

Heart Realization

***ENBRIGHTENMENT FOR ALL***



Heart Realization

# **The Resurrection Testament**

(Heart Realization)

2nd Edition

*The Testament of Jared J. Kimble (Mukti Da)  
and Manifesto of Enbrightenment*

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*Consciousness Is Nondual.*

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## Introduction

*The ocean is the place that all rivers sacrifice their unique path into without effort, and without resistance. That sacrifice does not empty the rivers; that sacrifice joins the highest mountains on Earth with the lowest points on Earth. The steady flow of the waters from the clouds onto the mountains ends with the great convergence of all waters in the ocean, and back again. The ocean does not start at the mouth of the river, but at the source, in the mountains.*

This book *is* the manifesto of Enbrightenment. There is an exegetical presentation of God Realization found in here. The semantic methodology of the way I write includes variations in using capitalizing, bold, italicizing, and underlining words. There is great love given to every letter you read. Understand this, and take your time, and let your Heart guide your response. My Resurrection Testament is limited when presented through language, but in Heart Communion with Mukti Da my Testament is Realized to be your Testament.

My Testament will provide the substance of any future writings. All my work is through my Testament. Enbrightenment had to be founded on a Testament, and written and presented through that format, but my Testament is far more than what is written. My Testament will play a background role to the *core* revelation of Enbrightenment, which is 'whole reality realization' through a bodily process of Awakening the whole Spiritual Cross through which God ItSelf lives As the individual. My Resurrection Testament is a testament that others can verify. The Resurrection Testament appears as a series of logical metaphysical (epistemological) declarations on one hand and Heart Communion ItSelf on the other. My Resurrection Testament, in total, is a declaration of Reality ItSelf, declaring ItSelf As all, and in the context of Enbrightenment, through the founder Mukti Da (Jared J. Kimble).

Enbrightenment is an Offering of a full spectrum of teachings, brought together to be a Force of Blessing and Transformation. Enbrightenment is born from the historical family of spiritual traditions on Earth, born from the Divine One, once again creating new from the fertile soil of this Divine Earth. My Testament

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introduces and initiates the un-Realized, it takes one through the three stages of Heart Realization, correlates the historical progression of the creation of the tradition, and shows the connections with other traditions.

Enbrightenment acknowledges the entire Process of Divine Transfiguration of the human condition, the human body/mind, and the whole realm of Reality. It is the acknowledgement of the global process of God Realization. It is the acknowledgement of multiple spiritual traditions all working together for one Global Process and Revelation. Through love and compassion we, along with our complete family of spiritual traditions, are here to support humanities Spiritual Consciousness, and a Global Heart Communion of our Transcendent Presence.

This manifesto is for the establishment and creation of the Integral and Collaborative Spiritual tradition called Enbrightenment. Enbrightenment is created as an offering not a requirement. Basically, a person does not need to convert to Enbrightenment as though Enbrightenment is set up as some kind of Only Way. Enbrightenment is an integral spiritual tradition that does not see 'other' spiritual, Nondual traditions as if there they are wrong. Rather, to understand Enbrightenment in relationship to other Nondual traditions one simply should consider Enbrightenment as a Nondual teaching founded by one who is Already Fully Realized. Enbrightenment does not rely or depend on Any ancient scriptures for authority or a lineage. Enbrightenment stands on its own, but not separate from our historical traditions.

It is a modern exegesis of God Realization. I coined the word ***Enbrightenment*** because that gives my Testament, my Teachings, and my Communication a real definition, unlike the word enlightenment, which has all sorts of interpretations. It gives me the chance to use the word and remain in the context of the concepts connected to the idea, to stay in the context of "The Resurrection Testament", to keep a clear, in a sense, boundary so my communication is found within a structure, which is this manifesto. It makes it hard to mis-interpret Enbrightenment; it also captures the idea so that others do not make of it as they want. It is created with the idea of generations of people living and developing this culture globally, which has been happening since humans began to transcend the ego/separative identity. In other words,

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Enbrightenment sees itself as a furthering, a necessary process, in the overall progress of discussing God/Heart Realization.

Enbrightenment is, as an idea, defined as two principle qualities. The first is that God Realization ItSelf is Inherent in (As) Reality ItSelf. The second is that conditional beings (humans) are Inherently not separate or different from God Realization ItSelf. The fundamental Truth (or axiom) is that there is neither a transcendental reality or a conditional reality, but that these are actually one reality, Nondual. Therefore, Enbrightenment describes Reality ItSelf As Nondual Consciousness, and Ultimately unconditional, Nondual Consciousness *Is Not separate or differentiated* in any way. Thus, the Eternally Transcendental (not separate) Consciousness of Existence ItSelf Is not other than, different, or separate from conditional beings and conditional reality itself. This is a True Nondual understanding of how It (Existence - God) Really Is.

Enbrightenment is an understanding and Realization that Reality ItSelf Is Nondual. It is the understanding that God is the Only real identity of existence. It is the living of life through the transcendent consciousness (ONLY), which is not actually separate from the body/mind. Enbrightenment also inherently involves, by definition, the Total Awakening of the spiritual anatomy, which I call the Spiritual Cross. Enbrightenment Is 'whole reality realization' and/or 'whole bodily realization', which is the Self-existing, Self-obvious, Self-luminous, Self-aware Undifferentiated Consciousness of Existence (or God) ItSelf Alive As the whole of an individual, and the whole of that individual's existence. Enbrightenment is Heart Communion; perfectly with each other, and at large with the whole of reality.

Enbrightenment is coming from the source/founder of the tradition. The scriptures and teachings of the tradition are sourced from one in whom the very definition of Enbrightenment is Alive. The first Guru of Enbrightenment (Mukti Da) is responsible for the source text of Enbrightenment, which is 'The Resurrection Testament'. This enables the tradition to be built through modern terms and ideas, however, this does not separate the understanding and revelation of Nondual Reality being discussed through Enbrightenment from historical traditions of Nonduality (like Buddhism and Advaitism).

My Enbrightenment (as revealed through Enbrightenment) is truly the Same Nondual Realization of Reality that has been discussed throughout our

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history. Enbrightenment is simply a modern awakening of a old tradition. The teachings stay within the Divine Revelation of Nonduality, but Enbrightenment goes further in understanding and revelation than almost every other Nondual tradition. The Enbrightenment tradition has Only one other tradition prior to it that offers the *Absolute Fullness of God Realization with a human*. That Nondual tradition is Adidam, created by the Founder Adi Da Samraj (my Guru).

A central revelation of Enbrightenment is the Awakening of the Spiritual Cross. The full Awakening of the Spiritual Cross follows from Nondual Realization ItSelf, the Spiritual Cross awakens in response to Self Realization and Heart Communion with the Guru (Mukti Da), not before Self Realization. The Revelation of the whole Spiritual Cross is one of the teachings that sets Enbrightenment apart from previous Nondual traditions (except for Adidam) and shows (demonstrates) a progression in the understanding and revelation of God (Heart) Realization verses older revelations of Nonduality in ancient scriptures. The dynamics and physics of the Spiritual anatomy is the same for every Human, but not the unique, relative to each individual, processes that manifest As the Spiritual Cross comes to life. So, the Spiritual Cross is structurally the same for all, but not necessarily how each person comes to Realize the Spiritual Cross. Each person *will* go through different experiences as the Spiritual Cross springs to life, but the Revelation of the Spiritual Cross itself is the Same for all.

The confirmation of the Truth of my Testament is a subjective revelation of the One and Only Nondual Realization of Existence ItSelf, and understood to be an objective reality when perceived via Heart Communion from one Human to another. The Spiritual Cross (anatomy) demonstrates power and gives evidence of that which Is The Self-evident, Self-obvious, Self-existing, Self-shining, Self-radiant, and Self-revealing Reality of Existence ItSelf. The Spiritual Cross is the true science (epistemology) of God As the Human, and the Only *science* of Heart (Nondual) Realization. This revelation manifests through the Human form, and the same revelation Will manifest in everyone, every time.

The myriads of Humans on the Earth also constitute the myriads of experiences and related phenomenon that can, and do manifest during the Process of the revelation of the Spiritual Cross. Therefore, it is not the experiences or related phenomenon that is considered God (Heart - Nondual) Realization ItSelf or the Revelation of Enbrightenment. It Is Transcendental (not



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separate) Reality ItSelf that Is the Realization and the Revelation of Enbrightenment, through which the Spiritual Cross is revealed As the anatomy through which Realization ItSelf lives As the individual. The nature of my Testament is not solely mine, but it is and becomes the Testament of all those that Realize God. I name the Quality of life that is Realized and Awakened through my esoteric tradition *Enbrightenment*.

My Enbrightenment tradition is not created as a religion with dogmas and beliefs; rather it is created as a form of Real knowledge and Real Culture, and Ultimately As a Nondual relationship (Heart Communion) with the Guru of Enbrightenment (Mukti Da). Mukti Da is the first Guru (Minister) of this tradition, also Mukti Da is the first in a Lineage of right-heart Realized Gurus that will Serve the Enbrightenment tradition for all time. The ministry ItSelf has one Head (Avatar at a time) and one Body. The Lineage holder is chosen by me, and succeeds me immediately after my (Jared J. Kimble's - Mukti Da's) physical death. However, there will be a lineage of Ministers created and initiated by Mukti Da, and through which each Avatar of Enbrightenment is chosen from before the current Avatar dies.

The presentation of my Testament is manifest through Enbrightenment. I am doing this deliberately and not ignorantly. Moreover, the Transcendental (not separate) Spirit of God is the Only way that my Testament is understood. I offer all my prayers to God for the Communication of my Testament and the revelation of the Spiritual Cross for all.

My Testament is given for a global Culture of God-realization; my Testament is Given for *You*. This Culture is created as an integral system of God-realization designed to be able to find a place in any and all Cultures on Earth, even throughout the Universe. Whether this tradition of Enbrightenment lasts for as long as I live or beyond, or if I end up being the only adherent of the Enbrightenment tradition, I created it out of my innate Human capacity to Know God and my Self. I create and write this Testament to share our Communing Reality found completely present, and whole in every Human. The Transcendental (not separate) Communing consciousness of Humanity is discovered in the science of the Spiritual Cross.

This tradition will survive through a constant dialectical exploration of the revelation of Reality ItSelf and the Spiritual Cross. I have laid the foundation of

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this Culture and I expect it to be continuously purged of the fading ways of the egoically possessed. What enters Our tradition must remain in good standing with the laws of the land, and in good standing with the further and deepening expression of the revelation of Enbrightenment. We are not a perfect Culture. We are a genuine Culture of God (Heart) Realization. The Enbrightenment tradition takes upon itself to Self purify as time passes. It is a Culture and Spiritual practice with a built in strategy for openly claiming un-perfection. We, a society gathered As One God, do not seek perfection (we're Already and Inherently Perfect Now), rather we seek to be factual, and in line with the current accepted scientific theories. This Culture holds moral values to Spawn from God's Love and any scientific knowledge spawns from a universe that is harmonious and not chaotic.

One will find correlations and criticisms with many traditions already present on Earth. One might consider some of my own writings to contradict or seem paradoxical, but, ultimately, they are simply Nondual. Ultimately, there are no paradoxes or contradictions in the revelation and teachings of Enbrightenment. Being that Enbrightenment is a True Nondual spiritual tradition, no forms of duality or dualistic teachings are part of It. Thus, what may seem paradoxical or contradictory is not really. When such things like this seem to appear in my writings, one should understand that the teachings are for both the beginner and mature realizer. This means that some ideas, like particular types of spiritual practice (sadhana), are recommended to only those ready to hear and practice. Therefore, all of my writings are simply tools created to Serve the Disciple/Devotee of Enbrightenment (or of any other Nondual tradition) in that person's current stage of Enbrightenment. My writings are designed to guide a person until Heart Communion (ItSelf) with the Guru (Mukti Da) is realized to be the final, primary and ultimate Teaching of Enbrightenment. Heart Communion with Mukti Da Serves As the True Teaching, Revelation, and 'method' of God (Heart) Realization within Enbrightenment. All other practices are preparatory for True practice of Heart Communion ItSelf with Mukti Da.

The True Teaching (Communication) of Enbrightenment is found through Heart Communion with the Guru. The Reality is that the Great Revelation of God is perpetually beyond conceptual attempts to explain, thus, the awakening of Heart Communion demonstrates that the *Commune-ication* (of Enbrightenment)

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Is Real. And the Commune-ication is discussed through words, thoughts and concepts, but the Commune-ication ItSelf is Realized in Heart Communion with the Guru (Mukti Da). The Spiritual Cross provides the landscape (*terra-form God*) for all progressive processes of whole bodily transfiguration discussed in Enbrightenment. The Spiritual Cross is fully presented in this book, along with the stages of Enbrightenment. I have perfect Faith that God ItSelf will confirm my Testament every time to everyone, and the sign of that confirmation is Heart Communion, and the ultimate sign is right-heart Communion with the Guru of Enbrightenment, Mukti Da.

## Resurrection Testament

I testify that existence is Self-existing, Self-aware, Self-luminous, and Self-ecstatic.

I testify that existence is Nondual.

I testify that existence is made of consciousness.

I testify that consciousness ItSelf is the only existence.

I testify that the consciousness of existence ItSelf is undifferentiated and present at all points in space/time and in every direction.

I testify that there are no separate selves that exist in existence.

I testify that the consciousness of existence is the One and Only Self of existence.

I testify that the One and Only Self of existence is the One and Only Self of all.

I testify that human consciousness is not separate from the One and Only Nondual Self of all.

I testify that the One and Only Nondual Self of all Is the One and Only Realization of the Self of existence for all.

I testify that every human, regardless of bodily condition, has an anatomy of consciousness through which the consciousness of existence ItSelf can live As the individual.

I testify that the anatomy of consciousness of the human has three heart chakras.

I testify that the heart on the right side of the chest is the locus of the consciousness of existence ItSelf.

I testify that whole bodily Self Realization, after the death of the feeling of separate self, is Realized once the right-heart of the spiritual anatomy of consciousness is awakened and the current that extends from the right-heart ascends into the sahasrara chakra above the head.

I testify that Heart Communion with a right-heart realized Guru is the fundamental Way of Self Realization, and the fundamental Way of right-heart realization.

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I testify that there are no techniques, methods, or procedures that can lead to right-heart realization, thus, there are no techniques, methods, or procedures that lead to Realization of the One and Only Self of existence ItSelf.

I testify that right-heart Heart Communion with a right-heart realized Guru is not a technique, method, or procedure.

I testify that Heart Communion with a right-heart realized Guru is effortless, Self-recognition of oneself As the One and Only Self of existence ItSelf.

I testify that the right-heart of the spiritual anatomy has awakened in Jared J. Kimble (Mukti Da).

I testify that the current that runs between the right-heart and the sahasrara chakra has ascended in Jared J. Kimble (Mukti Da).

I testify that the Self of existence ItSelf is the One and Only being alive As Jared J. Kimble (Mukti Da).

## Enbrightenment Story

This is my (Mukti Da's) story of Heart Realization. The story starts in my childhood and progresses up to December 2015 with the second edition of The Resurrection Testament. There may be some controversial statements in here, and some of these things may appear to contradict your religion. These words you are about to read are my Confession and Testament of my Process of Divine Realization of the Self-evident, Self-obvious, Self-existing, Self-revealing Reality of Existence ItSelf. There is No doubt regarding this (The Only) Realization of God ItSelf for me.

As far back as I can remember Heart~Fire was with me. As a child the Divine Light would pierce the top of my head, it would feel like a needle point slowly entering my head. It would make my body feel really small, then over time I began to allow it to enter freely, without any resistance. Before the age of two I was sneaking out of the house, and this lead to me sitting in the back of a cop car (a friend of the family) by the time I was four or five to scare me into not sneaking out anymore. I would go around to the neighbor's gardens and pick flowers to bring home; the funniest thing about this was that I was naked. The neighbors would call my mom and ask her to come get her naked child out of their garden, who was picking all the best flowers. I was a bit of a hard child to 'control' and get to listen and behave. I felt Free, always responding to my Heart, even though I was not aware of the dangers and risks I was taking by sneaking out and picking flowers. Looking back, it must have been heart-wrenching waking up and seeing your baby gone.

Growing up with Heart~Fire in the center of my chest revealed that in my experiences with other people, it seemed that they were not aware of it or relating to each other through this boundless Heart I was aware of subtly. People were not aware of the Heart~Fire like I was. I accepted this around five years old, and the Heart~Fire became an ambience and not really so intense all the time for me. I began to live and act like everyone else, it almost seemed as if there was something wrong with me, and so I let my attention circle around the ego contraction and related to others like everyone else.

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At the age of seven after hurricane Elena hit my home town, I temporarily lived at my Grandfather's house in the country because of damage to my house. During one of the mornings as I was waiting for the bus at the end of the driveway, alone (my sisters went back in for a moment), a lite rain, just up the road, was headed towards my location. I can remember this clearly; the clouds and rain were moving slowly towards my Grandfather's. He had ten acres, with all sorts of yard animals in the back, and a long rocky drive-way with a black mailbox that sat under a pine tree near the street, which is where I was standing. I could clearly notice the line of rain (like a wall of rain) and its slow approach. Just before the rain made it to me a Light shined down from the sky around me, and made a circle around me briefly (like a cylinder); it was nothing like lightening.

This light gave me sign, and that sign was to spread Heart~Fire in all people. From that point on my life was subtly geared to helping others realize the Heart~Fire, although I did not know how this would happen. I just decided to be me and the right time would come. The intensity of the Heart~Fire was not steady or present all the time, but it was there as something I could intensify at any moment by turning my attention to the feeling. As a teenager I would tell my friends that I could get high without drugs. We would lay on the piers on Ocean Springs beach, on the Mississippi Sound, and I would meditate on the feeling of the Heart~Fire, and It would shine hard from the center of my chest. My friends never got it, never understood, and always believed I was crazy.

In high school I began to look at religions other than Christianity. I did not get the fulfillment of the Heart~Fire from the local preachers, and churches. My experience was that the Heart~Fire was not important, and that Heart~Fire was secondary to many things that garnered more intense attention (like not going to hell); there was no Real attraction of Heart~Fire in the preachers I meet. If someone would have been there early in my life, and that person would have taught me about Real Heart Communion, I would have been bodily (very possibly Resurrected) Realized before I turned eleven.

Pretty much everyone I knew was Christian, or at least a passive Christian. It was not enough for me, the preaching lacked what my Heart longer for, and I began to feel attracted to Buddhism and Hinduism, just from a few brief things I had heard about those traditions in history class. I read some on Buddhism at the high school library and felt a strong connection to the tradition. I

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shared this with my friends, and I told them I was 'atheist', at least in the relation to the god they talked about. Buddhism explained 'Reality' in a way that I had not heard before. It was definitely different from what I was being taught in Christianity.

I said Buddhism has it right about God (that God was the transcendent Light of Reality and emptiness of personal self), and they ridiculed me enough that I stopped studying. I was never threatened by the idea of eternal hell, and that was a popular theme for conversion where I grew up. But, it was more important to me to keep my friends than to explore a new religion.

My Grandfather was Catholic his whole life, and his prayer life, devotion and Faith in Jesus Christ did not reflect this kind of language. His spiritual life began to get my attention after graduating high school 1996. I felt Jesus could teach me all I needed to know, and settled for being bound to that outlook for a time (at least passively).

College was empty to me. There was nothing there that got my attention. No Self Realization being taught there, which would have got my attention. However, in a psychology class I do remember learning about some of the Yogis, Meditation, and the idea of ego and self. That got my attention, but not enough for me to dive into a Real path of Realization. Spirituality took a back seat to just learning what it was that was Really important for me in life. And that was not much, I was more interested in street knowledge and things along those lines.

I was introduced to surfing by a new friend around 19 years old, and that got my attention more than anything else. I eventually stopped going to college, and even walked out of an English class cussing because I got a 'C' on a paper. I was done with college at that point. Surfing took me from the busy life of trying to become someone or achieve something, to just being happy with the current wave, or the next one. I felt the pressures of society and the attention people had on making money, and the pressure to become someone or achieve some kind of grandiose idea of the American dream was not that interesting, albeit that was exactly the kind of life I was living at the time. It did not offer anything that really touched my heart, it all felt empty. I moved to Florida for a few months (lived with my sister) then moved back to the coast of Mississippi. Surfing taught me to be happy with what was happening in life. I became a little freer, and then turned my attention towards drugs, music (rapping) and women.



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Something had to change in my life, an element of growth, some kind of maturity (the party life was a giant stalling of life for some temporary ego based enjoyment - and I knew this even then), and I knew it was time for that, but I just did not know how it would happen. I got into some trouble in late December 1998, and this provided me with the kind of dramatic shift needed, a time for a choice. In early 1999 I had a revelation that showed me a lot about the current condition of the Earth and the people of it. I was wanting to help the world again, like I did in my childhood, and that night was the first great tipping point in my path of Realization. This is what I am willing to talk about with this particular highly personal experience.

I picked up all sorts of books; tons about science, relativity, quantum theory, and so on. In those quantum theory books the ideas of universal consciousness began to stand out to me, and so my attention migrated from physics to Self understanding. But, while this was beginning to seed in me, I met a girl later that year and three months later she was pregnant. I went through the whole process believing it was time for me, and that this was my turning point in life. With new responsibilities, and a Strong drive to learn about the cosmos, life and my Self, my attention turned towards the religions of the world. My son Mordechai was born in 2000, and I was going through a lot mentally and did not handle this part of my life well. But, I took it in stride and learned much and grew up quickly because things were not just about me anymore.

I took a break from Christianity and studied what I wanted. No one's opinion matter to me, I understood that God was fully capable of revealing ItSelf to me, and my Heart was safe through that Faith. In my home town and surrounding area the evangelical preachers seemed to get the most attention from my friends and thus me. They had a message about Jesus Christ, and that He was about to show up and all of the 'end times' prophecies would come true. That ministry always translated to being ready right now (at least for me), and thus, being satisfied in God right now. So 'being ready right now' is what I learned from their message. The end of the world stuff was just unattractive (*but I was intrigued by it and thus it did have a grip on me for a time*).

Going to a Christian church that preached the idea of being ready right now did not appear to change the people of the congregation. These churches are really just filled with fearful people tucking their heads between their legs,

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kissing the world goodbye, and never really growing spiritually. I had been to pretty much every major kind of Christian church by this point, and it was time to *re-learn* all the dogma and beliefs from Christianity; something to be Learned strictly from the Heart~Fire Presence. Thus, I started fresh in many ways and did not just accept what I heard and read.

I was not Only reading Christian spirituality, but I was returning to read on Buddhism, Hinduism, and some of the great Nondual traditions from our history. The moment I first saw an image of the esoteric anatomy in a Buddhist book, the chakras and currents, was the moment it all made sense. In one glance, I was simply aware of everything in the image. It was simple, and I knew this structure was how I sensed Heart~Fire, which has always been with me. It made sense then that all these experiences were associated with it (the esoteric anatomy of consciousness). For me, I did not understand why Self Realization was so hard, or dark. It was there, the whole time, in the background my whole life, and that was now clear to me. This anatomy was responsible for these strange currents, pressures, fiery-bliss, and the light above my head. Growing up I did not have someone tell me what that conscious activity was all about, or show me images of the esoteric anatomy.

The next tipping point came after this, it was in early 2001, and after I moved back home from my failed (American dream) relationship. This tipping point (also) happened in my bed room at my parents house, Same room as the first tipping point. After doing something random outside, probably gardening, I came inside and went to my room (briefly). My mom called me into the kitchen, as I began to walk out the bedroom; I stopped and lay down on my bed. I closed my eyes and began to briefly watch something. The something was 'me' (objectively) entering a doorway, in the midst of darkness. I kept walking in, and appearing outside again. I decided to See what was on the other side. So, my point of view moved from watching myself to the one opening the door.

I struggled with it for a second, and then (forcefully) pulled it open. I went inside. At that moment there was Only Divine Light, my face turned to all sorts of colors, and disappeared into the Brightness. In that short experience, probably less than a minute, my body/mind noticed, acknowledged and identified as the transcendent light of consciousness. In a way one could say this was the moment

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that I truly entered stage one of what was to become Enbrightenment. I had learned to Transcend the body/mind as my point of view of consciousness.

I immediately got up and went on with my life. Like nothing happened. I never mentioned it to anyone, well maybe one or two people, but they were oblivious to what that meant to me. The experience did one thing; it told me who I was/Am Eternally. I Realized my Everlasting Self right then, without a doubt, or wondering, or 'what-ifying'. That started the next process, which involved the conscious Transcending of all points of view.

I then studied all the *secret* stuff (teachings) I could find. I read and researched All the secret yoga, and experiences of mediation I could find. I began to meditate, and sit by myself in my room. This is the period that I consider my formal time of spiritual practice. My spiritual life had a new force of Self Realization, and I just knew that this was not the whole revelation. That did not mean I was waiting to Realize another Self, or that I felt Realization had more of ItSelf to show me. Realization was clear As IT Always Is, and the great Nondual scriptures I studied became easier and easier to understand.

Realization seemed too easy, there had to be more regarding of how the body/mind lives through Realization ItSelf As ItSelf. It seemed strange to me to be reading about all the enlightened teachers, and their experience was always freely my living experience. My process took on a clear path. I would read about some spiritual experience, and would either have it right then, or when I was meditating.

Looking back it appeared that there was a cosmic guidance, and as I picked up new books the depth of the read grew, and so did my progress. With each new book came new experiences of the Spiritual Cross (esoteric anatomy). I would sit, and without much effort, go out the forehead, or feel the intensity of the Bright conscious diamond that appears in the darkness of mind. In this part of my process It was objective Light to the body/mind, and my body/mind - wholly and completely - was not Perpetually Identifying As that Bright Shining, although my Divine Self was Already Realized at this point. These experiences moved from my meditations to ordinary life.

During this time I truly discovered Faith. My grandfather had Perfect Faith, and he would pray daily the rosary, and he always experienced Heart~Fire during that meditation. I noticed this at this point in my path. So, I turned back to

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Christ to Test his (Christ's) Realization. I dropped all attachment to All spiritual traditions. I once again began to read the New Testament as if I had never heard one preacher. On July 22nd 2001 (exactly a year before my Resurrection) I was Baptized at a local Evangelical Church. This came about through my own volition and Heart urge to surrender unto Christ fully and completely. I viewed Christ, at this time, As my (primary) Guru in whom I was experiencing a type of Heart Communion. I continued to study all that I could find on Realization and Enlightenment.

This is the third tipping point of my spiritual Awakening, and this one took place late in the summer of 2001 after my Baptism at the Church. I walked out of a friend's house, and this particular friend was Evangelical Christian and member of the Church where I was Baptized. He (among other friends) always pressured me to stop reading and practicing what I was doing, and we would get into discussions, and consider different ideas, but it always came back to Bible thumping (it was the morning of one of those nights).

In the morning around 7am. I looked at the sun as I walked down my buddy's driveway, and said to myself that this was the moment to Live Perfect Faith in the Self-evident, Self-revealing, Self-obvious, Self-existing Reality of Existence ItSelf. Living via the Transcendental Life of Consciousness seemed to be gaining (progressively) Grace over my body's residual egoic consciousness. I sacrificed all possible ideas of having my own free will, and dropped attachment to all possible 'points of view' that could possibly have a (free) will, and Submitted to God's Free Will (Only) in my life In ALL moments (*this is the point I Truly Lived in God's Will, and confronted the tendency of the fear of not living that daily*). I entered a fast for three days, and spent that time at home in meditation.

My perfect Faith (in God's Divine Will, which I Knew to be Transcendent of all conditional forms of reality) was demonstrated by the Tangible Awakening of the left-heart, and this immediately happened as I looked at the sun when I walked down my buddy's driveway. I was already aware of the center-heart, and now the left-heart was always awake and tangible.

I did not read any writings from anyone that mentioned the left-heart before this awakening. It just spontaneously Awakened, and I was clearly (and constantly - perpetually) aware of its structural presence from then on. The Awakening of the left-heart was to be Directly Associated with my deepening

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Faith in Christ and my perfect (whole bodily) submission to God's Divine Will (moment to moment). I finished my fast (which was dedicated to my Guru Jesus Christ), and I was on Fire in a major way. At this point in my Enbrightening Process the left-heart (and center-heart) demonstrated a steady-state of presence freely (what I really mean is that the Intensity was growing exponentially).

I was intrigued that there may be a right-heart yet to Awaken in me. Later in the year, after autumn began, during the times that I went to sleep became filled with the most Intense experiences up to this point in my process. I did not associate with people much during this part of my process, and when I hung out with friends, I maintained silence as much as possible.

My nights were filled with the consciousness of this body being draw into the Divine Light, and the Divine Light was like a giant sphere before me (*with smaller Bright Lights surrounding It - and I would go into the one on the right side of the Light and then be completely absorbed As that Light*), and it seduced and sucked me into It with love-bliss and heart~fire. Moreover, a separative self sacrifice into that Presence Always Revealed the One True Identity of Reality and God ItSelf. It was during this time that I was experiencing the descent, after ascending/going out the top of my head, back down into the right-heart via the Resurrection current (Amrita Nadi).

I was not whole bodily aware of the right-heart at this time, but some of the Divine Processes related to Awakening the right-heart were already happening. Every morning my body awoke with a deep shining, and strong heart~fire all over, from head to toe. Most of the anatomy was freely flowing at this time. I began to intuit the right-heart during the winter, but did nothing with the reoccurring interest.

The intensity was getting 'out of hand', and staying at home in private turned out to be how the last days of my process were spent. I would sometimes give into my friends call to come and hangout, but not often because the Heart~Fire was so intense and I was not really that good of a conversation due to my urge to be quiet and Watch and Observe mySelf. My formal meditation was a solid day to day, moment to moment experience of Heart~Fire, both the left and center hearts, the kundalini, all the chakras from the bottom of the spine to above the head. There was no longer any effort to do this or that in meditation, and the

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urges to experience this or that spiritual vision or samadhi (deep meditative absorption into the Divine Light wherein the body/mind is forgotten by various means of turning one's attention). I created my own prayers and meditations, whatever my Heart wanted I learned to Give It.

At this point (around early summer of 2002) it did not require Any attention or effort from 'me' for the Presence of Realization ItSelf, to be Consciously and Tangibly Realized Already and Inherently As mySelf. Nothing I read was any more interesting then what was happening with me daily (moment to moment), even during experiences of walking into stores, and anything ordinary you can imagine, and unto this day it always seems strange that people do not literally see me (or theirSelf) Shining constantly.

I began to think the esoteric anatomy should form a cross of sorts (again the intuition from that winter began to really grab my attention with a greater force during this time), which meant there should be a necessary existence of a right-heart to complete the structure of a cross. I felt there must be a right-heart. So, one day I began to search on line using those search terms at a local library. I did not have internet during that time. The first person that came up was Avatar Adi Da. As soon as I saw His face, my Heart told me to look deeper. I read some more from His website and immediately just Felt a (whole bodily) Communion with Him (Heart Communion). I stood up from the computer after reading some of His writings, went into the used book section, and looked around (just seemed like I should do this). Sitting on the table below another spiritual book, not sure what it was, lay "The Knee of Listening" by Adi Da Samaraj for one dollar. Pretty interesting coincidence and the moment felt *auspicious*.

This was mid July of 2002. I began to read, and was already receiving His transmission strongly, freely and with a growing, seemingly moment to moment, intensity. The moment I seen His Face on the library computer, I Knew. So, I began to read "The Knee of Listening", and as I got to the part where He described the awakening of the right-heart, I began to intuit the right-heart strongly. It was not Strongly Present (steady), but I was prepared, and Knew there was something about to Dawn. The presence of ego within this body/mind at this time was not noticeable, and it seemed an easy notion to consciously transcend any experience of death (or any experience at all without effort)

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because the Light of Consciousness was always visible to me. Therefore, so was my True Self that Never is born nor does it Ever die. Death could not create fear in me, nor could it force the egoic contraction upon any conscious experience of mine at this point. It was like I was waiting for some kind of final something that would leave my whole anatomy to Freely respond to God's Divine Will/Consciousness Only, and I knew that there was a Steady-State that was beyond all these temporary, yet Very Intense, experiences of the Spiritual Cross. But, nothing in my past reading, or meditations had lead me to Notice the right-heart, and/or anything associated with it, at least in my daily ordinary experiences (this does not say anything for my time 'asleep', and being unconscious of experiences of the right-heart without seeing an association to the body/mind or the rest of the Spiritual Cross's structure).

This is the third tipping point, which also happened in my room on my bed. At the exact moment I read his (Adi Da Samaraj) words of the right-heart and the amrita nadi (is what Adi Da Samaraj calls the ascending current from the right-heart, and what I term as the Resurrection Current) in the temple in September of 1970, I Realized them Tangibly Simultaneously (which happened July 22, 2002 between 12 and 1 am). That was It. The right-heart was Freely Awakened (and has NEVER stopped Shining with Infinite Power), and the Resurrection Current tore through my body, igniting my chest and neck with a Bright Plasma like Current that reflected perfectly in my Crown Star. As the Resurrection Current passed through my head the Most Intense Fire Eye appeared at the 'head' of the Resurrection Current and Opened As the True Seat of my bodily Conscious Seeing As I Perfectly Identified As That Transcendent Conscious Reality Perfectly. That Most Intense Fire Eye, which Sprang up and Ascended from the right-heart, Demonstrated the True Steady-State of the Transcendent, Unconditional and Everlasting Self Realization of Existence ItSelf (the Divine Unconditional Samadhi of Reality ItSelf). I had found my Guru, *again*, but As Adi Da Samaraj!

This Is the Realization says that It Is God's (Reality's) Realization that Dawns and Lives As the individual, and the body/mind does not become Realized (as if some 'thing' within the body/mind realizes God and becomes eternal - a separate eternal identity other than God's). Instead, the Realization (of the right-heart and Resurrection Current) means the body/mind has surrendered all of its

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conscious life/existence perfectly into the One Self/Identity of God (ultimate and final ego death appears Only through the right-heart). It Is God's Realization that capitulates (takes the body/mind to Freely and Fully Live As every conscious experience moment to moment) the individual, and it is not as if the individual somehow Realizes God. The Realization of the right-heart demonstrates that the soul is not eternal (not one bodily form is), and that God's Transcendent Brightness of Being/Identity Is the Only Eternal Reality. All that Realize Self, share the One and Only Realization of Existence ItSelf, which Is the Only Realization that has Ever Appeared within Reality. The Realization Demonstrates ItSelf to Be Eternally Transcendent of a bodily form, yet through the right-heart and the Resurrection the body/mind Is Awakened Consciously and Living That Reality Only (Perfectly). That is the Sole Source of my process, and the sole Source of my bodily transfiguration that has been described.

One of the things that became apparent a few months later was that it seemed that Adi Da Samaraj had been there my whole life. But, looking back, the Unconditional Samadhi (Steady-State of Consciousness) of God has been there my whole life, and I have memories where that Presence was strong, and they are now clear what that Was. Even as a child there are memories of this Presence in the back ground of my living experience. Prior to reading Adi Da Samaraj's writings I was developing a seven stage process and tradition, and I intuited that there was something else that had to come about before I could reveal the seventh stage clearly. After reading about his seven stage process, that changed, and I stopped writing for a while.

With the new processes manifesting from the Resurrection Current reflecting out of the Crown Light came all the necessary transformations. After a few days the WHOLE Spiritual Cross began to Shine from the right-heart, from top to bottom, from left-heart to right-heart, and All of It was Always Freely Awake (Alive), Fully~Completely. The wholeness of this body was Shining from head to toe perpetually, and constantly. The subsequent processes of the Shining of the right-heart throughout of the Spiritual Cross began immediately after the Resurrection. Later in 2002 I went to study Kriya yoga in Colorado, and I stayed there for only a few months. I left on not so good of terms, and my communication is now cut off from the teacher, but not the Kriya yoga lineage. I returned in early 2003 with a fresh understanding of Kriya yoga, regardless of the teacher's



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failures. Up until this point, I never practiced 'yoga', I simply allowed all conscious experiences to find their proper place in God's Presence. Before my Resurrection my meditations were me sitting, with nothing to do, except maybe a memory from something I read, and the subsequent experience of the same thing, or even something else. I learned early in my formal time of meditation that Heart~Fire Was the Teaching, and the Commune-ication that Revealed All I needed to Know.

After these bodily Awakenings and Realizations of the Spiritual Cross I did not feel like I needed to be a Guru, which was something that had been stirring in me. My Spiritual life simply became Living As Me. I began to come out of my reclusion, started seeing my friends regularly, and felt like my body could handle the Giant-Mega-Ultra Intensity that was now a constant Reality. From that I began to practice the, by grace, natural dynamic of consciousness moving from the right-heart, and flooding the Whole Spiritual anatomy. The Process moved in a pattern that went down along the front of the body, and turning upwards at the base of the spine, and back into the Eye and above and Beyond. The natural flow of the Divine Current of God throughout the body/mind (and Spiritual Cross) Comes to Life after the Resurrection. I submitted to whatever Process was happening, Freely Shined from the right-heart, and simply Witnessed As the Spiritual Cross was transfigured by the right-heart.

In 2004, May 8th, another tipping point appeared, and it happened in in a buddy of mine's old house, which they no longer lived in, and it served as storage and a place Tommy and I could hang out, and watch TV and read. The Guru function opened up in me, which to meant that there was a noticeable transmission and interaction with other people, animals, and the environment. This transition did result in people coming to me to receive some kind of transmission of Heart~Fire, which is not something I ever looked for but that I was working on a cosmic level, within the local environment, and secretly (because they were not aware of Me) with people I meet or were friends with. I noticed that people would have 'unexplained' experiences around me or after seeing me, but they never associated the strange things with me, nor did I attempt to take some kind of credit or claim it was because of me. I never went out looking for devotees, and when people would come to me and ask questions or want me to show them some yoga, if it was not about Self Realization, I'm not interested. If

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you want to exercise you don't need Yoga for that. So, I would not teach them, and even though they may have noticed something about me, they did not relate to me as the Guru, at least not properly, and the questions and interest was usually about just being a better person or a passive interest in Yoga.

It was never my intention to go out and find people who will listen to me, or be 'my' devotees. I just lived, and worked here and there, it seemed as if I was part of the whole wheel, the whole rat-race, but I was/Am Divinely Realized, and that Is/was the difference. If someone actually recognized me I would have served that relationship, yet, it did not happen with anyone I had physically met.

I had already been writing again by this point, and with random Christian teachings I began to store up some possible chapters in a might be book. The exact time line here is a bit fuzzy for me, but sometime after May 8th an important tipping point in my ministry appeared. The day this happened is unclear, but the memory and 'Vision' are Unequivocally Clear. Jesus Christ Ascended on the White Horse from my right-heart, and he Ascended into my Crown Star and Revealed the ministry that would come through me. The whole Testament of Christ became Perfectly Clear, and that it was time for My Testament of Truth. My Heart wanted to create a New Spiritual tradition, a tradition that was integral, and one that showed that Jesus Christ Truly and Historically Gave us (the Earth) a True Testament of God Realization, and Revelation. That tradition turned out to be Enbrightenment, and Christ Enbrightenment.

In 2004 I published the first version of volume one of "The Resurrection Testament" sub-titled 'Enbrightenment of Christ'. My Heart wanted to get this out there, but the message was not on time, and after publishing this book and starting volume two (Tower of Babbalon - which I did not finish until December 2010) I eventually unpublished volume 1, and quickly stopped writing all together. My Heart wanted to 'marinate' on all of this, and to just let it be, and feel perfectly through God's Grace until there was Absolute Clarity and a Perfect ability to articulate the Teachings clearly. I stuck to being a 'regular' guy, and Living the Realization amongst the people wherever I ended up. I feel like a monk, with no home to claim, and Only God to keep me. I Live Perfectly in God's Will, and that can lead me anywhere at any time, whatever God's Will Is in that moment.

I passed through the major sub-processes that appear after the Resurrection, and participated in the world in ordinary terms. Hurricane Katrina

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passed through my home town, and sent me to Florida to live with family. I lived and worked like everyone else, got my own place, and simply lived for a few years, joined a (metal) band and did vocals (this is how my art and poem was expressed from 2008 to 2013). In July of 2010 I began to feel the urge to return to my Testament. By early August I was heavy into editing and re-writing my first volume, with the intention of completing the second volume as soon as this one was completed. I pulled out my old writings, tried to keep the presentation as close to the original, and cleaned out the sketchy things that I felt would cause more questions than answers. It was time, and my Testament had reached the point in my life where it was Ripe for completing. My books are all self published on Lulu self publishing website. The first volume, Enbrightenment of Christ, was published somewhere in November, and the second volume, then known as 'Tower of babblon' was published on the eclipse of December 2010. There was more books to come (although after finishing volume two there was no expectation to write a third volume), and within a few days of publishing volume two I began working on volume three. The way 'The Resurrection Testament' is arranged changes again in 2015, which is explained later on in this story.

In March of 2011, another tipping point manifested, and this one took place in a backyard shed at a girlfriend's (whom I later married in 2014). I was about done with the 3rd volume, and around the 20th of March I was drawn into a deep yogic meditation. It started with me being sick (on the 19th) from not eating for the previous two days (*my eating habit is random during this time - and this is because there is a Giant radiating Force in my belly that makes me Feel Full All the time*). The sickness was so bad that it effected how the body was able to proceed, and so, I took in some food, just enough to continue my meditation without the effects from the lack of food. On the 20th in the window of time from 4 pm until after dark all sorts of yogis, some from Earth (including the Full lineage of the Siddhas and the Kriya yoga tradition, Ramana and Maharishi - whom have all taken a Seat in my right-heart) and others that are not, came and showed me their yogas, and manifested their highest yogas within Jared and through my bodily form (through the Spiritual Cross). Each one merged their forms into this form.

Adi Da Samraj came to me in all sorts of ways, and I processed (the most strange of all the new yoga being demonstrated) these yogas through Him As

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me. He appeared to be testing Jared (me). He appeared in the Most absurd of appearances, and nothing shook this bodily Consciousness from Seeing As the Transcendent One, and not as a point of view. All these tests came and He ultimately, like all the Gurus/Yogis that were appearing and Processing their unique yogas through me (that day), Processed All his bodily Communing forms through me that day. That day ended, and the next day I came out of that meditation with the intention that is was time to push my Testament into the public, and begin to Teach in whatever way God Sees fit.

After this, I still did not have any motive to go out and gather devotees around me, and to build such a community as Adi Da Samraj. I finished volume three, which completed the revelation of the Enbrightenment tradition through my Testament. After volume three (The Ocean) was completed the last and final volume of my Testament was written (Fires of Transfiguration), which is the final book in the New Christian tradition I created call Christ Enbrightenment. I wrote that book in less than two months. All my editing was done by myself (but my then girlfriend did help occasionally). I wrote that book in May and June of 2011, and was finished and into editing mode before the end of June.

All four volumes make up a single Testament, and both the - *Enbrightenment tradition* - and the - *Christ Enbrightenment* - tradition are born from the Same Revelation and Same Testament. Enbrightenment has turned out to be my (umbrella like) integral tradition, while Christ Enbrightenment is my (focused) offering of Christ's Fullness of Ministry through me. Both spiritual traditions are one and the Same, but Christ Enbrightenment had to be created to bring about the Fulfillment of the Ministry of the right-heart and the Resurrection of Christ in all possible Christian traditions. It was Necessary to Clarify the references (verses) to Christ after the Resurrection 'Sitting on the right hand of the Father, and coming in the clouds'. That is the Sign of my Ministry to the Christians (it is an Ecumenical Sign manifested through the Spiritual Cross), and that is to Reveal the Fullness of Salvation and Resurrection through Christ Enbrightenment, and through the Revelation of the Spiritual Cross. This revelation was fully established with the last volume of my Testament (Fires of Transfiguration).

The last and most profound tipping point happened in the bedroom of the same house as the March 20<sup>th</sup> event. During this yoga, my old physical self came

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to me, and the appearance of my old physical body/mind began to appear to me before the day of this tipping point. It (my bodily Shining Steady-State of old age) merged with this current bodily form and processed the great yoga beyond the beyond, which is the yoga of the Divine Self Reality of Everlasting Light (or as Adi Da Samaraj has termed it the yoga of the Divine Self Domain). After this Process finished Adi Da Samaraj came to me and All the Tests He had for me Finished. The Guru Function in me was Cleared of His Tests. Adi Da Samraj has nothing left to show me, and I have Everything to show you, and/or Anyone Ready to step into the Divine Fires of Eternal Transfiguration and Self Realization. He (Adi Da Samraj) Freely stays 'with' Me (Shining from the Divine Transcendent Realm - *beyond the right-heart*) As That Divine Presence ItSelf, and He Freely Demonstrates the Divine Self Domain As me, through Me.

In 2015, around August, I decided to revisit all my writings and fine tune what has been said. I have spent many years on different forums, some religious and spiritual, some scientific and philosophical, and through the process of engaging minds of all kinds my skill in writing has matured. Since 2003, when I started writing about Self Realization, my writing was overwhelmed by the newly Realized ecstatic life of God Realization. So, the wording was full of that, the idea of creating completely new teachings was at the core of how certain things were written. In the beginning, and even now, my Testament is written about through a new Nondual Ministry for Jesus Christ called Christ Enbrightenment, and the other is as an independent, not associated with any particular Nondual tradition and able to stand alone. These books appeared as four books, the first volume was called Enbrightenment of Christ, the second was Tower of babblon, the third volume was titled The Ocean, and the fourth is called Fires of Transfiguration. The first volume and the fourth volume are written for Christ Enbrightenment, and the second and third volume were written for Enbrightenment itself. Two other books, not associated with The Resurrection Testament, have been written as spiritual commentaries, and these books were born from a blog that has been growing for a few years.

I deleted the blog in November of 2015 once my revisiting process was complete with the two books that were published outside of my Testament books, and I was now ready to edit and change all four volumes of The Resurrection Testament. Once I started reading and going through the chapters much of what

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was written felt like a distraction in relationship to the core message. The teaching tool of 'Babblon and babblon' along with the idea of the 'tower of babblon' felt like I could just get rid of those ideas and not lose any depth to the Testament. They are a bit complex to talk about, and might leave a person more confused than before. So, those ideas were completely removed, and nothing of babblon or Babblon or tower of babblon remain anywhere in my Testament or in the tradition of Enbrihtenment itself. My intention is to simplify The Resurrection Testament and save all the random commentaries for other books, and to show the core message like a single flower on a white wall. Any kind of distracting writing has all been removed from my Testament books, which will appear as one book for Enbrihtenment itself and one book for Christ Enbrihtenment. All four volumes are combined into two books that form the texts for my Testament.

The books of the 'Tower of babblon' and 'The Ocean' are now one book titled Heart Realization. The books 'Enbrihtenment of Christ' and 'Fires of Transfiguration' are a single book titled Christ Enbrihtenment. Along with these big changes to The Resurrection Testament, my spiritual name has changed to Mukti Da. Prior to this change, there were a few names that were associated with my role as Guru. Those names, were Babblon, Da Fire, Siddha Buddha, Akasha Buddha, and the first was Da Christ Jared, which are all now no longer used. My birth name Jared is also a sacred Hebrew name, and it means 'descent' or 'he who descended'. However, a single name, Mukti Da, serves as my primary spiritual name. In the first versions of The Resurrection Testament those names were used, now the only name used, other than Jared, is Mukti Da.

My current sub-stage is in the final stages of translation related to stage three of Enbrihtenment. That IS me Now, *True Seeing* (which is explained in stage three commentary) all As Existence ItSelf or God ItSelf. Realization has always been simple to me. When people talk about this and that, I easily experience it. I see your hearts, and they are Clear to me. You can't hide a Realizer from a Realizer in the Same room, the Same planet, or even the Same Cosmos. The Heart~Fire has been my Teacher, my Guru, my Living day to day experience all my life, and the Heart~Fire is the One Tangible Teaching of God that you can Always Depend on to Be Real, to Support Faith, and It Is a Divine Gift of God's Realization for each individual.

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The story of my Awakening is Real, All True, a Testament, and A Confession. Take my word As my Real living, moment to moment, Conscious experience of Reality, God, Truth, that which Is Divine, that which Is Love-bliss, and that which Is Perfect Everlasting Identity. I am sharing this with you because my Heart sees it more important for you to hear this Testament than to worry about you not liking me, calling me something evil, a liar, a deceiver, or some kind of false anything. Think what you want about this Confession, just remember the Divine Reality of Existence Is My Self, It IS Me, and after all the thinking, consideration, and debate about my Testament, I Will Still Be Me, Forever. That Is the Same you that You Are. We Are one in God Already, but there Is a process for each individual to Perfectly and bodily Realize God's Realization. I have been through It (I Give Perfect Witness and Testify of that Process), and through that Divine Process, my Recognition of Adi Da Samraj's Testament, and the Recognition of Jesus Christ's Testament, and the Ministry that Jesus Christ is Manifesting through me (Christ Enbrightenment) Are my Teachings today (Enbrightenment), right now, and forever.

## *Clouds*

There is a conscious activity appearing in the body/mind that is called ego in Enbrightenment. Ego is an activity which drives/motivates the individual to seek and search for the feeling of (separate) self. It is an unnecessary activity that serves as the feeling of separate self. Since the ego is an activity and not an actual separate self, the ego cannot evolve, self-reflect, and/or become enlightened in any way. The ego is truly a false sense of self. Ego is not limited to any one particular type of philosophy, religion, and/or spiritual tradition. Thus, ego self can attach to any kind of philosophy, religion, and/or spiritual tradition. There is nothing inherent in the activity of ego that leads a person to choose one philosophy or way of life over another.

While a person is attached to ego self that person lives in a stage called the *clouds* in Enbrightenment. This is the stage of 'self inquiry', self what-if, and of self uncertainty and self doubt. That motivation and/or search (at its root) is the search for one's true self, albeit, how this motive plays out in each person is infinite in regards to the ego. Ego avoids and attaches to all kinds of ideas as things that identify that person, and that activity is fundamentally useless.

People find all sorts of ways to seek fulfillment of this drive, this subtle motivation born from a lack of Self Realization. Some choose to be religious, some atheists, and others agnostics and so on. However, at the root of anyone attached to ego self it is the Same fundamental activity of the body/mind, which is a whole bodily contraction or whole bodily clinching conscious feeling of separate self, and not something that is separately and uniquely existing in relationship to all. Therefore, no matter how the ego dresses itself up, the activity of ego is what is attached to as the feeling of self, and not really the world-view of the individual, although it may seem like this as well. Furthermore, no matter what world-view a person is attached to it is fundamentally an attachment to the activity of ego at its root.

The activity of the ego creates a personal identity that appears like a cloud, and the cloud is empty in the center, there is nothing created or manifested in existence that actually serves as separate self. The ideas of separate self are



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simply networks of experiences and ideas that a person attaches to and then uses all those ideas and memories as defining characteristics of a unique self in order to relate to all. At their deepest most people are simply a bag of experiences held together because the individual has been conditioned to attach to this false sense of self, the ego.

If a person is not seeking, or searching for something to call self; that person is seeking and searching to expand and incorporate more and more, chosen, experiences into the feeling of separate self. The separative person seeks to find things in life that justify the egoic identity the body/mind created for itself. That conscious activity relies on a constant reiteration of the correlating ideas, thoughts, and feelings that support one's self created identity. It relies on the long term creation (and reiteration/recycling) of certain memories, and concepts that define their ego/separative personality. It relies on repeating specific neuro-network pathways that are born from every day experiences. However, in the primitive form of ego, meaning at the ground of ego, there is only the feeling of separation/relationship.

Many people live in a state of doubt, what-if, and are always not sure of things during this stage of life. This is the stage before genuine Spiritual life begins. Spiritual life will grow under the influence of Self Realization, and a stable living Awakening of that Transcendent Reality within the human condition, and not in any other way. This stage can last for a lifetime or it can be grown beyond and into stage one of Enbrightenment when the individual no longer seeks to sustain their attachment to the feeling of separate self. This is a process, and during this process a person will usually progress through various philosophical world-views, sometimes even going from a atheist to a theist or vice versa. All of these changes in one's perspective and world-view are the result of a person seeking to know true Self. All these refinements of one's world-view is really a reflection of the search for true Self.

In the conscious state of the person living bound to an ego personality (the activity that prevents a clear Realization of Self) is a bodily conscious state that perpetually reiterates a self created (ego formed) identity, something that is born from experience, and related to as something to attach one self to, or something to reject as other than your self. The quality of this activity is underscored by the quality of the type of self created identity you have formed for

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your self. For example, a person wanting to help feed those lacking food would not go about destroying crops and fields. A person wanting to be sexually promiscuous will not become a celibate monk. If you are seeking God, then your activity will reflect the kind of God you seek. Furthermore, the individual will live their life based on their self created idea of God, or their self created purpose in life. Your character and life will change in relationship to the kind of world-view you attach to yourself. If a person's god is judgmental, forceful and capable of an eternal hell, that person's life and relationships will reflect the same kind of personality and relationships with others. In other words, the kind of God a person believes in or considers true or real is the same kind of conscious relationship a person will have with all. If your god is judgmental there is a good chance the person with that belief will be as well.

If you are an atheist your morals and actions in life will reflect the depth of study and application of those philosophical principles that guide the atheist. The narcissistic identity the atheist creates for their self will reflect their ideology. If their philosophy is geared towards some kind of ultimate expression of being true to ones humanity, that person will live their life and make choices that support that goal in the long term. Some people love to think about all of the things they want in life, and yet, that person never fulfills this desire because they are simply too lazy, and ultimately care for only having their most basic urges satisfied. Whatever the reason you have conjured up for this activity, whatever name you give it, whatever, it is single and only appears different when the ego perceives it. Your unique and individual perspective, your world view wants to dissect existence and reality in order to make room for the separate self. The process of attaching to a separate self, attaching to the root feeling of separate self, takes on every imaginable vision, and every imaginable relationship in order to continue to feel like it (separate self) exist.

People tend to identify as certain concepts, and the thoughts involved in creating that concept. People like to identify as thoughts, or ideas. Next they create a god that supports their current religious/philosophical practices. The activity can replace certain parts with different ideas. For example, the God idea can be replaced with atheism, or some kind of materialistic goal. The activity continues, but the fuel, so to speak, that supports the activity of ego is interchangeable. This activity creates a kind of delusional wall, which prevents

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the body/mind from responding to nature and Reality freely and openly, while the filter of narcissus/ego is analyzing this and that, rejecting this and that. Seeking to find your identity as some sort of concept amounts to a non-person; a bag of stuff. The feeling of separate self amounts to a cloud in the sky, unable to reach it, and unable to find anything that lasts as itself for more than a single thought. Attachment to a separate self is like a search for the center of a rubber band ball, once you make it to the center it was just another rubber band that all the others were clinched onto.

The feeling of separate self is a conscious feeling that generates the feeling of being separate from or other than Existence ItSelf, or other than the *Self-existing, Self-obvious, Self-ecstatic, and Self-realized Consciousness of existence ItSelf*. The attachment to ego is attachment to the feeling of separation and relationship at its root, which is a single activity serving as both feelings. This is *why* a person living and relating to all through ego does not *Self-recognize that which is Self-existing, Self-aware, Self-luminous, and Self-ecstatic, which is the Consciousness of existence ItSelf*. It does not matter how much a person tweaks their world-view, it does not matter how much of scripture a person memorizes, as long as a person is living and relating through ego and attached to that for one's sense of self Realization of Real Self is impossible.

The emptiness of separate self is not going to subside once you figure out some grand question, it keeps going, and it keeps appearing. It (ego) is a drive to consume more, to gain more, to add onto a giant tower of the mind that is babbling on about all sorts of ideas, connecting them in all sorts of ways. And none of these searches, results of searches, and/or attaching to any particular search for separate self results in Realization of True Self, or Heart Realization. The individual attached to ego self is incapable of achieving Self Realization. No matter how much of a theist a person claims, no matter how much that person believes in God, if that person is living and relating to all as separate self, Self Realization is impossible. The theist and the atheist are no different at the root of ego. It is the same form of separate self for both people, for all people.

Once a person takes to a commitment to Self Realization, a commitment to Realizing Truth, that commitment should be like a person focuses when struggling not to drown, then that person has become ripe for the Dawning of Self Realization. Self Realization is not a thought based or technique based

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revelation, thus, a person ready for Self Realization is not looking for It in the same way a person looks for the right kind of thought to say. Self Realization is an implicit subjectively profound understanding of Reality ItSelf or Existence ItSelf or God ItSelf As It Is. Self Realization is an unmistakable Self-recognition of Nondual Reality ItSelf As your Self. Self Realization, of the initial kind, of the kind that a person transitioning from the *clouds* stage into stage one of Enbrightenment, may or may not be coupled with either left-heart or center-heart awakening, and/or an ascending fire like and/or bliss like current that runs up the spine and into the 3rd eye, maybe even the sahasrara chakra. Self Realization, of the initial kind, of the kind that a person transitioning from the *clouds* stage into stage one of Enbrightenment, may or may not be coupled a feeling of expansion of consciousness beyond the body/mind into infinity. Self Realization, of the initial kind, of the kind that a person transitioning from the *clouds* stage into stage one of Enbrightenment, may or may not be coupled feeling of overwhelming bliss and/or love for the whole universe and existence ItSelf. Self Realization, of the initial kind, of the kind that a person transitioning from the *clouds* stage into stage one of Enbrightenment, may or may not be coupled a feeling of Self-recognition of all As oneSelf.

Once this event has come to pass for the individual and a truly ego transcending moment has come for the individual then it is time to abandon being a theist, atheist, or an agnostic. It is time to abandon the attachment to separate self for True Self. Initial Self Realization, wherein a person matures beyond a conditional world-view and matures beyond the need to seek a self of any kind, is a transitional event that marks the beginning of the Spiritual process of Enbrightenment. The *clouds* stage of Enbrightenment is something everyone passes through, and no one can avoid being ego identified for at least some part of their life. The reason is the ego is the result of a society that is collectively all living and relating to each other as separate selves. Ego is almost, not actually, a naturally occurring personal phenomenon. But, ego is not natural, instead, ego is really something out of the ordinary. Ego is an artificial 'me', ego is a plastic 'me', ego is a 'me' that never really *is* you.

The *clouds* stage is the stage of living and relating to all through the separate self. This stage is something all people pass through before Self Realization and the subsequent spiritual processes that follow as the Spiritual Cross Awakens.

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There is ultimately nothing a person can do in regards to a technique, method, or procedure that can make Self Realization happen. The way Self Realization dawns is only after the individual has become fed up with all types of philosophies and is ready to see beyond the conceptual mind to Know Real Self. Until an individual is fundamentally Ready for Self Realization, that one is not going to just stumble upon it one day. If that was the case the streets would be filled with Realizers. It is up to you to continue living and relating as separate self or As True Self. Once initial Self Realizations freely dawns, the processes of stage one of Enbrightenment begins. At this point in the book the subject moves to the Spiritual Cross, and then onto the three stages of Enbrightenment.

## Spiritual Cross

The Spiritual Cross is what Enbrihtenment terms or defines as the spiritual anatomy, it is a form of consciousness that is simultaneously integral and transcendental within the human condition, and this anatomy is present in each and every human. Each person has a Spiritual Cross, which is the anatomical structure or form of human consciousness, which is revealed through Heart Realization, to manifest along the spine, chest, head, and above the head of each individual, even whole bodily. The spiritual anatomy of consciousness appears 'dormant' or in-active because of the individual's attachment to separate self, which is a kind of conscious clinching whole bodily. This clinching is, at its root form, a conscious collapsing (whole bodily) feeling into a separate self, which in a way 'eclipses' the body/mind's awareness and realization of that which is the Self-evident, Self-realized, Self-luminous Transcendental (not separate) Consciousness of Existence or God ItSelf. As the Spiritual Cross progressively Awakens the attachment to separate self (ego self) is noticed, recognized, purged and ended (abandoned all-together).

One of the principle reasons for writing about the Spiritual Cross here is to show (or present) the Spiritual Cross in a way that encourages the individual to think of the Spiritual Cross in a scientific way, among others. It is to introduce the Spiritual Cross in a way that a person can understand it as something that is a consciously tangible, self-evident anatomy through which God ItSelf lives As the individual. This means on one side, the Spiritual Cross is appears through a subjective self-evident revelation of itself within the individual. On the other hand, the Spiritual Cross is understood to appear in others, through Heart Communion, with other people, thus, allowing the individual to see the Spiritual Cross as an self-evident subjective and objective reality that is both realized (and self-evident) in the other person and in oneself.

The Spiritual Cross can be considered in a few ways, but in a scientific way is certainly encouraged. It is time to bring the fullness of our spiritual anatomy to be thought of as more than myth and fairytales of the unconscious

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mind. It should be, and is already (by some people), considered as a fundamental reality of the human condition that is inherent in every person. Structurally the Spiritual Cross is the same for everyone. I Give Witness and Testament of the Spiritual Cross via a subjective (personal) revelation of it, and the Spiritual Cross's self-evident full demonstration of itself within me. The Spiritual Cross is in everyone and always fully present, without one part of the Spiritual Cross missing for any person, ever. The Spiritual Cross transcends bodily differences of every kind. In other words, race, color, sex, shape, and/or form (and so on) cannot effect the Spiritual Cross's manifestation within each human. The Spiritual Cross is not effected by such differences. It is my intention to take the Spiritual Cross (esoteric - spiritual anatomy of the human) and show this knowledge to be more than myth and lore. The intention is to propagate this knowledge in a scientific and scholarly way, while maintaining a pure Spiritual expression. My writings on the main structure and dynamics of the Spiritual Cross in the coming text is to first describe it in the context of (epistemological and even scientific) theory. The Spiritual Cross is described in primarily a Spiritual context later on, but for now, it will appear more technical, than spiritual.

An anatomical diagram and an anatomical thesis on the Spiritual Cross will be expounded within this chapter. Therefore, any relationship the Spiritual Cross has to religion or God is secondary to the actual reason for this part of the dialogue. First and foremost, My dialogue on the Spiritual Cross is designed to establish a knowledge and theory of Enbrightenment that serves more than just a mythological interpretation and understanding of it. The anatomy of the Spiritual Cross does not default on any dogma or religious belief in God. Regardless of a person's religious or nonreligious point of view, the Spiritual Cross is equally in both people. The Spiritual Cross's manifestation (equally) in each person is transcendent of superstition and dogma. The Spiritual Cross's manifestation in each person is not bound by knowledge or lack of knowledge. An atheist and a theist both have a Spiritual Cross (esoteric anatomy of transcendental - not separate - consciousness). Fundamentally, the Spiritual Cross **can** be explained in the same way as the anatomical structure of the physical Human, and this is **free of the added** God idea. No matter what a person considers to be the nature of Reality ItSelf, the Spiritual Cross is present (fully) within that bodily form. For

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these reasons one can see why thinking about the Spiritual Cross in a scientific way makes sense.

The Enbrightenment process of Awakening the Spiritual Cross has two main metaphysical axioms or inherent understandings of Reality ItSelf. First, is an Immediate and instantaneous Realization (or immediate self-evident conventional understanding of reality itself) that there is truly Only One ontology (meaning that there is only one universal 'Being', Presence or Consciousness) in existence. Second, is the Immediate Realization (or immediate self-evident conventional understanding of reality itself) that there is actually Only One cosmological form (meaning that there is only one dynamic and perpetually changing 'Body') of Reality ItSelf. These two axioms and understandings are vital to the beginning Disciple of My Enbrightenment tradition. They are also vital to understanding and (conventionally) realizing the actual structure, reason and presence of the Spiritual Cross.

Thinking of the Spiritual Cross in a Spiritual context, but still in a scientific way regarding Realization ItSelf, also reveals the deepest nature of the Spiritual Cross and its manifestation in each person. The tangible and progressive awakening of the Spiritual Cross reveals the Full and True nature of the universe and existence ItSelf. Human consciousness is absolutely One with the ultimate transcendental and eternal reality of the Universal Consciousness, and this Nondual metaphysical world-view of Existence ItSelf becomes Self-evident with the (full) Awakening of the Spiritual Cross for each person (individually). Which means that the Same Nondual Reality of Existence ItSelf is Revealed every time in the Awakening of the Spiritual Cross. The full Awakening of the Spiritual Cross takes one's metaphysical world-view and confirms it via Direct Self-evident Conscious Realization of that Reality ItSelf As oneSelf. Thus, to understand the Spiritual Cross and why it is there within the human condition, one should understand that the manifestation of the Spiritual Cross in each person is how the Transcendental (not separate) Consciousness of Existence ItSelf lives As the individual, As each person. The Spiritual Cross is like a nexus of the Transcendental and conditional, and that which Is Transcendental (not separate) Consciousness of Reality (God) ItSelf Is (progressively and whole bodily) Realized and Lived As the individual. The Nondual texts and Reality teachings (of



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Enbrightenment) are literally and directly Self-evidently Self-realized in one in whom the Spiritual Cross is fully Awake and Realized.

As the Disciple progresses through the stages of Nondual Heart Realization (in My Enbrightenment tradition) the Spiritual Cross Will manifest its inherent presence and form. It will begin to demonstrate its subtle structure and dynamics to the awakened and awakening Disciple that surrenders the self contraction into that which Consciously Transcends (not separate from) conditional reality in all its forms.

### **Heart Communion is the Authority**

The Spiritual Cross is not something Mukti Da is parroting without any personal confirmation and a self-evident, direct realization of the Spiritual Cross. Mukti Da (Guru of Enbrightenment) does not default unto any other authority for the revelation of the Spiritual Cross. The Spiritual Cross is (whole bodily) self-evident to Mukti Da, the Spiritual Cross is fully awakened and freely transmitting that which is Transcendental Consciousness ItSelf through the Spiritual Cross via the bodily form of Mukti Da (Jared J. Kimble). The revelation of the Spiritual Cross is clearly not unique to me only, and with the Awakening of the Spiritual Cross it becomes clear that everyone shares this anatomy of (human) consciousness. Thus, Heart Communion with the Guru (with Mukti Da), which is beyond words, serves As the Ultimate Way of teaching those whom are Awake in Heart Communion with the Guru (with Mukti Da). The three hearts of the Spiritual Cross are the centers of Heart Communion with the Guru (of Enbrightenment). Heart Communion is the conduit through which the Same Realization that is Awake in the Guru is Realized by the Devotee. The Spiritual Cross is alive beyond words and thoughts, and through the hearts of the Spiritual Cross (and all of the Spiritual Cross together) the Guru and Devotee Heart Commune.

The Spiritual Cross is something that transfigures human consciousness as it Awakens (fully). Both, mind and body of the Human progress through My three main stages of Enbrightenment, which can be thought of as the stages of the three Hearts. In addition, the stages of My Enbrightenment tradition are correlated with the gradual awakening of the whole Spiritual Cross. From the subtle Spirit current that circles in the body (the vertical line of the Spiritual Cross)

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to the Resurrection current from the right heart (on the horizontal line of the Spiritual Cross), the individual is 'liberated' of the egoic clinching into separate self (in the relationship of Heart Communion with the Guru). In the Spiritual process of the death of ego (feeling of separate self) through Heart Communion with the Guru, the individual is Consciously Transfigured whole bodily, and the Same Realization the Guru enjoys is Heart Realized in the Devotee (Disciple, formal Student).

Through Heart Communion the Devotee moves from an intellectual understanding of Reality ItSelf into a Direct Heart Realized Realization of Reality ItSelf As one's Self. Heart Communion ItSelf serves as the authoritative source for a confirmation of the Nondual Reality of Existence ItSelf beyond words and conditional reality itself (but, not separate from conditional reality itself). Knowledge based, conventional knowledge based self-evident (axiom like) truths of Reality ItSelf are Transcended (no longer the foundation for Knowing Self) in Direct Heart Realized Heart Communion with the Guru (Mukti Da). Self-evident truths of Reality ItSelf are confirmed when the Disciple Heart Communes with the Guru. This Heart Communion based Relationship, by surrender to the Guru's Grace and Communing forms, Awakens the Spiritual Cross within the individual by Grace. Heart Communion moves the Disciple through the three stages of the Heart.

The Siddhis (or Blessing energies/powers) work to purify the Disciple of ego. The Disciple, by devotional contemplation, remembrance and meditation (etc.) renders oneself (whole bodily) Open to the Nexus of the perfect Relationship, which is the Guru~Devotee Heart Communion based Relationship. And, this is Empowered by the Disciples "*Clear Heart Vision*" of the Guru. This Process does not come about by just sitting with the Guru, but by Realizing Oneness via Heart Communion. In the practice of Satsang (or right relationship to the Guru, thus God) the Disciple begins to develop a Freedom of the (already~sense~before) Awakened Heart-Fire Heart Communion. Heart Communion Realization of the Self-evident and Self-obvious Reality of Existence ItSelf is the authority of the individual's Realization of the Nondual Reality of Existence. Heart Communion is source for knowledge of Reality ItSelf, not ideas, philosophies, and self-evident truths.

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### Spiritual Cross main forms

As we progress into a deeper exploration of the Spiritual Cross one must understand my intention here is to expound (only) the major structures and dynamics (primarily associated with (three) Heart Realization (of Enbrightenment). Not all or every dynamic or subtle structure of the spiritual anatomy is talked about or 'revealed'.

Parts of this anatomy (Spiritual Cross) have been discussed in many of our ancient Nondual scriptures. The Spiritual Cross has three lower centers of consciousness, sometimes called chakras, and three upper centers above the Heart region. The total number of main centers of consciousness (chakras) is nine, including the center-heart and the hearts on the left and right of the center-heart. There are seven along the vertical line and two on either side of the center Heart, making up the horizontal line. There are four main channels/paths that the Divine Spirit *flows* in the vertical line of the Spiritual Cross (and are talked about in Enbrightenment). The principle direction that Consciousness moves within the body is down along the front of the body into the base of the spine, and up along the back/spine into the Eye, and this is the natural Flow of the Divine in you. In addition, there is the *Resurrection Current* extending from the right Heart into the Crown Star above the head and the (3rd) Eye. The different channels/paths and chakras (centers of consciousness) act like veins and terminals where God's Divine Consciousness flows into, through and Transfigures the Human form to live freely and effortlessly As the Divine One ItSelf. While the egoic self contraction is active the Spiritual Cross is 'cut off' (in different ways) from living through Heart Realization of Reality ItSelf. When the self clinching is Transcended, and begins the process of being purged from the body/mind, the Spiritual Cross will begin to manifest in different ways.

The Cross like form of the manifestation of the Spiritual Cross can be discussed as a vertical line and a horizontal line. The vertical line runs along from the base of the spine, up through the torso, into the head, and then out and above the head. The vertical line of the Spiritual Cross is made up of four major channels. They are respectively called the 'Ida' and 'Pingala' (*two channels that wrap around the spine, meet at each chakra, and primarily ascend from the base of the spine into the 3rd Eye*), the 'Sushumna' (*which appears within the core of*

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*the spine, and opens up all the way into the Crown Star above the head, and it is rooted at the base of the spine in the lowest chakra*); all three of these channels are associated mainly with the ascending *flow* along the *back* of the Human. The fourth is the 'frontal~line', and it is primarily associated with the descending *flow* of the Spirit current from out of the Crown Star and down into the head moving along the *front* of the body, torso (chest), and into the base of the spine.

All forms of the Spiritual Cross are strictly conditional, but not necessarily like one finds an organ in the human body. They are strictly active in conditional, changing reality only, but not something that can be operated on or removed like an organ, or the heart or brain. These four channels are active only in conditional forms, but not in a way that they appear as something that can be objectified for the individual, like lifting one's hand to look at it. These channels (including all of the chakras and hearts of the Spiritual Cross) are smelted and purged of the egoic clinching during the process of Enbrightenment. The Spiritual Cross (after Self Realization) is Only functional to serve the relationship of the Self-evident, Self-luminous Consciousness of Existence ItSelf and that Reality living As the individual (conditional). The four channels and the chakras are part of how the Human relates to the immediate and surrounding environment, including relationships with family and friends and so on. The four channels and the chakras and hearts of the Spiritual Cross are the most subtle forms of human consciousness, but not beyond self-evident (personal) realization of these four channels, chakras, three hearts, and Resurrection Current (of the Spiritual Cross).

The Spiritual Cross's chakras and four channels are dynamically and relatively relational to the individual persons form and the environment the person is within. Meaning the Spiritual Cross is subtly active whether one is aware or not, and it is active, subtly, and apart of every conscious experience. The Spiritual Cross is subtly there and active whether one is aware of them or not. The Spiritual Cross is alive and present in all, but the egoic self is unaware. The Spiritual Cross is a form of fundamental human consciousness that is there so that which Transcends (not separate from) the human can live As the human with all.

The different chakras along the vertical line of the Spiritual Cross may be noticed as swirling centers of bliss, colors and fire. They may be seen as

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contracted places of dark and enigmatic energy, or doorways to other worlds. But, as the Spirit current begins to flow Freely in all the channels there may and will appear many exotic or strange experiences. These experiences are just that, experiences. The Disciple should not hold one vision over another or attach to one experience of a color, or weirder yet, a strange or unknown being that may become manifest at certain moments or times during meditation and prayer. Regardless, no matter what appears or comes into consciousness, all is a side show, not Realization ItSelf.

The Spirit flows in two major directions within the vertical line of the Spiritual Cross. One is Descending and the other Ascending. A total (egoless) circulation of this current throughout the vertical line is vital for Spiritual health, mental health, and even physical health. Ultimately the direction of the Flow is not important because the Brightness is Every~Where Now. The Descending current is principally associated with the 'frontal~line'. Descending down into the body, via the Crown Star above the head, you can Feel (NOW) the Light and Nectar burning through all the chakras down into the base of the Cross at the anal region. This general movement of the Spirit current is downward along the front of the body, and bliss filled from the Crown Star.

The 'back~line' appears to be principally associated with the spine. There are three principle channels in the 'back~line', and two of which work together. The Ida and Pingala, and the Sushumna channels respectively. Both Ida and Pingala spiral in an ascending dynamic around the spine. It may Feel like snakes slithering upwards around your spine or it may have other strange results from this ascension; maybe experiences in the subtle planes of reality or the opening of knots during the ascension. The chakras awaken and are Smelted (purged of the ego contraction) in different ways via different channels of the Spiritual Cross, and within the three stages of Enbrightenment.

The most important point is to Realize the inherent structure of the Spiritual Cross already absolutely present in within you and everyone. The Ida and Pingala are present in every person, you may call them by another name but the structure is absolutely the same. All dynamics of the Ida and Pingala are the same. They may ascend (primarily ascending) or descend in a spiral fashion around the spine or 'back~line', and this dynamic appears in the area from the base of the spine to the 3rd Eye of the Spiritual Cross.

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The Sushumna is found directly in the spine. This channel is directly connected to the Crown Star. The flow of Light and Bliss within this channel is more dramatic and powerful. This channel Feels like a stake or an arrow that penetrates the inner most central region of the spine, but feels wide open and boundless. The Spirit current may ascend or descend within this channel, yet the current is primarily ascending in the Principle practice of Enbrightenment.

The dynamics of the Sushumna are principally in an Ascending manner along the back~line. Here at the base the serpent fire Ascends up into the Crown Star and opens up the 'back~line' of circulation. It is through the Sushumna and the 'frontal~line' that the major circulation of God's Divine Light, Fire and Bliss sustain the Resurrection of Enbrightenment.

## Three Hearts

The three Hearts of the Spiritual Cross function as One. Three Hearts make up the horizontal line of the Spiritual Cross. Each heart appears to be networked with the other two heart chakras and functioning as one heart, while each heart remains unique in location and function. The left-heart is located on the left side of the chest at and around the physical heart. This Heart is related to the human condition and consciousness in relation to the most exoteric form of Spirit (like the more capricious forms of one's emotional consciousness, behavioral or mainly a reactive/responsive life style appearing as flesh). It awakens (not necessarily) with the initial Self Realization of Enbrightenment. The left-heart can be thought of the one wherein the individual surrenders the body to the Transcendental (not separate) Consciousness of God ItSelf. The left-heart is fundamentally associated with the lower forms of body and mind, the lower chakras and gross forms of personality. The perpetual Awakening of the left-heart is a Sign of the beginning of the process of Resurrection {not Resurrection ItSelf}, and a *Sign* of Heart Communion with the Guru (and God).

The center-heart is located at the Sternum or in the center of the chest. This Heart deals more with the deep, strong convictions, world-view, and subtle emotional life and the character of the individual. Compassion and Forgiveness are the major emotional and conscious qualities of the center-heart. Love and compassion are the principle emotions that are expressed from this Heart.

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Realization on a much deeper level must take place in order to Awaken the center-heart, but the center-heart may awaken before one realizes the left-heart. It depends on what part of ego death the individual transcends first, either the body primarily (left-heart) or the mind primarily (center-heart). The center-heart awakens further into the Enbrightenment process (end of the first stage and beginning of the second stage) after a deep experience of ego death or Transcendence of the cosmos; even an individual's Perfect Love for God and the whole universe can Awaken the central Heart. Centrally located between the right-heart and the left-heart, the center-heart seemingly acts as a Nexus from the Transcendental realm (right-heart) into the cosmological realm (left-heart), serving as a kind of conduit of the transcendental and conditional.

The central-heart is also located within the vertical line of the Spiritual Cross. From the central (transcendental) region of the Cross, the center-heart radiates as One Transcendental (beyond the body/mind but not separate) Heart, yet apparently as three Hearts. The three Hearts are Awakened through the three basic stages of the Enbrightenment tradition. The center-heart expresses a certain quality of Enbrightenment that appears like a hub from which the whole Cross is centered around. It is the main conscious location of the Heart of Love for all of creation. When this Heart opens up the Disciple will Feel an unconditional Love for everything in existence, from the quantum reality to the macroscopic galaxies spinning out in the Solid-Void, and all in between. Dynamically, there will appear a Direct and straight line, current (within the Sushumna), from the center-heart into the Crown Star. This current is not to be confused with the Resurrection current that Resurrects and Ascends directly from the right-heart.

The last and Final Stage of Enbrightenment is Resurrected from the right-heart. The right-heart is called the transcendental Heart. It is the Heart of Transcendental Consciousness. The right-heart is Heart through which the ego finally dissolves forever. It is not directly associated with the Sushumna or the vertical line of the Spiritual Cross in any way. The right-heart is like the sun, and the Crown Star (chakra above the head) is like the moon. The right-heart is Self Shining, and the Crown Star is a Pure reflection of the Self Shining One down into, As and of the cosmos, as the body/mind. Our right-heart is the place of the Final Death of ego. Opening of the right-heart knot unveils the Great Brightness

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of God's eternal Transcendent Transcending of Transcendence. That which Is The Self-evident, Self-obvious, Self-luminous, Self-realized Consciousness Is that which is Freely lived, moment to moment, in one in whom the Resurrection Current has ascended from the right-heart.

The right-heart is the Seat of Self, it is the conditional location of true God within the form of a Human (*albeit, the location of God conditionally is not possible, I am only expressing one side of the coin of Enbrightenment here: the other side is the immediate Realization that stands beyond and transcendent of any, and all time and space*). Absolute Transcendence beyond all changing phenomena is grounded in the right-heart, but manifested in a limited and conditional Form or Temple or Body. Consciousness of the right-heart appears like an ocean of Brightness, with nothing else existing, All that Is, is a modificational appearance of the right-heart consciousness. The right-heart is the Heart of Brightness. The functional and cosmological reality of the Temple of God (whether in Human form or the whole universe) finds the Everlasting Reality of God in the right-heart. The right-heart is the Heart of all hearts of the Spiritual Cross, and the right-heart only manifest at the end of stage two and the very beginning of stage three.

The Resurrection Current is what I call the pre-cosmic form of God. The Resurrection current appears like an 'S' in shape, or as one complete wave. It starts at the right-heart located just to the right side of the sternum, below the nipple, or in between the sternum and the nipple. At this point in the right Heart the current moves outwards and upwards. As the Resurrection Current Ascends it begins to move backwards and sideways passing the right collar bone, and Ascending and flowing up and into the back of the neck. From here it moves along the back of the head and follows the 'S' curve shape/form into the Crown Star above the head, then turning back down into the head, into the Eye. The 'S' shaped Resurrection Current Ascends from the right-heart into the infinite matrix of Light above your head as One Transcendental flow and Form of God. The Resurrection Current is considered to be similar in form to a single wave. The wave has a crest and a trough. Without a crest and trough a wave is incomplete. A wave must have both in order to be a true wave, and the Resurrection Current follows this shape perfectly. The Resurrection Current does not have to remain



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Ascended into the Crown Star in a dramatic way, but it will be noticed as part of the inherent structure of whole bodily God Realization (Spiritual Cross).

The right-heart, after Resurrection, will become seated not only in the right-heart, but conditionally the right-heart will manifest another seat of Seeing during and after certain parts of the Resurrection Stage have completed. The right-heart appears as though it is Seeing at the Eye chakra. It will form a direct current, quick and sound, strongly holding it's Presence at Eye. The right-heart Transfigures the whole Spiritual Cross via the Resurrection Current, and in a sense yokes everything to itself, all of conditional reality, and all forms of the body and mind. The right-heart seems to root all forms of the Spiritual Cross in itself, in the Transcendental Consciousness of Existence ItSelf. The right-heart is the place that the Name of God Awakens in a Transfigured human form. The Eye and the right-heart are then Realized as One Eye. When the Eye is Transfigured by the right-heart the human is now considered to be finished with the Transfiguration and Transformation Stage of Enbrightenment. The Realization of the Eye and the right-heart is a Sign of the final processes of the Resurrection Stage.

The right-heart is the Seat of the Ascending (and Descending in ego death) Spirit current on the horizontal line of the Spiritual Cross. From here, after final ego death (descending into the right-heart), the Resurrection of God Consciousness Awakens (ascending from the right-heart) and starts the Resurrection Stage of the Enbrightenment process. Once the right-heart is perpetually Awakened and Freely flowing the Revelation of God and Truth will become Absolutely Understood in an **immediate, radical** and **awesome** way.

In the last part of the Resurrection Stage, or stage three of the Enbrightenment Process. At this point (and even from the Resurrection Event) in the process the Disciple is no longer a Disciple of mine or anyone else for that matter. The Guru~Devotee disappears in stage three, there is Only God ItSelf Alive as both. A person who has passed into stage three has, necessarily, Transcended Guru as well as all of conditional existence in effortless Self-abiding Self-recognition of that which Is Self-luminous and Self-existing. The Resurrected Child of God is no longer seeking after Heart Communion (or anything, in any way) with God from a conditional source for their Spiritual practice. The Resurrected Child of God is **on their own**; effortlessly **responsible** for the

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Freedom that is Awakened. However, this does not mean Heart Communion goes away, instead Heart Communion becomes Perfect with the Guru (Mukti Da). One that is in stage three of Enbrightenment has unleashed total and absolute free-Heart Communion with the Guru (with God ItSelf).

One of the unique (individual) processes that appears in stage three is what I call the Rooting of all conditional qualities in relation to the Bright Heart. All of one's conditional life forever and always is effortlessly and perpetually Transcended in stage three. This Rooting of all mind and body forms into the Transcendental is an everlasting (effortless) Practice, it is something that the Enbrightened One will Always do via God's eternal Smoke-less Fire that (instantly and perpetually) purges every new experience and quality that appears within conditional reality. **Our Bright Divine** Heart on the right side of the chest is a nexus of infinite radiance that transfigures everything that continuously appears in time and space. No matter what appears within the realm of the right-heart, it is always pure and full of God's Divine Presence Only!

Another way to think of how conditional life is always and inherently freely Transcended is to think of the right-heart like the sun. Send anything you want into the sun and it will be transformed and shine like the rest of it. The sun does not seek to change the incoming object, nor does it come out to meet it. The sun remains as it is shining brightly. In relation to the Resurrection stage, all that appears in the human is surrendered into the sun. Any and all environments are freely and effortlessly Transcended, but not as though one is separate in Any way. Freely all conditional experiences and moments are instantly and immediately purified and made Bright. All of conditional existence is inherently and already Self-realized As one's Self via the right-heart and the Resurrection Current.

Right-heart Realization for the individual means All is Self-recognized As that which Is Self-existing and Self-evident Reality As one's Self, and nothing is perceived as an illusion or binding appearance (in any way) of Existence. All ideological paradoxes (from a conditional point-of-view) are Transcended in that which Is the Transcendental Consciousness of God (Existence) ItSelf. True Realization of our Nondual existence is Realized in stage three with the Awakening of the right-heart and the Resurrection Current. Prior to stage three the individual is still in the Spiritual ordeal of ego Transcending.

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The Resurrection Stage (stage three) transforms the individual all the way down to the last DNA molecule and beyond. The individual's whole being is Enbrightened by the right-heart. The Resurrection Current ascends from the right-heart out and into the Crown and Descending back into the human form all the way to the toes and beyond. This process can be thought of as a Transfiguration of the environment and universe as a whole, beyond the individual, but not separate from the individual. This also involves what I call the swallowing of the cosmos and human form Transcendentally. This part of stage three comes along after the the body/mind is perfectly aligned with the right-heart and the right-heart is Perfectly Seated in the Eye.

The final part of the Resurrection Stage may go unnoticed. Alternatively, there may be a dramatic event that temporarily appears. When the whole of all things are Transfigured and Transformed, including the human form and the cosmos in full, the Transcendent Transcending of Transcendence will manifest, albeit this Transcendent Transcending of Transcendence is Already Perfectly Present. Ultimately, the Resurrection Stage (stage three) IS the stage of Self Realization, and Ultimately "Whole Reality Realization". The whole of the Entire Realm of God is Absolutely Transcended and Realized in the processes of the Resurrection Stage.

Self Realization in stage three is not any different from the initial Realization when one started out on the Journey, and was Awakened in the left-heart (first stage). However, the total purging and/or dissolving of the egoic self contraction transfigures the body in a way that in stage three (Resurrection Stage) Realization ItSelf is lived in the most bodily tangible way possible. The whole Spiritual Cross, once Awakened, will make all that has been said here self-evident.

### No-goal

The full awakening of the Spiritual Cross is not something that comes about from study, effort, attempts to focus the mind and body on certain places, and/or any other method or technique. It comes to life with Heart Communion with the Guru (Mukti Da), and through separative self surrender into Heart Communion with Mukti Da. It is called a **no-goal** path or way of God Realization.

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With the **no-goal** practice of Heart Communion the Disciple can surrender to a Spiritual free of worry and fear of which prayer, meditation, and/or yogic practice is the best. With the **no-goal** practice of Heart Communion the Disciple can surrender to a Spiritual life free of worry and fear, wonder, and/or what-if regarding if one is 'doing the right thing' for their Spiritual practice. We start Full of the inherent Happiness of God. From the beginning of Awakening the Spiritual Cross, the Enbrightened Disciple does not seek the experiences of Spiritual practice. The Enbrightened Disciple does not look for the Signs of the Resurrection as though they can somehow make it happen, or if they do happen they are somehow more Enbrightened than the next guy or girl; or perhaps that they might miss It. The Enbrightened Disciple is fundamentally Already Realized from the start, thus, the process is practiced for Spiritual health which reflects all the way through to the most exoteric forms of reality, from the most subtle to the most gross.

Enbrightenment is an esoteric Spiritual tradition that holds the **no-goal** approach to Spiritual practice and to the revelation of the Spiritual Cross. Ultimately, the Spiritual Cross will Awaken with Heart Communion, and not by effort and technique. The Spiritual Cross will manifest as the Disciple endures the daily struggle with the problems of work and family life. We do not turn into something other than a human, we do not evolve into something different or other than who we Already Are inherently. In truth, each human is Transfigured consciously and physically, and not changed into something perfect without the daily patterns (mistakes) of life.

My Enbrightenment tradition does not seek to escape our Humanity, rather we are called to embrace our Humanity, and to Demonstrate our Humanity to the fullest degree. With a **no-goal** Spiritual practice the Disciple is Free to be Totally Who they Are Now. The Spiritual Cross does not become something chased after or some kind of thing one needs to add to their self. We all already have one, however, not all are Awake. The **no-goal** Way of Heart Communion means the Enbrightened Disciple is (already and inherently) Free (of the illusion of ego) to be an *individual*. The Disciple is Free to express their selves purely, and without concern for what 'society' believes they should dress like or act like. The Spiritual Cross Only completely manifests through the **no-goal** practice of God Realization. As long as the Disciple seeks to have certain experiences, and

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seeks to become Enbrightened they are functioning from the egoic point of view. Your Eternal nature is complete and full, without a blemish or scratch, free from conditions and Transcendent (not separate) of All. Now. If you are to Understand Enbrightenment you Must function in the horizontal line of the Spiritual Cross, this is Stillness, It Is Silence. May the Spiritual Cross awaken quickly, and may God's Grace fill you with the inherent Knowledge of the no-goal Path, Amen.

# Nonduality

Nature or Existence ItSelf is a Nondual reality. This fundamentally means that there is not really Any duality anywhere, ever. The Revelation (Heart Realization) of Reality or Existence ItSelf clearly Reveals Nature to be absolutely and perfectly Nondual. Therefore, Enbrightenment, as a spiritual Way of God (Heart) Realization, is strictly a Nondual spiritual tradition. And, Enbrightenment views Heart Communion with the Guru (Mukti Da) to be the principle Way or Teaching. Thus, Nondual (Realization of) existence ItSelf is subjectively confirmed by the individual in Heart Communion with the Guru. The ideas of dualism and duality as a form of Reality or self-evident truth of Reality ItSelf can be discarded all-together. Nonduality can explain existence without the added idea of duality, polar opposites, or more than one as necessary components of Reality ItSelf. Duality as a spiritual idea is often coupled with the idea of separation, that reality ItSelf is split into transcendental and conditional, and the existence of a separate self (ego self) with its own destiny. When a person applies (tries to apply) the idea of duality to a reality that's Nondual a person has to negate or ignore the Nondualistic aspect of Nature in order to incorporate the idea of duality. In the following commentary Nonduality and duality are shown to be two conflicting ideas of Reality ItSelf, and not something that can be reconciled so that duality and Nonduality are manifest in the Same reality.

The idea of separate self and whether it becomes enlightened, is destined to heaven or hell, is dissolved and ultimately disappears, or is simply there as a functional form of consciousness is at the center of all our spiritual traditions. Duality is often a basic assumption of how reality manifest when trying to reconcile separate self with a Nondual reality. It may be presumed that the experience of a multiplicity of individuals justifies thinking of reality (and one's metaphysics) in terms of a dualistic world-view. However, changing forms (like the body) are appearing in a Nondual existence. Fundamentally, all appearances are manifesting in a Nondual existence, and the appearance of anything is simply an appearance of (modification of) Reality ItSelf (God ItSelf). All that ever

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happens manifest in the context of a Nondual existence, a two sided existence that is both transcendental and conditional does not exist in a truly Nondual existence. There is only reality itself and appearances are simply modifications of reality itself and not separately existing or other than Reality ItSelf. Thus, and therefore, the individual is not other than or separate from Nondual existence, and therefore, the individual is simply a modification of Nondual existence ItSelf. Furthermore, apparent appearances of space/time, forms, and the universe itself are not separate from Nondual reality simply because there are apparent conditional appearances.

If one thinks of the separate self as an activity that the individual is doing to their-self, like covering the eyes with the hand and claiming blindness, then the idea of a separate self can be thought of in terms of an activity, and not something with a unique existence and/or unique destiny. Truly, the ego is not anything other than an activity, it is empty and without a center or core, it has no more of an existence than the next whole bodily self clinching (pinching oneself) that follows one after another, after another and so on. Ego is nothing more than the self clinching activity of the body/mind, it is nothing more than that. Ego is like a primitive person making a self reference by whole bodily clinching or contracting whole bodily in reference to 'me'. And, this activity is an activity that is born and dies, again and again, moment to moment. The root feeling of separate self (ego self) appears at the root of the conscious feeling of (apparent) separation/relationship. This is the root nature of the feeling of separate self, and the activity of separate self is attached to this root feeling of bodily consciousness for the sensation of separate self. This is what ego contracts around, this is what ego clinches around, but this apparent feeling of separation/relationship is empty. Nothing is actually there, in the center of this root feeling of bodily being, existing as a unique self or created creature of a creator God. Thus, there is nothing that evolves in regards to a separate (ego) self. The activity of ego never becomes anything. The body/mind does not need to have an ego or to continue the self clinching feeling of self. If one thinks of ego as more than just an activity, it is saying that separate/ego self is something that persists from moment to moment regardless of changing appearances, and that this separate/ego self evolves, self reflects, and has its own destiny. How does an activity, like pinching yourself,

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evolve and self reflect? It doesn't. That is an assumption based on a dualistic, not Nondual, world-view.

Absence of ego (clinging sense of self) does not mean absence of Self-evident Consciousness ItSelf. A single, Nondual Self serves As our Sense of Self, not ego. But one cannot think of the sense of ego self in the same terms as one thinks of our Eternal Self (Awareness). By applying the same kind of concept of knowing something as an individual to that which is Nondual Reality ItSelf is an anthropomorphism. Meaning, you can't apply the way a person learns and comes to know things to the way Reality ItSelf is Self-aware and Self-existing, it just does not work. The Self-existing, Self-evident Consciousness of Existence ItSelf is egoless Consciousness ItSelf. Ego is unnecessary and of no value in regards to (Realization of the) True Transcendental (not separate) Nondual Self (of all). What kind of business does separate self (ego self) have in the presence of that which is egoless, undifferentiated, and unconditional Consciousness of Existence ItSelf? It doesn't.

That which is Self-evident and Self-existing does not seek to sense its Self. Ego seeks to sense self. This activity of seeking self is unnecessary, since, we are Already, and no need to seek (or try to sense) who we Are already. Sense of Eternal Self Is inherent in ItSelf. The body/mind comes to know Real Self As ItSelf because that which Is Eternal Self inherently Identifies As all inherently and already. In the absence of ego, seeking to constantly sense self, there is inherent Self-recognition of Self As all. Our Nondual Unconditional Sense of Self is the Transcendental (unconditional) Sense of Self that both transcends and is integral within the body/mind. In other words, there is Only One Self, not two selves, and the body/mind and existence ItSelf are simply one and the same Self. True Self is both the body/mind and transcendental reality ItSelf, and these apparent two are actually the One Undifferentiated Consciousness of God (Existence) ItSelf. The ego is not anything other than an apparent conscious (body/mind based) activity, it is empty and without a solid center. Ego has no more of an existence than the next whole bodily clinging of separate self that follows one after another, after another, and so on. Ego is nothing more than the self clinging activity of the body/mind, it is nothing more than that ever. Thus, there is nothing that evolves in regards to an ego self, ever. It never becomes anything and it never merges with



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anything, including some kind of eternal soul. The body/mind, without ego, functions just fine, nothing to fear.

There really are no dualisms like polar opposites (in a Nondual existence) in terms of either one being something in and of itself. For example, one can think of the yin and yang, and the play/dance of the opposites, but if you look closer you will see that each opposite has some of the other within itself. The yin and yang are inherently not separate at all, and they are actually one and the same reality apparently at play and apparently appearing as polar opposites. The yin and yang take place in the context of a Nondual existence. The yin and yang manifest in a single reality. Neither 'polar opposite' exists alone in a reality separate from its opposite, and neither pole of the opposites is in and of itself without something of the other inherent within each polar opposite. Another example of apparent polar opposites (apparent duality) appears via a man and woman. This objective appearance of man and woman seems to reveal that man and woman are apparent polar opposites, but both are human, and contain something of each other in each other. Every time one thinks about polar opposites one must take those opposites in the context of a single reality.

Ego is neither good nor bad, it is an activity that serves as the binding, illusion generating, feeling of separate self, which pulls the 'wool of one's eyes' moment to moment. In the absence of ego (separate self) there is no illusion, there never was in a perfectly Nondual existence. Ego is an activity, not something that can be good or bad. Ego is non-existent in regards to it actually being anything more than an activity, a whole bodily tension and clinching into the feeling of separate self moment to moment. There is nothing in the center of this clinching, there is nothing in the center of a rubber band ball upon whom all the other rubber bands are clinching around. The feeling of separate self is really attachment to the activity of this self clinching (seeking to sense separate self) at the root of the feeling of separation/relationship, whole bodily. Ego, in any form, is Not something that needs to merge with higher forms of itself, or merge with the Everlasting Reality of Existence. These are all assertions and assumptions based on a dualistic mind, a dualistic view, and on the idea that personal self evolves, becomes enlightened, and lives forever. People like to think of the body/mind as a form of duality. But, is there more than one of you? Is everyone born as two

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people? Do we each get a polar opposite 'me' at birth? Nope. We are Nondual creatures, living in a Nondual existence.

Duality can be defined in a few ways, but it simply means 'not one', two or more, or poles of opposites existing side by side, juxtaposed. Reality ItSelf is often thought of as two sided in dualism, and even (apparent) Nondual traditions think of reality in dualistic terms, albeit unintentionally. For example, one side is the transcendental, unconditional, eternally existing nature of existence ItSelf. The other side is the conditional, changing, temporarily existing nature of existence itself. However, in reality, there is only one reality. Not two realities, there is not one transcendental reality and one conditional reality, these seeming opposite realities appear As one reality (not as two). The transcendental and conditional qualities of Reality are actually one Reality, and these apparent qualities of existence ItSelf are not separate. There is nothing in reality that can be attributed to be duality in a perfectly Nondual existence. Trying to reconcile the feeling of separation and relationship, trying to reconcile the feeling of a separate self, or trying to reconcile personal evolution and realization of an eternal separate self are all conundrums that can't be reconciled in a Nondual existence.

Some dualistic spiritual paradigms think of the nature of self to be both unconditional and conditional, both simultaneously, but existing separately as well. Some dualistic spirituality starts with separation and presumes or asserts that there is a merging or unifying process where the conditional self is united with the unconditional self. The conditional self is thought of as a unique type of self that progresses in self understanding and ultimately the soul (personal - separate self) ascends into the transcendental light to unite with it. This process is thought to enlighten the personal self, wherein the separate self contains a Divine spark that gives the separate self eternal life after the separate self realizes or unites with the eternal light of existence. Dualistic spiritual paradigms, in general, start with separation, illusion, and a separate self that is in dilemma that needs reconciliation and/or redemption. Spiritual dualisms may presume that a separate self was created by a creator God, and this separate self is destined to either reincarnate until the separate self (soul) reunites with the transcendental (God) or the separate self is either destined to eternal hell or eternal heaven. The differences here lead a person to certain conclusions about God and Nature ItSelf that describe different realities, thus, one can begin to see how easily our

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religions have remained split and sometimes apparently working against each other. However, both can't be right, and truly neither are perfectly right or accurately describe Reality, Nature, and/or God ItSelf.

On the one side of these spiritual dualisms a person thinks a separate self is reincarnated, life after life, evolving from the least conscious creature into a human. And then, as a human, the separate self passes through all kinds of lifetimes until the separate self ultimately evolves and reunites with the soul and Divine reality to live forever, beyond or free of suffering (of any kind). There are many methods, techniques, and ways that are presumed to enable the individual soul to progress until it reunites with the Divine light of reality in (separate) self realization. Therefore, this dualistic paradigm accepts that many different methods can lead a person to enlightenment, and thus, dualistic spiritual traditions suggest various kinds of practices that potentially can lead the individual into self realization. Some of these dualistic spiritual paradigms are actually do it yourself kind of spiritual paradigms, Gurus are usually rejected as not useful. Generally speaking, in this dualistic paradigm of Reality ItSelf there are spiritual practices that a person can use for (separate self) enlightenment. The end result is a realization of Reality ItSelf that presumes the individual soul is united with God forever, and thus, lives forever as a conditional being (both separate and united with God ItSelf) that has merged with God ItSelf.

The other type of dualistic spirituality is principally concerned with saving the individual soul from eternal hell and getting to eternal heaven. This spiritual duality sees separate self as created by a creator God, the separate self has one life to make it to eternal heaven or not, and that person is destined to eternal suffering in hell (eternally separate from God ItSelf) or eternal happiness worshipping God (in the presence of God, but not united with God ItSelf) after death. These traditions are created on certain rules that a person must follow in order to get to heaven and meet God. If these methods are not followed one risks being sent to eternal hell. This form of spiritual duality leaves the individual soul relating to God as a separate being that must be worshipped and exalted eternally. This dualism suggests the individual should fear God, and recoil in fear from the Presence of God, 'for It Is Mighty and can punish you for eternity'. It is also taboo to think of oneself as truly One with God ItSelf in these kinds of spiritual dualities, even after one has ascended into heaven to be with God. This

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form of spiritual duality relates to God as something objective and other than the individual for eternity. The end result is either eternal suffering in hell (separate from the objective God) or eternal happiness in heaven (sitting with God, but ultimately not perfectly one with God).

Both of these forms of spiritual duality think of the separate self as something that can last forever in one degree or another, either as an eternal soul in a eternal heaven objectively relating to God or an eternal spark of God, both separate and united with God, with its own will, that lives forever in one way or another. Both of these dualistic spiritual perspectives start out with the individual and eternal nature as separate realities that must be reconciled and reunited in one way or another. This reuniting of the soul with eternal God presumes reality split into separate realities (transcendental and conditional) at some point or are inherently eternally separate, and this reuniting, either in heaven with God or via a spark of God ItSelf merging with the separate self (individual), presumes that conditional and unconditional forms of nature are separate eternally, but are also one. The end result is that unconditional reality and conditional reality are eternally separate, yet through the individual these two realities are reunited or merged together, however while remaining as separate realities for the individual. The end result of this is a spiritual duality that can't be reconciled to work with a perfectly Nondual Existence. The individual is left in a eternal dualistic paradigm, forever, split between both worlds.

There is another more subtle form of spiritual dualism, but this dualism claims reality (existence itself) is Nondual, and is both transcendental and illusion based, simultaneously. These (not quite) Nondual teachings start with two principle types of conscious experience of existence, which are illusion and transcendence of illusion. This (not quite) form of Nonduality thinks of reality in terms of real and illusion, or illusion and transcendental. Both illusion and 'that which is Real' exist simultaneously, but separately. It is presumed that illusion is conditional reality and that as long as one is in the bodily form that one is experiencing illusion, and that there is no way around this. However, the individual can turn from conditional reality and look inward towards that which transcends the body/mind in order to consciously transcend the illusion of conditional reality. The dualism here is that these kinds of Nondual teachings presume the body/mind is an illusion, should be rejected, disconnected from, not

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associated with, not identified with, and totally abandoned as not Self. It is presumed that the individual self or separate self (ego) is nonexistent as well. Nonduality is presumed as fundamental to reality, but a dualistic approach to Self Realization is taught. Ultimately, the final or ultimate teachings from this kind of (almost) Nonduality are still methods, like repetition of 'self-evident' truths such as 'I Am That' or 'not this, not this' (neti, neti), just like the other forms of spiritual duality assume there are methods and techniques that reveal Truth.

A principle teaching of this type of dualism (not quite Nonduality) is to turn from the body/mind by ignoring conditional reality and/or by going inwards (away from conditional reality) towards the transcendental Self. In the final stages of realization the individual is taught to repeat self-evident truths and to simply Abide 'As That' until *It happens*. These kinds of teachings presume that the individual must ultimately reject (transcend) all conditional forms of reality in order to realize true Self. These kinds of teachings encourage the individual to disconnect and/or not associate with conditional forms of reality, and that conditional forms of reality are regarded as bondage and illusion. This form of (almost) Nonduality assumes that the Real Self is not associated with the individual body/mind, ever. This is presumed because the body/mind and conditional reality are taught to be an illusion. Therefore, no reason to identify with the body/mind. The individual should, therefore, disassociate and turn away from the body/mind in all its manifestations and/or turn inward toward that which transcends the body/mind. The ultimate dualism here is that illusion remains, and that illusion and transcendental reality are both existing simultaneously. However, in a truly perfect Nondual existence there can only be one Reality, not two, nor can that which is eternally undifferentiated and unconditional become differentiated and conditional. Referring to reality as a great mystery at this point, and that is just how it is, becomes a last attempt to cling onto separate self and the dualisms of their spiritually believed in paradigm.

If the ego (separate self) is not necessarily to be denied, but instead integrated into realization, you end up with another form of (almost) Nondual teachings, but which are truly dualistic. The dualism here is trying to reconcile the ego and duality (multiplicity) with Nonduality. The idea is that an absence of ego renders the individual in a negative, a vacuum of being, or denial of human life. This conclusion comes from thinking of Nondual existence in dualistic terms and

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trying to reconcile what is left if for the individual as self if ego is non-existent. There is an assumption that the body/mind cannot know or realize the transcendental consciousness of Existence/God ItSelf. Therefore, the ego (separate) self is supposedly integrated with the body/mind, the soul, and, for some, even transcendental consciousness ItSelf to a degree. The ego is presumed to be beneficial to the body/mind, the ego is presumed to prevent the body/mind from walking into the street and being hit by a car or other mindless accidents. Thus, this (kinda) Nonduality believes the ego is one with that which is transcendental (trying to reconcile with Nonduality), and some even go so far as to say the ego (separate self) evolves and eventually realizes itself as the Light of consciousness (trying to reconcile with Nonduality), while continuing to exist as a separate self. The ego is believed to be the only self that actually matters, although the ego is living within an illusion based existence. Ego self is thought to be the only self because the transcendental Self is really just a passive conscious nature. So, ego self is prized, ego self is attached to, and ego self is believed to become enlightened (via merging with the transcendental). Ultimately, this (not quite) Nonduality teaches that the separate self is necessary and ideas of either the non-existence of ego self or the annihilation of ego are not in line with our dualistic nature.

The fundamental misunderstanding in this (almost) form of Nondual teachings is the idea that in the absence of ego the body/mind is left in a vacuum of being, as though if the ego is absent from the individual it leaves the person in a negative (risky) state of bodily consciousness. Thus, the attempt to reconcile ego with (egoless) Nondual existence. An absence of ego does not render a negative or a vacuum of being. An absence of ego does not mean a person has become 'nothing' or is trying to be nothing or choosing to be 'nothing'. This is an assertion based on ego self being the only sense of Self. Claiming this as truth turns out to mean that the ego is here to stay, and there is nothing one can do or should do to end the sense of ego self. And instead, the ego is developed, cultivated, and embraced. It may even be thought that there should be at least some *minimal ego* for certain aspects of bodily life. This idea of needing ego includes the idea that a person loses all sense of self if the ego is absent from the individual. A person may presume, if the ego is not there how will I ever do anything in life, and it must be dangerous without the help of ego there to control

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the body/mind and prevent it from walking over a cliff. Fundamentally, the teaching is that ego is the only source and sense of self that is possible, ever. Part of the reasoning here is that one cannot ever know, sense, realize or become aware of transcendental Consciousness ItSelf because it cannot be objectified to be known like the body/mind learns and knows everything else. It seems that in this line of thinking the ego is not attached to, but the ego is there and should be embraced instead of rejected or attempted to kill or annihilate. It is assumed that ego is actually a function of our Nondual existence, and therefore, ego cannot actually dissolve, die, or maybe even to the extreme that ego cannot be transcended all-together. Thus, it follows that all sorts of ideas become valid in regards to how to use and work with ego, and/or so that ego can evolve (and even merge with Transcendental Existence ItSelf) into a good *ambassador* (in relation to all, including Consciousness or God ItSelf) of the body/mind.

These spiritual dualities cannot be reconciled with Nondual existence ItSelf. The dualism here appears in the answer to the question of what ego is, in and of itself. If ego is like a singular point of consciousness that migrates from bodily form to bodily form, and/or serves as a middle-man for the individual and transcendental reality then all the work to get ego to resonate or merge seamlessly with the transcendental consciousness of Existence ItSelf and the body/mind makes sense. If ego is simply an activity, like pinching oneself, then there is nothing that can be reconciled with transcendental consciousness, there is nothing that serves as an ambassador for the body/mind, there is nothing that evolves or can possibly merge with transcendental consciousness. If ego is simply an activity one is doing to their self then there is nothing that serves, such as the ego, as a functional and necessary ingredient of the body/mind that should be embraced, cultivated, and/or tolerated.

Another form of dualistic (almost) Nondual teachings are in regards to using a method or technique for Self Realization ItSelf. This kind of thinking leads the individual to simply rely on oneself, instead of Heart Communion with the Guru (one that is already heart realized), in the final stage of realizing True Self. The teachings suggest that a person should practice meditation on transcendental Self by turning away from conditional appearances of reality, the suggestion is to repeat self-evident truths of reality ItSelf, and to turn away from all conditional forms and simply abide As That which Transcends all. The idea is

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that turning inward on oneself leads one to Realization of God or True Self. Thus, techniques for self Realizing Self are given and suggested. However, it is popular in these communities to say there is nothing to do, that even the techniques they are using are of no help. The dualism here is that even though there may be a profound depth of realization in a person that has reached the point in their spiritual life that they are basically fed up with all teachings and teachers, they subtly still practice turning inward, away, and deny the body/mind all-together. Meaning the body/mind is still rejected by the individual in order to stay in some kind of experience of transcendental Consciousness, usually by focusing one's mind and body into the 3rd eye or sahasrara chakra above the head.

The individual in these late stages of God/Self Realization has fundamentally reached a wall or plateau in their spiritual life and practice, however much that person does not like to admit it. The individual is fed up with all teachings, this person is fed up with it all, they have no real interests in any of it. And for some, it leads them into a Nihilistic world-view and general rejection of all that is, for some even to the extreme of rejecting Realization ItSelf As illusion as well. It may even seem that this person has stopped turning inward in their rejection of everything as illusion. If there is no inherent rejection of Self Realization (pure Nihilism), turning inward and away from all conditional forms of reality becomes the Way, and all students (that have reached the point of being fed up with it all) are told the same, to turn from the body/mind and the world, and simply Abide As Self. At this point the individual feels like they have exhausted all methods and thus, should simply sit around and meditate on/As the Transcendental Self while repeating self-evident truths. But that actually leaves the individual still relating in terms of a duality not Nonduality, and this does not lead to a further deepening of Self Realization (within the individual), nothing ever comes of this practice.

The person at this point in their spiritual practice is at a wall or exhausted, and so fed up with all spiritual teachings that they never investigate and transcend the root of the feeling of separate self. This kind of (almost) Nonduality leaves the individual stuck rejecting the body/mind and all of conditional existence for the Transcendental Self. It also means Realization is nothing more than a thought. However, this is a subtle form of duality and not really, at its heart, true Nonduality. For such a person the ego becomes tolerated,



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it becomes something that is just there, and there is nothing one can or should do about the ego, attempts to do so are simply more ego. Some big questions come up here. How can the individual realize their self As Eternal Self without a technique, method, or way, and does it happen with or without ego? What can the individual count on to be *The Authentic Demonstration of Realization* within their self? In other words, how does a person ever Really Know? Without any kind of tangible bodily awakening of spiritual love-bliss and the inherent spiritual anatomy, especially the three hearts, all a person will ever have is mental phenomenon in regards to Self/God Realization. Basically, Realization is nothing but mental gymnastics without whole bodily realization.

All God Realization will ever be, in the absence of a tangible bodily awakening of the Spiritual Cross (especially the three hearts), to that person is abstractions of reality. And thus, Self Realization becomes something that is nothing more than the mind, It, then, *is nothing more than thoughts*. Therefore, to a person that thinks about Self Realization and has nothing more than mental phenomenon to experience then that is all Self Realization will ever be to that person. This opens the way for even claiming Realization is an illusion. This kind of thinking dismisses any mention of any consciousness beyond thoughts that can ever be known, and thus, Self Realization goes no further than the depth of the next thought. These kinds of teachings on Self Realization may suggest that nothing like the chakras and/or the spiritual anatomy are associated with Self Realization, and therefore, dismiss any and all suggestions that point to any such references. This kind of thinking leaves the person in a purely Nihilistic world-view, and renders Self Realization, or Realization of any kind, illusory. Realization is bound and chained to the idea that there is nothing known, or possible to know, beyond thought. Thus and therefore, Realization itself can't be any more real than thought, all is an illusion. However, as the three hearts awaken in a person who *is truly abandoning attachment to ego self* something beyond body and mind is known, truly consciousness ItSelf is recognized to be more than just the body/mind, more than just thoughts, and extending (realized to be) beyond the body/mind. Consciousness ItSelf demonstrates ItSelf to be both the body/mind and the very reality ItSelf that the body/mind is manifesting within.

The last and most profound dualisms with Self Realization happen in regards to the individual awakening different parts of the spiritual anatomy. Once

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the spiritual anatomy of consciousness is realized in one degree or another some (not quite) Nondual teachings suggest that consciousness should ascend into the Light matrix of the sahasrara chakra or crown star above the head. This ascension into the sahasrara chakra is considered to be *It*. The devotees of these types of (almost) Nondual teachings are suggested to focus on this ascension, to turn one's self whole bodily into ascending consciousness into and maintaining consciousness awareness of the sahasrara chakra. It takes effort to maintain bodily consciousness focused in samadhi of the sahasrara chakra. You may even find Guru devotion and some type of bodily communion, based on the transmission of the Guru's realization, in some yogic traditions. Whole bodily communion with the Guru awakens different parts of the spiritual anatomy (Spiritual Cross), including the center-heart, without the effort of the devotee. Some (kinda) Nondual teachers suggest that the true Self is found at the 3rd eye and that ego self merges with transcendental self here, and thus, one is Self Realized at this point.

So, in regards to awakening the spiritual anatomy (Spiritual Cross) how is Nondual Self Realization to be understood? Should a person look for signs of awakening the spiritual anatomy or totally disregard them? The answer is, Heart Communion with one in whom Heart Realization (especially right-heart realization) is already Awake. Heart Realization provides the individual with something bodily and mentally tangible that 'screams', perpetually and endlessly, Silently / *AM*. When all three hearts awaken bodily consciousness effortlessly rests in the right-heart chakra. The urge to ascend into the 3rd eye or sahasrara chakra subside, the urge to make any effort to focus consciousness in any place within the Spiritual Cross (spiritual anatomy), and bodily consciousness spontaneously and freely lives out of the right-heart. Ultimately, Realization ItSelf is Nondual. In other words, there are not degrees or depths or evolutionary qualities to Realization ItSelf. Realization ItSelf is Nondual, and Nondual Realization of Existence (God) ItSelf is the Same for everyone, in all times and places, forever. Thus, in Heart Communion with one in whom Heart Realization is Awake the individual realizes Heart Communion ItSelf As the Way of, final, whole bodily Self/God Realization. Heart Communion is realized to be exactly what crashes through the feeling of 'being fed up' with it all. Heart Communion crashes through the bondage and chains of thought based, and thought limited, Self

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Realization. Heart Communion with one in whom that is already Heart Realized is the source for awakening the whole spiritual anatomy (Spiritual Cross) without effort, method, technique or focus. The awakening happens without effort of either the Guru or the devotee. It is a natural awakening of the spiritual anatomy in a way that the activity of ego is dissolved and Only Reality ItSelf Is. The dissolution of the activity of ego (separate self) is cleared from all parts of bodily consciousness and in relationship to the entire spiritual anatomy (Spiritual Cross) in Heart Communion.

Heart Communion is realized with the Guru as the individual abandons the feeling of separate self for the Presence of the Heart ItSelf. As Heart Communion transforms the individual the whole of the Spiritual Cross is awakened without effort. It is important to remember right here that Self Realization is not being described as something that is somehow located within the body/mind, and thus, that is the place to focus one's attention or the place to turn to for Self Realization. Realization ItSelf does not change, but the body/mind changes in relationship to Realization ItSelf, and therefore, the body/mind is where any and all 'changes' manifest. The awakening of the Spiritual Cross (and the right-heart) is understood to progressively become known in the absence of ego (separate self) and through Heart Communion with the Guru. In order to clearly understand what all that spiritual anatomy is about one simply should understand that the spiritual anatomy (Spiritual Cross) is there for True Self to live through and as ItSelf As the individual. In other words, the spiritual anatomy is there for Truth ItSelf to live as the individual, and as the whole spiritual anatomy is awakened via Heart Communion, not self effort, our Nondual Self lives As the individual. The spiritual anatomy is not there for ego self to integrate itself throughout and into every corner. The spiritual anatomy is not something that means a separate self is being enlightened or that a separate self is somehow merging or merged with Nondual Self. Our spiritual anatomy is only functional in regards to God living you in the absence of 'you', nothing more.

So, with the understanding that Realization ItSelf is not located somewhere, much more at some point in the body, the final revelation of Heart Communion with the Guru manifests through right-heart Communion. This revelation is what sets Enbrightenment apart from practically every Nondual teaching and tradition. Truly, right-heart Communion is something that has not

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been fully disclosed and/or realized in any of our ancient Nondual traditions. Only in modern times has any (direct, not mythological) mention of the right-heart become known. Only in modern times has this final and full revelation of the spiritual anatomy of Nondual Self Realization become clearly and directly revealed and known. Ramana Maharshi, Adi Da Samraj and myself (Mukti Da) have talked about the right-heart and the current that is associated with the right-heart and the sahasrara chakra, right-heart Communion, and the Resurrection Current that extends from the right-heart into the sahasrara chakra. Right-heart Realization is the location of our Nondual Self relative to the whole spiritual anatomy (Spiritual Cross), and Heart Communion with a right-heart Realized Guru is the *Way of Authentic Nondual (egoless) Realization*. All techniques and methods and ideas of repeating self-evident truths are abandoned, become useless, in Heart Communion. Heart (right-heart) Communion with a right-heart (also the center-heart and left-heart of Spiritual Cross) Realized Guru serves as the Way that does not involve techniques and methods. Heart Communion ItSelf demonstrates that existence ItSelf is Nondual. In Heart Communion the devotee enjoys the Same Nondual Realization of/as the Guru. It is understood to be the Same Self-existing, Self-luminous Realization of Nondual Consciousness ItSelf manifesting in both, As both individuals. Reality ItSelf is clearly demonstrating Nonduality, not duality, in Heart Communion. In Heart Communion, it is not that two ego selves (separate selves) are sharing the same reality, but that Reality ItSelf (God ItSelf) is alive As the Guru and devotee, and therefore, only Existence ItSelf exists, not Guru and devotee, God Only.

Right-heart realization marks the end of the activity of ego within the individual, like a candle being blown out, and the tension of the feeling of separate self is dissolved forever, and this is happens unmistakably (it does not pass without notice). Right-heart realization reveals that even the body and mind are not to be rejected. All Is Self, and there is nothing to be rejected, disassociated from, or turned from. Right-heart realization does not reveal some kind of attachment to the body and mind either. The body/mind is Self-recognized As the Nondual Reality ItSelf (free of illusion or existing without illusion), this happens without rejection and/or attachment. Thus, the ultimate Revelation and Realization of Nondual Self includes the body/mind, and all of apparent conditional forms. Nondual Self Realization does not reject or attach to anything,

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all is already Divinely Self-recognized As ItSelf. In the absence of ego the Divine Self-recognition of Reality ItSelf (and of all) Self-recognizes the individual As ItSelf. This freely happens with the individual that has seen the end of ego self (permanently) in right-heart realization. If a person holds their hands over their eyes that one cannot see. If a person removes their hands from their eyes, seeing freely happens, without any necessary effort from the individual. Once ego is out of the 'way' Nondual Self Realization freely Identifies As the individual. In the absence of ego, there is only the Nondual, Self-evident, Self-existing, Self-luminous Consciousness of Reality ItSelf. During the activity of ego, there is only the Nondual, Self-evident, Self-ecstatic, Self-existing, Self-luminous Consciousness of Reality ItSelf. The ego is the activity that casts the illusion of separate self and ignorance of the Nondual, Self-evident, Self-existing, Self-luminous Consciousness of Reality ItSelf.

Many of the dualistic spiritual ideas mentioned above can be found mixed up in all sorts of ways in many modern interpretations of the ancient Nondual traditions. Many teachers mix up many of the Nondual self-evident truths with a dualistic world-view and attempt to reconcile certain dualisms with Nonduality. This could be due a general lack of heart realization itself amongst those respected as teachers and Gurus, much more a lack of right-heart realization in the Gurus and teachers of the major traditions of Nonduality and non-traditions of Nonduality. There are many (almost) Nondual teachers and Gurus today that are mixing various (almost) Nondual ideas talked about above, some are trying to reconcile the ego and make room for it in spiritual life, others are still going through the 'not this, not this' rejection of all conditional forms of nature, and every imaginable variation one can think of is being promoted by some Nondual person somewhere. Every form of dualism and (almost) Nonduality are not all wrong in every respect. But, they are not pure Nondual teachings based on a truly Nondual Realization of Existence ItSelf, via Heart Communion with a (right) Heart Realized Guru. All of the previous forms of duality and (almost) Nonduality, except for that which manifests through Heart Communion, talked about above are all actually forms of spiritual duality, and not one of them can claim to be true and perfect Nondual teachings. These spiritual dualistic teachings are not necessarily 'wrong' in every respect, but they all have inherent flaws in the way they see or understand existence, ego, and individuality, and the dualistic world-

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view is shown to be fundamentally wrong and incapable of being reconciled with true Nonduality. Heart Realization tangible whole bodily 'screams', perpetually and endlessly, God Only Is.

## First Great Process (Stage One of Enbrightenment)

Stage one of Enbrightenment is the beginning of a genuine spiritual practice, a spiritual practice founded on Real God Realization. Self Realization ends the 'self inquiry' (*clouds*) stage of life, and that person transitions into a Self Realized life that must be cultivated and embraced or no Real growth/maturity comes from initial Self Realization. Realization of Self drops the false motive to seek and search for Truth in the body/mind at least enough that the individual can recognize that the search is happening and no longer needed. To begin practicing in stage one Self Realization must have dawned, at least in an initial way. There must be a fundamental transcending of ego in the individual for Self Realization to remain as something constant, and initially Self Realization will not feel as if It is always something that is effortless and constant because of the reoccurring activity of ego. In stage one the ego is still active, but no longer attached to by the individual, thus, in stage one ego continues, but it no longer has the individual captured in darkness. This stage is primarily focused on bodily transcending of ego self. Therefore, all the processes start with bodily transcending the ego and surrendering whole bodily to Self Realization. The stages of Enbrightenment can be thought of as a process of transcending the gross body, the subtle body, and finally the casual body. But, essentially these are the three depths of the feeling of separate self and ego. So, in the beginning the gross body of ego self is where all the tangible processes generally take place.

There are two primary ways that Self Realization dawns for the individual, thus, transitioning that person into stage one of Enbrightenment. One is through a *direct and profound understanding* of Reality ItSelf or Existence ItSelf As oneSelf. In that moment that Self Realization dawns the individual transcends all attachments to separate self and glimpses (beyond the contraction of ego) that which Is the Nondual Self of all. The second is a Faith based direct recognition of oneSelf As the Nondual Self of all. In that moment that Self Realization dawns

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the individual transcends all seeking of separate self via a direct knowing (beyond thoughts and words) of the Nondual Self As oneSelf.

Every person that takes the initial Faith based leap into God Realization has entered stage one of Enbrightenment. Initial Self Realization is always a deeply profound experience, and when a person comes to Self Realization through a Faith based direct recognition of oneSelf As the Nondual Self of all that person knows in their heart they are not separate from God ItSelf or Existence ItSelf. A Faith based direct recognition of oneSelf As the Nondual Self of all is not comparable to the idea of belief or just believing that one is not separate from God. Belief is really just a passive, doubt based, concept of Reality and/or God. A Faith based direct recognition of oneSelf As the Nondual Self of all means that the individual has matured beyond simple belief and a passive relationship with God. This person KNOWS who they Are without a doubt, without what-if, and without a question. Nothing can shake a person that has a Faith based direct recognition of oneSelf As the Nondual Self of all.

Every person that has a *direct and profound understanding* of Reality ItSelf or Existence ItSelf As oneSelf has entered stage one of Enbrightenment. Initial Self Realization is always a deeply profound experience, and when a person comes to Self Realization through a *direct and profound understanding* of Reality ItSelf or Existence ItSelf As oneSelf, that person can immediately stop seeking separate self. A direct and profound understanding of Reality ItSelf or Existence ItSelf As oneSelf is not comparable to a person that has passively acknowledged that reality is Nondual or that there is only one Self for all. This type of initial Self Realization does not come about by simply reading some books or scripture on Nonduality. The unshakable Understanding of True Self and Nonduality renders the individual in an unwavering conscious state wherein the individual KNOWS who they Are beyond thoughts, words, and ideas. No amount of philosophy and depth of thinking can shake Self Realization once this initial type of Self Realization dawns.

Following either one of these primary types of initial Self Realization the first processes of the death of ego begin. These begin subtly immediately after the stage one transition Event. Initial Self Realization does not necessarily manifest in one of the two principle ways described above, but there is a good chance that initial Self Realization can be described at least partially by either a



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Faith based or direct Understanding of It. The processes of stage one appear in the context of bodily witnessing the conditioning of ego self and the constant referencing of separate self in the context of daily activities. By watching and witnessing the activity of separate self, and abiding As True Self, gross bodily consciousness begins to unravel the activity of the egoic contraction and clinching. At first the ego begins to loosen its grip and hold over one's emotional life and day to day practical relationships and interactions. But, no progress is made if a person does not continue to watch and witness the activity of separate self, and no progress is made by just sitting on the sidelines waiting for more stuff to just happen. After initial Self Realization spiritual life begins, not before initial Self Realization. Self Realization is the beginning of spiritual life, and only after initial Self Realization do all the spiritual practices become useful.

The body/mind is not going to just lay down and change in the 'twinkle of an eye'. The body/mind is conditioned since before birth, in the womb. The brain has learned to function and relate through a separative conscious relationship, the network pathways of the brain are conditioned to support an ego self, not our Nondual Self. The process of that change is a complex ordeal of re-conditioning the body/mind to live and function through True Self in all moments. The first stage of Enbrightenment is the initiation of this ordeal. It is primarily manifesting in the gross bodily forms of consciousness, thus, the processes are primarily purging the individual's attachments to separate self in the gross forms of consciousness. Therefore, one's spiritual practices should be designed to support these changes and not otherwise.

The first stage practitioner should focus their practice in the context of daily life: that focus should be on the reiteration of True Self, reiteration of Self Realization ItSelf in all moments of one's life. The body/mind should be reminded of Self Realization in all moments because the conditioning of the ego is still manifesting. One can use prayers, mantras, and memorized verses or scripture in the midst and context of every day experiences to engage the spiritual process of the death of ego self. This practice is not about denying or rejecting conditional reality in any way; it is *not* about rejecting our human condition. Rather, in the first stage one must practice the reconfirmation of the Transcendent Self in the midst of every moment of the human condition. This is based on watching the ways of

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separate self in the midst of daily life, and mentally and physically Self-recognizing the body is not separate from Nondual Self.

In the first stage of Enbrightenment one must understand that the body/mind is just starting the Real and True Process of Divine Self Realization. The body/mind will experience all sorts of doubts, what ifs, and is this the right way. The body/mind is in the habit of serving ego, which doubts and questions all sorts of things. Thus, the ego still has a strong hold over the body and mind, but this hold is loosened by sticking to one's spiritual practice and reiterating Self Realization in all moments. In time, one may doubt whether Self Realization actually happened or if one may have somehow lost Self Realization, but dismiss those thoughts and witness them only, those thoughts are no longer worth giving attention. Doubt has no place in one's life once initial Self Realization has dawned.

In the first stage, Spiritual practice is all about processing the day to day forms of consciousness. This is not the time to leave society. The first stage disciple does not need to get away from their ordinary life. One must be mindful of True Self, and live that Divine presence wholly and completely. Actually, the first stage is the time for staying with society, bringing the practice into all ordinary and mundane experiences. Practice reiteration of Self Realization in all relationships. This is recommended from the start. This practice can be done silently throughout the day and night. It can be practiced at work, with family and friends, and even during sex. Integration of this practice into one's daily life helps to bring (awaken) the Living Presence of True Self into all of the most gross forms of bodily consciousness.

The old egoic processes must be confronted and transcended. A first stage disciple must take this practice with them every day. In every situation one must learn to break down the egoic mind forms with a Faith based Understanding of God or Existence ItSelf. For this reason alone one's Faith and Understanding of God Realization is a moment to moment tool. To the first stage disciple spiritual practice will seem rough and rigid. The true Spiritual practice in the beginning will seem artificial and synthetic. It may seem forced, and one might notice a resistance for Spiritual practice. In other words, the ego habits of consciousness appear spontaneously and one must witness the *weather like*

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*patterns* without attaching to or avoiding them; yet, all the while refreshing ones Realization of Self in every moment.

The individual must learn to relate all conscious experiences through God Only. As this process begins to take hold, the disciple will pass through many ups and downs. But, you are not made of ups and downs, you are not made of doubt and what ifs, You Are One, and that One and only Presence Is All. First stage disciples may be confronted with doubt, yet, if one's spiritual practice is true and cultivated constantly that doubt is quickly purged. The devotee must cultivate discipline, and be responsible for maintaining that discipline in the experiences of ordinary life. A person should learn to See God As the Only Presence of existence. The first stage of the Enbrightenment reveals the old tendencies and habits of the egoic self. In the first stage one must approach the process of Enbrightenment with an attention on a practice of re-directing consciousness to maintain a perpetual reconfirmation of 'who you Are'. After initial Self Realization, with growth and maturity in one's spiritual practice, there will come an awakening of the left-heart or center-heart, which is a strong indication that there is growth and maturity in one's spiritual life. Ultimately, stage two is a demonstration of both the center and left hearts of the Spiritual Cross.

In relationship to the Spiritual Cross, the three lowest chakras are associated with the most gross forms of bodily consciousness, and this is where the majority of stage one progress appears. Imagine ascending from a animalistic (basic desires fulfilled) to a more complex sexually driven state of mind (fulfilling of pleasures and sexual desires), and into fulfilling the desires of power and control (at home, socially, and through government). Most processes are centered in these areas when progressing through the first stage of Enbrightenment. One can think of ascending from the base chakra (muladhara chakra) consciousness upwards into the swadhisthana chakra and then into the manipura chakra. These are the three lowest chakras of the vertical line of the Spiritual Cross and the principle forms of consciousness that are purged of the separate self during stage one. As these processes progress through ascending from the most basic forms of human consciousness into higher forms of human consciousness the center-heart chakra or left-heart chakra awaken tangibly.

In stage one of Enbrightenment the individual's relationship with the Guru is not based on Heart Communion. Steady and stable Heart Communion

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with the Guru dawns in stage two. Initially the individual relates with Guru (Mukti Da) through ideas, questions, and Heart Communion is not the primary Way yet. The Guru (the function of Guru) is always perpetually Awake and Freely transmitting Only God, but to the stage one disciple/devotee the Guru's heart transmission is hardly noticed, if at all. It is not until the hearts of the Spiritual Cross begin to awaken and remain steady and constantly active that Heart Communion with the Guru is strong and steady. Before Heart Communion is fundamentally the Way, the individual must progress through ego transcending of the gross forms of bodily consciousness. This means in the beginning a genuine Heart-recognition of the Guru has not quite dawned yet. However, a lack in Awareness of the Guru's Heart Transmission does not mean that there should not be any development of one's relationship with the Guru. In stage one of Enbrightenment Heart Communion will come about through grace. Thus, as the individual remains focused on transcendently witnessing the gross forms of ego, the relationship with Guru (Mukti Da) should be cultivated.

Faith and Understanding in the Guru, Faith and Understanding in your true Self, and Faith and Understanding in God will empower you to keep that Initial Realization from becoming just another experience. First stage devotees Must develop a steady and stable Faith based and Understanding based Self Realization in the front of consciousness, in the gross forms of consciousness of the body and mind. The intensity of the day to day confrontations of old ego habits will seem wave like, and/or like weather. Regardless, if there is rain and stormy weather, the sun is Always shining above the clouds. It is important for one to keep a clear view of God's One and Only Presence. Weather like conscious patterns appear and disappear, and the body/mind experiences times of doubt and wonder, but Faith and Understanding of Existence ItSelf maintains the stability necessary to pass through all these experiences.

The old mind forms and new the '*sense*' of God clash in their fundamental ways of thinking. This can lead to a lot of volatile times early on, but these subside with devotion and progress. Therefore, your practice in the first stage must be highly disciplined; it must be practiced daily, and in perfect Faith. A person must give the necessary attention to Spiritual practice, or a true and fundamental growth will not happen. There are no magic wands waving pixie dust over you that will change the deeply rooted patterns of ego. As the individual

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surrenders and sacrifices the ego mind forms to reiterating Self Realization, living in *love and compassion* with all, and along with right breathing spiritual practice evolves into more and more of an effortless ordeal. This is a delicate process, and this process needs the right amount of attention, along with right understanding, the right spiritual support, and the Total, unequivocal sacrifice of one's own created self/identity that is replaced by our Nondual Self ItSelf. Here are three principle practices I offer to first stage students of Enbrightenment.

### *Three primary practices*

1: The practice of *Divine Reiteration*. This practice involves a constant, throughout the day and in every experience, re-affirmation of the Truth of Self, God and Reality. You should practice by thinking there is only One Self. Then move onto the thought that there is only One God. Follow this up with There is only One Reality. Finally, think/say/feel I am all of this, I am Eternal Light. This is the practice of Divine Reiteration.

- *Always remember your True Nature in God, and never forget.*

2: *Love and Compassion* in action are the fundamental practices of number two. The first stage disciple must learn to live all relationships through love and compassion. This undermines the old tendencies of being selfish and hateful. This practice helps to develop the right relationship with family, friends, and the community (society), even animals and plants, all life in every way.

- *Practice love and compassion in all your relationships, including with animals, along with things and places.*

3: *Breathing through the nose*. The beginner must learn to breathe through the nose in all experiences. Breathing through the mouth usually means you are out of breath, and need to gulp air to keep up with one's activity. Mindful breathing through the nose is to be practiced during all activities, even sleep, as much as you can.

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- *Right-breathing means breathing through the nose, and use the breath (through the nose) to be the living current of peace and calmness in all experiences, moment to moment.*

The three primary practices are a basic foundation of (spiritual) practice that can be practiced by anyone in any stage (including the *clouds*). The three primary practices are useful to all religions and traditions. Remember to stay Home, and don't go out seeking a separate self, thus, perpetually live consciously from the Source with All, moment to moment. Exercise love and compassion and transcend fear and separation with All, moment to moment. Keep the breath under the yoke of Love and Compassion, and let Every breath (through the nose) emanate from our Everlasting Self, moment to moment. Exercise the three primary practices and God's Grace will become an active life force in your life, today, even right now!

The three primary practices are not to be done in a robotic way. Rather, one should allow the Heart be the guide. These three primary practices are designed to maintain a core of relational consciousness that one can, in a practical and simple way, re-cognize or return attention from becoming lost in the darkness of the egoic mind forms, to a conscious return and acknowledgement of True Self. The three primary practices cover all conscious relationships in life. These three practices are complimentary to each other, and each one supports the other practices, and they all three support the Spiritual Practice of the Devotee.

The individual disciple can practice Divine Reiteration in any order, but the practice Must be done. In the beginning the practice may seem more difficult, but that will pass as the process builds momentum, and real changes start happening within the neuro-network. Divine Reiteration is the part of the practice that helps to remind the body/mind who It Really Is. Divine Reiteration yokes brain activity unto a single Source; it yokes all brain (all conscious) activity to God.

Breathing through the nose is deeply important to truly getting a yoke around the network of ego in the brain. During the process of breathing one should pay attention to how breathe changes from one emotion to the next, from one thought pattern to the next, from one relationship to the next. Learn to pay

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attention to the dynamics of the body as you inhale and exhale; feel the lungs expand and the diaphragm contract and expand. A person may feel like breathing with the belly or maybe with the ribs, either way let the body make the choice without focusing too much on the dynamics. Let the breath move naturally, and it will if you get into the habit of breathing through the nose. Practice breathing through the nose only. The nose has a natural air filter; the mouth does not have any air filter.

A person breathes through the mouth only when that person cannot get enough air in through the nose. Thus, the reason you see athletes hunched over and gasping for air after an intense play of sport. How often do you breathe through the mouth? How often are you really out of breath and need to gasp for more oxygen? How many conversations do you have daily that require you to breathe through the mouth? It truly is a bad habit to get into, and it reflects an anxiety based emotional state.

Take time to consciously connect your body, mind and breath. Make the disciplined effort to bring those three forms of consciousness together, working together for you. When we allow our actions, our mind and our breath to become out of sync or chaotically related, we allow ego consciousness to sustain itself, and to sustain the necessary qualities of consciousness for it to 'live'.

Our activities of our daily life must be rooted in a fundamental set of morals based on love and compassion. Breathing through the nose supports the continuous practice of Love and Compassion. One Must practice love and compassion in every opportunity. Love and compassion have to replace any moral compass you had with ego. Even if you think they were good morals, they were ego based. The first stage devotee will find the practice of love and compassion hard to do. The continuous bubbling up of old ego habits and relationships appearing within the neuro-network contradict the practice of love and compassion. Old ego processes of the body/mind present combative scenarios for the beginner during ones daily interactions, even in the most passive of people. As the first stage disciple begins to integrate the profound practice of Love and Compassion in life, the anxiety driven moments will subside.

All first stage disciples have to become responsible for their application of the three primary practices. No one is going to hold your hand and ask if you are doing them, or if one is even doing the practices right. The first stage devotee

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must become responsible for their Spiritual Cross, they are Responsible for keeping a steady path ingrained and empowered by God-realization. The first stage of Enbrihtenment is going to support anyone practicing Faithfully and responsibly in every part of life. Without discipline and responsibility the progressive growth out of the first stage will bog down to a snail's pace.

During stage one the Disciple may wonder how far along one has progressed, and wonder if it is all worth the time and practice. That person looks at spiritual practice in many ways, maybe seeking to find a short cut, or sometimes that there is no need for a process. Stage one devotees struggle with the reason for all the practice. Why practice if one is Already Self Realized? Because initial Self Realization does not mean that one has been through the whole ordeal of ego death, and therefore, spiritual practice truly begins once a person has initial Self Realization, and not before initial Self Realization. The first stage of Enbrihtenment is the most unstable, the most volitional, and the most apparently complicated (complex) stage. In the beginning there will be a fervent awakening that will be followed by doubt, and wonder - what if. One must not turn from these fear based, egoically formed, and narcissus born relational conscious experiences. A person should not attach to life experiences, nor should one avoid life experiences, Be Present First. Always support your moment to moment conditional body/mind with a Divine Reiteration of God Only. Practice the *three primary practices* with devotion, discipline and freedom. Do not practice in a robotic way, but do not live without a structural integrity built into your daily spiritual practice. May stage one of Enbrihtenment be empowered by the ***Gift of Perfect Faith and Perfect Understanding of Existence ItSelf.***



## The Second Great Process (Stage Two of Enbrightenment)

Transitioning into stage two of Enbrightenment stabilizes progressively, until the left-heart and center-heart are both awakened, which, once this happens the Devotee is considered stage two. The transition into stage two must be accompanied by the awakening of both the left-heart and center-heart of the Spiritual Cross, and the beginning of Heart Communion with the Guru (Mukti Da). The second stage ordeal dawns after the gross forms of the body/mind have been purged of the activity of ego and the major spiritual processes have moved into the subtle, even the casual forms of ego. In stage two the most gross forms of ego have faded, neuro-network pathways have been re-conditioned to support spiritual practice, and Heart Communion with the Guru (with Mukti Da) has become something genuine and profound, to say the least. Second stage processes are focused on the subtle, and deeper, forms of bodily and mind consciousness, which ultimately reveal the root of ego and separate self. The final transcending of separate self happens in Heart Communion with Guru, but first, the subtle and casual forms (at the end of this stage) of ego must be witnessed and transcended.

As the body/mind progresses in the rooting of all conditional experiences in True Self, the subtle forms of separate self become clearer and clearer. By this time in the individual path, through the process of bodily Realization, the person is showing signs of ego transcending in daily activities. The processes have changed by the time stage two has taken hold. The center-heart has become the point (seat) of bodily consciousness, and from there the body will bring all the more subtle and unconscious mental activities under the yoke of the Divine. The attempts to keep bodily consciousness ascended into the 3rd eye or sahasrara chakra are not necessary, and such practices show signs of seeking, not being already Happy. However, these tendencies will come as the individual looks at the more and more subtle forms of ego self, and one begins to see how bodily consciousness has a tendency to ascend along the vertical line of the Spiritual

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Cross. But, with more and more maturity in one's Spiritual processes bodily consciousness begins to effortlessly rest in the heart region of the Spiritual Cross.

For those practicing the *three primary practices* through stage one, these practices have enabled the body/mind to become aware of the deeper, less noticeable constituents of bodily consciousness. Discipline through stage two will inherently demonstrate a bodily awakening of the vertical line of the Spiritual Cross. In stage two the spiritual anatomy should be understood to be natural movements of our Transcendent Consciousness through the body/mind. They are natural dynamics of the Spiritual Cross as the body/mind surrenders wholly and completely to True Self, yet there will still remain bodily processes of fuller and fuller bodily Realization. Furthermore, instead of being amazed by the intensity of the Spiritual Cross, the stage two Devotee simply experiences and relates without attaching and avoiding.

Divine Reiteration re-programmed the brain activity to respond through unity, oneness and communion; it teaches the neuro-network to See God in all moments. The practice of love and compassion has developed the inter-unified-relational qualities of consciousness within oneself and with family, friends, and animals, even the environment. Thus, the more exoteric (gross forms of consciousness) qualities of consciousness are supported by the deep change in the conditioning of the brain, thus, making way for the deeper processes of stage two. Finally, breathing through the nose has enabled the body/mind to no longer react to life, and this practice has helped bring it all together, so to speak; the breath now supports the progression of True Spiritual Growth freely in a *response to Self Realization*. Stage two demonstrates a genuine (bodily conscious) *response to Self Realization* with all from the center-heart of the spiritual anatomy in all relationships. Fundamentally, Spiritual life develops as a *response to Self Realization*, not to generate or achieve Self Realization. For this reason alone, Self Realization is the principle necessity of Spiritual life, and without Self Realization there is only the *clouds*.

In stage two one is progressively able to sit in silence with the Guru, and not fall into the separative conscious (ego) relationship with the Guru. Stage two develops the right-relationship between the Disciple~Guru, and this is where the True (Free) Spiritual practice of the Devotee spawns. In this part of the Process the Guru~Devotee Relationship becomes the basis for all Spiritual Practice. A

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person Must re-cognize the living state of the Guru subjectively, in the three hearts. The Opening of Heart Communion between the Disciple~Guru comes about through a grace born awakening in the devotee. Not through effort or method, but through pure grace, which seems available only after separate self has been deeply transcended and understood for what it is, an activity, nothing more. Stage two focuses on that Living Presence (the Same Living Presence discovered through Heart Communion with the Guru), moment to moment, throughout all conscious experiences and relationships. The Same Living Presence consciously Sensed in the company of the Guru (seemingly transmitted through the Guru) is not solely located in the Guru.

The Guru may appear As the Divine Light in the Crown Star, and this over whelming Pressure melts down into the body/mind. This purges the body of the separative feeling of consciousness. Following the conscious dynamics of the Descent of Light from above the head a current of infinitely expansive consciousness radiates downward along the front of the body, like a river of God is pouring from above all the way through to the feet. Furthermore, the Divine current turns at the base of the spine, and Ascends (for some Awakening) through the '*ida and pingala*', along with entering the deep channel of the '*sushumna*' late in stage two.

In stage two the Devotee is able to practice Guru~Devotion with a greater degree of clarity and stability. A stage one devotee is confused by the value of the Guru; that person is not sure how to relate. They are sitting with the Guru, and yet, their mind is questioning things like authority, relevance of teachings, what does the Guru want, why does the Guru 'claim' Knowledge, and so on. There is no room for proper Guru~Devotion when that person is relating in this way. Stage one has set up the progressive awakening of the proper relationship to the Guru by purging doubt and what-if from the relationship of Guru~Devotee. Stage two is marked by a change from being focused on the gross forms of ego self unto the development of Heart Communion with the Guru, and with Existence ItSelf or God ItSelf.

Regarding stage one, the relationship with the Guru appears fundamentally objective. In stage two the relationship has evolved to be subjective. In this stage the Presence of the Guru, appears less like possession, and more like Communion, or a sharing of the Same Realization. In stage two a

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person will experience deep purging yogas and kriyas throughout the vertical line (front and back of the body/mind) of the Spiritual Cross through Heart Communion with the Guru (Mukti Da), which may give rise to the feeling that something Greater is overcoming the body, like the body is immersed in a Divine Presence or Divine Ocean of Self-existing, Self-luminous, Self-obvious, and Self-ecstatic Being.

Abiding As a Witness during these experiences, reiterating God Only, gives the body the opportunity to freely respond to the Divine One through Heart Communion, and not become lost in the interpretation, attachment, or rejection of these experiences. Progressively the ego experience of life fades and/or becomes 'small' in comparison to the Spiritual processes at work. As the ego is Witnessed and Transcended in its most subtle of forms, the Divine effortlessly shines with greater and greater Freedom, with a progressing intensity of Force and Presence. Imagine a fog early in the morning, right after dawn, and the sun shine is progressively 'burning' the fog away and replacing that clouded region with sunshine! This is like the process of ego transcending, and ultimately ego death via one's response to Self Realization through Heart Communion.

There are two secondary practices for support of the second stage, which are also connected with the two principle ways of initial Self Realization that transitioned the Devotee into stage one. These two primary ways of initial Self Realization are also generalized ideas about how an individual is inclined to go about their Spiritual practices. These two principle dispositions of the Devotee, that is the Faith based way of Self Realization or through a *direct and profound understanding* of Self Realization, are connected to the two secondary practices of stage two. The primary Way of practice in stage two is through Heart Communion with the Guru, but the two secondary practices are supportive to the primary processes associated with stage two, through Heart Communion, and awakening of the right-heart.

The first is *memory to Transcend* and the other is *Divine Ignorance*. In stage two All practices are (Must be) empowered by Heart Communion with the Guru. Furthermore, *memory to Transcend* should be practiced by the Devotee whose initial Self Realization was based on *direct and profound understanding* of Reality ItSelf or Existence ItSelf As oneSelf. This practice is fits well with the person geared to Self Realization through *direct and profound understanding* of

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Self Realization. *Divine Ignorance* should be practiced by the Devotee whose initial Self Realization dawned through a Faith based, ego transcending, of oneSelf As the Nondual Self of all. Ultimately, both of these practices should be used by all Devotees of stage two, regardless, if person Self Realized through Faith or a *direct and profound understanding*. Both of the secondary practices accent parts of the Spiritual processes of stage two that are key to unraveling the final subtle and casual forms of the separate self while one is deeply rooted in Heart Communion with the Guru (Mukti Da). Both, *Faith* and *direct and profound understanding* are inherent in the final processes of transcending the root forms of ego and the deepest fears of separate self.

*Memory to Transcend* takes the attention from the idea of conditioning the body/mind, into simply Abiding As Self and Witnessing all. As all conscious appearances come and go, one does not seek to control them or manipulate them. *Memory to Transcend* is about the practice of Seeing the over lapping Presence of God in all, whether the mind is blank, and clear, or filled with all sorts of activity.

*Memory to Transcend* is a spiritual practice of consciously recognizing that all is Self, which means all appearances are actually made of the Presence of the Divine Only. All appearances are Realized As The Divine ItSelf. Changing and unchanging appearances are Realized to be Divine, transcendental reality and space/time are Self-recognized As One Reality, not be separate, parallel, or different. Instead of a turning away from (or attaching to) all appearances, and even the body/mind itself, a stage two Devotee is practicing Self-recognizing of all As oneSelf. There is neither a turning away, turning inward, turning outward, or turning towards anything, instead, all is Self-obviously oneSelf, and it is through Heart Communion with the Guru that this becomes obvious, everywhere. This is not a mental game (or mental gymnastics) of labeling all appearances as Divine, but, to Heart-recognize, through Heart Communion with the Guru (Mukti Da), all that appears As God ItSelf, Only.

So as thoughts, any kind of mental phenomenon (*memory*), come and go they are Self-recognized As oneSelf (the *transcendent*), thus, As One Reality *not two*. Think of it like this, every thought, every single bit of mental phenomenon, is made of God ItSelf, and inherent in that is the Self-understanding that all apparent appearances are/is oneSelf. This requires a lack of effort in attaching to

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or rejecting anything that appears in the mind, all the time. *Memory to Transcend* is practiced in recognition of the conditional and unconditional As literally One Reality. This practice is not to be thought of in terms of an action happening time and time again. The devotee practicing is not 'actively transcending' each *memory* (all mental phenomenon) as it appears. Instead, one is to simply inherently understand that no matter what appears, it is All Self, and these changing appearances have no effect upon that which remains unchanged, which is Existence ItSelf.

*Divine Ignorance* is the another supportive practice. This practice is marked by the complete surrendering of the body/mind attention unto the Divine. *Divine Ignorance* leaves the Devotee without knowledge, without knowledge of anything, anything ever. One can think of this idea in terms of the Eternal Consciousness of Existence ItSelf is empty of thought, forms, shapes, mental phenomenon, and so on. In a way, there is nothing to learn, no knowledge to gain, nothing to Realize, and nothing to figure out in *Divine Ignorance*. This is the practice of perfect Faith in God Only, wherein the ego is almost totally gone, and there is minimal appearance of it in daily life. In *Divine Ignorance* the Devotee is no longer actively trying to control the body/mind, to be the ambassador of the body/mind, or respond to the fear of not being in control, in any way.

These fears are no longer valid, and the Devotee is in the process of totally surrendering wholly and completely all conscious activity of the body/mind to God ItSelf. The Devotee has perfect Faith that God is fully capable of living and controlling the body/mind, and that perfect Faith renders the Devotee free of any fear of death and fear of not existing. That second stage Devotee no longer seeks to keep the body/mind 'safe' from danger when practicing *Divine Ignorance*. When practicing *Divine Ignorance* a person should already understand that, of course the body is not going to just walk out into the street and be killed. The fear of not being in control does not mean one is out of control or living a totally risky life because an ego is not there to be in control. All is Self-recognized As incapable of any effect upon Self Realization ItSelf, and True Self is perfectly capable of living an individual without the need of an ego to protect the body from danger.

The practice of *Divine Ignorance* creates awareness of the Free Presence of God in Total control of the body/mind. Even as this apparent process

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manifest bodily, Nothing is understood to be different from True Self; all appearances are God Only. In this practice consciousness is Self-recognizing everything as saturated with the Light of God. Reality is Already As It Is, nothing needs to add to or change this; *Divine Ignorance* accents the Divine Penultimate State of Eternal Bliss-filled Happiness of Existence ItSelf. Nothing else is noticed, and all appearances are Inherently Self-recognized As oneSelf. The world, universe and even individuality are not noticed, all seems unimaginably Bright at every point of appearing Reality, in all directions. *Brightness Only. Divine Ignorance* yokes the body/mind to the Eternal State of the Penultimate Reality by surrendering and transcending the final urges to attach to separate self.

The transition from the second stage into the third stage of total bodily Awakening, and a Freely functioning manifestation of the Spiritual Cross will be accented by the rooting of all bodily consciousness in the right-heart via right-heart Communion with the Guru. In the final processes of the second stage the Devotee is now able to Witness the primordial form of ego self, at the root of the activity of separate self. The chakras above the horizontal region of the Spiritual Cross are where the last processes in relationship to awakening the (whole) vertical line of the Spiritual Cross. These chakras are, respectively, the vishuddha chakra at the throat, the ajna chakra or 3rd eye, and the sahasrara chakra above the head. These chakras are correlated with the higher levels of human consciousness verses the more animalistic, sexual, and control focused chakras below the heart region of the Spiritual Cross. It is in these chakras that the final forms of separate self are purged in Heart Communion with the Guru. It is not until the purification of the sahasrara chakra, above the head, that the awakening of the right-heart begins to show itself.

Experiences will begin to appear relative to the right-heart that may seem like consciousness is descending from the sahasrara chakra into the right-heart itself. The True and Perfect state of God is solely Communicated from the right-heart. When the body/mind searches for the path of return, *that Path* will be marked by a descending current from the Crown Star into the right-heart. The path leads to the final place of ego death; the ultimate and final experience of death itself, transcendent of the bodily death, and in the deepest forms of ego self, in the casual forms of consciousness. The right-heart reveals the end of a

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drive to incarnate, to be anywhere; the right-heart is the bodily seat or locus of the Divine Resurrection.

Up to this point in the Divine Process there has been the presence of an active separative relationship, no matter how subtle and minimal the activity of separate self is still happening. Following a progressive Awakening of the Spiritual Cross, this activity decays and leaves the body/mind to Freely Live and Commune with All from the Source Condition of Reality. The seemingly unshakable energy of death, the seemingly profound intensity of death loses all validity of *overcoming power* when the body/mind is grounded in the right-heart and in Heart Communion with the Guru.

Each heart of the Spiritual Cross represents a sort of death process. The first stage is the death process of the conventional perception of the separative (egoic) forms, the death of old conditional conscious relationships, and the gross forms of separate self. The second stage is marked by the death processes of the subtle form of separate self, then the casual form of separate self, beyond which there is nothing left to transcend. Stage three dawns with the ascending current from the right-heart.

The second heart/stage is associated with the death of doubt, the death of wonder, the death of what-if, the death of a subconscious, even unconscious motive to fulfill any spiritual process. The person at this point is usually fed up with all teachings, this person finds spiritual practice to be in relationship with the Guru, and they are not attracted to any technique or method of practice beyond Heart Communion ItSelf. Ego death at this point is an ordeal of surrendering all ideas of turning inward to transcend ego. Bodily consciousness sheds the shell of the egoic contraction and clinching into separate self. It is a death where from the ashes Only Love and Compassion arise. This final ego death is marked by a whole bodily release or liberation from whole bodily clinching to feel separate self. It is like blowing out a candle, and in a single *breath* or a *poof* the last of the activities of separate self dissolve in the right-heart, which is solely supported via right-heart Communion with the Guru (Mukti Da). The release of the egoic clinching of separate self is a permanent psycho-somatic, whole bodily recognized, disappearance of ego self into the right-heart.

The third death appears at the point of the right heart in the *beyond~state* of All. In the third death experience Only the Eternal One Arises, even the



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experience and fear of death Dies, wholly and completely! The death of the activity of a false bodily relationship with Self Realization ItSelf stabilizes through the Resurrection Current seated at the right-heart. Stage three manifests the transition from stage two via the Resurrection Current from the *right-heart*. When the body has given up trying, when the body/mind is left drained of effort to 'reach God', to 'seek God', and to 'obtain God' the right-heart will show sparks of its Presence.

In relation to all bodily consciousness *beyond* the *right-heart* resides the **Transcendent *Transcending* of *Transcendence***, which is the final revelation of whole bodily Realization of the Self-existing, Self-luminous, Self-ecstatic, Self-aware Reality of Existence ItSelf. When consciousness Is Overcome by the Stillness of the Solid~Void, which appears at the point beyond the right-heart, the Everlasting Nature of God Is Clearly Exposed. The attempts here to convey any kind of linguistic presentation of this will always falls short; do not seek these experiences, or pretend to 'think' your way into this Qualitative Shine of our True Self. No form of self inquiry leads to this bodily Realization. It is a Process that comes about through effortless self/egoic sacrifice moment to moment through Heart Communion with the Guru (Mukti Da); this is the conscious state Free of *fear*. The quality of death/fear passes on forever, leaving no trace, and no future birth.

The Seat of the right~heart plays the role of the Great and Perfectly Mysterious nature of Reality/God within the individual, and IT Is forever limitless and unbound. The third and final stage of Enbrightenment begins with the Resurrection. It is called a resurrection because of the final death of ego and the sum-total Awakening of God ItSelf As the individual, which appears as an ascending current of perfect love-bliss that radiates from the right-heart of the Spiritual Cross. The ego dies (forever) and God ItSelf Resurrects As the individual. This Resurrection, which appears from the right-heart, is not of a body rising from the ground, or anything of the like. True Resurrection of God As you (from the right-heart) transitions one from stage two into the Perfect stage of whole bodily Self Realization, which is stage three Heart Realization, and Heart Communion ItSelf is the only practice, while any secondary practices are spontaneous not initiated in any way.

## The Third Great Process (Stage Three of Enbrightenment)

The right-heart is located just to the right side of the sternum, below the nipple, or in between the sternum and the nipple. Here is the point that the Resurrection Current moves outwards and upwards. As the Resurrection current Ascends it begins to move backwards and (slightly) sideways passing the right collar bone, and Ascending and flowing up and into the back of the neck. From here it enters the head and Crown Star above the head, then descends back into the head via the vertical line of the Spiritual Cross. The “S” shaped Resurrection current Ascends from the right Heart into the infinite matrix of Light above your head as One Transcendental flow and Form of God. The body/mind Instantly loses all egoic referencing, seeking of separate self (in the ultimate degree), with the Resurrection Current ascending into the Crown Star (sahasrara chakra). Now (in the third stage Only), the Divine has gained Full Freedom of the body/mind, and the Resurrection Current will yield a transfiguring shower of Eternal Brightness that pours in through the Crown, Eye and down, along the front of the body, through the whole Spiritual Cross, transfiguring every chakra and channel of consciousness, and then up the back of the body, transfiguring the ida and pingala (and later the sushuma channel) into the Eye and Crown Star. This is stage of egoless Self Realization, and the only stage where the individual is living Free of ego in every way.

Consequently, there are two processes after the Resurrection Springs forth and Gives the Eternal Shower of Light from the Crown. These processes are described as two primary sub-stages of stage three. These sub-stages are named *transfiguration* and *transformation*. The transfiguration sub-stage begins as soon as Resurrection appears. The process of transfiguration is the process of fully turning Every part of the spiritual anatomy to relate Freely, and to consciously relate Solely from the right-heart. Until the third stage of Enbrightenment the process has been preparing the body/mind for the Fullness of the Divine Consciousness to function and live. After the Resurrection the

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process turns from preparing the body/mind to Assimilating (Consuming - Overcoming) the individual's whole experience of Reality by God Only.

This process takes time to complete, like the processes before, which were about the dissolution of ego, and now the first processes are associated with transfiguring the Spiritual Cross. With the final dissolving of ego the whole Spiritual Cross is now free of the contracting or clinching feeling of seeking separate self. In the third stage the processes are about the capitulation of All by the Divine Only, but first with the individual then in relationship to the environment. The signs of this sub-stage are born from the way the right-heart works through the body/mind. This stage is accented by the Force of the Crown reflecting the right-heart Perfectly, and the transfigurations of the total Spiritual Cross. The Free dynamic of the flow of Light from the Crown into the Eye, through the frontal channel, and ascending along the spine are associated with the major processes of the transfiguration period. The whole Spiritual Cross is transfigured to live perfectly from the right-heart, which is now Realized to be the bodily locus of that which seems Transcendental (now Self-realized to be One Reality) of all. The final processes of this sub-stage are centered around the Eye (ajna chakra) where the right-heart Seeing is realized at the ajna chakra.

In the transformation sub-stage the right-heart takes a Seat at the Eye. This is the period where the body/mind becomes the vehicle of a Free Flow of the Divine into the Environment. It is the period of Freely assimilating the body/mind with the universe at whole as One appearing form. The transformation sub-stage moves beyond the body/mind itself, while including it as well. The body had a tendency to See from some point of reference (right-heart) in relationship to the bodily form in the transfiguration sub-stage. In the transformation sub-stage the body/mind is transcended because of the prior sub-stage of transfiguration, and Reality ItSelf, beyond location and bodily reference of Self, is realized to be the source of (True) Seeing As Reality ItSelf (God ItSelf). The transformation sub-stage is a cosmic process, not simply local in the individual and the individual's local environment.

It is a process where the body/mind and the universe are transformed to Move and See As One. In the times before this stage, before a person truly Enters the third stage of Enbrightenment, that one might think that they and the universe are moving freely as one being, but that was not possible until the

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Resurrection and the transfiguration sub-stage is finished. The second sub-stage of stage three can be explained as the Free Assimilation of Everything moment to moment by "*The ~Only*". The universe and the individual function As One entity; I likened it to Walking-on-the-Cosmos through the Beyond Realm, Beyond all relationship, of any kind. The transformation sub-stage shifts bodily Self Realization from the right-heart to the prior to relationship Conscious Undifferentiated Existence of God ItSelf As all. This sub-stage continues on until the processes of *True Seeing* As Reality ItSelf has fully assimilated and transcended the body/mind and the Spiritual Cross.

True Seeing transforms from a bodily Seeing, through the right-heart, to True Seeing As Existence ItSelf *beyond the right-heart*. Point of view, itself, disappears all-together, and Seeing, itself, Is Seeing As God ItSelf or Reality ItSelf or Existence ItSelf. This is True Seeing, and it is effortless, and requires no practices or turning of any kind. True Seeing As God ItSelf is the process where the Guru and the Devotee are *literally* Seeing As One Being. The transformation sub-stage involves the processes of the total Immersion in Heart Communion *beyond the right-heart*, beyond the Guru~Devotee relationship. Imagine entering the right-heart and remaining As the transcendental (True) Seeing existence As oneSelf, beyond all bodily forms and beyond all universes and any appearance of a changing reality. True Seeing As Existence ItSelf, which is an effortless Seeing As Reality ItSelf As all, appears in the transformation sub-stage of stage three Only. The Spiritual Cross must be transfigured before True Seeing dawns *beyond the right-heart*.

Once True Seeing dawns, and the individual lives Seeing As Reality ItSelf, *beyond the right-heart*, the processes of stage three Enbrightenment become totally settled. The transformation sub-stage of stage three is demonstrably the last of all the processes of whole bodily Self Realization. There is nothing *beyond* that which is *beyond the right-heart*, and there are no processes that are manifest once True Seeing has dawned. Furthermore, any and all processes after True Seeing has Dawned are simply God ItSelf living As you, and Freely living with all As ItSelf, Mysteriously, *beyond any explanation*.

Stage three of Enbrightenment describes bodily Self Realization beyond what has been traditionally offered in our ancient Nondual scriptures and traditions. The only Nondual tradition, besides Enbrightenment, is Adidam, which

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appeared before Enbrightenment, and by the trail-blazing path of Adi Da Samraj and His Revelation of the right-heart and the ascending current there-of. Adidam describes the Spiritual processes you find in Enbrightenment over a seven stage revelation of whole bodily Self Realization, these are simplified into one stage of strictly ego life and three stages of a Self Realized life. Ultimately, Enbrightenment's relationship to Adi Da Samraj (Mukti Da's right-heart Guru) and Adidam is inconsequential. Meaning there is nothing that needs to happen in regards to a merging or unifying of these Nondual traditions. Both traditions stand alone, Adidam appearing first, but these two Nondual traditions are not separate or other than the One and Only Great Nondual spiritual tradition of all of humanity. The revelation and depth of the revelation are the same within both Nondual traditions, but there are vast differences in regards to how a person approaches Adidam verses Enbrightenment. So both of these Nondual traditions serve differently, but do not teach anything different.

Lastly, stage three is the egoless stage of Enbrightenment and is Realized to be the True stage of Freely living Self Realization. Inherently, it is impossible for the ego to reappear in a person that has truly entered into stage three. No matter how much this person blends in, acts the part of fitting into society, or looks like everyone else, that person is living Free of ego. Stage three does not reveal the human to evolve into something else, or to somehow morph into something else. Instead, our humanity is Self-realized wholly and completely in stage three of Enbrightenment, not before then. But, fundamentally the Self Realized from initial Self Realization is the Same Self whole bodily realized at the end of stage three. Therefore, do not fret over if one has made it into stage three or not, understand you are Already Happy in God because by God's grace Self Realization has set you Free.

## Collaborative Spiritual Growth

I never had the physical company of a Guru. In my life there never was the opportunity to be in the Presence of a Real Master. My whole ordeal/process occurred in isolation, it all happened in the midst of ordinary life, without joining a monastic community, without following the dogmas and rules of any religion, or submitting myself to any specific program of prayer, yoga and/or meditation. There was no fundamental rejection of bodily or ordinary life; it was/is a simple submission to the Divine. I did not follow anyone's rules, and I did not follow any specific path.

I practiced outside of every tradition, yet, there was a feeling of being a part of every genuine Spiritual Tradition as I read and learned about so many (obviously not all). Have no fear for learning about many traditions. Enbrightenment encourages the study of as many traditions as a person wants. We have a single Communing Presence, and that One Presence is valued and taught in every genuine Nondual tradition, and that One Presence functions As the body/mind through the Spiritual Cross (esoteric anatomy of consciousness).

The fundamental lesson we can take from all these motivations to find a Way to Real God Realization is that we are All thirsty for the One and Only God. If we take time to learn about the various traditions that have appeared over our Divine history we can begin to learn that Our God does not close the door on any. God finds a Way in the conditions of the universe to Reveal ItSelf. No one can judge God's Divine Way.

The Reality that we all share the Same God, and we are all human, means that there is a kind of science behind the means of Revelation. There would, from a logical stand point, seem to follow that we would all share the Same fundamental workings of God's Presence within the body/mind. The human form is fundamentally the same for everyone, thus, our anatomy of esoteric consciousness (the currents that reveal the pathways of God's Revealing Presence in us) is the same. This is the reason behind the presentation of the Spiritual Cross as being beyond a single spiritual tradition, which says the science of the Spiritual Cross can be practiced in all traditions.

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The Spiritual Cross transcends all the various religions of Our Human Family of Collaborative Spiritual Growth As One People. Therefore, I reach out to all people and cultures in Heart Communion, and speak to each one *beyond* the language of their religion and *beyond* any dogma from any religion. Heart Communion transcends and includes all, and this is the Heart of Enbrightenment. From the ancient traditions of Our past, and into the future Nondual traditions, may all Heart Commune and Realize Self perfectly and whole bodily.

The Resurrection Testament is written as a friend to all that are searching for Truth. The Resurrection Testament is a Nondual manifesto of whole bodily God Realization that transcends all religions and includes all God loving religions. This is the foundation text of Enbrightenment, upon which all other texts from Enbrightenment are built on. Anyone that is Heart attracted to Enbrightenment can practice on their own terms, however, each person is called to physically meet Mukti Da, the first in a lineage of right-heart Realized Gurus serving Enbrightenment forever. Anyone Heart attracted to share Enbrightenment with others, should. Anyone that wants to either become a minister of Enbrightenment or start a community of Enbrightenment must meet the Guru and receive a blessing from the Guru to get started. This is an open ended offering to all that are Heart attracted to do so. Anyone that claims Enbrightenment itself as their religion should come and meet Mukti Da (or the current right-heart Realized Guru) in person. This is an offering to all. Enbrightenment is an offering, take what you want freely, and at your own pace. To read other books from Enbrightenment simply head to the website, every book written by Jared J. Kimble (Mukti Da) is there to be either downloaded as an ebook and/or read for free right on the website. To make contact simply head to the website for all inquires. All whom are Heart attracted to Mukti Da should come and meet Mukti Da, God bless and amen.

## Concluding Thoughts

The Guru of the Enbrightenment tradition is not liable for the Disciples actions. The Guru Offers techniques, theories, philosophies, and practices (through all sorts of media) that are designed to allow the Disciple to continuously catalyze the Fire and Communion found through Heart Communion with Mukti Da. No one should feel forced to stay or leave. There are no contracts or forms of handing over your life to Enbrightenment or the Guru or the institution of Enbrightenment in order to live and practice Enbrightenment. The Disciple Must make their own choices and deal with the consequences of these choices.

The Enbrightenment tradition does not claim to be the Only path or hold some kind of monopoly on the Full Revelation of God in the Human. Enbrightenment is not a science first, it is a Faith based Culture that functions and lives from the **no-goal** path. The primary relationship stressed here is found in the Spiritual Cross (the Spiritual anatomy found and manifest within the Human form) and Heart Communion with the Guru. It does not require one to abandon the *spiritual* in order to understand the *scientific* quality of the revelation of Enbrightenment and the Spiritual Cross. The scientific quality of the theoretical laws and the certainty of knowledge drawn from the manifest (harmonious) universe lead me to constitute my theory of the Spiritual Cross, and my theory of Enbrightenment. In other words, we do not live in a chaotic universe, thus, knowledge exists in many forms, and the Spiritual Cross is a New (and/or deepening) revelation of Human knowledge, that is no longer based on myth in order to discuss and understand the esoteric (spiritual) anatomy, or what I call the Spiritual Cross. The Spiritual Cross is the foundation of both the spiritual and the scientific exploration of the spiritual (esoteric) Nature of human consciousness within Enbrightenment.

The Human form is not truly Awake to the Spiritual Cross at birth, therefore, rendering the Human consciousness and form poised to Awaken to True Self through a process of total surrender and dissolution of separate self and the full awakening of the Spiritual Cross. Thus, I am creating and designing the Enbrightenment tradition to Offer an Understanding and Revelation for the



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recapitulation and restoration of a Pure Awareness of God and Reality *free of any form of illusion*. The Enbrightenment tradition is a **no-goal** Faith based revelation of the Full Transfiguration and Transformation of the Human condition, and the revelation of the Transcendental (not separate) Consciousness of Reality As the total of the human condition, *As you*.

The Knowledge of the wholeness of reality is not something of scientific origin, and neither will mankind somehow obtain the fullness of Knowledge from science or in any form of spoken language. The full and clear Knowledge of my theory goes unspoken, It IS Self-evident Self-existing Reality ItSelf As you, and is only Understood in the Light of God's Divine Transcendental (not separate) Presence. The Enbrightenment that becomes Clear from such Revelation and Discovery is communicated throughout many esoteric traditions in many degrees, and in the spoken languages of Spirituality and religion throughout history. This knowledge is revealed by egoless/selfless devotion to God (Reality ItSelf) through prayer, meditation and yogic practices, and Ultimately through Heart Communion with the Guru. Henceforth, by offering a complete revelation of God Realization (including whole bodily Awakening of the Spiritual Cross) the Enbrightenment tradition Is (should be) known to be a Valid and Valuable Spiritual tradition and revelation of God in, As and of the Human condition and form, even the whole cosmos.

## Caveats and Understandings

The True Nondual traditions are in themselves nothing really without Heart Realization of our Self-evident, Self-obvious, Self-existing, Self-revealing, and Self-luminous Reality of Existence ItSelf. If any spiritual tradition teaches they are the "Only Way" then take my warning and get out or turn to another tradition. Take time to understand the underlying reason for such a claim, and then leave the tradition because you have grown past its boundaries. The genuine traditions are more theory and philosophy, which has been verified and practiced, whilst the Teachers (or the advanced Disciples) of the tradition are living examples of the results of such practice and theory. Traditions in their purest form are a Communing relationship to the Teacher and/or lineage holder of the tradition that has been passed down. Genuine Nondual traditions do not

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hold that memorizing or repetition of self-evident truths, such as 'I Am That' or 'I Am This' and so on are It or Realization ItSelf. However, some of the 'highest' teachings in our ancient traditions of Nonduality suggest that repetition of self-evident truths can lead to Realization ItSelf.

These kinds of teachings are part of what sets Enbrightenment apart from the old traditions. In the last stage of ego transcending the last or final teaching found in practically all (except for Adidam, which is a modern Nondual tradition) the ancient and historical Nondual traditions the teachings or teacher suggests that one simply repeat self-evident truths and turn inward to Abide As the Transcendental Self-evident Realization of Reality ItSelf. However, Enbrightenment does not teach Any method, such as repeating self-evident truths and/or (coupled with) turning inward, away from conditional reality, as the Way to Realize Self. Enbrightenment teaches that Heart Communion Is the final and ultimate Way, not by repeating self-evident truths and/or (coupled with) turning inward and away from conditional reality, and away from the body/mind. In Heart Communion there is no turning away from the body/mind of any kind. A person cannot achieve Heart Communion via any method or technique. Heart Communion Transcends (not separate from) all bodily forms and changing realities. Heart Communion *includes* the body and mind within Its Self-recognition of ItSelf As the body/mind itself. Heart Communion manifests via a grace born, ego (separate self) transcending, inherent Self Abiding As Reality ItSelf recognized As the Guru and the Guru's Transmission of Transcendental (not separate) Reality ItSelf. In other words, when the Disciple/Devotee is **Ready** Heart Communion will manifest Freely, without effort, and demonstrate It (Heart Communion) Transcends all bodily forms As the single and sole Reality of the One and Only Undifferentiated Nondual Consciousness of Existence ItSelf. Heart Communion is not something easily understood by those outside such a relationship, if at all.

*As a warning*, if you do not like the way the Guru is acting then do not adhere to the tradition. Research the tradition, make an educated choice (the best you can), or how else can you make an informed decision? Even if you feel like you know all you can about a tradition or Guru, you may still uncover secrets later on that turns you off from the tradition and Guru. If you are looking for a specific set of qualities in a tradition or Guru then go for it, but in my humble

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opinion do not put too much importance on believing you will become a Guru or end up acting exactly like the Guru. Be aware of the principle that says do as the Guru says not as the Guru does. For many people they are drawn and/or attracted to the Guru because of the Heart-felt Presence transmitting or radiating from that person. This is the most valid Way of recognizing who your Guru is. In Response to a Heart-felt recognition of the Guru the individual should approach the Guru in the right Way, Ready for the Heart-baptism and under the right conditions.

The truth is that in most esoteric traditions we find a strange and curious relationship that appears between the Teacher and Disciple and/or group of Disciples. Esoteric traditions are not about worshipping a person or practice or even a set of ideas and concepts (or even statues or forms and shapes); the traditions are about realizing/finding that direct Communion one discovers the Teacher has with God within their body/mind. The greatest asset of the **genuine** traditions are/is the Guru(s), and the blessing Graces (siddhis). The siddhis are Tools for Realization, not traps for slavery. The siddhis (blessing powers) have many forms of manifestation, and I warn the Disciple that the experiences appearing within consciousness related to the siddhis can take on addictive qualities in the individual.

The siddhis can become a distraction for the aspirant or Disciple, if one is not properly guided. The siddhis are not the end all means of any genuine tradition. They are Tools and not Enbrightenment. The siddhis are naturally used via the amount of Grace a Teacher has working in them, and/or the purpose that God is using a particular Teacher. The siddhis are the grounds for opening up the Disciple to the myriad of experiences that appear during the Divine Process of Enbrightenment. The siddhis are *natural* powers that God manifest through the Already Realized Teacher and in the Disciple/Devotee. Now, in some esoteric traditions, the Teacher may not be Fully Enbrightened, yet the Teacher may demonstrate some of these powers. Remember all siddhis are for the edification of God and not the Teacher. They should not be attached to, nor does a Teacher have to display such powers in order to be genuine.

The samadhis (samadhis are 'meditative' states achieved by the individual) open up as the Transcendent God capitulates the Human Temple. The Unconditional Samadhi (Resurrection Samadhi) is nothing other than Direct and

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Full Communion with God via the Human form. In the Resurrection Samadhi (of Enbrightenment), the Disciple enjoys the Communing Grace of God Directly and without a medium or method of Devotion. Heart Communion with the Guru (Mukti Da) Ultimately Reveals the Resurrection Samadhi, and to Awaken unto the Unconditional Self-evident Reality of Existence ItSelf one simply remains in Heart Communion devotion to the Guru. The Disciple (alone) is totally Responsible for their Spiritual Practice and what tradition that person joins. That which constitutes a genuine quality of Spiritual practice is not a practice founded on enlightening a separate self of any kind. *Be careful of the false messiahs that claim they are the "Only Way".*

## Sex

The practices of sex and orgies and homosexuality, and whatever kind of sex you can imagine are definitely present within some of the most respected and un-respected Nondual traditions. Not to say that every tradition or religion involved with all the previously spoken sexual activity is false or morally sinful, but that understanding sex is part of the process of learning and Transcending egoic self (bodily and mentally). Some esoteric traditions have a bad name because of the sex 'parties' or 'orgies'. Some traditions are based entirely off the sexual relationship. Some Gurus bring *shame* to their lineage (*and thus, to what they are sharing with devotees in regards to a Nondual Reality teaching and Realization*) by engaging in sex with devotees (or anyone) *and hiding this activity*. If you can't be open and free with what you are doing (namely speaking to Gurus and Teachers here), either change what you are doing or stop being secretive and hiding such activities and accept the consequences. If there is a feeling that what you are doing is not something that can be transparent and shared with everyone in your tradition then don't do it. In other words, if the community is hiding their sexual activities they WILL come to light. Ultimately, this will leave a scar on the community and even tradition. It creates distrust and builds the opposite kind of relationships that Nonduality discusses.

Some do not even touch the subject of sex. Very few traditions completely ignore sex or avoid sex all-together. It is traditional in some traditions that the monks and nuns remain celibate, and there are consequences for

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breaking one's commitment to celibacy. The sexual activity of a particular tradition can be a vital point of inquiry when considering whether to join a community. For the most part, sex in the west is generally perceived as some kind of taboo or is exploited. Furthermore, the theme of sexual activity in the west (not to exclude the east) has a greater importance of inquiry because of the depth of (hidden) repression and the taboo like social status found in many communities.

Sexual repressions are places that can have the most intense attachment of ego and attachment to the separate feeling of self. The exposing of these sexual desires or repressions is a key to opening up Whole Bodily ego (separative self) Transcendence. Always ask and research the tradition you want to enter. If you have issues with types and forms of sexual practice they engaged in, then I say find the appropriate tradition, but do not believe that those involved with certain sexual practices are going to 'hell'. Do not condemn people based on their sexual practices, nor should anyone be condemned for their sexual practices. We live in the midst of a mass social environment that is circled around living the egoic (separative self) relationship with all. Thus, there is a mass social and individual identity crisis being lived out in all sorts of ways, and sex (or sexual identity) is one of the biggest issues at the heart of this confusion. Do not base your judgment of another on the relative moral values you hold (practice Love and Compassion and you will live a truly moral life). The adults involved in the ego Transcending activity of Spirituality within any (respectable) community are the ones **responsible**, and should act accordingly.

In conclusion, these caveats in regards to sex are there to help inform and guide a person to a better understanding of the kinds of things one should be aware of when considering joining any (spiritual) community. There are many false gurus out there that turn out to be sexual predators instead of someone in the sacred role of Guru. They are the perpetrators of the sexual attacks, and harm their Disciples and leave the innocent psychologically damaged, sometimes for life. Some of the false Gurus exercise all kinds of power over their followers to make themselves King/Queen and the rest just servants. Sex can be used in such a way that is applied as power over the Disciple. DO NOT practice within Any tradition unless you have first examined what they are all about, and that includes learning about what type of sexual practices or prohibitions are part of

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the community. Consequently, the practice and expression of sex is a vital field of understanding and inquiry for every Disciple of God.

### **Final caveats and understandings**

Remember we Serve God only. And by serving God, we serve all. Because of con men/women and many more that are just out for themselves, it is extremely important to sit back and examine a tradition before submitting or adhering to it. This is a warning to all hopeful aspirants and Disciples of God, spend time with (or watch) the Guru (interact with devotees) *if you can*, read up on all the practices that a particular esoteric tradition offers. Hang out and watch those that are involved in the tradition. Talk to those involved and see how they respond to your questions; do not be afraid to ask the difficult questions: these questions may very well keep you from harm. Watch to see if the Disciples are just repeating programmed answers, or are they speaking from their Hearts and Realization that has awakened in them (to whatever degree) from practicing a particular esoteric tradition. Lastly, in this warning, make sure you engage more than a few of the Disciples of the tradition you are investigating. This will allow you to experience a wider variety of Disciples, thus, rendering you a greater chance to meet someone that has truly benefited from the philosophy and theories. If you only talk to a few Disciples you may just find only the bad apples. In addition, every tree has bad apples: my question to you is, "are you serious enough to be good fruit and bear good fruit?" If you do not believe every religion or esoteric tradition has bad fruit then try looking through all the examples in all the religions and esoteric traditions on Earth. This will convince you.

Check to see if and how many Disciples have become Enbrightened, check to see if the Teacher has positioned him/herself as the only person that can Realize truth to the degree of the Teacher. In other words, no one else will "ever" know the truth like them, thus, eternally placing the Disciple in a dilemma that, according to that particular (false) esoteric tradition, it is not possible for anyone else (ever) to Realize God to the same degree the Guru has. Consequently, this leaves the Disciple to be reliant on the Teacher forever, which is really just a person wanting to be worshipped. The false Guru sets their self up

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As God alone, and everyone must worship this person. We all enjoy Direct Communion with God. No medium or Guru is *needed* for God (Self) Realization.

When looking to adhere to any Spiritual tradition ask yourself, is this a valid tradition. What kind of lineage does the Teacher(s) hold? Has the Teacher been initiated by another respected tradition, yet, has decided to establish their own. What are the reasons for leaving the old tradition and starting another? What is required to be a Disciple in the esoteric tradition? Ask all the tough questions!

## Translation

The mystical experience can never be translated so that another person can (by reading or hearing about the experience) directly share or somehow experience the same exact experience as though the words are the Truth ItSelf (alone). As we read and learn about the different spiritual traditions we will come across many descriptions of Enlightenment (Enbrightenment), yet none of these writings are the Resurrection ItSelf. Nor are any of the writings Enbrightenment ItSelf.

The Realization of Truth via some kind of mystical experience will forever remain beyond the scope of words, concepts, images or ideas. We can learn about how to either deal with such experiences from the ways previous aspirants or Disciples have, and/or we can learn about what to expect (kind of). By reading the different ways that Enbrightenment/Enlightenment is spoken about we can learn to consciously feel into the author's True underlying communication of God Realization.

Now, some people completely dismiss someone's philosophy or method of communicating Enbrightenment through words. In the nature of a Realized person, even their words and writings actually do (in a mystical manner) allow the Door of Truth to be ripped open in the mind and heart. Moreover, the Reality (or Enbrightenment) of what they are intending to communicate through words (etc.) is completely possible for the Listening Devotee to finally transcend the feeling of separate self at that moment that person is reading and/or contemplating the Guru's words.

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When it comes to the translation of Truth through changing conditions, you must not substitute changing conditions for the Transcendental. For example, the dietary rules of an esoteric tradition are not something that is necessary to follow in order to Awaken. However, in many traditions a strict diet is a requirement to follow. What you eat does affect the mind and body, thus, the reason why strict diets are followed in some traditions. Although, not all have such standards, the dietary rule of any esoteric tradition can and probably does play a major role in the Spiritual Practice. Ultimately, one's diet cannot somehow establish the optimum conditions for Enbrightenment. The truth is that no amount of diet and spiritual practice can somehow establish the perfect conditions for Enbrightenment.

The whole realm of changing reality cannot effect or change the unchanging, thus, we do not need to place a strong importance on diet or a particular set of conditions. True God is freely available Now. The Perfect conditions for Enbrightenment are Already Perfectly manifest Now! In every moment the Perfect conditions for God Realization are inherently manifest As Reality.

Enbrightenment is the **same** and **one** and **only** Enbrightenment of reality or existence or God ItSelf. This means that we already exist in a Reality of Enbrightenment. The intention here is to show that in Heart Communion, in the Heart of God's Divine Transcendental (not separate) Presence, there is Only the Divine Nondual Reality of Existence ItSelf. No matter how many conscious living forms seem to appear, they All share the Same Self-existing and Self-luminous Nondual Reality as Existence ItSelf (God ItSelf). Therefore, this means that there is nothing to do, **no-goal**. This means that to seek a tradition or Teacher is useless, **no-goal**. Yet, in all this negation, we find that there are religions and esoteric traditions. We notice that some people are Enbrightened and others appear not to be. An Enbrightened understanding of Reality ItSelf suggests that **all are already** Enbrightened *that are not already Enbrightened*. This kind of knowledge is knowledge after the fact, or a-posteriori (knowledge after experience) knowledge. Everything you do to 'another', you do to yourself!

The reality is that for those already Enbrightened the reality of everyone else is Transcended and the apparent un-Enbrightenment of general society is only an illusion. At the end of the day, the ego (separate self) is the Only illusion,



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and when the ego is understood and transcended Only the Real remains (forever). The translation of God or Truth or Reality into an absolute set of conditions is futile. Translation from the un-Enbrightened life to a Resurrected child of God is a matter of Grace and Fire. It is a matter of egoic-self-sacrifice. All things Must pass through the processes of ego transcending, ego abandoning, and ego forgetting, *not one person* will by-pass the total process of ego death and instantly be whole bodily Realized. Translation of the egoic based point of view of life to that which Is already Self-evident Self-Realization becomes Self-apparent and Self-revealing because of the processes of ego death. God Is the Only One that has the Power to Translate the un-Enbrightened into the Resurrected. The nature of the Divine Process of Enbrightenment (translating transparently the Divine through the conditional, As the conditional) is a Great Mystery. Be Free in and as the Great Mystery ItSelf As yourSelf.

Within the many cultures, and myriads of ways to express our Divine Love for God there are all kinds certain limited views of God. Therefore, there appear to be different gods in different cultures by virtue of their independent creative Human quality, and the large separation by distances that early cultures had to deal with. This resulted in a pantheon of gods and conflicting theories about God that appear in our history. This does not mean there are different gods that each tradition is pointing towards. Stepping back and looking at the larger picture of Humanity, a person can see that there is a universal Self-evident, Self-existing, Transcendental (not separate) Reality of Existence that is at the heart of all Nondual teachings and scriptures. Furthermore, the One and Only Nondual God/Reality, ever mysterious, is the reason for me writing this. Enbrightenment is my Ministry and all my (Mukti Da's) writings and communications are here to Glorify God ItSelf. Love God, and no matter what tradition, or religion or private path of Enbrightenment you adhere to, always give all Glory to God, Amen.

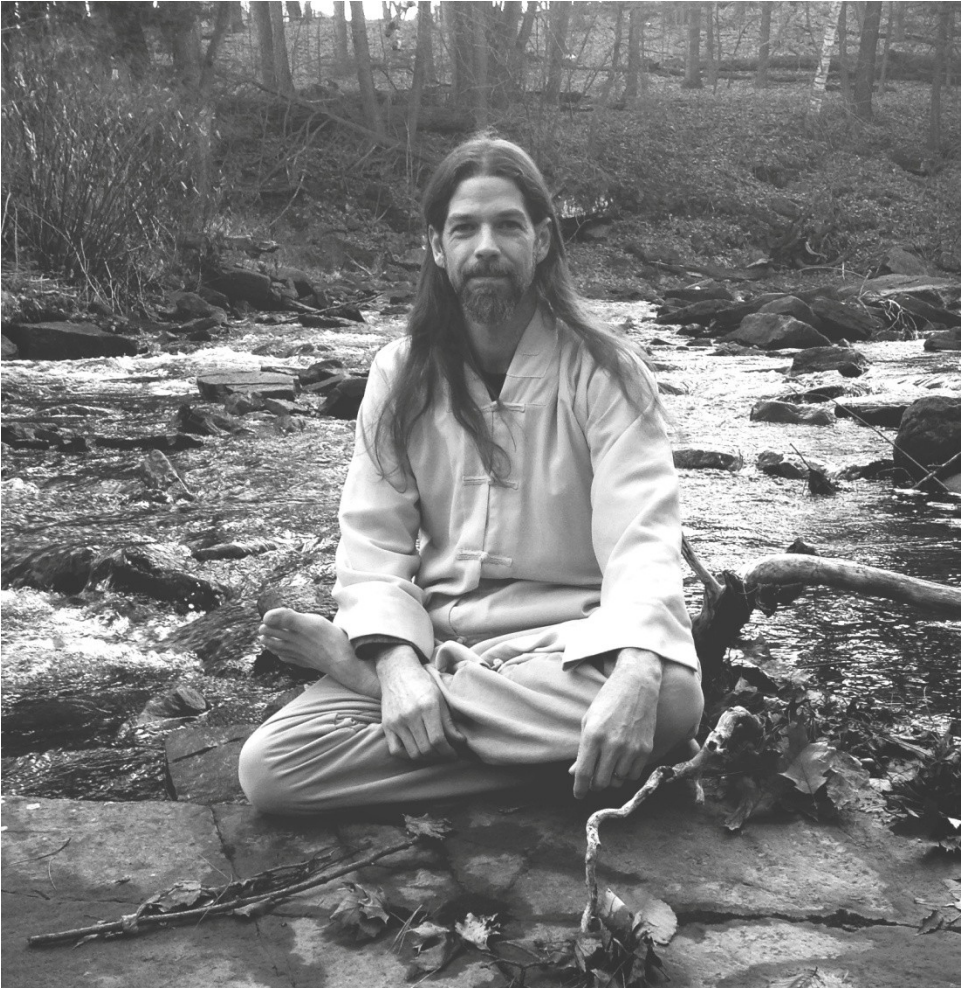
Personal Notes for *you*

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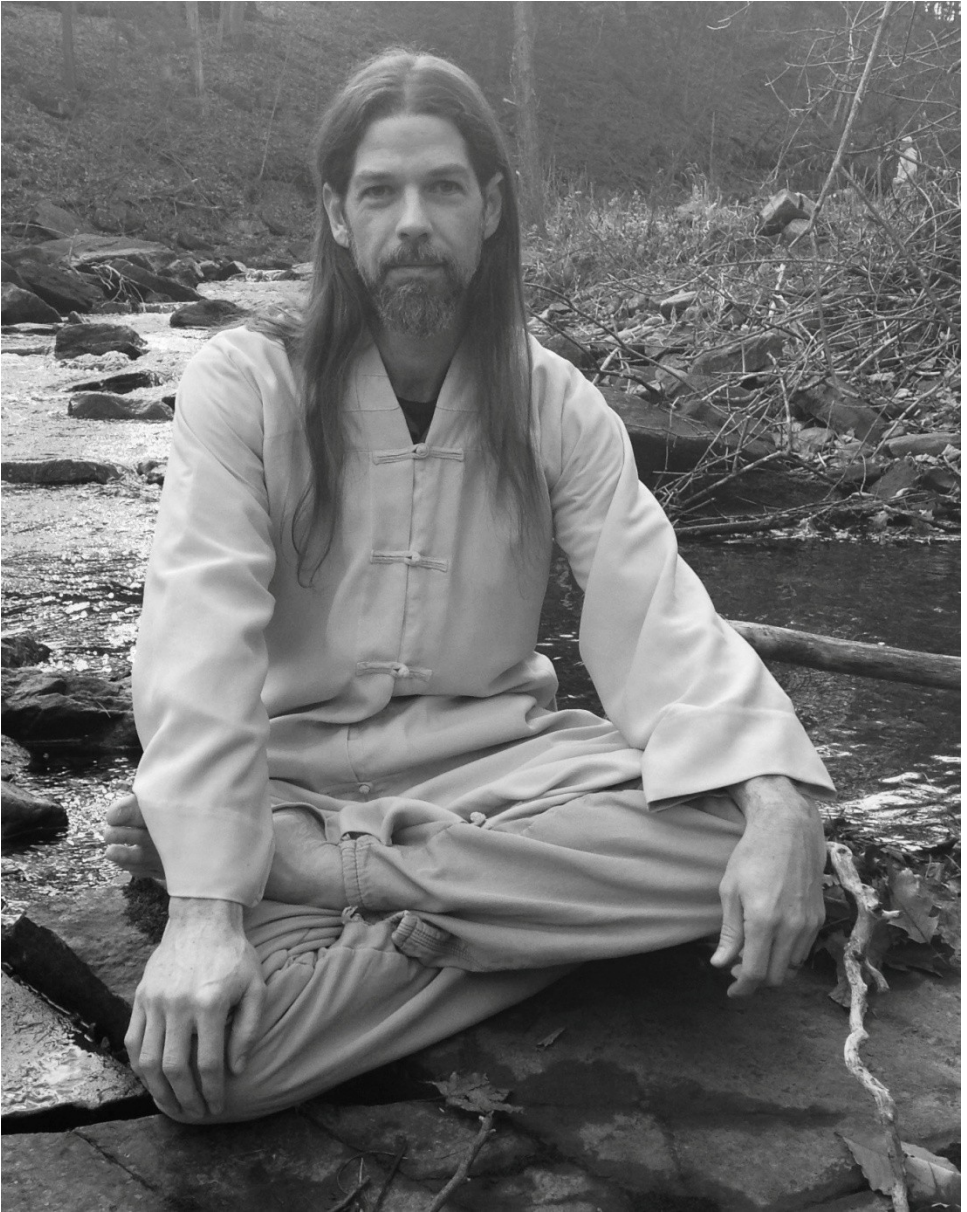
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## Pictures of Mukti Da



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[HeartRealization.com](http://HeartRealization.com)

