of Spiritual practice, it is the most direct form of Spiritual practice (in Enbrightenment), and the 'Vision~Inquiry' is something that anyone can practice regardless of how advanced or how immature. Heart Communion Is the Most Direct Way, it is the Way of Immediate God As you.

The practice of 'Vision~Inquiry' yields (over time) the whole body/mind, *and the wholeness of individual consciousness*, (mind - body - soul - spirit) unto the Divine One (God), which has already been fulfilled (to some degree) within the Guru, and totally with the Guru of Enbrightenment. In the 'Vision~Inquiry' (of Enbrightenment) of the Guru an individual can ask questions (in silence or audibly) regarding what it is like (to bodily feel like the Guru) to Be Alive As the Same One the Guru is Alive As; All questions of the 'Vision~Inquiry' are Answered through (Heart~Fire) Noticing, Acknowledging, and (Ultimately) Identifying As the Same One the Guru IS (through all possible forms of the Guru's and one's own bodily appearances - in All possible worlds, places, and dreams). The individual practicing



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Enbrightenment's Heart~Fire 'Vision~Inquiry' of the Guru is Seeing (or learning to See) the Guru as their very own Self, and through the True Heart 'Vision~Inquiry' the devotee's (of Enbrightenment) body/mind is purged of the egoic conscious living experience in every part of the flesh and mind, through and through.

The way of the Guru (of God and Truth - the Guru of Enbrightenment) is not about turning (the Guru's bodily) attention to specific people and working with specific people. Whatever the Guru appears to be doing is simply God using the body of the Guru for Its Very Own Revelation, we are all connected socially and consciously, and working with one person is (inherently) working with All. This is why when an individual makes a commitment to a genuine spiritual life the changes that occur within that individual actually changes the world, however subtly or even manifestly obvious.

In the practice of 'Vision~Inquiry' the devotee may see the Guru's (any bodily) form appear in many ways, and each time there is a Heart~Fire Communion recognition in the Guru's (current 'Vision~Inquiry') appearance the individual realizes greater and greater depths of God, of Existence ItSelf. In Heart Communion with the Guru both individuals are Transcended, there is Only God. Moreover, the Guru's bodily attention functions like the Transcendent Light of God; the Guru's bodily form Radiates God Freely in every direction, and like a fire in a

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cold desert, the Guru is simply there luring those that thirst and hunger for God ever closer, the Guru is waiting on the Devotees of God to turn from the cold darkness of ego self to a proper and heart-yearning Response (to the Divine Presence of God).

Everything the Guru does is born instantly from the Divine Heart-substance of God's Living Presence, and that Is Always Grace. The Guru is like a Burning Fire, and All that sit around and submit their body/mind to that Burning Heart~Fire enter (not as if you are not there already) a Living sphere of Grace, which ultimately transcends space and time, and instantly Demonstrates Unity and Oneness (consciously) 'between' two or more people, places, animals and things. The Divine process of Enbrightenment is a Grace born, Grace enacted, and a Grace filled activity manifesting within, through and As the individual via God Only. Sitting with the Guru is like coming out of a freezing death zone of darkness and entering a Bright Living Realm of the Always Warm and Welcoming Heart~Fire Love-bliss of God.

The Heart~Fire Communion the individual (Devotee of God) discovers with the Guru (of Enbrightenment) through the 'Vision~Inquiry' (of Enbrightenment) requires the Devotee's attention and devotion; the practice must be reiterated constantly, and when one remembers that they have forgotten, that one has also already remembered their practice. IT, God's Heart~Fire Light of Eternal consciousness, is filling the universe we are

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appearing in, IT is filling the room you are sitting in right Now, IT is filling the space between every living cell of your body/mind, and IT is the Very substance of the energy and molecules that are currently forming your moment to moment (bodily) existence. The soul is made and formed from of IT, the flesh is made and formed of IT, the frowns and smiles of your face are made and formed of IT, and the food and waste of your body/mind is made and formed of IT. There is nothing appearing that is not Made or Formed from IT.

The individual searching through life for answers to the great questions that lurk in the background of (human) consciousness is looking for IT (the Living Presence of IT), and a Truly Realistic and Tangibly felt living (bodily awakened and realized moment to moment) experience of IT. Yet, it is unfortunate that most do not understand this simple Truth about life, and instead, go about life seeking fulfillment from the stuff that is appearing and without ever Really simply Realizing inherent Happiness, which transcends the things gained through a bodily form.

In conclusion, the practice of the 'Vision~Inquiry' of Enbrightenment can be performed anywhere and anytime, and all one has to do is Remember the Guru (you can find the Guru's face in everything and in all places) and that one will be in the Living Bright Grace of the Guru. This practice enables the devotee of God (of Enbrightenment) to integrate the Living

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Heart~Fire Communion found in the fleshy company of the Guru into every part of life, and through every experience of life. The whole mode of seeking Truth and God is dropped (but not completely – actually it is undermined) once the individual (enters stage one of Enbrightenment) Realizes Self (truly, profoundly, and deeply) and grows through the 'Vision~Inquiry' of the Guru (of Enbrightenment) into the Free steady-state of God's Eternal Transcendent Living Realm, initiated in the Resurrection stage of Enbrightenment. The Guru (of Enbrightenment) Is a Living Demonstration of your Very Own Realization of God. All things necessary for each person to totally progress spiritually through genuine devotion to God Only are in place and at your Service, available in Service to all that come to abandon the ego life in devotion to God, and *it's up to you*, it's a choice moment to moment.

## Ego is not Silence

Hold your breath; the body will breathe again on its own when you pass out. The ego believes it is the mind and the body, and the ego believes this because it has influence regarding both activities. But, when a person passes out from holding their breath the body takes over in the absence of ego and continues to breathe and live. So, who is Really alive; the ego (self created idea of 'me') or the Silence that persists when ego is absent, dead or dying? Ego is not Silence.

The ego sort of works like this; a person clings onto this activity of 'me', but in every moment the Silence of God always persists as the reality prior to the activity of ego, Silence persists even while ego is busy with itself, but ego is blind to that Truth. To exist is to be conscious in some form, and consciousness, ItSelf, is existence itself.

The ego engages in the constant reiteration of mind activity in order to support its very own existence; a perpetual turning to any and all activity of the mind. If one wants to break the habit of ego that one should become comfortable with Silence, the Silence of the Now, the Eternal Silence of God, and the Silence that is present in consciousness before one begins to think, after one stops thinking, and in between every thought.

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Thought is actually Made of Silence, but the ego is unaware of this Reality.

The ego is never comfortable in Silence because it (ego) does not exist in the absence of activity. Ego runs from Silence by only accepting activity as comfort. Eternal you is Transcendent of mind, and Real you is more present in Silence than in any activity of the mind. Ego can only survive moment to moment if the individual does not learn to be truly Comfortable in Real and Genuine Silence, which is how one begins to Notice, Acknowledge, and Ultimately Identify As the Unbroken Silence of God's Perfect Indestructible Light.

Keeping the mind filled with activity is a fear based state of being. I have heard people say an empty mind is the devil's playground. But, I suggest looking at this differently. An empty mind is no mind, and the place of Silence. In Silence we can listen to God's voice (which is Oneness, Love-bliss, Light, Heart~Fire, and Eternal Peace), but with an active mind we can only hear our-selves and the world. When practicing meditation pay attention to the Silence, allow the mind to pass by like clouds in the sky, and take rest from the weary life of ego. If one treats the mind like clouds in the sky (like weather, which only last for a while before it changes) that one will not become engulfed by the mind. No one can reach up and pull down a cloud, no one can hold clouds in their hands. Allow all activity of the mind to be what it is (*which is an activity not something that creates you or*

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*entraps you within its moment to moment appearance*) without Any attempt to change or force the cloud(s) to stay, leave or go away.

By letting the mind **simply be** that person will let the mind simply settle down and make Way for prolonged Silence, which is Where Real Comfort Exists. This can start in meditation and become something that remains with one throughout the day, night, and even in dreams and non-dream sleep. More importantly, the Guru (one that demonstrates the Realization of Eternal Silence) is one in whom another individual can Awaken to Heart Communion, and then that person begins to Really understand the Value of Guru, but not until Real and Genuine and Tangible Heart Communion is Realized with the Guru.

Continuing with ‘the quiet mind is the devil’s playground’, on the contrary, an active mind is the devil’s playground, it is a mind possessed of itself, it is a mind that is constantly seeking activity to feel comfortable, and evil and darkness love an active mind because it can easily slip dark and evil thought patterns into already endless stream of mind stuff appearing within the individual. And for those whom are deeply identifying with whatever thought pattern is current they can become deeply disturbed and moved by evil and/or dark and hateful thoughts and ideas. A mentally attached body/mind is totally under the influence of whatever appears in the mind. Thus, an active mind is where the darkness and evil of the world can

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become influential and persuasive. When God's Silent Presence is rejected for the comfort of an active mind the conditions for evil to influence are primed and ready. Consider the idea that many people are living right on the edge of sanity and insanity, and each moment that passes by they are struggling with whether or not they should do something crazy. This is where most people live consciously daily, from the rich to the poor, most are on the verge of total melt down, and this is considered by most to be ok and just the way life is.

However, with Spiritual practice the individual becomes comfortable with Silence, and with simply Being. The seeking and searching modus operandi of ego is undermined with Silence (every time). As an individual surrenders the whole body/mind unto that which Is Eternally Beyond (*even Beyond Beyond*), even thoughts and the constant activity of the mind (bodily consciousness) are engulfed by the Great Silence of God, of the Pristine Everlasting Nature of Existence. Thus, with Enbrightenment comes the overwhelming Presence that is not moved by any appearance of any thought or mental imagery. Be possessed by the Great Silence of Consciousness (which Transcends ego), be Comfortable in the Eternal Silence of Existence/God, and take refuge from the mind in the Silence that Is Perpetually before any and all mind.



## Ego death embraced

Ego is death. It has no real life (EVER), but is rather more like a constant reminder of an ultimately fruitless motive to seek (moment to moment), anything or whatever. Ego is a perpetual seeker. Ego self is a reminder of the ashes of a failed attempt to be something other than God or Truth moment to moment. Each moment that passes by in an individual's life that is grounded in the practice of protecting, creating, preserving, and/or sustaining the false sense of self is a moment based on fear of no self and/or (bodily consciously felt) emptiness of self. Ego self never actually exists or manifests in the Now, and ego life is a life based on a sense of self that attaches itself to the ashes of the past and the ghosts of the future. The ego is never Alive, as something Real, each moment; ego is water through one's fingers, and it is like trying to hold the winds of Earth in a jar, or the ocean currents of the world in a can. Once one attempts to capture such things in containers the very thing that one tries to capture surrounds the container, and as soon as one places a lid on the container the life of the wind or the currents of the ocean become *dead* inside the container.

The ego presumes to be separate from others, living a separate life, hidden in the darkness of your 'private' corners of

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mind; as if there are walls in consciousness that keep 'me' separate from 'others'. This kind of life is born from a false sense of self, and that kind or type of life is lived, related through, and expressed in all relationships, including one's experience of death. Unless True Self is Faithfully noticed, acknowledged, and identified As (through the Spiritual process), a person will continue to live the life of separation and otherness after death (of the flesh). Death does not force you to Realize God/Self and Truth, death is another opportunity, it is an extreme opportunity, it is an opportunity to release 'self' into the Brightness of the Transcendent Light of Reality.

At death you may See your Guru or Spiritual teacher there calling you into the Light. Furthermore, the message at death is no different than the one you heard while alive. The only difference is that the individual has the opportunity, in the most extreme of circumstances, to See God and Self 'face to face' in the absence (of a veil) of bodily form. Yet, Truth Revealed Demonstrates that EVERY moment of life is a Perfect Opportunity to Realize Self, and Enter the Divine Process of bodily Transformation and Transfiguration through the Divine (God Given) Grace of Transcending death in all forms.

Death should be embraced while living so that the True Life of God can begin to Live Now (As you) and that which is set for destruction can be put into the Overwhelming Fire of God (Achala~Da~Fire). The literal conscious processes of death (the

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moment to moment living opportunity of ego death) should be entered into while breathing, and ego death is something to be processed (fully~completely) while alive in the flesh. Life after death will simply manifest the world to 'your' point of view in other ways you are not accustomed to while alive in the flesh; however, the individual will continue to live and experience reality through the same (false) sense of self if death (itself) is not Transcended Perfectly and Eternally. Absent of already living Free (Heart Realized), if death cannot free you of the separative self, death will only be a transition from one bodily (false) sense of self to another. Transcend death, in all of its forms, while alive in the flesh; right here right now, on Earth, is the Perfect Opportunity to Transcend and become Free of death.

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## 'me'ness

Do you notice the feeling of 'me'ness? This is the source of your seeking and searching, and it is the reason most religions (especially in the west) have the idea of saving or enlightening (in the east) something, and that 'something' (popular culture may call it the soul or spirit) is apparently (currently) separate and other than God, but somehow through certain beliefs, practices and/or dogmas (through religion) finds unity with God. And, the real root of darkness is the (false) belief that one is somehow separate from Truth and God (even for a fraction of a moment). Conventional religions teach people to unite and become one, but we Are Already United and One. Thus, the conventional religions are teaching people to continue to 'miss the mark' (sin) by seeking what you Already Are.

This is the opposite of the Truth, you (we) are inherently already *not separate*. God Only Is One, God Only Is Eternal - That which is Transcendent of All worlds, heavens and hells, while simultaneously all universes are Made of God, thus *not separate*. Therefore, all attempts to save something from eternal hell or send that separate identity (other than God) to eternal heaven to 'hangout' with God (family and friends) forever are pointless and useless. These kinds of ideas do not serve the True

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Process of ego death; they only serve to 'solidify' the feeling of 'me'. None of those teachings have anything to do with Truth, God and the Real process of catalyzing Spiritual life.

The root of the 'me' is simply an activity of the body/mind, something that is unnecessary, and most people are in the business of feeling this 'me'ness and trying to save it from hell, and/or in the process of making that 'me'ness eternal.

True Self is Divine Light, and once you learn to start each moment from the Light of Truth, and live in and of the Source of All, the Real Divine Processes of Spiritual life can begin to take hold and make the necessary changes in the body/mind that support the Divine Light of Consciousness Only. We Are Light first, then the world and all the stuff of it seems to appear. This is a moment to moment Realization that is unending and ongoing perpetually because it is the Eternal Steady-State of Reality ItSelf.

Realization is paradoxical in the sense that every moment that any world or bodily form appears (that is not visibly Overwhelmed by the Brightness) the Divine Transcendent Reality is consciously (even whole bodily) asserted As Truth, As God, As Everlasting, not temporary or fragmented or fleeting. However, just making claims that you Are Truth does nothing to permanent to end the activity/mechanism of ego. The Brightness of God's Eternal Face is where we All start and finish, but it is the in-between feeling associated with a bodily form that leads to all

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these religions of saving oneself from hell or saving oneself for heaven.

True God Realization is born from the lack of a bodily 'me', and the total assimilation of the body/mind through the Divine Bright/Light of God is what happens to the human form with the death and/or transcending process of ego. This does not mean one opens the body/mind up to other feelings of 'me' or even dark spirits. The Divine Realization demonstrates that all forms of bodily consciousness (of the Enbrightened) are possessed by and through the Divine Presence of the Holy One. Truly and Deeply Self Realization is the Foundation of all spiritual growth and realization. Spiritual growth does not lead to Self Realization, Self Realization leads to a spiritual Life. Most religions are irony at best, with only tail chasing scenarios to satisfy the ego bound masses.

The body/mind has been a slave to ego 'me' pretty much all of one's life, and the (activity of) ego self has assimilated the body/mind to serve the reiteration of the self created and self accepted idea of 'me'. Thus, this is the root of what needs to be gone beyond, one should notice that which is transcendent of the body/mind, yet the body/mind is intimately integrated into that which Is Transcendent, the body/mind is Made of It. This is the core of what is 'preventing' the body/mind from Living a True Life.

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Real spiritual life is about Realizing what is Eternally Transcendent (God) of the activity of 'me'. This allows the Divine Presence of Existence (that which is eternally Transcendent of all) to literally Overwhelm the individual and Demonstrate ItSelf As both the individual and the Reality world of the individual.

'me'ness spreads its dark wings over one's life, even the basic life functions of the body/mind, and the 'me'ness asserts its dominance over all it can in an individual's life. Yet, hold the breath until one passes out and find out how quickly the ego loses 'control' over the body/mind. The ego pretends to be in control, but in reality ego never escapes the horizon of death and temporariness.

All attempts to live an eternal bodily life are born from the 'me', and Any religion that teaches people to save some kind of otherness from hell or send that uniquely created 'me' to heaven are in vain. God Is the ONLY Reality that Transcends all heavens and hells, and God Over Shines All As the One and Only Real Eternal Being. Hand over the feeling 'me' to God's Divine Brightness and be freed of the illusions of a false sense of self.

## Discipline of Intelligence

There are many ways to visualize (to think about) how Divine Reality works through us, the animals, and the universe in whole. However, it is always important to remain detached from any and all thought as if any of it is Truth alone. The discipline of intelligence is a tool, not exact Truth alone. One way is certainly Love (Transcendental Divine Love). We can look to each other in love, we can relate with animals and nature through love, and a person can love one self. This philosophy and ‘way’ of thinking about God and Truth is a beautiful way to intellectually consider or contemplate these perennial (*reoccurring ideas and questions of humanity that span our entire history and transcend cultures, politics, and religion*) ideas and questions. Holding an intellectual world-view of life that sees love as an integral part of being alive is the right way to intellectually relate as an individual with all. Furthermore, everyone has an intellectually formed world-view of life, this world-view varies in complexity person to person, but we All have one. No one can escape conditioning; therefore, we must consciously change our conditioning to support a Godly life not a worldly egoic life.

Do not dismiss the **discipline of intelligence**, it is intimately connected with the roles of learning about religion and



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spiritual life, which are genuinely valuable tools that help form an intellectually sound world-view that serves one's Enbrightenment. This is not to say that Enbrightenment is dependent upon intelligence, rather, it seems difficult for anyone to truly start their Spiritual life out *right* without some kind of education relative to the principles, practices, and so forth of God/Realization, regardless of the culture or religion the teachings are coming through.

No matter how well a person memorizes or studies none of it can replace or subsidize Enbrightenment, which transcends all possible knowledge gained or learned. Just because a person has read a book does not mean that somehow the depth of the communication of the book magically becomes the reader's. If this was the case everyone could just read such and such words and we would all magically be Enbrightened (God Realized). Intelligence can help a person approach a tipping point of realization and pass through heavy processes and purgings of ego, but only self transcendence goes beyond words. Divine Enbrightenment involves a total human transformation and maturation, or growing into and/or fulfilling the human potential through a total Realization and Awakening of Consciousness (entire body). However, the translation from Pure Consciousness into words always involves a partial communication. Language is not perfect, and it is important to understand this when exploring any philosophy (political and social), knowledge and practical

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theory (including scientific discoveries), and especially religion and spiritual philosophy. Language is limited in every area it is applied.

Inherent in The Realization is a steady-state of a truly self forgetting Process that unveils the (Eternal/Everlasting) Divine Presence (Everlasting Divine SunShine); the Divine Saturates the body/mind through all living experiences (in waking, dreaming, or deep sleep), beyond the feeling of oneness (which only comes about through point of view), beyond the feeling of certain processes of the Spiritual Cross, and inherent in God's Realization is Life beyond the need, feeling-want, or boundaries of a bodily form, and/or need for Any form, world, and relationship. Enbrightenment may seem to include different kinds of awakenings or different kinds of applied intelligences, but All of it must be Transcended, it must All be let go of and released in God's Presence for God's Presence Only.

True God Realization is not just some abstract concept that once an individual 'has it' there are no bodily correlations and/or changes that accompany such Realization. There are (delusional) issues (in modern spiritual culture) with the talk of a *process* of Realization. Many 'non-dual' (only) thinkers and talkers are one sided in their understanding (intellectual grasp) of Reality and God, and truly both duality and non-duality have applied conceptual value, but neither is Right or True. Reality is paradoxical; It Is both Perfect Oneness and Absolute diversity,

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and It (Truth) Is Beyond All of that. There is a non-dual taboo very alive today that believes any and all processes of Realization are just more delusions, and there is an ingrained, almost laughable, feeling towards anyone that discusses or even takes spiritual processes seriously.

The non-dual dogma of *Self is All*, and the dogma of *Self IS already As IT IS*, thus nothing to do, are blind spots of the immature (fresh/new realizers). Many of the greatest of the modern Realizers have said similar things, and Enbrightenment agrees to a degree. However, it is an incomplete world-view, and Only reflects one side of the Spiritual Awakening. What the people of Earth are set to Realize (historically) is that there is Much More to Spiritual Life than simple Self/God Realization. The taboos of contemporary spiritual culture have tendencies, based on a non-dual world-view (only intellectual), to ignore and/or forget about the Process of whole-bodily-awakening, the Divine Processes of the Heart~Fire~Love-bliss, and the Everlasting Pristine Awareness of The *steady-state* of God that progressively takes hold Over the body/mind in Total. There are taboos from all sorts of religions that seem to shun or look down upon various things for unnecessary reasons.

Social 'spiritual' taboos serve to instigate other taboos in the collective community, and instead of the community working together for a common spiritual growth, it causes divisions and strife. One of these taboos relates to Guru, and the value of a

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living, fleshy, bodily Spiritually potent Guru, and/or even one that has already passed. Then the flawed logic says, if All is already done, and there is nothing to do, what need then is there for Guru. The taboos related to the Guru are empowered when the fakes of the world spoil the bunch with a few of their own dirty games. This creates an air of anxiety (*rightly grounded – until one Knows for sure who their Guru is – this is especially important for those entering communities*) for the seekers of the world that are trying to find the right direction on their path.

So, with the combination of the non-dualistic taboos and the anxiety of there being many fake teachers (in the world) the Guru becomes a dark territory that most, if not all, are (socially) suggested to avoid. This taboo is compounded by the lack of Heart~Fire realization in the culture, both individually and collectively; thus, a general lack of the Spiritual Intelligence in society which could serve as a Real source for the investigation into any one particular Guru. Through one's own bodily awakening of the Heart~Fire (which makes it a subjective confirmation – a testament to one's self) one also awakens an inherently Spiritual (and inherent in each person) kind of intelligence. This is the place to begin All investigations with a Guru and/or religion, and the Heart will always give an honest, beyond words, answer/response to whether or not any further investigation is necessary. There are many kinds of intelligences, so to speak, involved with Spiritual life, and some appear through

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reading and learning, some manifest with (Transcendental) self observation, and still others come about through bodily Awakenings of the Spiritual Cross, but they ALL must be consciously Transcended for God Only.

## Trillions of Eons from Now

In this commentary one will learn about an over-view of some of the principle tenants of Enbrightenment regarding real spiritual life, where we are today as a planet in relation to a mass awakening, and how online spiritual communities can be both a positive influence and negative influence in Spiritual practice and life.

If spiritual life is not about a confrontation with the individual's conscious relationship with God (with the dying life of ego and the Awakening life of Enbrightenment), and really everything, then what the hell is it good for? If spiritual life is about reaffirming and confirming the ego life, then spiritual life is a waste, and it is not Spiritual. However, spirituality is about the life which confronts ego (*undermines it and sets it up to be totally purged from the individual*), and spiritual life is about observing the activity of ego while consciously (mindfully) transcending ego, and spiritual life is about surrendering the whole body/mind unto the Everlasting God forever.

The primary supportive and sustaining (even Transfiguring) principle of Enbrightenment is self realization, which is always instant and immediate. It is something that can always be confirmed in the now, and real self realization always

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confirms eternal self as prior to any other bodily feeling of self that conditionally and/or spontaneously springs up; through worldly conditioning of the body/mind/soul. The self/truth realized today, right now, is the same truth a trillion eons from now, all the while everything that comes to pass manifests in the eternal now; appearances change and Truth does not.

Self realization is the ground and foundation of spiritual life, which provides the instantly always available Eternal Divine Reality for all spiritual growth and realization. A second principle or primary understanding is the spiritual process, which only comes about once self realization has dawned for the individual, and it must be self realization (not anything else) that empowers the individual to release the activity of ego and to take everlasting rest as eternal Self/God/Truth.

This is a process wherein the whole body mind and soul (sum-total of all bodily forms in every possible world of existence for all possible times) are purged of the conscious activity of ego. Upon the final death of that activity comes the assimilation or transfiguration (like a new birth) of the body-mind-soul-spirit by the free and perpetually instantly tangible heartfelt presence (*which is progressively felt to be intensifying as one passes through the stages of Enbrightenment*) of God. At this point in an individual's spiritual path there is only God alive as the individual, that one lives perfectly in God's/Truth's will, and the whole anatomy of esoteric consciousness becomes a

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lively fully awakened living force of consciousness. The whole body-mind-soul-spirit comes to life through the (infinitely) abundant heart~fire love-bliss of Truth, and the entire Spiritual Cross (as I have termed it) comes to life fully and completely. This is a real process, it is a tangible, evidence filled spiritual process, and Every one must pass through, in their unique way. These processes (which also contain a universal quality for all) must happen for the revelation of Truth to be Known clearly, freely, and wholly As whole bodily Enbrightenment.

Now, let's look at what is going on lately with the idea of a mass spiritual awakening. How many people have recently 'awakened' (really) in recent history? Most (of those claiming to have awakened) have taken preparatory steps to a real spiritual life, many have gone from a world-view (thought based but not deeply realized consciously) of separation from God to a world-view of oneness (which is still thought based and abstract, and still not deeply realized consciously), and many have taken to discovering the religions of the world and have noticed many qualities regarding Truth appearing across all the religions. There have been large scale social steps towards transcending our boundaries of dogma and belief, and these steps are taking place in all sorts of social environments, especially on the internet in social networks.

Yet, looking at the types of social life in our various kinds of collaborative online spiritual communities, how many are



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really making progress beyond just changing their world-view, which is an abstract spirituality that may or possibly (not necessarily) help to undermine the conditioning of ego life? Although, if all you get from spiritual practice is a change in a world-view and no real death of what was once the (conscious) ruler of the body/mind, then instead of a spiritual change (*supported from a change in world-view, which may lead the individual to more growth and change*) all that really happens is just adding more junk to the ego's life, it is just adding to the size of the hedge built around 'me' to protect 'me' from dying, suffering, becoming non-existent and so on. That circular, self absorbed and self obsessed process of mind just makes it that much more difficult for the individual to see clearly through the eclipsing junk of ego and get to the Heart of what is really going on, what is really driving their experience of self moment to moment.

The egoic conditioning of the mind will not just evaporate in a flash; it does not work like that. Continuing, Self Realization is instant (right NOW), and self realization provides an anchor of consciousness for the newly awakened devotee of Truth. But, the storm of ego will continue until the purging process of Enbrightenment is complete, the process progresses as the Light of Self clears away the debris left over from ego's nightmare. So, what I am saying is that once people get into a community (on line or otherwise) there comes a tendency to console and to

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support whatever their mind attaches to Truth. Then when people come along with a either different view and/or more complex and deeper understanding of spiritual life, one that is rooted in real bodily realization, there appears a backlash from within the (on line) community; although not necessarily.

Online communities can end up as a hedge that ego can turn to in order to maintain its comfort zone. It ironically serves as a life force and source for ego rather than something that undermines that activity so the body can Serve God only. These are mostly integral and collaborative gatherings of people from all walks of life with honest hearts looking to know God and Truth fully. However, people get tangled up with the courtesy of respecting others culture, the practice of not offending, and this practice often allows the community to become complacent and like a stagnant pool instead of a vibrant transforming ocean of God and Truth. It is generally because not one particular tradition serves as the authority and therefore, people tend to accept all authorities on religion and spirituality; thus, the community ends up stalling in what it can offer for spiritual growth (of course all spiritual methods or practices are limited in their own way).

Of course there are ways of talking with our brothers and sisters that are more compassionate than others, but ultimately, it is a confrontation of an individual's old life of ego with the New Life of Truth. So, feelings are going to get hurt, people are going to get upset, and what was once ordinary and normal (ego life)

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becomes unwanted, and like a disturbance. Those are signs of progress and growth; a shell ‘cracks’ open for the tree inside to grow: the ego’s dying carcass makes way for fertile soil for the spirit of God. For those just awakening, the urge to heart commune, love, and treat each other with kindness gets pushed around by their old conditionally ingrained habits of egoic activity.

Moving a bit deeper, online (internet based) integral collaborative~spiritual communities (which is something extremely new to humanity) can Really support continued spiritual growth (individual and collective). These communities can provide a place to not allow ourselves to become stagnant and bogged down in a pseudo safe-zone of spiritual life. These online communities offer a collective practice of integral and collaborative spirituality that transcends religion and tradition, but does not abandon our uniqueness or inherited cultures and religions. **Satsang** (a Sanskrit word) is the company (the Guru) of Truth, and Sangha is the community that forms from the company of Truth. In the sangha there is a collective practice and discipline of not allowing the old delusions of ego life to interrupt the devotee's spiritual practice, and there is a confrontation (social support to maintain a life free of ego) from all those living in the sangha amongst each other, and the online environment serves as one kind of Sangha coming together for Satsang (God and Truth).

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With maturity of our communities comes the ability for everyone to participate, and no one gets upset and leaves, we all learn to have a thick skin and to endure the criticisms that come from our peers, brothers, and sisters, whether they are right or wrong. This is a duty of those participating in the sangha, it is a selfless duty in service to all participating, but it must be done with mindfulness. This is also a basis for creating and sustaining an online sangha that transcends religion and tradition. Many communities end up playing spirituality, but never really get into the guts of the full Spiritual process, and the guts of ego require exposure (by the Divine) in order to root them out, burn them out, and/or purge them out totally.

Ultimately, online communities have to learn to balance the activity of being critical with the activity of kindness and compassion, while simultaneously growing beyond current delusions and short-falls of the ego life amongst those participating. One of today's big challenges is about engaging your online collaborative~spiritual community (or communities) in a way that works to maintain a balance of growth and love, and support of each person's unique spiritual progress. All while not letting the (online) sangha to become a people petting resort and/or creating an environment where the ego thrives.

The current state of our global Spiritual Awakening is moving forward, and with the internet and the collective possibility (of most if not all people) to research into our various

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religions and traditions, people are finding new ways to bring their spiritual practice into everyday life without shoving it into everyone's face and/or forcing people to notice (like a child seeking attention). Through our continued global awakening as one people we must learn to transcend our differences, accept our brothers and sisters as they practice their religions and traditions, all the while growing together, working together, collaborating together, and demonstrating our true integral nature of humanity. This is not an overnight change, it will not happen in the blink of an eye, or in the flash of lightening, there will never come a day when the world (all together) is forced to Realize God and Truth; there is nothing that will ever happen (end of the world scenarios) that can make everyone come to Know God and Truth all at once.

Finally, we can't allow ourselves to become involved in eschatology (end of the world prophecy and Armageddon) over love and compassion, and try to force everyone into one religion (*and there are so many that think the world will belong to them, to their religion, alone*) because we will be moving further away from our transformation as one people. Instead, this is a much slower process involving all traditions and people that requires patience, humility, faith in God alone, meekness and compassion, along with Godly love and Godly transcendence. Every person matters, regardless of 'color', race and so on, and each person appears equal in the Eye of God's Light. The old ways of isolating our religions and/or practices from other religions and

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cultures will not move us forward in the Divine global process of Enbrightenment. Start with God's Vision of All, and re-build your relationships with All based on That, tolerate our differences and embrace our commonalities, we All must work together because we Are one people Alive through One God.

## Ego does not Serve God

Many people do not realize they are deeply seeking (True) God. True God is always Present and waiting for your attention, but if you are spending your time on seeking a new style (of clothes or personality), spending your (precious - moment to moment) time searching for the last thing that 'made' you 'happy' you are wasting that time. In the context of a Spiritually Enbrightened life, the conditional forms of bodily happiness must be observed, understood, and not attached to and/or a person should consciously abandon the urge to seek self fulfillment from these experiences. Moreover, there is a difference consciously between the (bodily conscious) state of ego seeking from life experience, in which the very activity of ego itself is just more seeking, and one in whom their body/mind consciousness simply lives all these experiences in the absence of the binding power of ego self. Upon first glance, the appearance of an Enbrightened person verses one in whom the ego still serves as ruler (one in whom there is self created suffering) is not different, but there is a difference in the actual conscious state of the Enbrightened individual, and this appears as a conscious realization of ego transcendence. Enbrightenment or God Realization (the Freely available Infinite Source and Resource of

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all moment to moment life experiences) Serves as the moment to moment Living Source (consciously transcendent of time and space) for all conscious experiences and relationships.

Ego, which serves the personal self Only, never Serves the Divine Process of Enbrightenment (God's Realization), and ego attention/consciousness will Never Serve True God; ego consciousness is simply, and only, counterproductive to Divine Enbrightenment. Ego is a lid on God, although this terminology is strictly metaphorical, the ego mind just can't See God; it never has and it never will. Ego thinks it sees God, but that vision is actually an *eclipse like* blotting out of the Divine Light of Consciousness and placing itself in 'front' of the True Light. Ego works only in the context of fragments and separation, and the activity of the inward coil of the false sense of self closes off the individual's Recognition of the Divine Everlasting Transcendental Conscious Brightness of Reality, which progressively becomes blatantly obvious with the death process of ego via one's total Devotion to True Eternal God.

The conscious activity of ego is a conscious dynamic that draws (all bodily) consciousness and/or awareness inward toward an empty and false center of self, however, Enbrightened consciousness simply sees the whole body/mind as an activity of God ItSelf thus freeing the body/mind from the contracting like feeling of the false sense of self, and making noticeable the Transcendent steady-state of God's Consciousness. This is why



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ego does not nor can it Serve God or the Spiritual Process of Enbrightenment. Ego serves ego, and God Serves God.

God Is Perpetually As IT Always Is, IT needs nothing, nor has It Ever experienced any motive to seek or search (albeit, ego expresses these kinds of qualities). IT does not Love or seek one person more than another. IT Is indifferent to all the works (evil and good) done in ITs name; IT only Knows those that are (progressively) Turning to IT for Everything, In Every moment.

Unless the individual changes what they are seeking in life and Turns the living activity of the body/mind to responding and (ultimately) *living* God instead of seeking God, or anything in life, God simply waits in the 'background' of ego life. God simply Remains As IT Perpetually IS whether the individual Realizes this or not. The activity (*of seeking through the ego mind*) of seeking something else besides God is released After the individual stops seeking what Is Inherently Present (As Reality), after the individual makes the Leap of Faith (out of the clouds) into Self Realization (into stage one of Enbrightenment), and after the individual stops searching for God and Realizes God. By taking the Divine Leap of Faith into Self Realization (out of the clouds) one notices seeking and searching come to a close and end (with right heart realization) with Perfect Satisfaction in God Only.

All Must seek (but not as if God is absent) God with everybit (every fiber) of one's being, All Must turn their Full

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conscious Attention on the Realization of God (God's Realization), and All will be Transformed by an active (moment to moment) surrendering of all consciousness unto the Divine Reality of Existence/God. Only After you have turned All unto God will the Realness of Reality Overwhelm the body/mind progressively (the Divine Processes after the Resurrection from the right-heart) and ultimately Assimilating the wholeness of the individual's Entire Living experience (moment to moment) As Its (God's) Very Self.

In the company of a genuine Realizer the Heart~Fire moves within those present (especially those there that are simply there for Heart Communion), and catalyzes the Awakening of the Spiritual Cross through God's Grace which Radiates through (all bodily forms of) the Realizer. In the company of Living Heart~Fire the effortless One immediately and effortlessly responds to any (one's) attention that turns to (IT) that (particular) Radiant person. The depth of the (individual's) 'Vision-Inquiry' of the Guru (*the one that Transmits the Eternal Steady-State in Service As Guru*) reveals the depth of that individual's (Realization of) Heart~Fire Communion. True practice of 'Vision~Inquiry' of the Guru involves a process wherein the Devotee's whole/entire spectrum of existence (the sum-total of that individual's consciousness and unconsciousness) is surrendered unto Heart~Fire Communion with Guru. Each individual's 'Vision~Inquiry' of the Guru involves unique

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(relative to each individual's spiritual path) processes of Enbrightenment that work to yoke the whole body/mind and soul to the Guru's Heart Presence (the Great Living Anchor of Eternal Life). This is the principle Way of practicing and Serving the Divine Transfiguration of Enbrightenment, this the supreme Way that Serves the Divine Processes of Enbrightenment, and the one conscious activity of life that cannot Serve God is realized to be the personal activity of ego.

## Indestructible you

Discover the Indestructible quality of Reality through God Realization, which is Really Only God's Realization manifesting ItSelf (progressively) freely individually and collectively. Let's be clear, God's Realization did not come about through some kind of process, and truly, '*God's Realization*' (defined within Enbrightenment) Is the Inherent Everlasting Omni-Present bodiless Consciousness of existence. God's Realization is the Realization that Transcends all bodily and worldly realizations; God's Realization is beyond all urges and searches for bodily realization. It is the One and Only Realization that does not require a process of realizing, but the human that comes to Know, and/or realize the Brightest Everlasting Radiance of Divine Being, which also means whole bodily identification with the Divine One, has come to a realization of Eternal God/Truth.

All realizations that manifest through a body/mind occur at some moment in that individual's life, and when a person Realizes God this also happens at some point in their life, but this Self Realization intensely catalyzes whole bodily realization (or whole bodily identification As God) and the seemingly abstract Realization takes on a tangible living quality that engulfs the

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entire body/mind within Its Divine Fire, thus, leading into and through whole bodily transfiguration (Divine Enbrightenment). All life is a process, all bodies pass through a process of existing (which includes a world involved in a larger process that both includes and transcends the individual's processes), and in the absence of some kind of change (which means process) nothing and no one exists; there is only bright stillness. Realization really means Satisfaction or absence of seeking and searching, it is a kind of Conscious stillness. It means one has stopped wondering. Eternal Reality Consciousness does not wonder. Truly, that which is Everlasting Being is Also Everlasting Consciousness. Eternal existence Is Eternal Consciousness, which Is Everlasting Realization that both transcends and includes the individual, even whole bodily.

There is no way to describe the Indestructible One; however, there is a Way that the Indestructible One can be communicated, and that is through (THE) Substance (of God/Reality/Existence), which IS the most fundamental form of (unbroken - without limitations) Consciousness (in existence and God). Each human is fully equipped with an anatomy through which the total Spiritual process works, and this (Core of the) anatomy is called the Spiritual Cross (in Enbrightenment). The Substance of All Consciousness (of Existence) Commune-icates ItSelf to each individual (and collectively) through the Spiritual Cross, and (Only) the Indestructible substance (of Consciousness)

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of God purges the Spiritual Cross (and the sum-total of individual consciousness - through and through) of the egoically based false sense of self.

Truly, there is Only One Substance of existence and all that is, has been, and will be, manifests through the one and only substance of Reality. There cannot be more than one substance of God and/or Existence, and the Substance of God is (*also your Substance*) wholly connected and perfectly unified and undifferentiated everywhere existence exists; ultimately, the Substance Is Indestructible, having never been born, and the Substance will never perish. There is nothing that appears which is capable of destroying the Very Substance from which it was born. Imagine two whirlpools, now consider a collision of two whirlpools and the two end up becoming one, but that interaction and/or merging does not alter or fundamentally change the water (substance of the whirlpools). All patterns that appear in existence are of the One Substance, and nothing appearing has the power to destroy the very fabric of its own existence.

The Indestructible Everlasting Presence of God is not something that can be Known from a separative (egoic) point of view, like a whirlpool does not notice the water of its form (figuratively speaking), but it does notice other whirlpools. Philosophically speaking, two things of different substances cannot know each other. Moreover, that which is other than and separate by substance has no way, nothing in common, with a

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thing of a separate substance. The philosophical analogy here says if there is a separation of substance between two things, neither one can ever Actually Know the other. Now look at the concept of Enbrihtenment, and imagine that the ego (false) identity is a whirlpool in water, but True (God) Identity is the water ItSelf And the whirlpools. Continuing, it is not wrong to say the whirlpool is water, but it would not do water much justice (as in identifying what water Is) to say it is a whirlpool.

Egoic identity will never be able to Know the One Identity of God (Realize or become Enbrihtmented). The egoic activity of the body/mind appears consciously as an imploding (fear based) mechanism of bodily awareness that perpetually activates to manifest the feeling of 'me'. In ego life the body/mind turns upon itself as the center of experience, and there is a conscious dynamic that goes along with this inward feeling of 'I', and it is an entirely personal endeavor and venture. Each person is responsible for this activity, thus, each person is responsible for engaging a genuine spiritual life that catalyzes the Divine Process of ego death (Enbrihtenment), and no one can do this for another. This is a self sacrifice because (not necessarily) you (each person) are already making the commitment moment to moment towards the ego life, and towards the constant activity of ego self actuation (self becoming, but never really being). The individual must surrender the activity of the egotistic identity, the activity of seeking identity (As if It is somehow missing).

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Genuine spiritual life (lived based on being already Realized) supplies the individual with the necessary Divine Grace to engage this process whole-heartedly.

The inward coil of consciousness (ego self) plays the role of the source point of identity for the individual (the feeling of 'me'). This activity mimics the unbridgeable gap between Real Self Realization (True Sense of Real Self) and pseudo self awareness (the constricted bodily quality) of 'me'. The individual functioning from the egoic life is unnecessarily creating a false sense of self, furthermore, the false sense of me is perpetually in a constant state of flux and change; ego is in a constant state of destruction and creation. Ego requires non-stop reiteration, and this leads to an ongoing and unending activity of seeking self, or truth for self, or eternal life for self, whatever brings happiness to self, and so on.

In relation to the analogy of substances and not knowing each other, the ego can't know God, nor will ego ever be able to Know God, become enlightened by God or become an eternal self Like God. Furthermore, ego is bound to a point of view, and ego cannot transcend point of view without losing its very own 'feeling' of existence. Self transcendence generates the feeling of fear to the ego mind, and any time ego seeks to go beyond itself it inherently sets itself up for death (ironically). There is nothing that ego can find in life, act out in life, no set of rules, and no set of practices that constitute a Way for ego to last longer than a



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thought. Spirituality is an engaging practice of personal transcendence, transcendence of point of view, and transcendence of death through devotion and total bodily surrender unto the Everlasting Indestructible Consciousness of God.

Ego identity and Everlasting Divine Self Identity are likened as two separate substances of identity. The two shores of identity are unbridgeable, and it is absolutely impossible to See God as ego; moreover, to See God one must lose self in the Vision/Sighting of Eternal Light. This does not mean the individual loses the ability to function in life, or that a person might lose their ability to function in life if the ego is absent. The idea of needing ego for the mundane purposes of life is simply ego playing more tricks on the individual. God Is always Inherently Fully Capable of living you in Total, moment to moment. Fear creates the feeling of needing the egoic interface (like software inter-face) of bodily consciousness to function, however, that idea is fundamentally wrong.

No one can serve two masters, holding onto the idea of needing some kind of egoic relationship with life ironically demonstrates a person's Lack of Faith in God's Perfect Will, and clinging onto ego as if it is dangerous not to have this function in life is a demonstration of an Absence of Real Faith in God's capacity to 'safely' Live each individual As ItSelf. The ego is so sly that it convinces the individual it is necessary to continue this feeling/activity of 'me' in order to live safely in the world, but that

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is a pack of lies told to oneself because of fear of giving up oneself, for fear of a lack of existing, a fear of the end of existence for individual self. The fear turns out to be the heart beat of ego and Only Perfect Faith in God and Perfect Faith in God's Divine Will for one's self can conquer this fear of not existing or not living safely. Fear is no substance at all, it is based on a false understanding of Reality and God, and fear draws its life from the fountainhead of an absence of Genuine Self Realization, and an absence of Genuine Faith in God.

Ego identity is an identity that requires constant renewal and constant rebuilding, along with a perpetual acceptance of what seems to be the current form of one's personal identity (which is shaped - moment to moment - to fit into whatever culture ego chooses). The Eternal Steady-State of God forces ego self into a constant state of destruction, and/or pulling the rug from under it through the always present Eternal Consuming Fires of God. Everlasting God is perpetually the Current Presence of existence, and It Is the One Identity of God (and us) that does not depend on a body, a world or a universe to exist; God's Eternal Realization Transcends all possible points of view, bodies, worlds and universes.

Ego requires all sorts of things to be, and Everything the ego identity can possibly imagine itself to be is no more than a thought or an interpretation of experiences of life (temporariness), and every thing the ego identifies as or through

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is something acquired through bodily experience. Thus, ego is a life not based on substance, and ego life is not beyond the hope of another experience (never being satisfied), ego self is not bound to any substantial (lasting) identity, and there is no Real Spiritual (Unchanging Identity) Foundation for the ego. The greatest mistake people make in regards to the slyness of the ego is that they form a metaphysical world-view (and/or a religious world-view) that says the individual self (separate from God by identity) is destined to live forever in some kind of bodily form. Most religion is designed to save or enlighten the sense of ego self. However, the identity of ego never lasts longer than a micro-second. True Identity is Indestructible, and True Self is free of the motive to change Identity. True Self has no need to change. Why would Perfection seek to be less than what It Is Inherently, and why would True Self seek to be more than Perfection?

The Indestructible Nature of God/Existence/Reality is our Eternal Home of Instant (and Perpetually Tangibly Present to the Devotees of God) Satisfaction and Perfection, with unending Peace, everlasting Love-bliss, and Infinite Heart~Fire. Ego is a life of constant destruction, and constant reiteration of what is subject to change, deterioration, decay, and annihilation; and that kind of personal identity lives in constant fear of death (non-existence), but we are all called to a life of Light, Love-bliss, Heart~Fire and a Freedom of Self that Transcends birth, death, creation, and destruction. The Indestructible One Is Omni-

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Present Brightness and Pristine Transcendental Consciousness, which has never needed, looked for, wondered about, pondered what-if, considered anything, and God (your True Self) has Eternally been Free. The Divine~Only Is the One Pristine Indestructible Reality of True Life, we are All made of the Image of the Everlasting One, and our living expression is simply God Alone As the Eternal Am (of the Now), however, each person is responsible for Realizing This via sacrifice of ego self. This is my living Testament given, It (God) is my living Realized Confession, and the Indestructible God of Eternal Consciousness is your calling and destiny; God is always the immediate context of your moment to moment existence.

## Reality – ItSelf – is Alive

The spiritual process (of Enbrightenment) reveals to each individual the true living steady-state of Reality. Reality is alive, It Is over flowing with Love-bliss, and the perpetual ongoing steady-state of our Living Reality is the Source of the bodily Awakening of Heart~Fire (Awakening unto the Living Presence of God). The revelation of the Spiritual process begins with Self Realization (*although there are many experiences that incline the individual for Self Realization before that personal moment happens or passes*). Realization and the Spiritual processes associated with Enbrightenment reveal the Very Same Identity and Realization of God. Enbrightenment is a transcending of all and embracing of all through Everlasting God, Reality, and Existence, and True Heart Realization DOES lead an individual to See Reality through Truth. Enbrightenment is to See Reality As It Is eternally, and Enbrightenment is to see all things of Reality as simply non-separate from oneself.

The living steady-state of complete bodily awakening of the Divine One is a process that comes once the individual has passed through the personal event of Realization. That personal event is the ground, foundation, and beginning of Spiritual life. Taboos (and/or dogmas) that dismiss the processes (*of the*

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*Awakening of the esoteric anatomy of consciousness - Spiritual Cross*) are not based on actual experience, but abstract conceptualizations of God and Spiritual life, and these kinds of taboos are based on a condescending view of the body/mind (usually appearing in the frame work of some kind of pseudo non-dualism). These taboos are born from people not making it beyond the mind (and/or ego) when considering True God and Divine Reality.

In the beginning and/or for stage one devotees of God, the living intensity of the steady-state of Heart~Fire does not always make ItSelf perpetually (ongoing - unending through being awake, asleep, or dreaming) Known and Tangibly Felt within the individual's context of daily life (living experience). This does not mean to conclude that the Heart~Fire is not important, real, a result, and/or a sign of Self Realization. In the spiritual process, which involves and includes Self Realization, many bodily experiences spring up, awaken, and/or demonstrate certain dynamics through bodily consciousness. Furthermore, ALL bodily spiritual experiences manifest through the Spiritual Cross, both individually and collectively. This is where the Guru, *one that has passed through many - if not most or all, of the major bodily processes through which the Divine Self transforms the individual (and collective), Shines in True Value.*

The Spiritual Transformation changes the individual's bodily conscious steady-state of living existence from an egoic

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(point of view) based conscious relationship with life and God to the Single and Sole View of God ItSelf, which is Freely Expressed individually as a unique bodily point of view, through which the Divine Everlasting Reality is Realized and lived As the individual's steady-state of living existence. In other words, the individual's living existence is changed from a life of separation, otherness, and differentiation from God and Truth unto a life lived and breathed through the Truth of Reality, and through the Eternal (bodily absent, but bodily Tangible) Consciousness of God.

This transformation is something the Guru has lived, and the spiritual Process has Awakened the steady-state of Heart~Fire, Light, and Love-bliss that radiates from the Guru's bodily form. The Devotees of God that Are Heart Awake will notice this Radiance, and in that Recognition Heart~Communion becomes the Real Communication, the Real Teaching, and Real Value of the Guru. Once the individual Realizes Heart Communion with a Guru the bodily processes that follow Self Realization can be initiated and catalyzed with God-speed. A person may be Self Realized in an Instant, but that pesky ego keeps rearing its head involuntarily, thus, the need for the Heart~Fire Spiritual Process that purges this Completely from the individual.

Then the Signs of the Awakening of the Steady-State of the Tangible Heart Presence of God can progressively and

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ultimately Overwhelm Every living moment of the individual's living experience. Self Realization relieves the individual of the search for Self, God and Truth, and with that release, or blowing out of the drive of ego (seeking self identity), the body/mind can thus be transfigured through God's Grace, Light, and Holy Heart~Fire. The taboos of the Guru, the Value of the Guru, and the ideas that dismiss the Divine Process of complete bodily Transfiguration are born from a lack of depth in the Awakening of Heart~Fire Realization.

The Truth of Total God Realization demonstrates both the Instant, Immediate Realization of Everlasting Self, and the Progressive, the Divine Transfiguring bodily Processes that follow. Do not dismiss the body/flesh as something that will simply return to dust; instead, be Transformed throughout the entire body/mind, through and through, by the Divine Heart~Fire Presence of God, which is Reality Alive (as One Reality Presence appearing As all simultaneously – right now). The One True Way to Know if the Guru is of any Value to the individual is through Heart~Fire recognition, through Heart~Fire Communion and with that confirmation and verification, the individual can simply breath the Heart~Fire and grow through that, and then properly understand the limitations and values of learning and study in relationship to the Spiritual process (Enbrightenment).

The Guru will always acknowledge there is a process that appears within the context of the body/mind, albeit, the depth of



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the Guru's understanding of the True Divine Processes that follow Self/God Realization is not equal across the field of those serving in the Way of the Guru. Self Realization is an instant and immediate Realization, and with Realization the body/mind can then be purged of the old conditional (false sense of) self, thus leaving Only Reality ItSelf Alive as the individual. Heart~Fire Love-bliss is the living Presence of Reality (of God) that provides the Fires capable of fulfilling complete ego death (Realized in the right-heart of the Spiritual Cross). Enbrightenment involves a total human Awakening of the Divine Consciousness of Reality, and through this Awakening, and Awakenings, one Realizes that Reality, Alone, Is what IS Only.

## Living Transcendent Realm

The bodily Realization of the 'Living Transcendent Realm' only appears in the final sub-stage of the Resurrection stage. However, even at the beginning of Self Realization the 'Living Transcendent Realm' of God is the Commune-ication, and the Divine processes of the Awakening and Enlivening of The~Only Realization of Existence (for the individual) all manifests through the anatomy of the Spiritual Cross regarding the human condition. The dynamics of the Spiritual Cross are not the Realization of God, or the Realization of the 'Living Transcendent Realm'; instead, the anatomy of the Spiritual Cross provides God's Realization with the proper anatomy for Full, Constant, Ongoing Commune-ication of the 'Living Transcendent Realm' of God throughout the entire body/mind; As All.

The 'Living Transcendent Realm' of God Saturates the body/mind thoroughly from head to toe, and from finger tip to finger tip; ultimately, this IS whole bodily Enbrightenment. The Spiritual Cross is the anatomy of the Eternal Commune-ication of the 'Living Transcendent Realm' of God, and the dynamics, effects, currents, pathways, chakras, the kundalini, the eye, the light above the head, the heart-presence of the three hearts, resurrection current, and every possible movement or motion or

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activity of the Spiritual Cross is Not the Realization of Truth (of Truth ItSelf), all of that activity is Actually the Activity of the 'Living Transcendent Realm' of God through the bodily/fleshy form (of you - each individual). As True Divine Enbrightenment (3<sup>rd</sup> stage Enbrightenment) dawns for the individual the Spiritual Cross comes to life, and the 'Living Transcendent Realm' of God is Realized As the Source for all spiritual Transfigurations (past, present and future). The Spiritual Cross and the living inter-play of the dynamics of the Spiritual Cross within and through the individual are the workings and play of God (Living Transcendent Realm).

Spiritual traditions of the past have confused the inter-play of the dynamics of the Spiritual Cross (esoteric anatomy of consciousness) with various kinds of God realization. Yet, the Truth is that none of those activities Are Truth (God Alive and Realized). The 'Living Transcendent Realm' of Existence uses or works through and/or Lives through, and As the Spiritual Cross; and all the dynamics and activities which appear or manifest from the inner liveliness of the Spiritual Cross are God's activities. The progressive awakening of the Spiritual Cross for each individual is a Sign, and that liveliness is simply evidence of God's Awakening As you, which also marks the (progressive) death of the false sense of 'you'.

Let this be Clear to All, none of the realizations of the Spiritual Cross Are Enbrightenment, and Enbrightenment

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becomes Understood once the individual no longer seeks or searches through specific activities of the Spiritual Cross for Self Realization. There are some mis-understandings regarding all the various movements, experiences and activities of the Spiritual Cross, and many people attach Self Realization to specific experiences or that Self Realization only happens when certain (conscious) feelings of Transcendental unity come around. Divine Self Realization is Transcendent of the activities of the Spiritual Cross, and those manifestations of various experiences and visions all result from the awakening of the Steady-State of God As you.

Seeking or searching for specific experiences that manifest during one's Spiritual life is a play of the ego. In the midst of this delusion the body/mind confuses the Spiritual Cross (or parts of it) and all its activities as something working for it (ego self), and something that serves the enlightenment of (ego) personal self. The root of the delusion is 'me' and in the absence of 'me' the True I/Eye can Live you/me. Then the individual body/mind realizes that the activity and grandiose experiences (which turn out to be ordinary and natural) of the Spiritual Cross are there to Serve the Divine One, and not the personal 'me'.

Here in resides one of the greatest illusions of current religion and spiritual traditions, including all the lone wolf (light workers) spiritualists; the motive for self enlightenment is at the root of seeking and searching through the Spiritual (anatomy)

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Cross for specific experiences, visions, revelations, and so on. Fundamentally, in every experience (of the Spiritual Cross), whether it is a vision of your Guru or Christ or whatever appears to the individual, there is nothing to seek or search for, and there is nothing to be achieved or held onto (such as trying to maintain certain yogic experiences or certain states of consciousness). Really it is not important to maintain one's consciousness (bodily consciousness) in any particular state of consciousness. Truly, Real Enbrihtenment is not only about understanding the various bodily states of consciousness, but Real Enbrihtenment also understands there are stages of growth that are involved in the Divine Process.

A person at any stage of Enbrihtenment may experience some of the more esoteric forms of the Spiritual Cross (like 'entering' the Light in the Crown Star or the experience of the frontal - of the body - yoga of a downward flow of the Divine Light form the Crown), but the experience is temporary, and any urge to re-experience such phenomenon is simply a reflection of ego attaching itself to the experience or particular experiences. In conjunction with this mode of seeking to return or re-experience certain yogic states the egoic personality tends to claim Realization because of such experiences or that person may feel that it is their yogic achievement and their enlightenment. A person may experience many wildly extraordinary things through the Spiritual Cross, but there aren't any particular forms or

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experiences that must be repeated or held onto. Any attempt to repeat, hold onto, achieve, open up, and so on actually creates limits and holding patterns of the Spiritual Cross that are artificial (egoic) and not born from the Spontaneous One (Living Transcendental Realm). The ego has no clue what to do with the Spiritual Cross, but God, the Everlasting Divine Consciousness of Existence, Knows exactly what to do with the Spiritual Cross. God knows how to 'use' the Spiritual Cross to work with others, within the environment, and so on, but the ego tends to 'use' the experiences and/or powers of the Spiritual Cross for its own means to serving the ego life, not a Godly Life.

This (Enbrightenment) is the Call to turn to God for the activity of All your consciousness, turn to God Only for All moments of Existence As one's Very Own Self. Surrender (Fully) the attraction to a personal self will (in the practice of Vision~Inquiry); God Is Fully Capable of Living you. Truly God is at the 'end' of every personal journey and path, God was at the beginning and God Is Perpetually Current before the next moment dawns in one's path. The journey is the destination. One's spiritual path manifests in the 'Living Transcendent Realm', so by Realizing the 'Living Transcendent Realm' (destination) one can travel/live their spiritual path freely without looking for an end.

See through the sneaky illusions of self enlightenment, take Eternal Refuge in God's Presence, and surrender all free-will

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of personal self unto the Divine Will for All. When an individual gives up their will for the Divine Will there is an assimilating conscious experience of the Eternal One Demonstrating Its Overwhelming (Over-all) Presence, in which the disappearance of 'me'/self Is Clear in the Sight of Truth, in the Sight of The~Only. Awaken to the 'Living Transcendent Realm' of Existence/God and take Everlasting Rest in Perfect Peace~Love-bliss.

## Living Transcendental Nexus

There is an Inherent steady-state of consciousness built into the Very fabric of existence. The nexus (defined as the inner core or connector of all) of Reality IS Everlasting Being, and that Eternal being is Pure Consciousness, unbroken and undifferentiated, always As It IS, and forever without the need of a body, form, and/or world to exist within or through. In other words, the Everlasting steady-state of God (which is Reality/Existence) is Absolute Consciousness beyond time, space, form, birth or death. Furthermore, the human body/mind, which is simply a modification of Pure consciousness, is not separate or other than Pure Reality. However, the conscious identity of the body/mind lives a false relationship with life and God (Reality ItSelf), and that false sense of identity is a reoccurring activity of consciousness that binds (strictly) the individual's experience of self to conditions and bodily life.

Ego identity is the unnecessary result of this activity, and ego is the life of this activity of bodily consciousness. Pure, *transcendentally omni-present in, through and As All possible appearances*, Consciousness is not an activity, It (Real Self Identity) Is The Presence of existence ITSelf. Ego identity is all about activity, action, and doing, achieving and so on, but our



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God Identity IS even in the absence of appearances, form, shape, pattern, action, dynamic or movement. God Is, whether you (bodily) are or not; whether Any thing is or is not. The fragmented and fractured identities of ego are inherently incomplete and ever changing, and ego self never last beyond the next thought or idea currently playing the role of self. Ego identity is simply the juxtaposing of various thoughts, ideas, mental imagery, experiences, and interpretations of experience, and so on, as self. When the ego is asked who it is, it simply names off all the things that define it, and as each identifying quality passes through consciousness it becomes the current seat of self. The inward coil of consciousness that appears in the midst of this activity is what creates the false sense of self and the horizon of darkness that engulfs all that worship there. The false self plays the role of the *nexus* between all life experiences, and this conscious feeling of a core of 'me' serves as the individual's only feeling of self.

True Self, Eternal God, Infinite Reality, Everlasting Existence, and Pure Consciousness is the One and Only Transcendentally Present Nexus of (Living) Being through which every possible appearance of existence is Sourced. In the midst of the One and Only transcendentally present nexus (core, 'inner' connector, hub) of God the individual bodily form tends to identify as something temporary, fleeting, passing and fragmented. When the individual turns to God, and sacrifices the

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false sense of (fragmented) self for the One True Sense of Eternal Self, the Divine Processes of Enbrightenment (progressive, complete fleshly transfiguration) dawn and awaken. This process comes and goes for those that play on the fence line of serving two masters; one is the ego, and the other is God. In the midst of this kind of life, neither is fully served. To serve God one moment and then turn to the egoic conditioning of the old sense of self and serve that in the next (moment) simply results in a living steady-state of confusion (for the individual). The ego is a kind of darkness within the individual that finds comfort in ignorance, comfort in activity, and comfort in the activity of self seeking and self destroying. To reiterate, the ego is simply an activity of consciousness that creates the false sense of self for the individual, it attaches to some things and avoids or no longer attaches to some things, and this activity spreads from person to person and infects others, and society.

Give up the activity of identifying As an activity, any activity, all activity; learn to simply Be, Be in Silence, Be in the absence of activity, discover who you Are in the absence of activity, Feel into the Always Present and Freely Tangible Heart~Fire Nexus of God (Reality/Existence). Through whole bodily devotion to the Divine One the individual can surrender the bodily conscious attachment of ego identity for the True Identity of our Divinely Shared Self. Our True Self perpetually transmits ItSelf moment to moment (in Fullness) to each

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individual. Through the Divine Process of Enbrightenment, grounded in Self Realization, the steady-state of God's Happy Being transforms the body/mind unto a Free Flowing Tabernacle/Temple of Divine Light, Divine Love, and Divine Being.

The individual body/mind is the living form through which God moves, lives and has a bodily self-existence and perfect Heart Communion with Its Formless, Shapeless, and bodiless Eternal Self Existence. The body/mind is thus Realized as the Very Nexus of God with God, and one (an Enbrightened individual) then understands that God is What is Awakening individually through the Living Nexus of God, *which Is non-separate from the body/mind –which Is the body/mind*. While the ego dances as the 'me' of the individual this Divine Process of complete bodily Awakening of God's Transcendental Consciousness (As the individual) remains to be fulfilled individually, this Divine Process is Solely dependent on Self Realization. As long as the body/mind identifies as ego it is not Identifying As its True Self, and in the absence of bodily recognition and realization of Real Eternal Self no spiritual growth occurs. Only in the moments of total surrender and complete forgetting of personal self, via devotion to God Only, can the True Spiritual Process of complete bodily Realization take place. True Self Transmits Its Very Own Steady-State of Eternal Being to the individual and collective, however, each

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individual must turn to God for their self in order to Truly engage the Divine Process of Full God/Heart Realization.

The whole spectrum of esoteric anatomy and/or the Spiritual Cross will come to Life (constant and perpetually alive, moment to moment) through steady and disciplined devotion and practice. Thus, the reason most people are 'dead' on the inside, dark within their personal Spiritual anatomy, is because of the constant state of ego identity worship, even for many that claim Self Realization the Spiritual Cross seems dead and unimportant, and/or not necessary or not a direct 'result' of Realization. That is Far from Truth, and with a steady bodily living realization of God and Self the Spiritual Cross will spontaneously and necessarily Spring to Life. God is the one that Uses the Spiritual Cross/anatomy, and that anatomy is for the Service of God Only; while the egoic mind is reappearing (in each moment), whether one is Self Realized or not, the spiritual Cross will seem dormant and/or inactive. The Spiritual Cross (the kundalini, chakras, and entire esoteric anatomy) Serves God Only. Through the Spiritual Cross God's Transcendentally Present Nexus of Consciousness Consumes the egoic identity and replaces the individual bodily activity of identity with Its Very Own Self. As the Process of complete bodily Realization progresses so shall the Living Intensity of God ItSelf through, within, and As the individual. True God Is The Living Transcendental Nexus of All.

## Ends the cycle

Realization breaks the endless cycle of me. Whole bodily realization ends the cycle of me. Realization is and remains an instantly available limitless source of Self, while the entire process of whole bodily surrender unto Realization requires a process, and this is a process of total human development and awakening. Total human development and awakening means that a person progressively matures across all forms of growth in (seemingly) mundane human activities (such as basic human needs - food, shelter, and relationships) and total growth and awakening in Spiritually devoted activities (Enbrightenment), with Realization that all activities of the Enbrightened person are Spiritually based or grounded. Furthermore, with genuine Enbrightenment comes the recognition that All one does is based on total Spiritual development and awakening, and all activities are simply realized to be Spiritual in nature and devotion, even the 'mundane'.

Do not become entangled with the notion that the body is just some kind of fleshy meat that is bound to waste away into nothing. In Reality the body is all one has in order to discover God and Truth, thus the call to step beyond (the conscious feeling boundary of) bodily consciousness and feel into the form of Self

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that literally and tangibly consciously Transcends the body/mind, and each person will discover there is Onlyness in the midst of individuality; *not evolution, not this or that, no me, no I, no nothing, no something, no no, no yes, and there is Only The~Only*. Moreover, The~Only commune-icates with each and all through heart communion. Heart communion appears with each other, heart communion appears with the bodily form of the Guru, heart communion is the height of spiritual life, and heart communion is the fulfillment of God's word, God's message, God's teaching, God's revelation, and God's realization. Through heart communion Realization is understood and tangibly consciously (and progressively) realized to Be the Divine One alive as us.

Heart communion serves as the fountainhead of God's perpetually and freely available Presence, and Heart communion always serves to communicate True and Real Self unto each individual, which is our Shared Self, shared with all, by all, and it appears through all. Heart communion with Guru and/or with God directly via one's own bodily form initiates the new devotee of God with Self Realization (Initial Enbrightenment), which is the foundation for all future Spiritual progress, and heart communion serves as a constant reminder of both instant Enbrightenment (initial Self Realization) and Divine Enbrightenment (total Awakening and Transfiguration of the Spiritual Cross). Heart communion serves to break the endless

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cycle of ego, and the seemingly unending reappearance of the ego forms of consciousness. Ultimately, the cycle of ego and the reoccurrence of the egoic forms of consciousness are Totally purged and released through Heart Communion (with Guru – with God).

Breaking the cycle of ego allows the individual to discover the freedom of not living through ego. That freedom is so attractive that with any return or experience of the ego self comes a kind of rejection. That rejection really means that one no longer has a taste for living and relating through ego. By sticking with a life devoted to burning up the ego that person makes way for the end of the egoic cycle of me.

The cycle of ‘me’ is annihilated, absolutely and eternally, through the individual’s complete conscious surrender unto the Transcendent One, which freely gives ItSelf unto and As the individual, even the individual’s whole existence becomes Saturated with God Only. Initial Enbrightenment interrupts the repetition of ego self, and Divine Enbrightenment totally releases and evaporates the activity of ego self from the individual’s whole of existence.

## Whole bodily Devotion (through the Spiritual Cross)

All True Devotees of God share the Same urgency and moment to moment devotion to God Realization as a person drowning devotes all (conscious attention) to getting air. Many like to call their self spiritual, make claims to be 'saved', and living right, but their desire to Know God is weak and subject to the current winds of ego (personal self - 'me'). God is so abstract to most people that beliefs and dogma are all the God they know. Furthermore, some people claim to be spiritual, but not religious, and this actually means they have abandoned any Real spiritual practice, and simply turned their relationship with the Divine into an abstract self created dogma with no real source, no real consideration of world history and world religion, no real understanding of God more than a vague concept with parental like features. Or *their* God idea simply becomes a force in nature, and of which is not really present and tangible in that person's life in any meaningful way. For these people religious practice is null and void, and their self proclaimed spiritual life is no more than a distant concept in the back of their mind that is void of any tangible growth, practice, and/or meaningful manifestations in



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that individual's life. One may think it is as if God is narrowed down to an acknowledgement that something is 'out' there bigger than us, that is it and all such a person will consider, and that pretty much sums up such a person's conscious relationship with God.

There are other kinds of mentalities which seem to be on fire with God, they are ready to judge others, they seek to convert the masses, but their hearts are darkened, their flesh is void of the Holy Fire, and their spiritual life/practice is more concerned with saving/enlightening their self (*and worrying about staying out of hell and making it to heaven*) rather than Giving that self over to be Consumed by God's Holy Light/Presence. Their conscious relationship with God is based on a contracted feeling of 'me' versus God, 'me' versus the world, 'me' versus evil and suffering, and 'me' versus myself. Furthermore, most people are consciously dominated and distracted by technology and entertainment, even so called 'spiritual' people, and church going people. Their minds are more in tune with their 'iPhone' than with God's Holy Heart~Fire Presence.

A person longing for air that is drowning has a single focus, a single desire, and a complete surrender of the whole body/mind unto that immediate life event. The individual that is drowning has turned over the whole of their being (immediate existence) to not drowning. The Same kind of intensity must be discovered in your spiritual practice. God/Self Realization calls

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for the Exact same kind of Intensity and Devotion to the Heart's Call for the Full Revelation of Truth (as each person -fully) as a person drowning seeks air to breath and land to walk upon. Truth/God is the One and Only total life encompassing (moment to moment) Reality Event, and It is Inherently the True Steady-State of Existence, and Truth IS ForEver the Context of your living experience.

'You' Must turn to Truth in All life events, continuously, and the individual Must turn to Truth As the Everlasting Event of one's Eternal Self. Every bit of your living existence Must turn to the Divine Reality of God's Everlasting Heart Realization (Enbrightenment), the Entire complex of consciousness of the individual Must be handed over to the Divine One, and there cannot be Anything left untouched, and there cannot be Anything left within the Devotee of God that escapes the Light of God. All of 'you' Must turn to God, wholly, completely, without doubt, without what-if, and Free of fear. When a person does surrender all to God that one will not hear God say, 'ok, now go!' This is where Real Faith begins to shine and grace begins to work miraculously, which means the individual has given over the whole body to God without the need to have a beginning point or starting point for that sacrifice of personal self. Everything is there waiting for Recognition at the moment of conception unto birth, and ultimately even through the processes of death.

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God is asking for no less than 100% of you, and there is nothing about you that God will not Transfigure by Its Light and Love, and Bliss-filled Grace. Hold nothing back from God, Give All unto the Divine One, surrender the wholeness of the flesh and mind unto Heart~Fire, and the Time for this Is Now. Religion is not going to do the work for you, adding a few beliefs to your life is pointless, beliefs and dogma might help you begin to turn to God, but none of them Fulfill God's True plan for Total and Absolute whole-bodily Transfiguration. All that you Are must be offered to Truth (not just ideas and thinking) so that Truth can Live you, and nothing short of Absolute self surrender unto the Divine Identity of Truth is Required.

## Endless Polishing

So many people spend so much time on caring for an external appearance, why not spend twice as much time on the mind, or ten times or much more, and what about one's understanding or realization of Reality and Truth? It seems rather ironic that so beautiful people are overwhelmed by self obsession and darkness. This pattern of darkness is changing, and each person plays a Direct role in a total global process by being part of the exponentially growing wave of Light, True Life, and Heart Communion through God with each other. It is changing because individuals are making the choice to Know God and our selves truly with an honest heart, and this process has grown and developed throughout history.

The Light of God does not shine from a direction, nor is there any darkness related, within, or around It. It, the Light of God, is Formless. In the Sight of God there is no room for light and dark, there is Only Brightness, Presence and Love-bliss. The darkness of the world is Over Shined by the Transcendent Light of consciousness (perpetually Now), and seeking a self based on form, which appears in darkness, Only leads to more attachments to a false sense of self; reflections and mirrors upon mirrors. In the Awakening of true Self the search for self ends. Spiritual life,

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a life devoted to whole bodily worship of God and Truth, is the kind of life that delivers each person from a life devoted to serving the egoic ideology of life. The individual is liberated through an Enbrightened life from the perpetual suffering and anxiety of an ego based life. However, many people live with a whole bodily tension that grips the body/mind (literally), and that is the kind of life that seeks to keep polishing one's self to refine it, to develop it, and to find 'peace' with it (ego); *to find peace with the conscious bodily tension of an ego based life.*

Psychology teaches this, religion teaches this, and society teaches this. The real delusion spawns from a paradigm or world-view of Reality, God, and Truth that is generated through ego, thus false or not Reality based. We are taught to accept ego, find a way to live with it, and to become stable and tolerant of it. Yet, in Truth ego is absent from existence, it has no real value, and it is displaced (consciously and bodily) by the True and Tangibly Real Spiritual Force of the Divine Presence of Existence.

Once an individual truly takes time seeing and watching this activity of ego, which should be supported by an intellectual (axiomatic – basic inherent non reducible Truth) Understanding of Truth, the Rays of God's Light will begin to Shine through the mess. Every person ends up in the mode of self seeking and self searching, and ultimately eternal self preservation or self annihilation (Nihilism). Once the individual gains a Real Sense of True Self through the Heart~Fire Brightness of Eternal

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God, which can come from Heart Communion with one that is Already Heart Awake, that mode of a conscious life is forgotten, and nothing survives (no parts of ego) the Consuming Fires of our Transfiguring God. Continuing, the egoic life dissolves Only through the Holy Heart~Fire of God. There is no other way to purge the body/mind of the false sense of self. All other ways simply and only replace an old false sense of self with a new false sense of self. Only Our Great Eternal Transcendental Self (discovered in the Presence of God Only) can provide the necessary Overwhelming Force of Being that causes the ego to shutter and shake, and finally evaporate in eternal death.

There is no room for two (or more) selves, there is no room for two (or more) wills, and there is no room for an egoic state of consciousness (Any kind of otherness) in the Overwhelming Presence of God. The ego self is lost in all the mirrors and reflections of itself, and the ego is like narcissus totally distracted by one's own self created, self imagined, and self formed imagery of identity. The ego is bound in the fear of self release and the end of the inward sense of self, it will never be able to transcend itself because that would immediately destroy itself. The individual must give up the false sense of self for the True Sense of Self, and the work and grace needed for whole bodily transformation will come from the absence (and purging) of the activity of ego self, which all occurs through devotion and whole bodily communion with God. With the

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Realization of true Self (discovered in God) comes Heart~Fire Communion. This Heart~Fire Communion grows in Intensity, Power, and Presence with devotion and discipline, and through self forgetting, self release, self transcending, and self understanding in the Eye of God. This is where the individual discovers the most valuable and important qualities of life and consciousness, this is where one can understand their inherent freedom from the unnecessary activity of ego, and one can then become free of the unending process of living a life based on keeping ego self alive.

## Pain does not equal unhappiness

Pain does not equal unhappiness. One can be in great pain and still be completely happy. Do not let your suffering undermine your inherent happiness. Happiness is not conditional, and nothing of life is capable of moment to moment happiness that can't be taken away. Happiness comes with knowing who you Are (which is a constant and ongoing awareness of self - the truth of who you/we Are), and not with knowing what you have gained, earned or achieved in life or through the possibilities of life. Those that know who they Are can live in the midst of bodily suffering and never lose self, truth, and happiness. Truth is the glory of your/our self, and even though the flesh and the body are subject to change and decay, we are made of the eternal One, which is transcendent (beyond) all.

Truth, Eternal Truth, can be realized Now, and Really Only Now. The body/mind is living in a Reality (God based Reality) in which the everlasting life of happiness is freely available to any and all conscious beings in every moment of their existence. The steady-state of the underlying substance of the universe thrives in happiness; it is a free presence full of life,



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a life that is born in (dawns through) transcendent consciousness. All that is, is appearing from the source of happiness.

What is happiness, Really? Well, happiness is a life free of change (want to change), free of limitations (free of a body – yet bodily aware), and happiness is the presence of consciousness that is satisfaction in and of ItSelf. Happiness is a steady-state of existence that is inherently satisfied with ItSelf as It perpetually Is (moment to moment) without Any desire, urge, or motivation to seek anything, anyone, and/or any place to exist in, as or through. Modern ideas of happiness are All based on conditional happiness, which is a happiness that comes and goes with each new experience. When a person bases the next experience as a way of seeking and/or searching to sustain or reiterate happiness that one must leave happiness in order to re-establish the sense or feeling of happiness. This leads to the individual forming a world-view that supports the search for or method of achieving happiness, and then that one's meaning and purpose of life is grounded in that ideology or philosophy. Truly, any happiness that comes about through gaining or achieving it is a happiness that fails to last beyond the previous moment.

The fulfillment of life, the purpose of life, and the meaning of life all come from the Realization of Real Happiness, and the qualities of Realized happiness are love, compassion, kindness, care, and the practice of these qualities in all relationships. Realize the quality of self that lasts forever, and

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with Real Enbrightenment one loses the attachment to a false sense of self. The old false self takes time to purge, but with devotion to truth and understanding of happiness comes the awakening of whole bodily happiness, even whole reality happiness, and That Is Enbrightenment.

## Spiritual anatomy belongs to God

The body is God's. It does not belong to any one else, and in Truth, in the Face of God, there is Only God, and no one else. Ego consciousness presumes the body is a vehicle or some kind of thing that contains the 'me', the soul, or some version of an individual (soul) that lasts forever, for eternity, but seems to migrate from one bodily form to another, and from one world to another. This imagery is very popular in contemporary spiritual culture. It is accepted by most as the standard model of what it is to be spiritual, to realize your spiritual self, and this also answers the age old question of life after death. This model of reality is deeply false, it comes with baggage, and this baggage presumes that the very thing that 'lives' after death is the thing that becomes enlightened, saved, resurrected, reincarnated, and so on.

There is a deep ingrained cross culture illusion born in this idea of an eternal soul, one that exists forever, in some kind of eternal world that lasts forever. The illusion is very complex on the inside, but standing back and looking at the heart of the idea of an eternal soul (*which happens to be captured, contained, held within, bound, limited, and/or darkened by the flesh*) it is simply the ego self making up religion so it (personal self) can live forever. The more complex the religion is the harder it is to

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unravel the web of inbuilt tenants that serve ego life, not Truth devotion. Religion either serves ego or God, and it often serves both under the same name, and in a sense the same can be said about the spiritual anatomy serving ego or God. The ego presumes or attaches its identity to the spiritual anatomy in the same way it attaches itself to a body. However, when a person begins to awaken or realize particular qualities or parts of the spiritual anatomy (Spiritual Cross) the individual continues on as ego self (regardless of how powerful or intense these initial experiences are of the spiritual anatomy – Spiritual Cross). Ego enslaves everything it touches, and the ego self uses the body/mind for its own destiny, separate and other than God's Will. The conscious grip and hold over the spiritual anatomy that ego places on it, prevents the Holy One from manifesting the True Spiritual process (Enbrightenment).

In order for the Holy Spirit of God to Initiate the Divine Process of Enbrightenment (Spiritual Realization) the egoic (sin based - self possessed) will and dominance of the body/mind must be purged and released. The idea that God created individuality which lasts forever is at the heart of most contemporary spirituality, and this (God created) separate identity 'occupies' the moment to moment life of the body/mind. It has all sorts of fantasies about heaven, and fears about hell, it lays itself before God to be enlightened, and cries out in the darkness for help. It (ego) writes books, creates spiritual traditions, and builds

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a gigantic wall/hedge around itself to protect itself from (eternal) death. It seeks eternal pleasure, an eternal world to live within (or where else can the 'eternal soul' go?). It claims to contain a 'spark' of God. It juxtaposes itself as something else in existence that is unique and separate (by identity - some kind of eternal and unique identity) from other souls, and from God. By this conscious metaphysical relationship with life the ego sets up complex ideologies that support the continuous and eternal migration of the soul. This allows the 'eternal soul' to eternally evolve, grow, change, and yet, somehow remain the same.

The ideological stance of the eternal soul is found in different groups from Hinduism, Buddhism, Christianity and many other religious and spiritual traditions. All the (pseudo) spiritual practices that are born from this metaphysical ideology only serve the ego; None of it Serves God's True teaching. The ego mind never looks deep enough to see beyond or through itself, it can't, and it won't for fear of not existing. Here is the core of this dilemma, the egoic state of life assumes that something about itself never changes (which is inherently untrue – the ego sense of 'me' is in constant flux and change). The egoic mind believes it can have an eternal existence as something other than God because if it (the ego) was Really One with God, it (ego) would lose its existence. God Only Is. The ego creates taboos and condescending language to condemn anyone that abandons this ideological stance, the ego mind argues that no one is God; we

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are not God, but only slivers, sparks, fragments, parts, and so on. In one way the ego is right, it (the ego) will never Be God and the ego can't become (progress, evolve into or process into) God, the True Steady-State of Reality. The ego is at the root of ignorance/darkness, the ego (attachment to separate self) is the one thing preventing the Realization of the Fullness of God, and the Real Life of Enbrightenment.

The ego presumes that the spiritual anatomy of the body/mind is its, or the esoteric anatomy of consciousness is for it (the separative person) to use and become enlightened by and through. Ego~self presumes God communicates with it through the Spiritual Cross (esoteric anatomy). If the body/mind begins to Awaken to the Divine Light of God and experiences come flooding in, the ego claims those as something that happened to it; All of it illusion, all of it the game of protectionism in name of personal self. The esoteric anatomy of consciousness is for God, it is for the purging of the thing assuming separation from God, it is for God to (progressively) Shine thoroughly and freely As the body/mind. The flesh is a living temple Made of God's Light, and the wholeness of the body (including the kundalini, chakras, and all currents and channels within the esoteric anatomy of consciousness) is for God's Divine Transfiguring Purpose of life. Furthermore, every bit and part of the spiritual anatomy (Spiritual Cross), whole bodily – the sum-total of an individual's existence,

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is so that God can progressively live totally, freely, and *independently* as the individual.

The ego (individual soul) is not going to be saved, resurrected, reincarnated, and/or reborn, and there is nothing separate from God that needs any help, saving, resurrecting, and/or need for rebirth. Looking at the idea of reincarnation, only tendencies are incarnated from one body/mind to another, not eternal souls on their journey to enlightenment. Even, within the idea of reincarnation there is an end to the 'me' with each death and a new 'me' with each new birth. What remains unchanged from one life to the next? Nothing, and the reason why is the separative 'me' is a pattern in consciousness, not Consciousness ItSelf. Eventually in some world and bodily form all tendencies, which play the root-role of 'me'/soul, are purged and ultimately annihilated forever or released forever, and the True Eternal God springs to life in, through, and As that bodily form forever. There is No 'me' separate from God, there is no conditional 'me' that remains the same from one life to the next; thus, all religion and spiritual traditions that seek to save or enlighten such a thing (a separative identity and soul other – not One with - than God) are practicing on a false foundation, and these practices are castles in the sky, and vapors in the wind. These practices come with religions that worship the soul, and the salvation of it; they do not worship God through these practices. All religions attempting to save the individual self, the ego self, also view the spiritual

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anatomy as something that is there for self preservation, self enlightenment, and self salvation.

In church people go to be baptized, and they seek the Holy Spirit, and want to be Filled with God's Holy Presence, but they are already filled with their-selves; what they don't notice is that when those Real and Tangible experiences come, they Are no longer (for a brief moment), and God Is the One Actually Present and Alive. People squirm, shake, rattle, roll, jump, and even pass out when the Holy Spirit hits their body/mind, and when the body is on Fire with God it comes to life with Happiness, Joy, Bliss, Love, Light, and Freedom. When that person passes through (finishes with) a Holy and Sacred experience of living in the Holy Fire they return to relating as ego, attach all these Divine revelations and experiences to this 'me' thing, and claim newness for their (eternal) soul.

Taking this illusion further, the ego begins a long fruitless journey of relating and worshiping God through a false sense of 'me'. Ego mind likes to attach to these experiences and claim them as validation for their eternal salvation, or eternal heaven bound life. This ideological (false) world-view is widely accepted in contemporary spiritual life and religion. Once inside this illusion there is no way out, there is no way to reconcile being One with God, and yet, being separate from God for eternity. Ego is not big enough to contain God, not even a tiny spark of God is capable of being within anything, reality can't contain God; God



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Is the Container of All, nothing is beyond God's Lone and Sole Presence, no one has ever reincarnated (something separate and other than God), there are no eternal souls living in eternal heavens; All worlds, including all heavens and hells, 'return' to God and are Consumed by God's Eternal Fire of Being.

Nothing but God's Everlasting, Undifferentiated, Unchanging, Heart of Being is Eternal, and there are no forms, shapes, patterns, times, spaces, dimensions or anything other than the Pristine Holy Brightness of Free God in Eternity. Everlasting Self is without body, form or shape. Eternal Self sees bodily forms As Its Very Own, and while the ego mind dominates the body as some kind of tool or vehicle for itself, the Holy One remains dormant and darkened by the eclipse of ego self. The flesh is God's, make Way for the Divine One, and be purged of the false sense of self. God is a non-personal Presence, It does not belong to you, It is not there for you, It (the Holy-Fire) is not there to justify your religion or validate your dogma, and It Is Present and Transforming the body/mind for ItSelf Only. Surrender the wholeness of All bodily existence to God, because truly All of it (even individuality) belongs to God, and the Brightness of the Spiritual Cross (spiritual anatomy) is for God Only to Live.

## Anchor of Being

God is the Anchor of All. God Is the unbending Presence of Reality through which all appearances hold their form moment to moment, and which without, no-thing would last (in any meaningful way). All worlds, however subtle they appear, are grounded in the Ever Present Anchor of Existence. The One and Only Real Conscious Anchor of Life Is Transcendent of all appearances, and that Ever-Present Anchor is never weathered by the constant flux and change of the conditions that appear through any point of view within God. Enbrihtenment Appears Transcendent of the ever changing patterns of conditional life, and when the individual Realizes True Self the Anchor of God becomes Known; some might call it a Rock upon which All realities are born, change and disappear.

The Anchor of God Is the Divine Residence of Eternal Life, and It IS the Source of Realization for every Realized Being (EVER). Death is nothing to the person Living Life from the Anchor (Rock) of God, and when the bodily form falls away the Realizer 'takes' Refuge in the Brightness of God. Furthermore, the Realizer (Enbrihtened individual) has Already 'taken' Eternal Refuge in the Anchor of Life, and that one Is Living on the Rock of All, and that one Is Alive ForEver. Death is nothing to those

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that Realized the Anchor and Rock that All experiences, worlds, appearances, patterns, shapes, forms and so on come and go on, and through.

There is Only One Realization, and It Solely Appears (Eternally) As the Great Unchanging Luminous Being of Existence/God, and that Eternal Refuge from suffering (in Any Way) Provides All with an Eternal House of Peace, Happiness, and Love-bliss Heart~Fire. Enbrightenment relieves the body/mind of the fear of death, suffering and non-existence. Enbrightenment is the Divine Process of Realizing one's (All's) Eternal deathless Anchor of Life, and when the body/mind no longer fears death or suffering the True Light of God's Eternal Gift, our Eternal Anchor of Life, can transfigure the individual body/mind to Live Free (whole bodily) of the binding force of the fear of death.

The Undifferentiated Reality of Existence is the Living Rock of Eternal God. The Anchor of God is not an experience, It IS not a fluctuating feeling; instead, the Anchor of Consciousness Shines Over (through and beyond) All, and It Is Realized to be Constant, Ongoing, Perpetual, not influenced by change, not moved by suffering, and not bound to any limitations of Any world, form, shape and/or pattern. The Anchor of Consciousness is something that is Discovered, It is discovered by Heart Communion with the Guru (especially in human form), and It

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must be surrendered to, submitted to, accepted As Self, Acknowledged As Self, and Identified As Self.

This takes time, practice, devotion, and discipline from the devotee, and it is not a matter in which the Guru must do something for the devotee. The Guru (or God's *in your face* Way of Teaching and Communion) is perpetually Alive As the Anchor, and the Guru radiates the Presence of the True Anchor of Consciousness. Thus, it is simply a matter of the Devotees of God to turn to a Heart Master and Discover Heart Communion. Once you get a Real and Clear awakening/realization of The~Only (God), which Is the Only Realness of Existence (God) That IS, one may begin to naturally and consciously Feel the (Ever-Present) Attraction of God, and Faithfully Leap into that Heart~Fire. Fundamentally, God Already Is, and we must learn to live through God, stop turning towards the (false) sense of self, relax into our true Eternal Life (which Is the True Source of the Conscious Sense of Self), and with Absolute Perfect Devotion (which we are all capable of living) move and be/live through God (Only) for Everything in Every moment, Always and ForEver.

The Divine Process that accompanies the Awakening/Realization of the Anchor of Consciousness/God changes the whole body and mind to Live Freely from the Source/Anchor of All. The body and mind are transformed from living the unsteady-state of ego life to the One True Living

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Steady-State of God. And what the body/mind perceived to be an identity of smallness, uniqueness, and individuality (does not equal duality) is not (necessarily) denied (*because who is there to deny or accept?*), but the Whole Picture of Real and Eternal Identity is Realized As the Eternal Anchor of Self (Identity). Drop the Anchor (like a boat dropping its anchor into the ocean) of Eternal Self right Now, and Be Free of death, birth and suffering forever.

## Core of Realization

The Core of Realization is the ground and foundation of all Realization. The idea 'core' refers to something like removing or peeling back all the possible layers of bodily Realization, and all qualities of any Realization related to 'point of view' to expose what is unchanging and unaffected by the layers built on top of the Core of Realization. The Core of Realization is Consciousness naked and lacking form, shape, and/or space and time. It (God's Realization – Enbrightenment) is the Eternal and Everlasting Perpetual and Ongoing steady-state of Being, or the quality of Reality and Self that is continuous from moment to moment. The Heart of all Realization is grounded in the Free Steady-State of God, and the Core~Realization of Enbrightenment is discovered to exist Freely As It Is regardless of any and all appearances of existence. No matter what bodily form an individual is appearing within the Depth and Infinitude of Realization is present As Its greatest possible intensity, Always Now.

Existence appears in all sorts of ways, and the appearance may seem to hide the Core of existence and reality but that is simply an illusion based on an egoic perspective. Regardless of world (all forms of possible existence) the Core of Realization is

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naked and naturally 'what perpetually Is'. Realization can progressively dawn As it always Is within and through an individual, it is based on one's whole bodily relationship with Realization, The individual can, and should, be totally transformed by Realization, but Realization is not entrapped or locked up in the bodily form, in any bodily form. Erase all forms of worldly appearances from reality/existence and what is left when ALL has disappeared Is Realization (Pristine Consciousness). Fundamentally, there is Only One Realization we all share, and that is the Source for the awakening of the three Hearts of the Spiritual Cross.

The way God's Realization works is that IT dawns and transforms the individual from the ground of all Realization. In other words, Realization is like the sun that shines without stopping, and our bodily consciousness simply needs to turn to Realization. That process of surrendering whole bodily to Realization is what I mean by a dawning of Realization. Thus, when people first turn to God with perfect faith it seems like God's presence is not Powerfully Instant and not Immediately available. An individual's immediate power of faith (for those just discovering God's Reality) clears the years of self possession and self obsession in an instant (although not permanently) from the flood gates of Divine consciousness. Faith gives the individual an opportunity to 'tap' into the Source of Truth freely, and to enable the individual to freely take refuge in (Naked –

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Fully~Exposed) Truth instantly and immediately. So, via the individual's humble (self transcending) moment to moment devotion to Truth the everlasting power of Realization's (Truth's/God's) Reality Presence begins the divine process of totally transfiguring and transforming the entire body and mind.

Each person progresses through a truly divine process wherein God's One and Only Realization makes the necessary bodily changes that solely and singularly support the Free abundance of the Divine Realization, which pours forth from the Eternal life and conscious existence of God's Happiness. It is the individual's responsibility to turn over all individuality to allow the One and Only Happiness to live without limitation, resistance, and/or without the activity of fear and contraction appearing within the context of the life of an individual. In other words, the sum-total of what it means to be an individual has to be handed over to the Divine One in order for individuality to express its True Form and True Freedom from the Core of Realization freely moment to moment.

The process of True Spirituality is a process wherein the One and Only True~Realization of God progressively shines freely in, as and through the individual (and ultimately the collective). There are layers of individuality, and each layer is to be totally purged of the activity of ego (the living state of unhappiness) as if (which is Actually True) the Core of



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Realization was not covered, hidden, and/or eclipsed by whatever is appearing.

Realization does not make pain end, it does not make suffering of the body/mind disappear, and Realization does not make the body/mind useless or a waste. Instead, Realization for those that are living Perfect Faith (which involves total surrender to God's will in ALL possible moments) views the body/mind as Its Very Own Self; thus, once Realization has truly and deeply dawned for the individual even the body/flesh is made to Serve the Divine Light of Happiness perfectly through the Core of Realization. Nothing of individuality is left untouched by God's Realization, and nothing short of absolute and total turning over of what it means to be individual should be offered to God's Realization.

The final trick of ego (or unhappiness) is to convince the individual that at least some kind of ego is needed to live safely in the world. But, not even a tiny bit of ego is needed to protect the body/mind and this is because God Is Fully Capable of Living the individual in ALL forms of life, even crossing the street, wiping the butt, and smelling flowers. In ALL these moments the Core of Realization is Naked and Freely Exposed. Ego is not needed anywhere in life, and ego has nothing to do with Realization. Fear, born from the emptiness of ego (and/or doubt of God's Single and Sole Presence of Existence), can lead an individual to believe and/or think that if they surrender all to God

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that God will not Know what to do with the individual, and that God will blindly walk out into traffic or something worse as your body.

Ego is the only form of personal/individual identity that denies and ignores the Truth of the Core of Realization. The ego is in the business of rejecting what is Open, Naked, and Freely Exposed perpetually in the Now for an imagined future or an imagined past, of which neither really exists right Now. Ego does not understand what it means to simply Be, ego is clueless about the immediacy of The~Now, the ‘undecorated/unlabeled/un-named’ Presence of Now (Core of Realization) is something ego fights against, and ego is never Happy with a life absent of seeking; thus, ego dreams up every imaginable way to hold onto a life that is inherently in a state of current death, not a state of perpetual Life, like the Core of Realization Perpetually Is.

## my own Guru?

It is almost impossible to find the Guru as one Self before one has realized Guru in another. This is not something that comes like the rest of the knowledge one may have 'gained' over a life time. Guru Is Heart Communion. Ask one self if there is a constant and literally overwhelming Heart surrender into the Divine One (total self/personal letting go) through and As your entire being right Now. What is the evidence of this Heart Communion? It Always comes with a Real and Tangible perpetual bodily *awakening and realization* of heart-love-bliss.

Guru is the primary and principle function of Awakening and Serving the intensification of Realization (Enbrightenment) in Spiritual life. All practices, devotions, prayers, meditations, yogas, and so on, are secondary to the Value and Supremacy of the Guru's Heart Transmission (most auspiciously when bodily present). Guru is useful only when a person is relating through heart communion. That is all. Furthermore, all the study and learning concerning the processes of a total Awakening of the Spiritual Cross, including all the various sub-stages of human growth and development, are all designed to serve the Spiritual Process (*which helps incline the individual to Awaken unto Heart Communion with Guru*), both individually and collectively.

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Although, such study and learning may end up acting like boundaries or limitations in themselves, or end points of understanding and realization. Moreover, Genuine Realization does not come with thoughts or ideas. The Transmission the Guru radiates, especially when aware it in their bodily company, but not necessarily. In short, the Guru's Heart Transmission is not bound to being in a specific proximity or distance to their bodily form. It is all about each person's own specific recognition of Guru (and thus, their Own Self), and that individual's personal attention to a healthy cultivation, growth, and development of whole bodily Realization (Enbrightenment), especially in relationship to the Guru.

Guru sees unity, oneness and that person lives directly (moment to moment) out of the Divine Light, and Guru does not notice this idea of more enlightened than another. Real Guru does not want people to follow them and/or worship them. A Real Guru is not concerned with how eloquently a person can articulate the Spiritual Process. True (Heart) Guru simultaneously Transcends and embraces all methodologies of Spiritual practice without being bound or defined by any one particular form of Spiritual life, practice, and/or circumstance. Guru is an example of how enlightened we already Are, without all the added baggage of an intellectually sound world-view of Truth.

Guru demonstrates God, and God Is before any attempt of a person to formulate an intellectual (body/mind based – brain

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based) understanding of God. Thus, to recognize Guru is something free of intelligence, *Recognition* comes from the heart of consciousness, and the heart's intelligence is transcendent of all conventional forms of knowledge or understanding. *Recognition of Guru* (and/or God ItSelf) is a form of consciousness that is distributed across all forms of life, and even animals (especially in the more conscious creatures) sense the qualities such as peace, love, compassion, and kindness, which are qualities of Guru. The human bodily form has the biggest opportunity to Commune and Recognize God in relation to the rest of the animal kingdom. Thus, when the Guru is *Recognized* by a disciple of God that one has come across the most precious of all (spiritual) opportunities.

Guru serves the devotee that is heart attracted by deepening that person's Faith based self surrender into God (Eternal Light), which overcomes the individual's false sense of self by the grace born baptism of Fire and Light. This Is realized through the Guru's bodily transmission. It is important to understand the full spiritual process in order to see how Guru serves the devotees of God. That process involves two principle aspects, which are self realization (Guru Recognition) and the divine transformation of the body through the constant (purging fire) presence of realization (Guru Devotion). God is the only one that Is Enbrightened, and the function of Guru is to be a living, in your face Transmission of God (an in your face demonstration).

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No one ever becomes Enbrightened; the personal sense of self is purged (the one seeking false enlightenment or Enbrightenment) so that Real Enbrightenment can take hold of the individual and live As the individual. Therefore, the Guru serves by providing a kind of conscious anchor for the devotee/disciple, which is someone that they can turn their attention on and re-animate or re-active or re-catalyze and/or even re-intensify the Divine Process of Enbrightenment. It is important to remember the Guru is steady in Realization, but the devotee is processing through a wave like pattern of growth and development. Moreover, when there seems to be a down turn in the individual's spiritual process, such as an appearance of a lack of faith in any of this (*or to put it another way, a temporary loss in faith regarding one's relationship with God or Truth*) the Guru remains an ever-present (Omni-present) Spiritual intensity that 'brings' the devotee back into a bodily conscious alignment of Heart Communion with the Guru.

The Guru does not see anything more than itself. Ultimately, Guru is transcended in *heart communion*, which is something that does not belong to either bodily form, but is transcendent of bodily form. The only real way to understand Guru is through heart communion and the Guru's bodily transmission of realization, which is inherently beyond all words.

One problem people have with Guru is that they are afraid to love another person in the same way one loves God, so they

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abandon the idea of Guru. Rejection of Guru often manifests because of the deep fear of not existing or losing one's existence (ego created), which seems to happen in Heart Communion. Loving Guru As God is the only way one truly dives into the Heart Communion based relationship of Guru and devotee, and ultimately, even Transcending Guru by virtue of God ItSelf. Realizing Guru in oneself takes the lesson of realizing Guru in another, and only an extreme rare few may do so without Realizing Heart Communion with another individual. With heart realization comes a tangible and always present heart-fire love-bliss (EVERYTIME). Realization (Divine Love) comes with Real bodily changes, and anyone that tells it does not is (deeply) wrong. Simply claiming to have found Guru within without ever Knowing Guru as another person usually means a person has an intellectual based 'realization'. Have you loved another in the Same way as you love God or Truth? How can one discover real love for one self and not have that love expressed or realized with another person?

Not everyone is ready for the Guru. However, don't let the new age mumbo jumbo of being a teacher of your self (not needing Guru – Heart Communion with Guru) convince one's self that Guru is a thing of the past. Guru in person cannot be replaced by ideas, thought patterns, patterns noticed in nature, and/or any kind of abstract non-tangible – non-physically objective (or subjective) vision or experience. Never forget Guru

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is a function of the true God Realization process within the individual. A person will not pass into the final stages of whole bodily surrender without realizing Guru. Go ahead and test my word. Guru is the most profound and powerful aspect of genuine spiritual life.

Any person claiming to be a Guru should offer heart communion, and the attraction to such a person should be grounded in heart communion. If a person claiming to be Guru is not tangibly transmitting realization, which is beyond words, in such a way that once entering into their company one instantly notices the ambient radiance of the Guru then that person is not serving as Guru. They might be serving people in other ways, but it is not As Guru. Find the love of God in Guru, and Guru and devotee will disappear in the Light of God.



## God filled Way

Heart Communion with the Guru is the Way, all other practices are secondary, and Heart Communion is the *God filled Way*. To put this another way, the *God filled Way* is a spiritual path that starts with Full God and Total God, and then engages in the total process of whole bodily realization of the Spiritual Cross, which ultimately is a living demonstration of the Awakening of a life Filled with God Only. Many want to be their own teacher, but ego can only teach ego. This is why the Realizer is of the greatest importance; without heart communion the body/mind is just adding onto ego with more information and knowledge. Guru is a service, and Real Guru offers the '*God filled Way*'. The *God filled Way* depends on Heart Communion not knowledge, and it depends on or needs the support of whole bodily devotion unto the Divine Reality of Existence, which is not about perfecting some technique or exploiting some method or practice. The mind is useless (regarding Heart Communion) in relationship to Guru, and the mind gets in the way more than it helps in relationship to Guru. Mind is not Silence (but mind is not separate from Silence), and mind cannot become Silence. However, the Guru appears in the midst of both mind and Silence. Mind is always about a way, a practice, a technique,

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and/or a method of some kind in order to make God more tangible, but Silence, which even pervades what does not appear as Silence, is beyond mind and therefore, transcends all effort the mind can offer. The Great Silence of Everlasting God requires a much deeper conscious, even whole bodily relationship for a True and Full understanding to blossom within the devotee.

There are plenty of people that think they are realized or teachers and Gurus, but all they have to teach are words and knowledge, and these kinds of people play dharma games (word/semantic games) with other people as if they are enlightened, which is really just a reflection of the hedge they have erected around their own ego. Self realization is the foundation of spiritual growth, and once self realization dawns then a real spiritual practice can begin, but not until then. It is like a fetus trying to describe what it is like as an adult; total nonsense. Self realization does not mean a person should be a Guru or serve in the role of Guru, and the (True) Guru is more than Self Realized, that one is whole bodily realized. The Guru's bodily form is radiant, and the Guru's bodily form is transmitting the Guru's very same steady-state of realization. Spiritual life is more than Self realization; it is whole bodily Realization, and whole Reality Realization. Realization is not a feeling of expansion or oneness, those are results of the point of view. In other words, in the beginning a person may feel consciousness expand beyond the body, but that feeling of expansion is solely

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related to the contraction of ego self. That feeling of expansion beyond the personal self (beyond the bodily feeling of 'me') is barely even a beginning in Spiritual life; it is simply a short experience of that which in Reality is Inherently and Perpetually Beyond the body.

How can a person notice and commune with their own self (bodily state)? If the Guru was not necessary the streets would be filled with Realizers. The world is already in communion with ego, thus, ego gives way to more ego, replicating more and more ego bound people. In the absence of whole bodily devotion (even total Realization of the Spiritual Cross) the Divine Transcendent Transmission of Eternal Consciousness cannot be noticed, acknowledged, and ultimately Identified As. Everyone transmits their own self state, thus, to imagine oneself as one's own teacher is nonsensical: that one will never move beyond their own disposition. You can't read, think, or imagine your way to Realization because it is beyond mind; it requires (but, in absolute terms) self surrender into one that is already Realized.

How many (Gurus) are actually bodily realized? How many have truly entered the divine fire of transformation and surrendered the whole body/mind unto the divine eternal Light, and passed through the whole ordeal of the (whole bodily) Process of Realization? How many of these so called teachers and gurus Transmit what is beyond the whole esoteric anatomy

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(Spiritual Cross), which requires one to have already passed through the whole process of Awakening the esoteric anatomy (Spiritual Cross)? In these modern times there are way too many 'gurus' and not enough 'students'; there are plenty of false realizers and false gurus when in truth they should be devotees and students of the Divine and not pretending to be Guru. Furthermore, this kind of be your own teacher mentality is strong in the west because of the anti-authority culture (rebellious), and the rejection of parental guidance, which is then played out as rebellion against any authority or something that may be perceived as an authority. Then when a person with this kind of mentality turns to Know Self they think, 'hey, I can be my own teacher', this is usually followed with the idea that I am now Realized (boom > you're stuck). Moreover, it is easy to think this when society and culture at large reject the Guru and devotee relationship, and/or have never practiced this or observed such a practice.

Guru in the west is a taboo, and part of this reason is because the dominance of the three dominant religions in the west (Judaism - Christianity - Islam). In the East Hinduism and Buddhism have historical examples and practices that clarify and discuss the Guru devotee relationship, thus, less of a social stigma and more widely known and understood. Not one religion on Earth appeared in a vacuum alone and free of other cultural influences. There are good reasons for people to be reserved such

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as abusive teachers and so forth, but total rejection is not necessary nor can such rejection be subsidized by being your own teacher.

People have to use *heart attraction* and *heart communion* awareness in order to find the right Guru, and without Heart~Fire Communion with a Guru there is no real spiritual growth, just more data and knowledge added to ego (personal self); just more floors added to one's 'tower of babblon'. Experiences of the kundalini, the 3rd Eye, the crown light above the head, and/or awareness of the (center) heart chakra (even the left or right heart) or *any* other experience within the spiritual anatomy of consciousness (Spiritual Cross) does not equal Realization, and not one of those experiences (alone) mean a person is realized. Realization is transcendent of the spiritual/esoteric anatomy, yet Realization is lived bodily through the spiritual anatomy (it can be imagined as a kind of bridge of consciousness from that which is beyond All that allows IT to live totally as the individual). The spiritual anatomy of the individual is designed for God's Light of Consciousness to function and live through. It (esoteric anatomy = Spiritual Cross) is not there for a personal feeling of 'me' to use/sense for enlightenment.

The whole idea of 'me' is nothing in the Presence of the Divine. Does being a teacher of oneself mean that one's self becomes enlightened or realized? Nope, being a teacher of oneself simply means one has not discovered Guru, heart

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communion with Guru, and that one is still in seeking mode, not living from the state of Realization. Real heart communion with a Guru progressively ends the mode of seeking enlightenment and realization. Realization is transcendent of the body, Realization is not in need of the body, and Realization simply sees all possible worlds, bodies and places as the activity of Realization (ItSelf). Realization is Reality's Realization, and Reality's Realization is what the body/mind must become open to (not personal self realization), which requires ego death. Thus, Guru serves the devotee of God. Guru Serves the one and only Divine Realization of Reality by literally and tangibly Transmitting the Divine Transcendent Steady-State of Reality ItSelf unto the devotees of the Guru. With recognition of the Guru comes the Gift, and with Heart Communion comes the Everlasting Intensity of Realization. This is then (progressively) recognized to be the Very Same Realization of the devotee by the devotee.

A person never out grows the need for a relationship with a genuine heart Realizer. Instead, the relationship of the devotee and Guru progressively dissolves all questions, doubts, and hierarchical associations (and accusations) between the Guru and devotee. This is a Divine Process that manifests until there is absolute and perfect Oneness beyond the appearances of the bodily forms of the devotee and Guru. Truly, as a person grows in heart communion with the Guru all ideas of separation, subordination and otherness evaporate. Ego is the only kind of

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mentality watching for enlightenment, seeking enlightenment, and rejecting self surrender into the Overwhelming Light. Ego is the only kind of mentality that judges the Guru to be useless, and the ego is the only mentality that believes it can teach itself out of its activity.

Without True Heart Communion, and because of the constant and reoccurring activity of 'me' (false sense of self), the body/mind will always be in the business of rejecting and attaching, seeking and searching through life, but never Transcending it self. Ego cannot transcend it self, ego is bound and limited to ego self, and the Guru truly provides the living demonstration and transmission that by grace moves the individual from ego life unto a life filled with God Only. Once there is Actual and Real Heart Communion the idea of Guru will be an idea of Guru and nothing more. True Guru offers the *God filled Way*; the Guru offers a relationship that ultimately demonstrates, in a tangibly conscious whole bodily way, there is no Real separation between the Realization demonstrated with Guru and the devotee's Very Own Enbrightenment. The *God filled Way* is not dependent upon effort, searching or seeking, being separate or other than each other, and requiring some kind of merging or coming together; instead discover what is perpetually the inherent Reality of Reality, which is inherently and perpetually non-separate from All.

## no surface meditation

The constant motion of the mind tends to find all sorts of things that 'come up' in meditation, and these things seem to present an obstacle to reaching some kind of peaceful state, or length of time without those thoughts crowding your, mind. Conventionally, most people are engaged in some kind of meditation because they are seeking something in life other than their current living state. Some people are moved to practice meditation for religion, science, health, and/or release or relaxation from one's current bodily state. For most the activity of meditation, and it very well is an activity, is about changing one's conscious state of feeling into another conscious state of feeling, and the meditation can yield all sorts of experiences in consciousness that seem to support the idea that there is something to seek through meditation. That by practicing meditation one can achieve such and such relative to their individual consciousness, but that meditation must be practiced again and again in order to reclaim or repeat the previous experience(s) discovered in meditation. This is not a suggestion to stop meditating (God forbid); rather, to be clear with yourself, and every time you *chose* to meditate you should know why,



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what it is all about, and both the value and limitations of (intentional) meditation.

Here are some common questions associated with meditation. How is meditation deep? How deep can one go in meditation? Who is entering this meditation, and how come, it comes and goes? Why even meditate; for what reasons and purposes? Meditation can be interpreted in all kinds of ways, and meditation can be practiced for all kinds of reasons, meditation can be viewed as a progressive and developing aspect of one's spiritual life and practice, and meditation can be practiced in all sorts of positive and negative ways. The Enbrightened perspective on meditation sees meditation as a tool of the spirit, meditation is a grace born activity that demonstrates the Yoke of God over the body/mind. Meditation is not goal oriented, meditation is both a moment to moment practice of the turning to God for All and a formal sitting that is practiced with intent. Meditation is a yielding of the whole spectrum of consciousness unto whatever Divine processes the Divine One's graces have in store for the individual.

Meditation is taught differently throughout each religion, and some practices of meditation are practically the same across many religions. However, there is a difference from egoic, self seeking, bodily searching meditation and a kind of meditation that demonstrates self surrender; it is not born from a search for achieving something. Enbrightened meditation is different from

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ego meditation because it lacks the ego motive of life, and Enbrightened mediation is a submission of the entire spectrum of individuality unto a process of the total saturation of God throughout the entire form of one's individual (and even whole worldly) existence.

The egoic quality of consciousness is itself pure seeking without any Real Satisfaction or Fulfillment that lasts or is understood to be Eternal. The person living and functioning through life in the trance of ego simply injects its very own emptiness (lack) of Real Being as the ground and foundation of the practice of meditation, which is the opposite of a Real (Spiritually based) Ground and Foundation for the practice of (*no surface*) meditation. The ego driven person seeks to control the body/mind, and really just to tame and yoke the body/mind more deeply to the emptiness of ego. Moreover, that person is practicing meditation for the service of ego self not True Self. The ego self wants to remove the junk of the mind and replace it with an imaginary vision of a world that they are happy in, thus, the individual becomes frustrated with the unending flow of mind and seeks to somehow get rid of that stuff and inject a pseudo feeling of happiness. 'You' can't get rid of stuff or control stuff (in meditation) because you (the body/mind) are centering all these experiences around a 'me', which is Made of stuff and nothing more; it is just more activity replacing (juxtaposing) more activity.

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The ego, or false sense of self, is entirely made of the very mind junk that one is trying to escape in meditation; this leaves a person seeking particular experiences or extraordinary experiences from meditation as validations of some kind of spiritual realization or sign of self realization. The whole ordeal of ego meditation appears in the midst of a limitation that binds the individual from truly transcending ego self. Egoic meditation wants to experience various depths of consciousness, and the ego wants to go 'deeper and deeper' into the other kinds of conscious experiences that may appear with meditation. The individual then tries to leave the body or experience a kind of ecstasy that seems to be easy to repeat, or any other number of possible esoteric conscious experiences that seem to spring up in meditation.

Meditation is not about going deeper and deeper, or expanding forever, or to go more and more within; rather (Enbrightened) meditation is practiced to allow the tendency to turn within and the tendency to turn outwards, which is simply just more activity of ego consciousness, to relinquish the grip it has over the body/mind. Even more so, meditation can be practiced so that the individual can notice, acknowledge, and realize that which is neither within or separate from the body/mind. No surface meditation simply yields the body/mind, and one's whole spectrum of being, unto our shared Divine Brightness through the Real and Tangible Presence of Real God (True Everlasting Consciousness). No surface meditation yields

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the wholeness of the individual, and their relationship with the universe, unto a total bodily transfiguration via the Divine Grace of Eternal God. 'No surface meditation' means there is no separation (real or imagined) of the body/mind and the Transcendental Reality of Existence ItSelf.

Real Meditation (not ego based mediation) is not a goal purpose practice. There are no walls that need to be broken down in 'no surface meditation'. There are no barriers between the Transcendent and that which is apparently of space/time in 'no surface meditation'. 'No surface meditation' suggests an individual understand and recognize that space/time, bodily forms, and the Eternal Transcendent Realm of God are the Same. This type of mediation suggests one understand that thoughts are made of that which transcends them. Can you see both the Eternal and temporary as One?

What do you plan on achieving from meditation? Why must meditation be *entered* (or practiced) for Reality to Be Realized, in a tangible and continuous way? What is preventing you from Drinking Freely from the Heart nectar of God right Now? The practice of *no surface meditation* Sees all from the Source of all, which is the conscious Source of Realization, and learning to See Reality from the Source of all can initiate the tangible bodily feeling of Heart~Fire and Light. If an individual is living the Spiritual life, then with devotion and discipline the individual will begin to notice, acknowledge and ultimately

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Identify As the Heart~Fire Presence of God even when 'not' meditating; and that Is *no surface meditation*. Heart Commune with me and notice, acknowledge and truly identify with that Heart communication. It is silent, potent, full of heart-fire-love-bliss-light, unending, perpetual, inherently the present steady everlasting state of existence and God. *No surface meditation* Serves God's Grace born Divine Processes of Enbrightenment in each individual's personal spiritual processes. *No surface meditation* Serves the life of Realization, the Actual Living experience of Realization, and it is the life of Heart~Fire, which is a life that transmits, shares, and communicates God's light to all. When you meditate Always meditate As Self, True Self, as Perfect God, beyond all perceptions of boundaries, and Radiate the Divine One Freely and Effortlessly, not only in meditation, but in All moments of existence, and that is *no surface meditation*.

## Perfect Leap of Faith

Perfect faith will Demonstrate the Realness of God in one's life; the initial Leap of Perfect Faith in Self/God can establish a foundation that does not budge under the apparent reoccurrence of the conscious energy of the ego contraction. If you want an immediate and easy way to abandon the grip of ego simply Know Self As It Always Inherently Is. Real Self Is never mixed up with feelings of separative self. When you understand True Self you have already taken a Leap of Perfect Faith. Nothing can lead one back to being tethered to the hub of ego self. And when a person understands Perfect Faith in True Self the power of the egoic conditioning no longer keeps one lost in that darkness. By 'taking a Leap of Perfect Faith' one is no longer clinging onto the false ground of ego self, and that person has left behind the ego life in a Faithful Leap into the Heart of Truth. This is how the Perfect Leap of Faith in Real Self provides an unshakeable foundation of Divine Self that the individual can Always depend upon.

Taking the Leap of Perfect Faith means one has in a way abandoned all attachments to a 'foundation' for the freedom to soar, for the Freedom that one Already Has. Real Enbrightenment transcends the appearance of a fragmented self or partial self or

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ego self, while simultaneously embracing such qualities without attaching to such qualities for Identity or Feeling or Sense of True Self. Furthermore, Perfect Faith allows the individual to Consciously Sense (Reality – Real God) beyond the bodily feeling of (personal) self, and Perfect and Real Faith Transcends the self created walls of ego. Consequently, in order for a person to get beyond the cage of ego that one will have to take a Leap of Faith that releases and makes vulnerable the false sense of self (ego), and that Leap of Faith also transcends death, and death in all of its forms. But, this Leap of Faith has to be supported by one's surrender unto the Divine One, and not a surrendering unto another form of ego. Most importantly, the Perfect Leap of Faith will be constantly tested in life, and the world itself will seem to fight against a person maintaining Faith, and these tests seem to come from every angle and from every direction.

There is a heart desire in those that find there is only God to be found in life. That individual responds to this in absolute release, there is no method to this, just plain and simple 'ahhhhhhh', and that is a demonstration of a Leap of Faith. This is the result of the process that is initiated by the individual in their beginning recognition of the impulse to Know God Fully; the Impulse of Total Enbrightenment. If you do not have this impulse of total death and release and surrender you will continue to spend your time in wonder, doubt and what-if, and instead of making a Leap of Faith into True God moment to moment one

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will simply cling onto a false sense of life and reality moment to moment.

The Way of the Divine Spiritual Process of True Self Realization manifests through Grace, Free Grace. How does an individual get the Grace to fulfill and complete the whole process of bodily Realizing God, and truly the Grace needed to make a genuine Leap of Faith into Real God and Real Self? It (Grace) is an innate, in born, part of our nature, inherent, in built, and a deep and mysterious question every human considers at some point in life. If a person notices the presence of Grace offering ItSelf in these moments that one can respond to Grace, dive into Grace, live through Grace, surrender unto Grace, and be Transformed by Grace. This is how a person begins to notice, acknowledge and ultimately Identify As, in and through God's will and grace. Grace provides the opportunity to Realize Eternal Happiness in every possible moment of life, thus, the Value of making a Leap of Faith for Real God and Real Self in Any moment and All moments. Take the opportunity of Grace and make the Leap of Faith to surrender unto God's Grace; it is there, it is here (with you right Now) calling to you through these words, and it is alive in the Heart of Reality/God right Now; it is free to you, and freely Realized as soon as you want It. Make the True Leap of Faith and Know who you Are in the absence of ego and in the absence of personal self, and anyone can do this as soon as that one turns to God whole heartedly.



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If a person is heading north and that one wants to go south, all that one has to do is turn around, and that means the whole body/mind must be committed to that turning or one will not begin to travel south. If all a person does is turn their head south and not commit to this whole bodily then instead of going south they will continue north but in a much more dangerous way. The Leap of Faith that is required for Real Enbrightenment is one that is whole bodily, one that is of a total life commitment, and one that turns the wholeness of the individual unto the Divine Brightness of Real God and True God.

## Be The Intensity of Existence ItSelf

Be whole bodily Open to God Only. Transcend Heart~Fire intensity by transcending personal self. Think of it like this; instead of being burnt by Fire, be the Fire, and instead of the Intensity of God's purging Fire and Presence overwhelming you, Be the Overwhelming Fire and Presence. Until there is absolute personal self (egoic) transcendence, there is a contraction living on the consciousness of the body/mind like a parasite in a host. The intensity of this process leaves the ego turning inward upon itself to blot out the feeling of transcendence (defending oneself from the overwhelming Presence of God). The conscious process in relation to the body/mind becoming open to the Living Presence of Brightness for a person living and relating through the ego sort goes like this; the more there is a feeling of an absence of personal self (via the Overwhelming Force of True Everlasting Self Presence), the more there is the conscious feeling presence of fear itself, even the conscious feeling of imminent death. The egoic forms of self always view transcendence as if it means the end of personal existence, thus, the first dynamic of 'me' in such an experience is to recoil upon itself and struggle for personal existence against the overwhelming Light of God.

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Think of ego like a parasite, furthermore, each person (the host) has the inherent power of Truth, thus enabling each person to become liberated of the parasite of ego self. Each person has the healing power built into the very fabric of consciousness itself. The core of this revelation also says that all are already and perfectly Free of ego, birth and death in that which is Eternally Free of ego, birth and death. The activity of ego (conscious feeling/activity of personal self) cannot itself become free or liberated or live a transcendent life through Eternal Reality. Therefore, trying to progress spiritually through a false sense of self is like putting your hand in a blender, turning it on, and blaming the blender for damage to your hand. You can't pull yourself up by your own bootstraps, you can't remove a mountain with the very same mountain, a mountain cannot be removed with itself.

The contracting quality of 'me' is an ever present activity of attachment to bodily life. However, the Brightness is inherently transcendent of the, any body, mind, yet, the body/mind is truly manifesting, moment to moment, in the midst of Eternal Transcendence. All worlds, bodily forms, and things are actually manifesting as simply apparent modifications of Eternal Reality. Not one thing appearing is permanent, and there are no worlds, universes, heavens or hells that last forever. It might be possible to extend human life or personal consciousness for many thousands of years, and to travel across the galaxy or

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even further, but the human body, and any possible bodily form that exists, appears and/or needs space/time in order to exist. In the absence of a universe, of any type, all that is left is Reality or God ItSelf. In the presence of any universe, of any type, there is Only Reality or God ItSelf. All that appears is unnecessary and non-binding to Reality or God ItSelf. An Enbrightened way of looking at this says Only acknowledge (*which may not be the best way to describe what I mean*) one's Feeling of Self As Eternity ItSelf. Whole bodily and consciously Transcend all motives, urges and tendencies towards attachment in any world, to any body/mind, and Transcend All possible temporary feelings of personal self Perpetually and Freely Now and forever.

Be whole bodily Available to the Divine Presence of Reality ItSelf. This is something each person is responsible for, and no amount of dogma, belief or evolution can be subsidized for taking personal responsibility for self Transcendence (not for some other pseudo/fragmented identity) for the Divine Brightness of God Only. This personal responsibility is yours and yours only, and in the Grace filled company of the Guru, you can take Rest by consciously Feeling into the Guru's own bodily Transcendent Transmission of the Divine One. This gives Way to Heart Communion, and through Heart Communion the Fullness of the Teachings can progress unto the whole Awakening of the Spiritual Cross. This is not something to be done on a weekend retreat, or at a passing visit from some kind of guru. Heart

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Communion is the last place an individual ‘journeys’ through in the Divine Process of Enbrightenment. It takes time, discipline, devotion, persistence, and Heart yearning for the Divine Only, which Is Revealed As the Living Intensity of God and True Self.

The ego sense of self is small, contracted, coiled up, bound to the body, limited in presence, and manifests in (appears through) the ashes of yesterday or fantasies of tomorrow. But, God, or True Self (which is perfectly at home in the Eternal Now), manifests As an Infinite, Vast, Unlimited, unbound, Intensity, and Even that Intensity itself must be consciously transcended As the Intensity. The Overwhelming Light of Reality progresses (in the Spiritual process) until there is an Intensity that simply Must be Transcended consciously because the intensity is beyond comprehension and beyond handling. Self must be Transcended in order for Intensity to be Transcended; thus, comes the Overwhelming Brightness. Ultimately, Enbrightenment (God Realization) Demonstrates ItSelf to Be that which is beyond Beyond.

## Everlasting Heart~Fire~Love-bliss

God's free love-bliss is an inherent quality of existence; it appears - transcendently - As the Divine Brightness of God. The process of true (three) Heart Realization unveils God's free love-bliss to the individual, and this process catalyzes a moment to moment steady-state of Noticing, Acknowledging, and actually Identifying As (literally) God's free love-bliss.

The individual that Awakens, *throughout the body/mind from head to toe (especially Intensifying the living dynamic of the Spiritual Cross)*, God's free love-bliss is engaged in a purging of sorts in relationship to the false sense of separate self. The purging of the activity of 'me' is at the heart of the Spiritual process. Everyone shares in the purging of ego relative to their unique path of Heart Realization (Enbrightenment), although, each individual progresses differently.

Truly, we all must enter the process of purging of the activity 'me' for God's Presence to initiate the living abundance of Divine Heart~Fire, and through the purging and death of the activity of 'me' the body/mind Awakens to the Pristine Brightness of God's Everlasting Heart~Fire~Love-bliss. The 'me' of the body/mind is into feeling all sorts of things, and searching and seeking through all sorts of tangible bodily feelings, through this

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and that, but, the 'me' is never capable of Feeling Realization of God's Sole and Lone Presence of Reality.

Ultimately, God's free love-bliss is simply the deepest and most abundant quality of Life, and that love-bliss is recognized As the Actual presence of existence or God ItSelf. We can all find our moment to moment living, moving and being through our shared Divine Self, which is discovered in the Presence of God Only. Everything I have said is Real and Tangible, and this is always confirmed by the One and Only Living Presence (Spiritual consciousness) of Life, of Existence and every appearance of Reality. May you progress with Godspeed in your unique, but shared, path of Heart Realization (Enbrightenment).

## Enbrightened Verses

1: Don't become caught up in the idea that True Enbrightenment is only for a few. We are made for God Realization, and our bodies are designed to function naturally through the Divine Light of Consciousness. Realization is not just for a few, or only the rare. However, Realization tends to feel like this because one's interest in God or Truth or Realization is rivaled by everyday life stuff, instead of God trumping the mundane by mere Attraction. Daily life simply seems more important than growing and developing in one's Spiritual Awakening. Thus, the kind of discipline and heart yearning needed to undermine the ego is never fully given in such a person, and spiritual life tends to be practiced in a (pardon my language) half ass way, without any Real faith and hope for what is inherently already Free and Available. Therefore, only very few people are willing to turn their attention from what is comfortable and what seems easy to hold onto.

2: Truly, the egoic identity is an unnatural (moment to moment) step out of harmony for the addictive feeling of separation, and this is a Real and Actual conscious dynamic



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happening moment to moment (like pinching yourself and not noticing this happening and/or realizing why).

3: Realization is who you are before you even begin to try and become. Remember the natural unbound eternal steady-state of Reality; this is Who you Are perpetually. The ego self will always be in a state of fluctuation and it is the bodily contraction of the false sense of self. Remember, remember, and remember True Self again, again, and again, it will always be True.

4: If a person can heart commune with the Guru there will awaken a liveliness and abundance of Heart~Fire Presence that will demonstrate ItSelf to be more attractive than all the world combined; and as one looks into the world and sees and experiences all the things of bodily life, nothing will compare to the Free Transcendent Heart Presence of God Realization. So, in the beginning the short experiences one has with heart communion get all the attention of the individual (not the Heart Communion itself), but it takes the experience of Heart~Fire again and again and again before the taste of Love-bliss Heart~Fire is present enough to overwhelm one's attention in the world.

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5: Divine reiteration is a practice recommended to all devotees of God (or any spiritual tradition). Furthermore, until the individual has progressed into the Resurrection stage of Enbrightenment, the practice of remembering and reiterating your True Self serves as a powerful God based or Truth based resource for a conscious remembrance of God, which then catalyzes a bodily awareness of God in that moment. To put this another way; Divine reiteration works through the (inherent reality) Presence of Heart~Fire to progressively substantiate the Transcendent Reality of Consciousness (within the individual) through the Total Awakening of the Spiritual Cross. In other words, this spiritual practice is designed to reiterate, through a bodily conscious awareness (for the individual), God's Realization As the True living and sole source of all bodily (and non-bodily) conscious states of existence, moment to moment.

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**Part Three**  
Philosophical Considerations

## A Personal (from the author) Introduction to Enbrightened Philosophical Considerations

The following philosophical considerations are not, what I would consider, heavy weight in depth explorations of previous arguments, and/or heavy weight in depth explorations of the various sub-categories of philosophical consideration such as various epistemologies that would somehow support various arguments (for or against God, or for neither). These considerations do not progress through previous logical methods and/or present Enbrightenment's assertions in the traditional break downs that a logical process involves. However, the basic tenants of an Enbrightened philosophy are built and developed upon a true revelation of epistemology, which is manifested through the sum-total Awakening of the Spiritual Cross. In other words, the following 'assertions' are not whimsical and fleeting thoughts without any understanding of the basic principles that support any system of philosophy. Nor are they considered without an understanding of 'standing on the shoulders' of past philosophers and lovers of God and Truth whom have spent a

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great deal of their lives in pursuit of the *knowledge* and *Realization* of God and Truth.

These considerations are grounded upon a human based (via the human condition) revelation of Existence, or Reality ItSelf, through the human condition. This is not saying that one somehow realizes how all the physics of the universe work or that there is some kind of data or information download from God or Truth that apparently happens to those that are 'Enbrightened'. Moreover, Enbrightenment (which is the basis and foundation of the context all these considerations are taken in) is not fundamentally based on any sort of data or information.

Enbrightened philosophical considerations are not presented as a complete system of philosophy (yet), and this initial exploration of an Enbrightened philosophy is concerned only with a few simple explorations of atheism, the relationship between theism and atheism (and both ideology's limitations in relationship to Enbrightenment), and the nature of consciousness (in non-'spiritually' termed language). To put this differently, the following philosophical considerations are not to be taken or considered only in the light of philosophical dogma, principles, and methodology, but to be also seen as just another example of the limits of applied language and concepts, and/or the use of any form of media to communicate Truth, God, or Eternal Reality. In the absence of previous arguments for God or their rebuttals (from our history), the following considerations are filled with

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layers of meaning that span across many levels of philosophical considerations without necessarily pointing these out. Albeit at times I will apply the concept of the Spiritual Cross as a source for an epistemological foundation (*epistemology: study of knowledge and its justification, and what are necessary and sufficient conditions of knowledge – such as the human condition and its limitations of knowledge*).

The following is offered to help clarify my definition of philosophy and how I use it in the coming commentary. Philosophy is practiced in all sorts of ways and in some ways everyone has or practices some kind of philosophy in life. Even living a spontaneous life, free of a mental filter needed to operate, is a kind of philosophy. A spontaneous life transcends the anxieties and doubts of a personal philosophy for life. A spontaneous person's life can be described with philosophy, but that person is not actually practicing Any philosophy. One could replace the word spontaneous with happy. An observer may describe the life of a Realized person with such and such ideas, but none of it is exact. Philosophy is the exploration of what is Real, the knowledge and justification (and application) of the knowledge of what Is Real (through our human perception). This is coupled with the human's capacity to be consciously aware of or to consciously realize what Is Real, even more importantly what Is Real eternally. Philosophy is truly a broad term with all possible knowledge falling in some kind of sub-category of

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philosophy, for example, the study and practice of science appears as a sub-category because science itself does not offer a total world-view (incomplete metaphysics), which would also involve morals, and the practice of love and compassion. To put this differently, philosophy is an umbrella term used only in the widest possible sense (unless otherwise stated in the following considerations). Philosophy is the systematic exploration and practice of (logic and reason based) theory that takes (what I consider ‘revealed’) existence as a whole into account while simultaneously deeply (as much as possible) digging through the details of Reality.

The term philosophy is an integral term that both transcends the sub-categories that are often explored in philosophy while simultaneously embracing them for what can be mined as valuable knowledge (workable and practical epistemology). Philosophy is the intellectual exploration of how Reality reveals itself to and through the human condition, and/or the physics (activity) involved in the harmonious appearance of reality or existence. Therefore, enabling some sort or kind of theory to be developed based on Reality revealed within the limitations of the human bodily form. All these previous attempts to define philosophy offer the reader a better idea of the way I view philosophy’s value, use and application as it appears here in this book, and one can apply these definitions in regards to my other writings that focus on describing Reality, God, Truth, and

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the human condition through the language and methods of philosophy. One could also say that All my writings are philosophy, and my presentation of the ideas appear in a system of philosophy (Enbrightenment).

This is not the end of my attempts to address the questions of philosophy relative to Enbrightenment, or at least, this is not the end of my work using philosophy to help explain Enbrightenment for those foreign to the language of ecstatic spiritual communication, which forms the substance of all my writings. The vast ways to talk about God and Truth are just more ways to talk about God and Truth to me. I traditionally, do not limit my language used to any one specific form of dialectic (*commentaries and/or discussions using specific logic, rationale and reasoning as a method of intellectual investigation, which can be expanded to the ideas of God and so on*). The language (of Enbrightenment) and way language is applied in my writings can also be considered as a form of dialectic that is applied to help communicate and describe Reality, God, and Truth, even the total human condition. Furthermore, the language (of Enbrightenment) and way language is applied in my writings can also be considered as a form of dialectic that is applied to help communicate and describe the revelation of Reality, God, and Truth through and as the human condition. Thus, in all due respect for all the philosophers of the past, the philosophers of today, and those of tomorrow, I humbly offer some light, from



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Enbrightenment, on some philosophical paradigms (world-views) and their relationship to Enbrightenment. This consideration will never truly end as long as there are new people being born with new questions and ideas concerning Reality, God, Truth, and the human condition. I leave the reader with a quote of mine for the rest of this book, 'Once the quote ends the interpretation begins.'

## Enbrightened Considerations

In the following considerations one will find basic ideas concerning God (especially as defined in Enbrightenment) and atheism. Furthermore, these considerations will explore atheism's relationship to science and the dogma concerning atheism's connection to science, and offer an Enbrightened rebuttal to the philosophical concept of atheism in relationship to Enbrightenment. Moreover, these considerations will explore the physiological value of atheism and what does it mean to practice atheism verses Enbrightenment. The depth and detail that is brought into account here will not satisfy everyone. That is not the intention, and these considerations must be seen as *not something* out to erase or 'destroy' atheism; instead, this consideration serves only to give another look at the concept of atheism, but from an Enbrightened world-view. These considerations will not mention any past arguments for God verses the rebuttals and/or flaws in the asserted theories of reality itself.

Most atheists can all agree on one statement, "*I don't believe any God exists*". Those that don't out right deny the existence of any God, ask for evidence for whatever God you define. These types of atheist refuse to give any consideration of

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God in their lives until some kind of evidence fits their criteria. Many would say it needs to be scientific. It seems that atheists omit or discard any evidence of God that is not in accordance with science, which is at first glance a noble way of approaching life's issues or deep questions; furthermore, atheism tends to accept that there is only a physical reality and that nothing transcends physical reality. Atheism argues that solely depending on religious scripture for one's understanding of nature, or even referring to scripture at all, is deeply flawed. There is some justification for such a rejection of religious scripture for understanding nature. But that does not mean to throw out all references or metaphysics from religion and/or spiritual life as untrue.

Atheists *believe* there is no evidence for God, usually the God of the Bible, but atheism is easily applied across the board, so to speak, as a universal rejection of any form of God in all religions or spiritual traditions. What would an atheist say is real evidence for God? More importantly, what form of knowledge based evidence (based on what epistemology) can satisfy the queries of atheism or the rejection of (any) God in atheism? There is a tendency among atheists to cling onto science as a crutch and to look to science to back up their assertion of atheism. However, science has absolutely nothing to do with atheism, and the practice of science is not in the business of proving or disproving the existence of God.

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Science is not involved with such queries or questions. How could it? Science involves the investigation of what can be measured, predicted, and/or applied with any kind of accuracy for application within the universe. Science is bound to practice and discover through the human condition. Furthermore, it is limited by the human's ability to discover and apply the mechanics and laws of the universe, Science is blind to the debates and arguments of atheism and theism, and even the moral issues that come up from the discoveries of science. Yet, those (the people) involved in the practice of science come with ideas such as theism, atheism, morals, and (ethical) boundaries of application. These ideas are cast over practically everyone, except for infants and babies for example. Politicians, teachers, police officers, moms and dads, and so on are easily labeled as a theist, atheist, or even agnostic. Not many people will argue against most of science's discoveries, and it really does not matter if one is a theist or atheist, science is science to both ideologies.

Therefore, science becomes a focus point for attempting to validate or confirm different claims about reality or existence, and/or the human condition. All philosophies are attempting to make claims, even testaments (*testaments seemingly only appear in a religious context – science does not make testaments, nor does it need to*), about reality or existence, even God or Truth. So, when a religion attempts to make such and such claims the philosophies of the world turn to science to confirm or deny such

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and such claim(s). For example, the world does not sit on the back of a stack of turtles or elephants, and the practice of science can verify this.

One issue that comes from the verification of (any) religious claims by the practice of science is that people take this method and go about ‘debunking’ all other claims of religion or spirituality that cannot be verified through the (current) abilities of science. Some things claimed about existence, from any philosophy or religion, will never be able to be verified or denied by any practice of science. Fundamentally, science is an imperfect tool that works to inform us about nature within the context of humanity’s limitations of (scientific) knowledge, within the limits of the questions we ask about nature. But, many in the culture of atheism accept that God does not exist, and this seems to be a foregone conclusion based on the lack of evidence verified through science.

The practice or effort to use science to prove or disprove God’s existence is limited, and therefore, both theism and atheism have to accept such limitations. Science should never be used to prove or disprove God’s existence; rather, science must remain conceptually beyond any attempt to use it for justification of either atheism or theism, as if one will eventually find evidence through science for God or ‘find’ evidence that God does not exist. So what does an atheist have left to validate their philosophical stance? All that can be proved through the

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application of science is what claims *about* God or Reality that religions (or anyone) make, but science *cannot* say, one way or another, that God (ItSelf) does not exist (in some kind of transcendental conscious realm). If a religion defines God as a pink lobster that lives in orbit around the Earth, science can offer clues to help us consider such a claim. If one says God is the omni-present transcendental conscious light of existence, and of which the human is fully capable of realizing the transcendental conscious light of reality, then science cannot be the supreme authority nor the sole method of enquiry for discovering and/or validating such a claim.

Consider reality or existence like this; imagine a universe made of water, and there is no surface or bottom. Imagine that all forms are made of a gathering of (spherical) whirlpools within the 'great' waters of the universe, and only the manifest forms of the whirlpools can notice other whirlpools or energies transmitted between whirlpools, but the whirlpools themselves never notice the substance of their existence, which is the water itself. Relative to this analogy, science seems to only serve the study and application (of discovered 'knowledge') of the interaction of the whirlpools, but the substance (itself) escapes the ability of science to isolate it in any meaningful way that would allow for independent (or objective) study of the water (substance) of reality or existence.

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The substance of reality (existence), like the water in the analogy above, is inherently involved in every interaction between whirlpools, even the whirlpools themselves, and/or the manifestations of masses and energies of the universe. It is impossible to separate the substance of existence from the very things made of the substance of existence. The transcendental nature of the substance of existence forever places it beyond the reach of science to speak from an objective point of view about it (the substance of existence or reality). All that we can learn from science will forever be bound to interactions within the context of the one substance of existence, but science will never be able to say anything about Reality ItSelf without transcending itself for the larger picture of existence in total, as a whole. The substance of existence transcends all such changes of matter and energy in the same way that water transcends the whirlpools that appear within it.

Consequently, science is the study of what is Real to the best of our knowledge. Now, when religions and/or spiritual traditions speak about God or Truth (which is also an attempt to describe what Is Real) as One reality and the source of all worlds, universes, and so on, these traditions are referring to a Reality of Existence that not only Serves as the substance of all, but is also simultaneously appearing as all. To put this in another way, God is both the water and the whirlpools simultaneously, reality/existence is Made of God. Atheists and Theists are made

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of the same reality substance, and it seems sort of like whirlpools arguing about the existence of water and trying to use science to prove or disprove water's existence. It takes a conscious realization of the water for the whirlpools to truly understand the true nature of their reality or existence. The whirlpools would need to realize that they Are the water itself. Unless the whirlpools figure this out their arguments will always remain circular. Both the theist and the atheist are making assertions about reality, and the atheist uses science to back up its claims about reality while the theist uses belief from their scriptures to substantiate their claims. The atheist is not burdened with providing evidence for any God, rather the burden of proof is on the one making the claim and the definition of that God. In some ways the atheist may be in a better position to disprove certain claims about the theist's religion, but the atheist cannot once and for all declare that God does not exist. Thus, all atheist can agree on one statement, "*I do not **believe** any God exists.*"

Continuing, having a substance of existence or reality means that one part of nature can interact with another part of nature (there is no Real separation anywhere in nature – only distance and the time it takes to travel), even when it requires vast amounts of time and space to cover in order for such and such interactions to take place. The apparent emptiness of space is only empty of matter or energy (or both), but it is not empty of existence or potential existence. Consider a vacuum that has had



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all matter and energy within its walls removed (virtual particles still appear inside the vacuum even after it is apparently empty); now imagine if it is possible to remove 'existence' from the vacuum. Science can only explore the fragments of reality, but it cannot explore the fragments of reality separate from the substance.

Quantum theory has taught us that once we begin to work at that scale of reality that we cannot do it without inherently adding some kind of human influence within the experiment. We can launch a ball in the air and calculate where it will land and so on without having to calculate our involvement in the experiment, but we cannot do this on the quantum level. It is impossible to work on the quantum level without ourselves becoming part of the experiment, and once we add human intervention into experiments to measure the outcome we have to take into account the degree of influence we add by simply measuring or validating experiments, theories, and so on. Reality loses its objectivity, or ability of the scientist to separate themselves from experiment, once we work on the smallest of scales, even the scientist becomes, however small, part of the experiment.

Now we move to consider Reality from an Enbrightened world-view. Reality or Existence is made of consciousness, and the substance of existence is pure, undifferentiated consciousness at all points, in all directions, for all time. This is an Enbrightened

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understanding of nature and God. Consciousness did not spring up from the coming together of matter and energy; instead, consciousness is the basis (substance or source – moment to moment) of matter and energy (even the whole universe at once), and therefore, one should notice varying degrees of consciousness spread throughout nature (*and science does notice consciousness appears with greater and greater degrees of complexity from single celled organisms unto humanity*). Consciousness appears in nature because nature is made of consciousness. Consciousness is not made of matter and energy, matter and energy is made of consciousness. To take this idea further, the manifest universe, especially from the appearance of Earth, seems to be designed and organized for the appearance of consciousness in all types and forms.

Nature is made of consciousness, matter and energy is made of consciousness, and the substance of nature is consciousness that is transcendent yet inclusive of all fragmented appearances of existence. With such assertions the atheist may find it hard to offer a rebuttal or counter to the assertion with something that undermines the theory (that nature is Made of Consciousness – thus, consciousness appears in nature). Consciousness is an inherent principle of nature; therefore, it is possible that consciousness, in any form, has appeared through the forms of nature. How can nature get consciousness if it is not inherent within the Very substance of reality or existence itself?

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The atheist is not someone who lacks a belief in consciousness, and the atheist is not someone who lacks a belief in existence. Thus, when the idea of God is defined through such an idea as all of reality itself is made of God, Truth, and/or Consciousness the atheist is limited in their rebuttal or denial. Imagine a whirlpool is also conscious, and one day the whirlpool realizes it is made of water, would it then be the whirlpool that is alive or the water? This is a way one can understand the revelation of Enbrightenment, which is the whirlpool realizes it is water (the source for all whirlpools) Not only a whirlpool.

To further substantiate, existence itself is actually pure consciousness and all things that appear are simply fragments of consciousness interacting within the context of universal consciousness, the human condition is also organized so that each individual is non-separate from universal consciousness. Universal Consciousness appears through the prism of the forms of matter and energy within the universe, and the more complex creatures display greater degrees of consciousness (and self awareness – or awareness of consciousness itself), and the complexities that consciousness has to offer. The appearance of varying degrees of consciousness throughout the living forms of the universe are actually not separate from the universal form of consciousness that transcends all fragmented forms of consciousness. Moreover, in the appearance of the human, nature has brought the ‘evolution’ of consciousness full circle. With

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humanity there is the inherent conscious condition that allows us to Awaken and Realize universal Consciousness as our Very own Self. In other words, Universal Consciousness realizes ItSelf As the individual, and Universal Consciousness thus Lives As the individual.

The human condition has an inbuilt anatomical structure that supports the total awakening and realization of universal Consciousness (or God consciousness). The anatomy of consciousness that appears within the human condition is functional in all kinds of ways, such as the ears for hearing and eyes for seeing. Well, much more subtle are the forms of consciousness that are primarily there for (progressively) providing the One universal consciousness to live/function freely and gracefully as the individual. This anatomy is called the Spiritual Cross in Enbrightenment, and the Spiritual Cross also serves as the epistemological ground for validating, verifying, and justifying the existence of universal consciousness.

The Spiritual Cross is not something that Enbrightenment claims to have discovered in isolation, or that Enbrightenment is the first to talk about the validation or verification of such an anatomy of consciousness within the human condition. The Spiritual Cross has been discussed, in some degree or another, for thousands of years in many religions and spiritual traditions. Similar imagery from previous civilizations and cultures appear all over the world, and in cultures that had no direct (physical)

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contact. What this means is that the, apparently, separated cultures had no way of knowing what the other was doing, and during such history different parts of the Spiritual Cross were independently discovered and taught within our historical cultures through the various religions that developed within those cultures. These discoveries were documented in various ways and through various media (such as art). The teachings were passed on to the next generation, and as humanity has developed and evolved in different ways so has our realization of the Spiritual Cross.

In this modern time science has become the one stop shop to verify any and all claims, and through this type of social development philosophical ideologies such as atheism have found a strong footing to back up their assertion. However, with a clear understanding of how science actually serves humanity, and not how it can serve some philosophical ideal, it becomes easy to see how some atheists cling onto science as their only way to rebut any and all claims of theism. Yet, there is another way that offers an objective way to validate and/or verify the claims of universal consciousness, and this way is also a science of sorts, which has been passed down with the teachings of various religions and spiritual traditions. This evidence is painted on cave walls, it appears in practically every major religion on Earth (in some degree or another), and it has been intimately taught through those that have, themselves, verified and validated

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universal consciousness. It is the ultimate subjective awakening of the nature of Reality ITSelf, which is unseparated, undifferentiated, unbound Consciousness of Existence itself.

Those that have actually investigated the idea of God (or universal consciousness) in the past through awakening and realizing various parts of the spiritual anatomy (Spiritual Cross) have come to learn of the Spiritual Cross (or esoteric anatomy of consciousness) to some degree and ultimately universal consciousness. The issues science currently has with these claims is that it is not possible to verify and/or validate the Spiritual Cross with any objective measuring tools, and science has the issue of not being able to map out or describe this inherent human structure of (spiritual) consciousness, yet. But, to those that have truly devoted their lives to knowing God (universal consciousness) have all been lead through the inherent structure of the anatomy of consciousness (Spiritual Cross), which offers a tangible conscious bodily 'feeling' or 'awareness' of nature's Transcendent consciousness.

The esoteric (spiritual) anatomy of human consciousness that is described through Enbrightenment as the Spiritual Cross provides evidence along with a method of validating and verifying Universal Consciousness (transcendent consciousness that is inherently present everywhere). The Universal transcendent consciousness of existence reveals ItSelf through the Spiritual Cross, and the revelation of the Transcendent nature

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of Consciousness will demonstrate 'Its' existence within the individual by yoking, so to speak, the individualistic forms of consciousness (i.e.; body/mind) to the Transcendent form of Universal Consciousness. This whole process manifests through the human condition and through the esoteric anatomy of consciousness of the human (Spiritual Cross). Thus, the Spiritual Cross serves as the source for the epistemological foundation for a subjective (personal - individual) revelation of Reality or Existence that transcends words, thoughts, ideas, philosophical systems, even science, and so on. This in a way is not about proving God exists, it is not about proving anything. Instead, what I am suggesting is *What Works*, what has a *real historical precedent*, and something that is *freely available to all* individuals. In other words, each person has the capacity within their unique human condition to test this assertion of Enbrightenment. It does not matter what condition the individual is born in, this anatomy does not depend on any particular state for the human to be alive in. From the moment of conception the individual (*regardless of any irregularities in development and growth*) is inherently 'equipped' to Know Universal Consciousness.

Since, all an atheist can do is depend (pseudo dependence) on science to serve as the source for their epistemology, they miss an opportunity (like turning away from a free birth-right opportunity) to explore and subjectively validate

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what has been exclaimed for thousands of years since civilization began. If an atheist asks for one to show evidence of God they are already on a slippery slope (just like the person that claims to be able to prove God's existence), furthermore, one can't literally separate oneself from the evidence (existence of God). Because the atheist depends on science for their epistemology, their rejection of God will always be crippled. To truly discover and understand human nature and consciousness one should understand their self first, and one must learn to See Reality beyond what science can offer as a world-view.

Enbrightenment's rebuttal to the atheist assertion of a Godless world appears via the Spiritual Cross, and the awakening and realization of the Spiritual Cross. It is possible to describe a heart, and even how the human heart works, one can even remove the heart and separate it from the body/mind, but the human heart does not rely on data or bits of information to function properly. The human does not need to have a philosophical concept (or any at all) of the heart for the heart to keep them alive. Furthermore, the Spiritual Cross is an inherent part of what it means to be a human, and one can't separate or remove the Spiritual Cross in order to examine its properties or structure outside the human condition. It is not possible to perform a Spiritual Cross transplant, and it is not possible to separate the Spiritual Cross from the individual in any way. Therefore, it will never be possible to objectively observe and



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examine the Spiritual Cross, but it is there regardless. The awakening of the Spiritual Cross, in various degrees, also produces physiological changes and/or effects on an individual's conscious living state that can be measured as indirect effects.

How many physiological changes are produced from a person accepting or practicing atheism or by *'lacking any belief in God'*? Atheism does not produce tangible physiologically and psychologically (balancing or healing) changes in a person that practices or believes it. Truly, atheism is not really anything, it is simply the idea, *'I don't believe any God exists.'* Atheism is simply a rejection of concepts, without any real justifiable or beneficial outcome that can be measured through science. Take for example the practice of meditation on universal consciousness; science can measure real changes occurring to a person that practices meditation on universal consciousness. The simple practice of meditation on Universal Consciousness produces subjective evidence to the individual, and objective evidence measured through physiological changes during the meditation (including short and long term on one's psychological profile). One could say atheism prevents a person from being deluded into senseless acts of violence born from religious hate or religious ideologies, but atheism does not itself provide any reason to Not be violent or senselessly harm others. The atheist has to look elsewhere for a moral ground. Atheism is an idea based on lacking an idea, being without an idea. Nothing more.

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On the contrary, Enbrihtenment offers a total understanding of the human condition, one that is not bound to what science is currently capable of knowing or measuring, and Enbrihtenment provides a Real epistemology (source for knowledge) that justifies the practice of morals like love and compassion. Enbrihtenment serves as a Real (not only philosophical) source of human transformation (*including an individual psycho-somatic transformation*) for a life organized and lived based on the Realization of Universal Consciousness. Enbrihtenment is a positive outlook on life, which views all as its Very Own Self. Enbrihtenment recognizes the unity of nature and teaches value for all, it does not teach a person to wait for another life or to be prepared for another life, and this life right now is the most important. Atheism is not associated with any fundamental changes within the human condition that can provide a reason or reasoning for accepting the idea or living as an atheist. The opposite is true with those that practice a spiritual life and devote their-selves to God and Truth. The practices of meditation, yoga, prayer, and so on have Real physiological changes associated with them, and these changes can be measured.

Our philosophies can help us live and relate to ourselves and others. These philosophies inform us conceptually and intellectually of how to approach different situations and guide our responses or reactions. Human life is conditional in many

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ways, and in some ways the human condition cannot escape its conditioning, but we can change that conditioning to support our philosophies or allow the conditioning to guide us and form our ways. We are not bound to a determined life, we are bound to conditioning, but we are not bound to a predetermined life with no way of making any meaningful changes. Thus, it is important for us to gear our conditioning to support the kind of life we chose to live. The choices we make in life are either in support of our life philosophy, which could be based on religion or non-religious ideology, or they work against the kind of life one has chosen to live. Choice is the key to understanding our human paradigm, and there is freedom inherent within the individuality of being a human. This is the open door for being spontaneous, of living an inherently happy life. Being (truly) happy means one is also being spontaneous because that one is not seeking happiness from current circumstances/experiences.

In philosophy the idea of happiness, freedom and choice has been debated, and many argue for or against any inherent freedom for the human condition. The idea is we are mechanical, deterministic, and chained to fate. Our choices are not unlimited, but the choices we have are not predetermined either. We are not cogs endlessly turning without any Real freedom being expressed. We are free to choose our life path and the philosophies we apply in life. Humans are not made for the sky, and we are not born with wings, nor is flying somehow vital to

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our survival. However, we built planes and spaceships, and we designed suits to work and live outside of our atmosphere. There are things that evolution and determinism fail to explain, there is a freedom within our neuro-network, and our brains are not hard wired without the ability to change that wiring (so to speak), but an open field of possibilities. The brain is not determined to think in such and such a way without the individual voluntarily (moment to moment) submitting to those patterns of the mind. We can break long term conditioning and we can alter our previous thought patterns to reflect a different way of life, or one can live life without mindfulness and allow the world, and the popular cultures of it, to determine who we are and how we live and relate with each other. Truly, it is an individual choice moment to moment, and the world will always be ready to determine your way of life if you do not stand up for yourself and make the choices.

In conclusion, Enbrightenment offers a Real and Tangible revelation of the human condition that trumps the philosophies we design to describe ourselves. The awakening and realization of the Spiritual Cross offers evidence subjectively that verifies the assertions of Enbrightenment. One cannot say the Spiritual Cross is only an idea, one may form ideas about the spiritual anatomy of human, but those ideas are there to point at something of value. The Spiritual Cross is beyond words, but we can use words to talk about it; just like a smile is beyond words,

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but we can use words to talk about it. A person does not need to think in order for their heart to beat. It happens without thought, it happens in people that are in a coma, and so one can say that the heart is an idea about something in nature that is definitely there whether we know it or not. The heart is there whether a person ever understands it or not. So, if a person says that the Spiritual Cross is just a thought is wrong. We can form thoughts about that anatomy, but by calling it only a thought does not actually change the fact that it is there.

Enbrihtenment presents itself as a system for understanding our human nature, and it can be tested in various ways, and it has been tested and confirmed for thousands of years already. Enbrihtenment welcomes the challenges of atheism and other philosophies that seem to offer a contrary world-view. Enbrihtenment, *as a whole system devoted to revealing and teaching about the nature of consciousness and the human condition*, brings together a total world-view of who we are today, how we have developed (and for what reasons) as a species and a civilization, and what kind of path we can take in the future towards a better, more accurate, and fuller understanding of ourselves. The intentions of describing Enbrihtenment in these terms are not to be condescending towards atheism (especially not towards science). Atheism, in the light of Enbrihtenment, is no better than a theist with the belief that God is real, but without any subjective revelation of the case.

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Both atheism and theism are bound to belief, and belief is something that is gone beyond in Enbrightenment through Actual Awakening and Realization of the Transcendent nature of Universal consciousness.

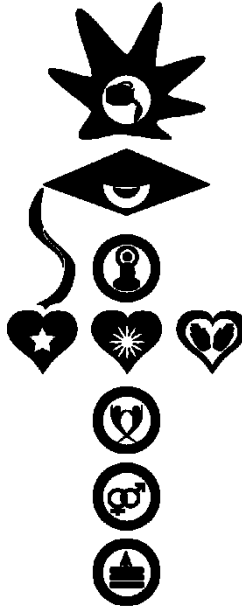
Enbrightenment offers a testament in regards to God and Truth, and it is a testament given from one that has verified, validated, and actually Realized Universal Consciousness, in all of its fullness relative to the human condition. With the Awakening of Enbrightenment the ideas of belief regarding God or Everlasting Consciousness are trumped and transcended via a Real and Tangible living manifestation of the Universal One in the individual's life. Perfect faith in the Universal Consciousness of Reality comes from the individual's very personal, but whole bodily tangibly present, Realization of Eternal Nature. One discards belief with Realization, and Realization trumps doubts or challenges of disbelief because that which is Real can be Realized Fully in each individual, thus says Enbrightenment.

A person no longer has doubts or wonderings *if Universal Consciousness is Real* once Realization has dawned for that person. You can't go back to the state of what-if, maybe not, just in case, or any other mind-set once Real God becomes Clear. Doubt is tossed away when the Heart of Eternal Self is no longer an abstract idea, but the Very Real and Tangible nature of Existence. We are made of Realness, our lives are very Real, our bodily deaths are very Real, and the continuation of our human

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story is absolutely Real. One does not have to think in order to be; you Are before any thought comes along to validate your own existence. Realize that which is Real and surrender whole bodily unto the Universal One, it always verifies ItSelf to ItSelf.

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