

How to inquire

All the **information** you need
to realize your true nature
... in 28 pages.

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Version 3



GUARANTEED
BULLSHIT-FREE

Important:

If you're under the care of a mental health professional (or considering such care), we recommend you consult them before attempting inquiry.



The greatest crime is
The overlooking of
Who you really are
In favor of
The story of
Who you think you are.

– Wu Hsin

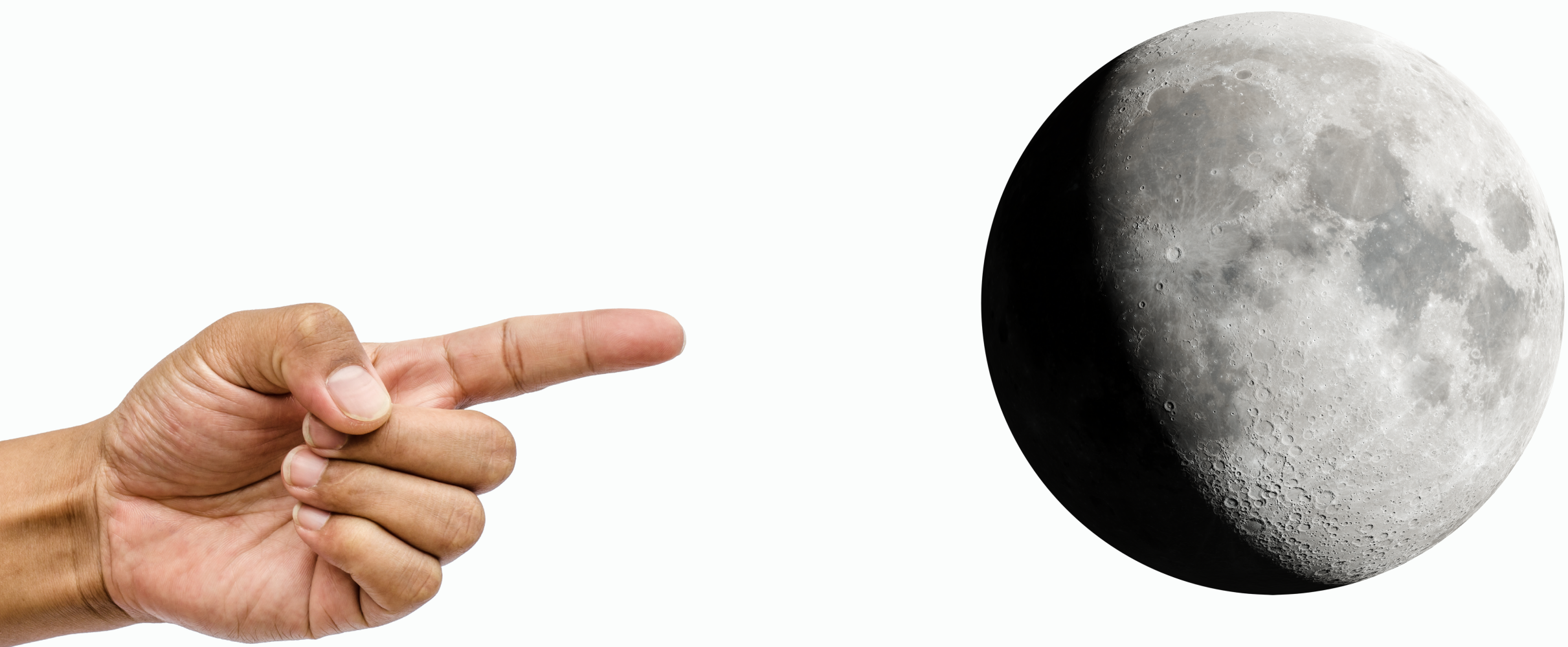
WARNING

This whole booklet is a lie.

What we're looking at is beyond the mind, beyond language. So whatever words are used to try to describe this are false, per definition.

Don't pay attention to the wording. Just please, PLEASE try with all your intention to look at what the finger is pointing to instead of thinking about the finger.

Thank you.



EXPECTATIONS

Nothing is going to change, and yet a whole new dimension opens up by recognizing our true nature.

It's the beginning of the transformation you are searching for.

The more you become aware of what you really are, the more you develop interest.

The more you are interested, the more you will find yourself attracted.

The more you are attracted, the more you will inquire and discover.

This all happens entirely by itself as the river flows into the ocean. There is no need for struggle or effort of any kind. Relax.

All you need to recognize your true nature is in this booklet.

PREPARATION

Forget everything you know.
Forget all the books you've read.
Forget the paths and the practices.
Forget what gurus and teachers have said.

Just for now, let go of all ideas, knowledge, expectations, and beliefs about inquiry or waking up. ALL OF IT.

All we have is this moment. In this moment, what you need is already the case, it's already here.

I know it's hard, but just TRUST that for now. Trust that you're already awake and have simply forgotten.

We overcomplicate everything, so we also overcomplicate inquiry. Let's rediscover how truly simple this is.

This booklet simply shows you how to notice that you're already awake.

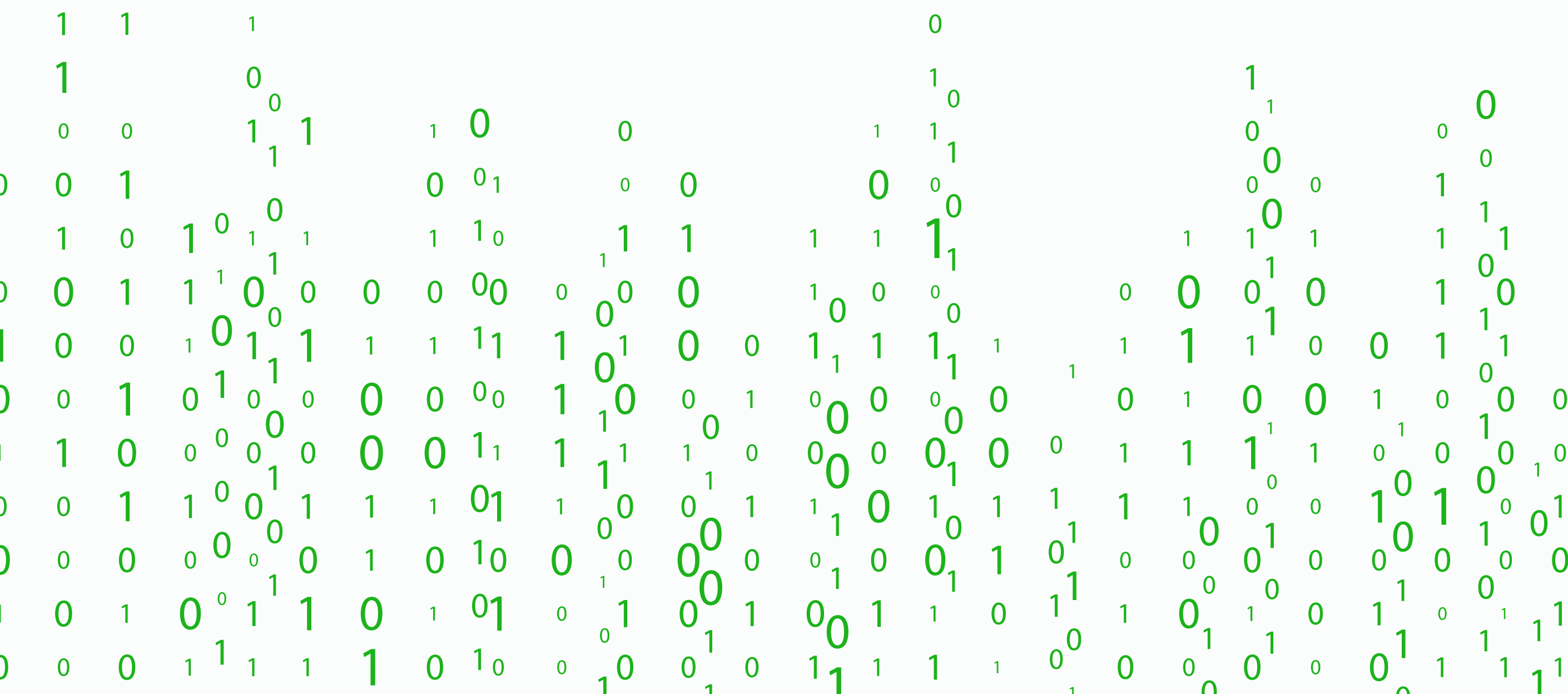
If we're talking about recognizing our true nature, then it must be about something that is already so. It must already be what we are.

So, logically, this recognition can't possibly require doing anything or trying to make anything happen.

The only thing going on is a shift to knowing something that was already unknowingly the case.

It's a re-cognition.

As with Neo in The Matrix, we start seeing the Matrix itself: we become aware of the code. What was hidden in the background comes forward into our understanding.



BASIC INSTRUCTIONS

Right now, look:

What is aware of reading these words?

Turn your attention around 180° and put it on that which is aware of reading this.

What is reading is YOU.

YOU are the aware presence, reading.

So this presence is not something apart from you or a state to get to.

You already ARE it.

This, right now, reading this.

That's all we're talking about.

Now look around the room and notice the things in it. Again, ask yourself (turning inwards):

What is aware of the room?

All we're looking at here is ordinary,
everyday awareness.

There's nothing spiritual or difficult
about it. It's our daily constant
experience as soon as we wake up in
the morning.

If you were not aware, you would not
be here to read this.

All the books, teachers, and spiritual
texts are speaking about this
ORDINARY, EVERYDAY AWARENESS.

Let this sink in.

THIS! THIS IS IT!



LOOK AGAIN:

Are you present?

Are you aware?

That's IT.

That unnameable sense of presence is what we're talking about: your true nature. Totally ordinary, everyday awareness.



Just a head's up: Don't expect you will see this and be "done". Being done is another concept.

You are never a realized person. You realize yourself as presence awareness again and again, NOW. Because NOW is all there ever is.

Right now, do you KNOW what you really are? That's all that counts: NOW.

To give this aware presence a name, we call it Awareness. We could call it anything we like because it's not a thing. Substitute whatever word you want.

We usually capitalize it to show that it is not personal but universal and absolute (we'll get to that).

So, notice:

AWARE = YOU

YOU = AWARE

The ONLY "practice" that will wake you up to your true nature is to simply know this, again and again and again.

Forget yesterday and tomorrow. You can only know this NOW.

LOOK BACK INTO YOUR BEING.

LOOK AT THAT WHICH IS LOOKING.

What is experiencing all this?

The KNOWING is enough.

That's all this is about, no matter what you've heard or read.

Knowing that you are the aware presence.

Not a resting in it, or staying with it, or abiding in it. It is not a state, not a peak experience, not a deep meditation, not an action at all.

It is just KNOWING: aware presence.

This is not the person being aware of Awareness.

It is Awareness aware of Itself.

The
End

THE PROBLEM

The problem is, you still believe this aware presence is a personal self.

You believe that what is reading these words is a separate person.

The more you are aware of aware presence, the more you come to know that this is not true.

You can know directly that the aware presence reading this is unlimited, eternal, joy and peace.

The limited separate self appears as a bunch of recurring thoughts **within** this aware presence.

If you are the aware presence, and the separate person appears within that (along with everything else), then you can't be the separate person.

You can't be a bunch of objects appearing to yourself.

The story of who you think you are is told by your mind alone – it's only alive in thought.

Thought appears and disappears within the aware presence that you are.

You're obviously not a thought. You are that which is aware of thought.

Actually, there is only:

- Awareness
- All content appearing in Awareness, including mind, all thoughts and feelings, and the whole story of you.

All that's required (the only thing this booklet is about) is dis-identifying with the content and recognizing Awareness.

It's not difficult, just unusual.

Let's look again:

What is the finger pointing to?

Can you sense it? The aliveness?
The presence? An open, knowing space.

Don't think about this, BE it and KNOW
it. Don't try to understand it with
the mind.

This all happens spontaneously, so
relax. That you're reading this means
it's already happening.

You are not "connecting" to Awareness.
You are not finding it or returning to
it or resting in it.

YOU ARE IT.
NOW BE IT.
KNOWINGLY.



Instead of identifying as the wave,
be the ocean.

Instead of identifying as the clouds,
be the sky.

Instead of identifying as the
character, be the theatre in which the
play is staged.

Instead of identifying with thought,
feeling, sensation, or perception,
stand as the Awareness in which these
appear.

Stand as your true nature.
Be your Self, knowingly.



NOT FOCUS OR ATTENTION

Just to be very clear: We're not speaking of your attention, which you use to focus on things IN your Awareness . . . attention is not Awareness.

You can focus on the cup in your hand or the text on this page, and yet all this time, whatever you focus on, you are aware OF this experience.

Otherwise, you couldn't be experiencing it.

No matter where your focus is, you must be aware to experience the focus.

Some try to focus on Awareness. This isn't possible because you ARE Awareness. Trying to focus on it will give you a monster headache.

Similarly, "look within" doesn't mean focusing. It means being aware, which is already going on, but now you KNOW this.

NOT THINKING

Awareness is NOT thinking.

Many will read this and use their mind to try to “access” Awareness.

Awareness is not thought. Awareness is aware OF all thought.

We’re so used to using the mind for understanding that it’s difficult to notice that you’re thinking about it and not just being.

There’s also no cultivating Awareness, resting in it, or deepening it.

Since it’s always already there, this is just about knowing. You can’t get to something that is already present.

It’s very easy, very simple.

But the fact that it’s so easy is what makes it so difficult for us to comprehend.

NOT MINDFULNESS

Don't confuse Awareness with being mindful.

In mindfulness, we try to still the mind by focusing on the breath or noting passing thoughts, feelings, and sensations.

When knowing Awareness, the content of the mind is irrelevant. We UNFOCUS on the content.

We are not trying to still the mind.

The mind can be overflowing with content, and still we are also always aware of the content. So, all we need is to just KNOW that.



ALL YOU NEED

This is the only “practice” you need:

Knowingly take the “position” of the Presence that is reading these words.

This is like a shift in identity.

Instead of identifying with the content of Awareness (thought, feeling, sensation, perception), **identify** as that which is aware OF the content.

You will do this naturally as it spontaneously occurs. Thinking about doing this won't reliably make it happen. Trying and striving won't.

You already ARE what you are and recognizing that happens when it happens.

So relax.

Unfocus.

Let BE.

SEEING THROUGH THE ILLUSION

This shift in identification is simply KNOWING what is already the case.

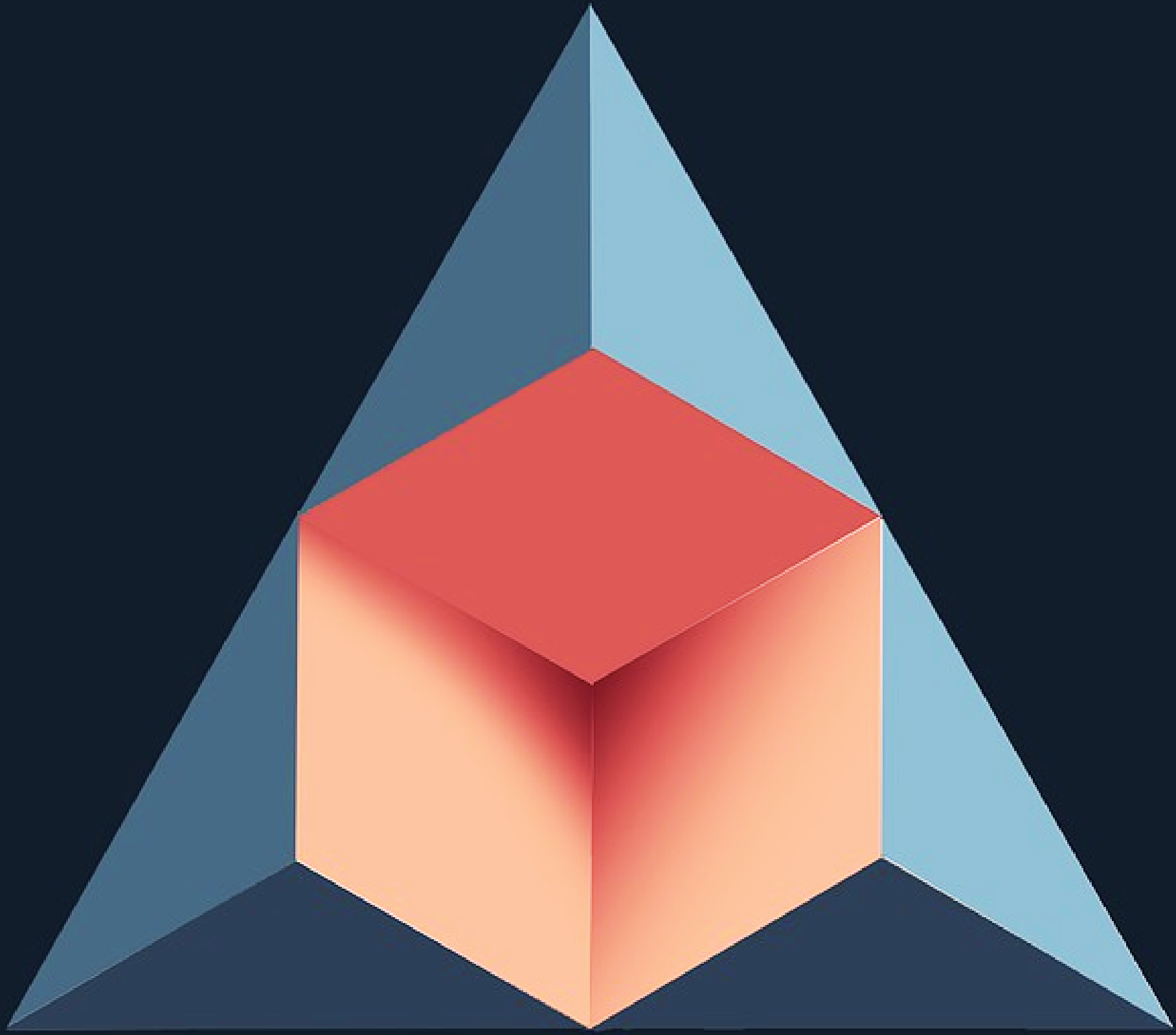
As in the optical illusion on the next page, you realize that there are two views:

- One is of a cube sitting in a triangular corner.
- The other is of a corner cut into a prism.

BOTH are there in the picture. You don't need to add, do, or achieve anything to create a second view.

Simply relax and focus away from the cube to the image as a whole. Soften your gaze and the other view emerges.

They're both already in the image. It's only a matter of KNOWING.



In exactly the same way, there are always both Awareness and the content of Awareness.

Usually we only “see” one of the two, and yet both are always there.

Any time you soften attention away from exclusive focus on the content, there is Awareness.

You can know everything as happening within you, including the body-mind and all other body-minds, as well as the whole of existence.

The whole universe appears within You.

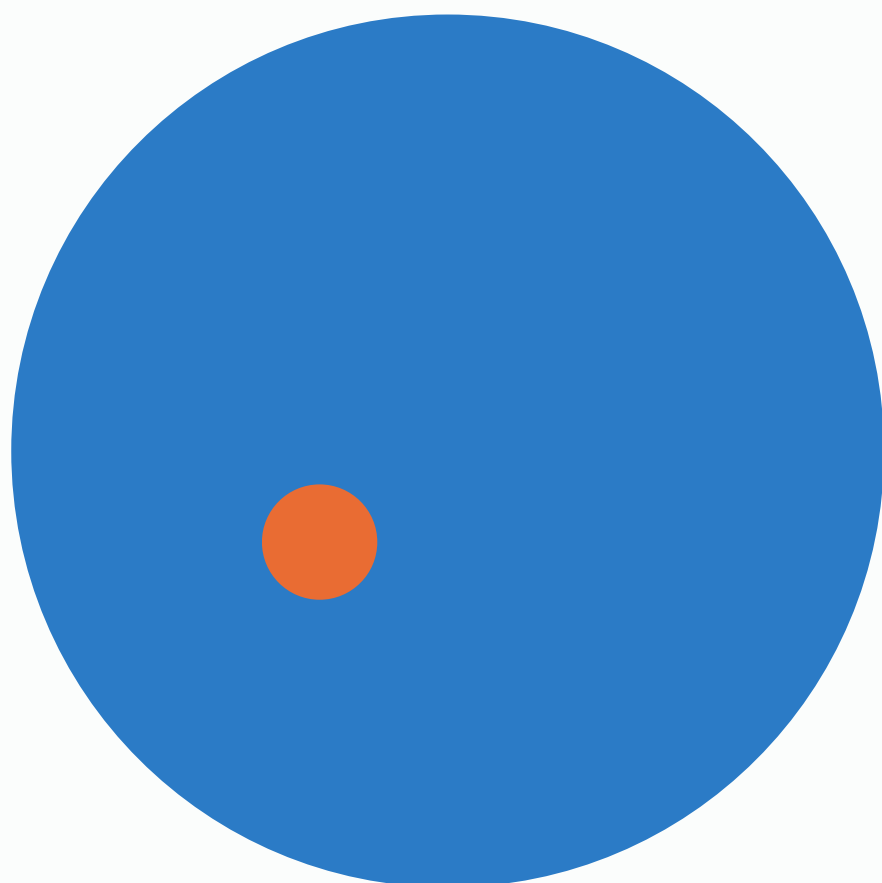


The key is to always come back to Awareness.

At first, this can seem like the orange dot of Awareness in the blue field of experience.

We become interested in the orange dot. We start “looking for” Awareness.

We notice Awareness and its constant presence among everything else that is always going on: thoughts, sensations, feelings, and perceptions.

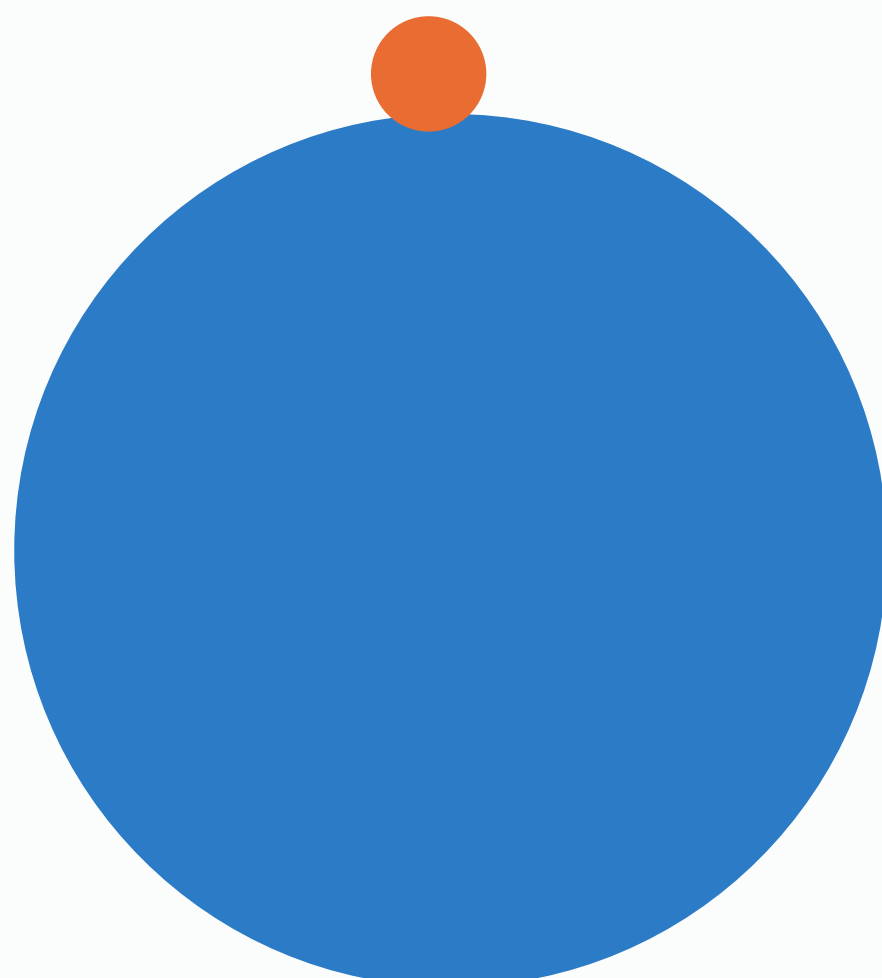


To get this, we must become more interested in the orange dot of Awareness than in the blue of experience. And this is not something you can force, it happens by itself.

At first, it seems as though Awareness is something you can pay attention to within experience.

At a certain point, you recognize that Awareness may be more like this image: always here, on the edge of your experience, observing . . .

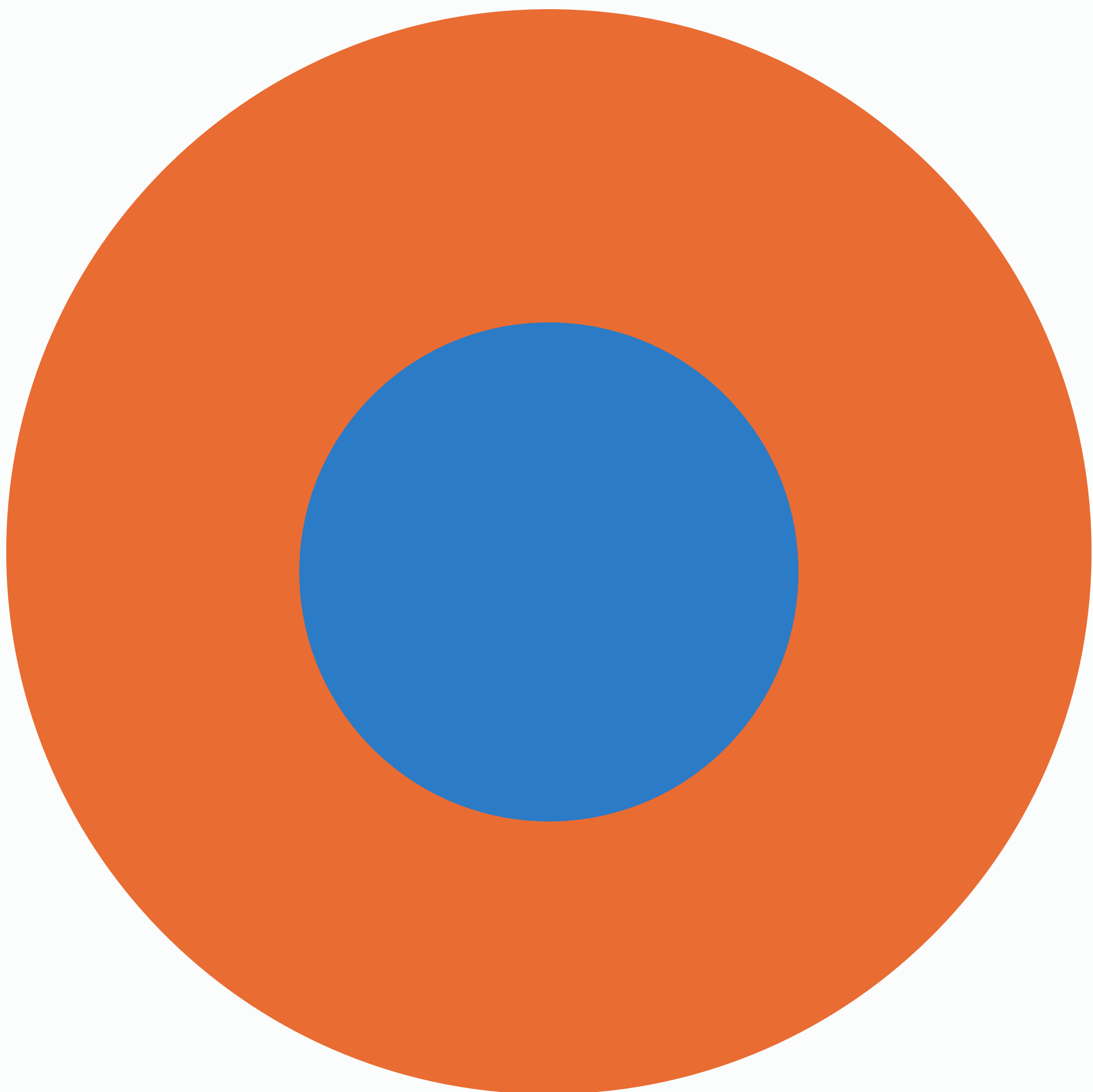
and yet it still seems limited.



Until it dawns on you that Awareness is actually what all experience is happening WITHIN.

It's not you and Awareness as two separate things.

There's just Awareness and everything experienced within it, including what you think of as you.



Actually, Awareness is all there is.
We can KNOW that it is unlimited and
infinite. It becomes obvious.

“Your” experience is always appearing
to Awareness, which is what You are.

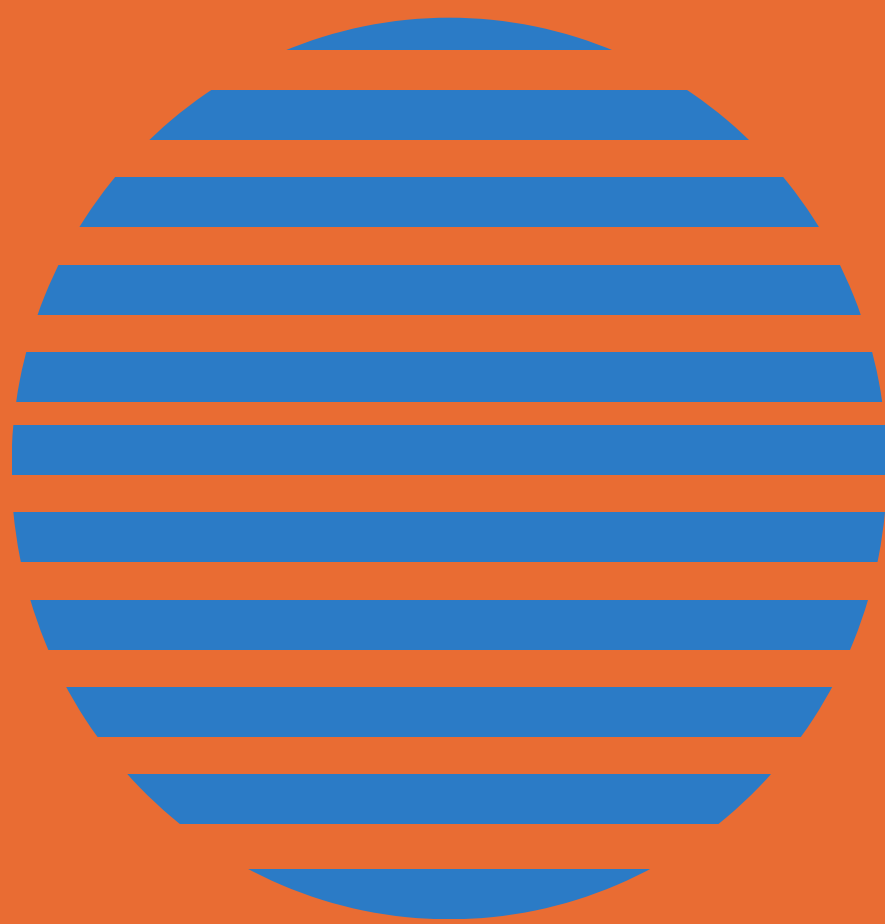
ALL of this is appearing within an
Awareness for which we can find no
borders or limits in time or space.



The more you know this, the less solid and fixed the sense of being a separate self becomes.

The content of experience comes and goes within what is always there: Awareness.

YOU, what You really are, is always unchangingly present, no matter what is going on.



You come to understand that everything IS Awareness, including what you thought was your self.

There IS no separate experiencer, no separate experience.

Everything appears to, and is, Awareness.

It's One Awareness.

It's all there IS.

NOTHING TO DO

This understanding does itself.

Awareness, once it recognizes Itself, pulls back into Itself, by Itself.

Experience doesn't necessarily change, but KNOWING changes. Life is usually still experienced from the perspective of a separate self. But it becomes more and more obvious that this is an illusion. And this makes all the difference, because why worry about an illusion?

Now that You know what You are, You quite naturally STAND AS AWARENESS.

This is only about NOW. Again and again, it spontaneously occurs and You stand as Your True Self.

It's only old belief in a separate self that makes it seem there is something to do, to practice, or to achieve.

Simply re-cognize: Awareness IS.

POSTSCRIPT

Not getting it?

Want to scream in frustration?

This booklet is bullshit after all?

DON'T PANIC, IT'S NORMAL.

The process does itself, but we don't want to trust that, do we? We want to get it, push it, make it happen.

And maybe you're still unsure if you're doing it "right".

IF SO, WE CAN HELP. Many of us simply can't get past the thinking mind. So you need someone to show you.

This is exactly why we guide and why we needed guidance as well. We're here for you, so just reach out.



You do not become free.
You uncover,
by re-cognizing Truth:
You are Freedom itself.



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