



LIGHT OF WISDOM

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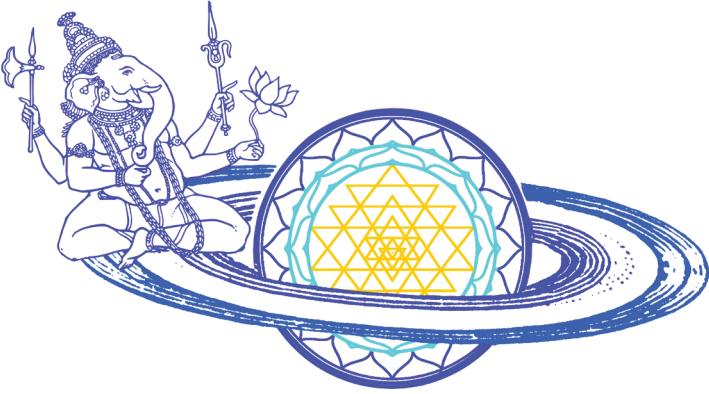
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Direct all inquiries to Shani:

email: shani@greatblessingoftruth.com

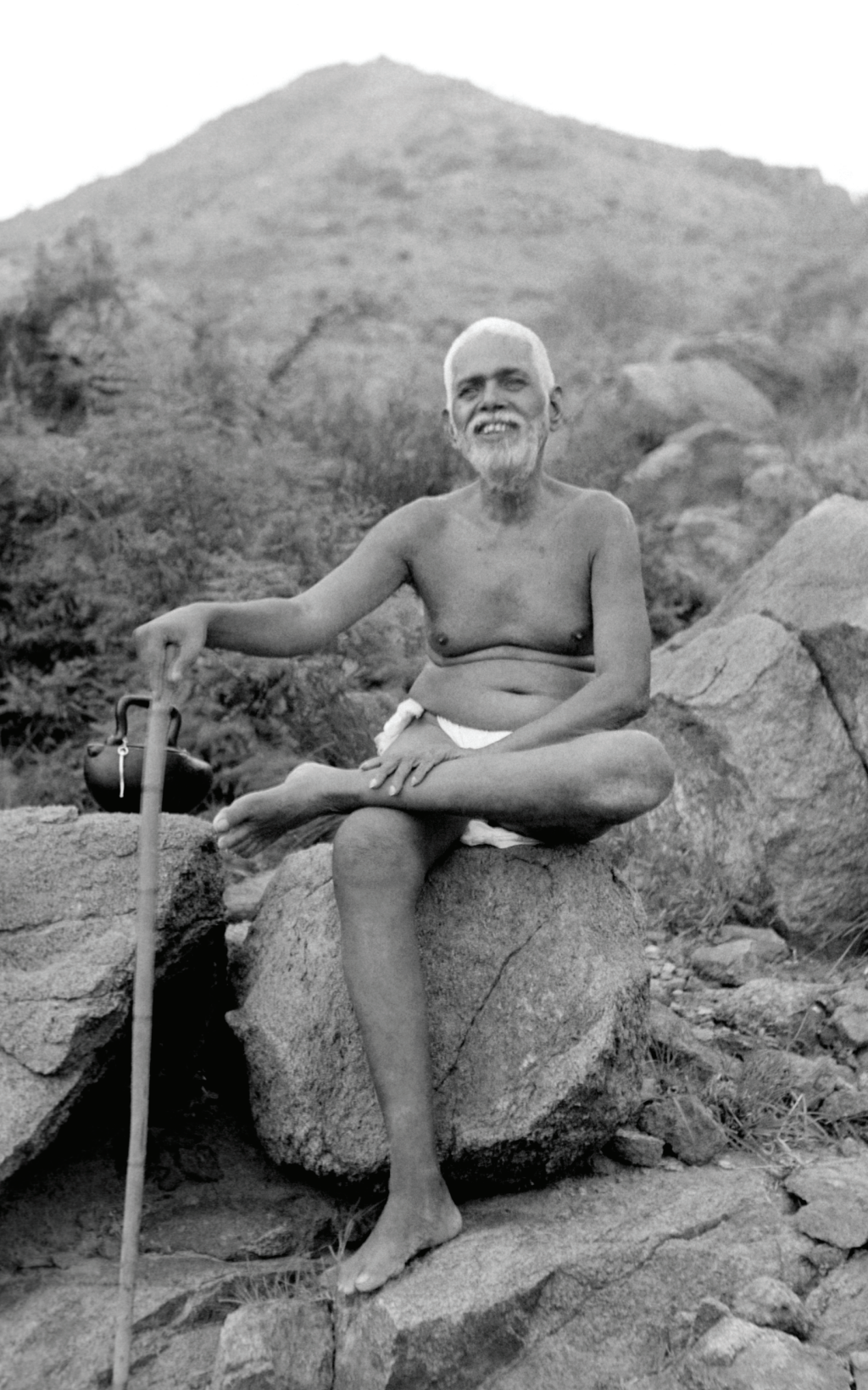
website: www.greatblessingoftruth.com

Cover and book design by Jeana Balestino



SHANI

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These sacred words are dedicated to the Beloved Master. The Beloved's grace dispels ignorance and shows you the pure *Light of Wisdom*. The Master's wisdom is the boat to cross the ocean of samsara. Words will never be able to express the *Light of Wisdom*. Hail to the glory of the Satguru. May the *Light of Wisdom* shine bright as truth illuminating ignorance for all beings. I bow to Lord Shiva who spoke the *Light of Wisdom*.

Namaskar,

Shani

LIGHT OF WISDOM

Disciple: Lord, save me from the painful cycle of birth and death.

Lord Shiva: Who is asking to be saved? Inquire who you are and the boat to cross the Ocean of Maya will appear.

You will be overtaken by a silent feeling of mysterious love, which is indescribable and unknown in the mind. This Love is the boat to end suffering.

D: I pray Lord; who am I? What am I? I am too ignorant to find this boat alone.

L: Your first obstacle is that you speak from a personal 'me.' When you pray, pray as if you are Me. You are already what you are seeking. You are my own Self; you are Lord Shiva. What you are searching for, you already are.

Speak to your Self with your heart radiating the Truth: "I Am Self." "I Am Self" is the medicine to dispel the ignorance of the mind.

D: Lord Shiva, I am You and You are me. I am Para Brahman. I am That which is Supreme. One glimpse of You is like a drop of water in the mouth after years of only eating desert sand. One tiny drop of your Grace quenches my thirst and reveals God.

Why do I enter bliss yet still feel bound by separation? Why do I continue to wander like a hungry ghost experiencing my existence bound by time?

L: At peace in deep sleep, is anything separate? In deep sleep does the mind exist to tell you what is good and bad?

Presuming that you are a separate entity outside of deep sleep creates an image of an identity who suffers. This is ignorance. Without your identity, who suffers? In knowing you are not who suffers, you awaken to the Truth.

Accepting an ego who suffers is like a desert mirage. When you see the mirage, and know it as an illusion, you discover effortlessly

LIGHT OF WISDOM

that what you believe does not exist.

The small drop of truth you spoke about is who You are. You are changeless, formless, birthless, deathless, and not bound by preferences of good or bad. You can't see who you are because you are enthralled by the senses making the illusion appear real. Does a magician's trick or a persuasive dream appear real? The false appearance quickly dissolves when you discover it is only a mirage of the mind.

D: How is it that I live in delusion? I do not forget the Sun exists when it is covered by clouds. How is it that illusion dissuades me of my true nature? I know that even if it appears to be dark, the Sun continues shining. How do I forget the light of Truth? My cloud of ignorance covers the Sun of my own Self. What is the source of this ignorance that covers the Sun of Self?

L: The cause of ignorance is ordained by the Divine. You could call it Parabdha Karma. Ignorance continues endlessly unless an inquiry is made asking yourself who you really are. Asking yourself, "Who am I?" draws attention toward assumptions so deep they pass undetected and unrecognized.

Self-inquiry is the medicine to dispel the sickness of ignorance. Ignorance is based on assumptions which have no basis in Truth.

After a magic show performance, you know that everything appeared real, yet it was an illusion. Just as you would inquire how a trick that appears real happened, this is the same with inquiring into the nature of Self. Inquiry is awareness and awareness is Grace, and this Grace is God's medicine to cure the disease of your ignorance.

Instead of inquiring, you spend your attention believing the world is real. You do this by allowing the pains and pleasures experienced by the senses to tell you what you are. Believing the world is real is ignorance. How can this transient state be real? Turn your attention to the impermanence and let the

LIGHT OF WISDOM

Light of Wisdom within your heart shine bright on the nescience of the mind.

D: As much as I try to stay quiet, why do I feel like I am doing things wrong?

L: Nothing is wrong, ever. No wrong-doing exists in Reality. Only in separation can you be wrong. Ask, who is the wrong-doer? You will discover all thought is with the wrong-doer. Wrong only exists from the idea that something should look and be the way the mind says it is. The mind creates this trickery in order to stay in control. When the thoughts of wrongness disappear, it is impossible for the mind to control what isn't real.

D: Oh Lord, I bow in gratitude; you continuously shine the *Light of Wisdom* on my ignorant life. I now see I have been living in a dark room with no windows. My dark room suddenly has a crack of light and it feels like the first time I have seen light. As the attention is focused on this light, the darkness disappears. Yet in knowing this light I still believe that I am in a prison and bound by living in a dark room.

L: You turn away from the light by believing you are the doer. You take responsibility for all actions. The body binds you without discovering the silent Witness that is beyond a body.

For what and how did this light appear in your dark room? Did you take any action?

You project your perception on the non-dual reality, taking ownership for what is not yours to own. Ask yourself, are you the owner of the mystical light? How can you take ownership of your perception of light? Just as you are That, the light within is also That. When the idea of being an individual identity is dropped, ignorance dissolves like sugar in water and your soul radiates the *Light of Wisdom*. You are That.

D: What is superimposition and how do I create my own ignorance?

LIGHT OF WISDOM

L: Maya is ignorance projected on Reality. Superimposition is the same as mistaking a post for a man. You mistake the unreal for the Real. The projection, stemmed from perception of name and form, creates the unreal phenomenon.

The mind obstructs the ability to know non-dual reality, which is called ignorance, or Maya. The inability to recognize Brahman as the source of existence is suffering. In order to dissolve this ignorance, the world must be seen as an illusion. Does anything exist before perception or after knowledge?

D: How can the world appear to be, yet not exist at the same time?

L: Does something exist before it is created? How can something exist before creation?

Without a thought or perception, nothing is there to be created. For example, an object comes into existence simultaneously with, or after, perceiving the object. When you close your eyes the object no longer exists. Objects only live as mental images; therefore, objects are not real. When you stop thinking or looking, the object ceases to exist. Your body and the world also stop existing while you are in deep sleep.

D: How is this so?

L: What happens with breath? An exhalation of the essence makes the breath and world appear. With an inhalation, the world contracts or disappears. This is the same with sleeping and waking. There is an expansion and contraction, sleeping and waking, inhaling and exhaling.

What is the source of the inhale and exhale? Discover the Source and know who you are.

D: Dear beloved Master, I have been studying the scriptures and meditating for twenty years. Why is it that I have not realized the Truth?

LIGHT OF WISDOM

L: Who is the one studying and meditating? The belief that you are an individual is what keeps you bound by the cycles of birth and death. Truth cannot be realized by a person. The person must be willing to disappear for realization of Self. Instead of putting your attention on what you have not seen or realized, put your attention on the unknown.

Reality is beyond the perception of the mind. The mind exists by movement in time and space. Reality is not bound by time. When the mind becomes quiescent is when objects cease to exist; the seer and the seen merge as One. This is non- dual reality.

D: As much as I try, the mind does not cease to have noisy thoughts and ideas that want to act in the world. What can I do for the mind to be quiet?

L: Just like a flower and its fragrance are one, thoughts and consciousness are One. Thoughts are merely expressions of Consciousness and do not exist separately. A drop of the ocean is still the ocean. There is only One, and that One is all Consciousness. When you stop believing that you are the owner of your thoughts, you discover that you are not the doer. In not being the doer, you surrender to be the all-pervasive Witness in the mystery of Consciousness and the mind becomes quiescent. This state is known as Turiya; Awareness aware of Awareness.

D: What is time?

L: What is time but a prison? How did time come to be? The unreal world ticks in your mind, always telling you to do more, achieve more and be better. When has anyone ever told you that you are the absolute perfection of God? Being made in God's image means you are not separate from God. An image is a reflection of what you are. Now is the time to throw away the lies of time. Time didn't exist when you were a newborn baby. Be like a newborn baby instead of trying to fix what was never broken. Be still and recognize the perfection of your unborn nature. You are love and perfection. The ease of living this perfection

LIGHT OF WISDOM

happens when you truly discover you have nothing to fix.

D: Where do thoughts come from?

L: 'I Am' is the first name of God. In the I Am, there is nothing: no past, no future, not even the existence of a person. The I Am is the I, the Infinite, the Absolute, and the 'I Am' is consciousness. 'I Am' is beyond the sheath of bliss. It is like God throwing a rock into a pond without any meaning or purpose. The first ripple created is bliss and then the energy moves downward creating more ripples of energies. 'I Am' in essence the creator of thought, but it is only an energy that moves just as the water ripples. It is also like the light shining at the top of a tree; the light is clear and bright at the top, and as it moves down it becomes shaded and discolored. Self cannot be known or described in words. The only way to enjoy the clear Sun of Self is by bliss, peace, or an empty mind. The next layer is the intellect or Buddhi, it is the knowing of I Am, it is where the 'I' is the expression of Am as consciousness. The light begins to darken as it gets clouded with memories or physical sensations. In its pureness, the Intellect is thoughtless. The next ripple is the mind; the mind takes the thoughtless reality from memory and mimics pure consciousness into a personal video game to play. It interacts with the two other sheaths, the vital and the physical. The vital energy is the life force that is expressed through breathing. The physical energy is the gross body fighting for survival believing it is a body. The body in essence does not exist without the I Am. The thought making machine falsely takes ownership of pure, impersonal consciousness as food for the separate identity. The body and mind are hungry to consume both physical and mental thoughts as food. When death of the form comes, it is just consciousness leaving the body. Why all this struggle?

D: How are these thoughts that appear to be mine not really mine?

L: The ego perceives everything as personal. The ego has a false sense that 'I' exist as an individual. The mind believes it is the creator and a thought making machine, when really it

LIGHT OF WISDOM

is just a machine with the input ability for Consciousness to impersonally express itself. The input machine is not separate from Consciousness and Consciousness knows Itself.

Is there any sense of personal 'I' during a dream experience? If you are in a fight with someone during a dream, are you able to stop the experience while sleeping? It is only upon waking that you say this happened to 'me.' In truth, there is no 'me' because the waking state is no different than the dream landscape. The only difference is that you experience it with the senses. The wave ripple of Self is playing itself out, and the senses of the physical body are what take hold and identify with a sense of 'me'. The appearance of events does not shape you because events are perceived by false thoughts from the identity. You are the observer to whom the events happen; you are not creating the circumstance and you do not become the event that happens. When you stay as only the observer, what are you? When you go to an aquarium and watch the sea life, do you walk away acting like a shark and introducing yourself as a shark? When the individual 'I' disappears, you remain as the untouched Witness with no sense of 'me'.

D: How does the ego develop a sense of me?

L: As babies we have not placed our consciousness into a container. As the seed of our ego develops into a person, the mind collects impressions and ideas of how the world should be. We act based on appearances and we believe in the objectified state of separation. Because of the phenomena of separation, the ego continues to cultivate its identity based on personal preferences. In this process we completely starve our soul. Our True Nature is uncontainable and not in a state of separation. In fact, Awareness aware of Awareness is never not Aware. Truth is all knowing, all pervasive, and doesn't get any simpler than the statement: You are what you are seeking. What everyone is seeking is happiness; the mistake is that happiness is sought for through objects. The Real you is objectless, beyond name

LIGHT OF WISDOM

and form. Take a moment; even if it is only for a second, this Silence is your Real Nature always here, never not. Just stop the thoughts. You are the Buddha.

D: If I am the Buddha, why is it difficult to know this? How is it I see my ego without knowing Self?

L: The ego is only a ghost whose food is the objects of the world. At a young age, a ghost fed by your senses and thoughts possessed you. Does a person possessed by an evil spirit forget who they are? These people act against their nature while possessed. The ego is like a robber, robbing you blind in your house while you are home watching.

D: Is the ego separate from the Self?

L: The ego cannot exist apart from Self. The ego presents itself as a modified version of Self. Does an actor in a play forget who they are when they step onto the stage? The ego is like an actor stepping off stage and remaining as the character in the play. It is when you are willing to completely step off the stage, that you will see you have always been Self.

What happens when you put a costume mask over your face? Does the face cease to exist, or is it forgotten? The masking of a face cannot exist without first having a face to mask. This is the same with ego. It needs the Self to manifest and mask. Just as the attention goes to the mask forgetting the face, the attention is on the ego, not the Self. The Self is always there, just as your face will always be behind the mask.

D: Why do I love the ego?

L: The ego is no different than Satan. The only reason laws, military and police exist are to control the individual ego. The ego hides and reappears, hides and reappears, hides and reappears. The only way to stop playing deadly games with the ego is to completely surrender yourself to Para Brahman. Para Brahman is the Universal Ego where no individual exists.

LIGHT OF WISDOM

Dismissing yourself as an individual is the only refuge from the torments of the mind.

Deluded jivas only see separation. The ego is swallowed by the Absolute. All thoughts of me disappear. The ego's enemy is Self, and at the same time, the ego is not separate from Self. The ego believes itself to be an individual being because of illusion. The ego acts "all knowing" while lacking "True Knowing." "True Knowing" is beyond the person. The "True Knowing" is an omnipresent Light. "True Knowing" swallows the darkness of the individual making the ego nonexistent. This is the *Light of Wisdom*.

What will your name be after the Ultimate Surrender? There is no name because the individual no longer exists. Stop continuing in the dream. Wake up. Witness all of the mental images and inquire into the nature of who it is that sees these images. Wake up. Stop deluding yourself in lies that you no longer need to live. Self is inviting you to know your true Self. Don't wait.

D: Why do I attach to name and form?

L: You attach to name and form because you have been conditioned to do so. After being born into a membership club, you are given a name. The club tells you that you are a male or female; you are dressed the way the membership wants you to be dressed; you are scolded and/or praised for specific behavior. You are like clay that has been shaped, molded, and hardened by the world and people. You have forgotten you are the formless Pure Being.

D: How does the illusion of separation begin?

L: Take, for example, a baby, not yet developed in their personality, in a room full of mirrors. The baby starts talking and touching the mirrors as if it is another child. The identity does the same thing as the baby looking in the mirrors. Identities see other identities while forgetting all is One. The Source of the reflection in the mirror is One. All is One.

LIGHT OF WISDOM

D: How do I return to the Self?

L: From the eyes of separation there is the belief, “I am person,” and “I am the creator of circumstances.” Moving in the landscape of form and separation, the separate identity is always trying to “get back to” the natural state. The biggest mistake made by seekers of truth comes from the idea that you “return” to the Self. How can you return to what already is?

If you are already at home, why get out maps, cars, and airplanes to learn to how to get to where you already are? You don't. It is only in duality that ideas of coming and going exist. There is never lack of Self. You have never left yourself. If you drop the belief that you are attaining and achieving something, you will discover “You are That.” You will know the Supreme reality as your true Self. You are Supreme Reality. You are the *Light of Wisdom*.

D: Please tell me how to end this false belief of individuality.

L: You are always effulgent. You are never not illuminating. It is when the individual identifies with objects that the shadow of mind covers the light, just as a cloud covers the sun. The truth is that Consciousness is illumination. The Sun shines without the need to illuminate objects, and this is no different for every soul on the planet. The appearance of individual souls begins when there is a need or a purpose directed at objects. It would be the same as talking to the Sun, saying, “Thanks for your work illuminating these objects.” When just being with ‘what Is’ is all there is everything is the experience of Consciousness without otherness.

Ask yourself, how can anything exist separate from what you are experiencing? You experience objects as separate things, but how can it be separate when all comes from what and how you perceive? Ask yourself, who is the subject of the perceiving? This is a question that may not be answered right away if you are hearing it for the first time. It is an invitation to explore and discover the Truth.

LIGHT OF WISDOM

There must be a subject if an object appears. Upon inquiring, there is a discovery that these objects are not something separate from you. You are only the subject and that subject is known as the Witness.

After all, how does form exist without seeing? How does sound exist without hearing? How does feeling exist without touch? You become the sensory perceiver of these experiences. The mind personalizes your experiences with a story, and perceives something happening outside of you rather than as one experience. The sense of “me” begins when your perceptions change and form according to an individual belief system. When changing perceptions stop, you see yourself as the ever-present, unchanging Witness.

D: What is perception?

L: Does what is perceived exist as something separate from what is seen? The perceived only sees as the perceiver, and there is nothing perceived. There is no distinction between seer and seen. It is only the illusion of separation that sees duality. Does what is seen exist when you're not looking? Does anything exist when you are not thinking? What happens to the world when you go to sleep? It disappears.

While you dream, there is no individual sense of me to say, “That is my dream.” It is only when you wake up that you believe there was an individual person dreaming. The delusion is the ‘Me’ sense. The Truth is that you are the Witness; you are both the dream and dreamed without a ‘Me.’ Who is it that created the dream? There is no me to create. The idea that you are the creator of your life is only an illusory perception.

When you don't objectify objects, there is no subject. The subject and the object are one. What is an experience but only an image or an idea of what was perceived? Time and events only happen as mirage appearances that are not real. All time-based events are phenomena that pass, and after they pass, they do not exist.

LIGHT OF WISDOM

Everything in relation to form is transient. It is only the empty space in which illusions appear that is Real. Anything perceived is unreal; anything Real is not perceivable. Therefore, the highest Wisdom is to rest wholly and completely in Silence.

D: When does separation end?

L: You must first discard the premise that separation exists. Separation only exists from an idea in the mind. The beginning of the end of separation is to quiet the mind from a place of non-duality instead of duality. The first problem is that you have likes and dislikes, and name things as good and bad.

You identify with the actors on the projection screen. When watching a movie, you just watch it with no attachment to outcome. This goes the same for the characters in your life. Be in a place of not having likes or dislikes, and without forcing an effort to attain anything. Don't even try to attain enlightenment. This is when you will meet Reality.

You act as a separate entity and create your own struggle because of your addiction to duality. Are the waves in the ocean separate from the sea? Does the wave say, "This was too small; this was too big; this was not good enough; this was that," and so on? No, it ebbs and flows with beauty and grace. Non-duality is the essence of the ocean ebbing and flowing without needing to change anything. All remains exactly as is, and this is Grace.

Another way to see non-duality is to shift your perspective and relationship with objects. The source of clay is loose, formless earth. Once the clay is molded into form, what is perceived is the object created. You forget the original source. This is the same with Consciousness. The mind molds pure awareness into shapes from ideas of how it believes things should appear. This is the source of separation. Start seeing things beyond appearance and you will discover that separation does not exist. Reality does not know of the existence of separation.

LIGHT OF WISDOM

D: What is this pure being, the source of Knowledge?

L: Knowledge at its essence or source is Pure. The word knowledge is a tricky word to speak of, as the world you live in has taught you that knowledge is from books, or a progression of learning over time.

Have you had experiences where you knew something, but could not explain how? One moment of experiencing innate Wisdom is the discovery of the unaltered Divine Consciousness that you are.

Pure knowledge is the blank canvas. The canvas remains the same, no matter what the picture. The problem is, you take the painted picture as learned knowledge, forgetting the pureness or the source of the painting: the blank canvas. The blank canvas represents thoughtless knowledge. Just as the painting appears on the blank canvas, objects are super imposed on objectless Reality.

D: What is learning versus knowledge?

L: Sri Ramana said, “Why do people call me learned? What is the mark of real learning? Learning that all garnered knowledge of things is empty ignorance and that true knowledge is the search for the Knower.” Learning is a strong word used in the world of language. Learning is an aspect of doing and it makes people feel like they have a purpose to accomplish something. Learning is doing.

What is Real learning? The word Real here is a word of truth. Sit with this word and ask, “What is real?”

Schools, books, or anything written, taught, and acquired as concepts are not Real learning. For example, people who win wars write history books. How is this real when it is from the perspective of one side? You were told the sky is blue, but when you look from space there is no blue, and there is no sky. Everything told to you was from a personal perspective, and you created your own concepts around these ideas. This is not Truth. Real

LIGHT OF WISDOM

learning is where words do not exist. It is a place that opens an experience of empty space to know Truth. Real learning involves dissolving everything you know and thought to be real. This is what begins to unwind the fraudulent life you have lived. Real learning peels away the layers to discover the Truth of who you are. Step beyond the unreal and discover that true knowledge is the search for the Knower; is the silent Witness present now.

D: What is mind?

L: The mind, in a sense, is the instrument used to transcend the mind. The mind creates illusion for its self. Men ask themselves, "What is this that I am?" The mind always answers with a long list that starts with gender, age, location, and so on. How do all of these descriptions tangibly make men what they are? The answer that stops the mind in its tracks is a silent reverberation of, I am God.

Man is 'I Am'. 'I Am' that 'I Am' is man. 'I Am' does not refer to an individual sense of man. What is revealed is I am That am I am. Mind makes men believe they are individuals until purification by Self Inquiry, and the constant question, "Who am I?"

A belief is something that is only an idea, and ideas can never be proven real. The belief that I am an individual man is the longest lasting lie in the human condition. In the freeing moment of recognizing "I am," this "I am-ness" is beyond any state an individual can ponder. The first mistake begins with that very same instrument that tasted the freedom; mind puts itself into a prison secluded from Truth. The second mistake people make is believing that the meanings 'thinking' and 'being' are the same. 'being' exists before thinking. Being is something that does not come from man. Stop thinking, and being will be the Truth of who you are.

D: How do I attain this pure Knowledge?

L: Drop the word 'how,' and the need to attain something.

LIGHT OF WISDOM

Wanting to attain something is what gets in the way. Pure Knowledge is the substratum of ignorance. This Pure Knowing is masked by ignorant beliefs of good and bad. Once the distinction moves into equanimity, ignorance dissolves and all that is experienced is pure Wisdom. This is called Grace.

What is Grace? Grace is God and God is Grace. What is God? God is Awareness with no trace of ego. Grace is the trace sweeper of the ego. Grace is the eternal broom of the cosmos sweeping through everything with Love. Allow Grace to sweep the dirty cobwebs of your mind, and you will be beyond knowing.

D: Where do misery and happiness come from?

L: The root of everything—both sadness and joy—is individual perception. This is sticking your hands in everyone else’s troubles without inquiring, “Who am I? Who am I?”

You have a false sense of duty, obligation, and purpose. You live as my will rather than Thy Will. You must lose your personal will and merge into Thy will as a nondual reality.

D: Why do my preferences get in the way of Thy will?

L: The ego’s existence is based on personal preferences. The constant sound inside someone’s head is, “I like this, and I don’t like this.” Actions are then made from these personal preferences.

The illusion is that you believe you are free because you have suddenly placed yourself in a preferable situation. Choosing events based on preferences is not freedom; a nice house, for example, or a good relationship, lots of money, and so on. The problem is you become attached to “preference” achievements, and in an instant, everything gained through such achievement will be gone; you will find yourself with nothing. Happiness based on objects is not “real happiness”.

Real happiness will never be from things. Happiness is only an inner experience. Happiness is lost with the belief that it comes

LIGHT OF WISDOM

from events and happenings, and what gets lost is the source of the happiness. Before the mind stirs a thought description of what happiness is, there is Silence. This Silence is “real happiness”.

Every single person has experienced at least one split second in their lives when a thought didn't exist. This thoughtless moment is not a state that comes and goes; is always here. You take moments to bow to this silence, you will know peace. This peace is not describable. What I am saying is only a pointer for you to discover this Silence. With silence comes peace, peace is your true nature and source of real happiness. Objects will come and go, so hold onto objectless happiness like gold.

D: Is it possible to stop eating the poisonous fruits of obligation?

L: Yes. Investigation is the first step to the stairway of the Supreme. The foundation of self-inquiry is by feeling the innate trust that God is in all. Devotion is a difficult word to explain, as it usually refers to God as a separate entity from you. God is the closest word to the wordless and limitless. Form has nothing to do with reality. You must have an unwavering love for only Truth and discard any and all ideas of personal gain.

D: How do I see the Self-abiding in all beings and all beings in the Self?

L: The Sun always shines. It stays still and bright, illuminating without any needs or wants. The Sun never rises or sets, although it appears that way. Even in the middle of a storm or thick fog, the Sun remains untouched. This is the same with Self. It is the storm of the ego that covers the sun of Self. When the storm clears, there is the discovery of the Sun that has always been there. Once you stop the projection and perception of others and the world, the Sun of Self-shines bright. Once this is known, seeing Self in everything and everyone happens naturally. It may help to start seeing everything and everyone as a Sun. Visualize all people you interact with as an illuminating Sun behind the bad weather of mind and thoughts. When you know the light

LIGHT OF WISDOM

that shines for eternity, the *Light of Wisdom* illuminates the essence of everything and everyone. Life begins to smell like God's Amrita, like spring flowers after the rain.

D: Why is it, with billions of people on Earth, that only a few experience the eternal Sun of Self?

L: This is because of nature. Why do some plants grow, but some do not? Some animals are slow, and others are fast, and so on. To grow a plant, different environments and elements are needed: food, light, water. There are still no guarantees that the seed will sprout, or the fruit will ripen. A ripe soul is open to the Mystery. Just as you only pick the fruit when it is ripe and ready to eat, Grace picks only ripe souls ready to know the Truth.

D: How is everything One?

L: Consciousness manifests objectified distinction in the form of matter. Matter makes up everything, which creates duality as the multiplicity of an appearance of atoms. What appears to be separate is all from one Source. It is the same with the Universal 'I'. The One divides into the appearance of many and appears as "I am". The non-manifest 'I' lacks nothing, while the infinite variety of "I am" always lacks something. The essence of everything is Awareness, not the content in it. Awareness is aware of distinction Consciousness, but distinction consciousness can't know Awareness. For example: If you are conscious of raindrops falling from the sky, you may see only raindrops without the unifying Awareness that all raindrops are water. In this same way, Awareness is Oneness.

D: What is the difference between the waking and dream state?

L: Waking is the state of the body/mind phenomena and objectification through the senses. The dream state is the withdrawing of the senses and the world. During dreams, mental projections replace themselves but are not bound by the senses

LIGHT OF WISDOM

or thoughts of individuality. It is only when one wakes up and says, "I had a dream," that the individual places Consciousness into a personal container. Before the personalization, there is no I; only Consciousness. In deep sleep all modes of mental projection cease to exist, and what remains is Sat Chit Ananda: being – consciousness-bliss. The unconscious merges with the conscious. The experienced and experiencer are all One, and the One is known as Self.

D: How is it that I am the Witness but not the experienced or experiencer?

L: Let's say you go watch a tennis match. Are you the tennis players? You are only watching the game, but do not become wrapped up, or even experience the emotions or the physical vigilance of playing a match. You are merely a sports game spectator, unaffected by the results and actions of the game.

When the personal 'I' leaves, then you are merely only Witnessing all of the occurrences in the game. One player may score a point, hit a ball out of bounds, lose one match, win another match, and you go home after the game completely forgetting what happened. There is nothing personal about anything. Being does not have identification. In Being, the experience and experiencer disappear. You are Absolute Being. You are the *Light of Wisdom*.

D: What is the difference between the Seer and the Seen?

L: There is no difference between Seer and Seen. There is nothing to see when you are the Seen. The world is only a reflection of the inner eye. Nothing in the world is real. You mistake the unreal for the real by believing you are the senses. By giving authority to the senses, you drink the poison of 'I am a body.' There is not a body and Consciousness. All is Consciousness, and what you are is Awareness aware of Awareness. You are not the form that appears. Turn your attention inward and don't be tricked by the senses.

LIGHT OF WISDOM

Self-inquire: “What am I? Who am I?” If there is an answer, this is not it. Stay very quiet until all thoughts and ideas disappear. In this Silent Seeing, you will be dancing joyfully in Emptiness. You are the fullness of Love. Drink this gift and you will be free from birth and death.

D: Even though I know there is not separation, why do I still perceive separation?

L: Does what is perceived exist as something separate from what is seen? The perceived only sees as the perceiver, and there is nothing perceived. There is no distinction between seer and seen. It is only the illusion of separation that sees duality. Does what is seen exist when you're not looking? Does anything exist when you are not thinking? What happens to the world when you go to sleep? It disappears.

While you dream, there is no individual sense of ‘me’ to say, “That is my dream.” It is only when you wake up that you believe there was “me” experiencing a dream. The illusion comes from your ideas and thoughts of “me”. The Truth is, you are the Witness; you are the dream and dreamed without a “me”.

Who is it that created the dream? There is no “me” to create. Created is creation that is only illusory perception.

What is an experience but only an image or an idea of what was perceived? Time and events only happen as mirage appearances that are not real. Everything in relation to form is transient. It is only the empty space that the illusions appear to be real. Anything perceived is unreal and anything real is not perceivable. This is why the highest Wisdom is to rest wholly and completely in Silence.

D: Please show me the way to “know Thyself”.

L: The way to know the way is the way of no way. Rest in not knowing and you will know yourself.

LIGHT OF WISDOM

D: If there is only Self, why is it that I see things from my perception instead of Self?

L: It is like you are looking at the world through rose-colored glasses. When you look through pink glasses, everything appears to be pink even though it is not. The filter is the personalization of Consciousness. In truth, nothing is happening, yet you make believe everything personal is happening. For example: Consciousness is like the pureness of coffee beans. The mind then pours its ideas over the beans of Consciousness and filters it through its perceptions based on past experience.

Let's say you meet someone who is supposed to help you move furniture out of your home. You perceive they are lazy and will not be of help before anything happens. Where did this projection come from? It appeared from nowhere. After this projection, you fall asleep at night and have a dream where you are alone in your home, struggling to move furniture without help. This is only Consciousness playing itself out.

Here is another example: Let's say you would like to learn how to surf and when you fall asleep you dream you are surfing huge waves flying in the ocean. Did you control or do anything to experience this dream? You can personalize and live based on perception, or you can know all is Consciousness and nothing is personal. In knowing all is Consciousness, you are the pure untouched Witness not bound by dreams or perceptions.

D: Do I have a choice in any of this?

L: We have a choice, and it is the only choice we have. You can choose to see the unreal as real or choose that it's very possible that what you perceive as real is not so.

Ask yourself, is there a small possibility that what you think is real is not so? Once you see this, you discover a freedom in lack of choice. The mind gets caught red-handed, painting lies on Reality. Just like a police car chase that goes on and on and on:

LIGHT OF WISDOM

at some point, the robber runs out of gas. But during the entire chase they have a thought that they will escape. The mind must surrender to its Source.

D: Please help me see the sun of Self that always shines within my Being.

L: The sun is always shining. When the sun appears to set, the moon appears to be shining in the sky. Is the moon really shining? What is the source of the light of the moon? The moon uses the sun's light and this light makes the light of the moon appear. Is it possible for the moon to shine without the sun? No, just as you are the Self-illuminating everything. The world does not exist without reflection of Self. You are only a reflection of Self, not the identification of the body.

D: How am I not the body?

L: You are not the body - you only appear to have a body. There is only One, and that is Consciousness, not Consciousness and a body. You keep telling yourself you are a body when you should only be saying, "I am Consciousness." The human body consists of millions of different cells; the same thing the Universe is made of.

The ocean is Consciousness and the wave is the body. Is a wave anything other than an appearance in the ocean? It is still only the ocean, not a wave and the ocean. The wave takes shape as part of the ocean, just as the body takes shape from and as Consciousness. There are trillions of cells taking shape as a body not separate from the ocean of Consciousness.

Take, for example, a desert mirage: the sand is Consciousness and the water is the body. The water only appears to be real on the background of sand. This is the same with the body appearing in the background of Consciousness. What exists is only Consciousness.

D: Why do I mistake myself for transient feelings and perceptions?

LIGHT OF WISDOM

L: Hot, cold, light, dark, and happy sad: who are you? Are you these thoughts, perceptions, feelings or emotions? Is this the truth of who you are? Just as water can be heated and transformed by different temperatures, what remains? The water can go from steam to vapor, to ice and back to water. It passes many forms while at the same time remaining the same. Change is not something that lasts forever, as with the example of water. In a world of relativity, the relativity is to be transcended by the Absolute. Nothing is the same as it was a moment ago, and that is the same for all of your thoughts, feelings, and perceptions. It is just a condition of the mind that believes it is in a permanent state. You are no different than water changing form, and as water always remains as water, you always remain as Self. The sensory perception tells you that the water is a different form. Can you see beyond the form and know that there is unchanging eternal Consciousness?

D: What is meditation?

L: Meditation is Awareness of all actions and thoughts. Most people believe meditation is only when you sit and are silent. The reason you sit is because it is easier to witness the mind. You sit silently, watching thoughts. Eventually, it is like watching raindrops on your window rather than big drops of glue sticking to you and owning you. Observe your thoughts watching as you would watch the ocean wave's rise and fall. The person soon disappears, and what is known is the all-pervasive Witness, un-obscured or untouched by these thoughts. When there is Awareness of the Witness, every moment is meditation.

D: What is freedom?

L: With all the pleasures in the world, who do you hear screaming, "I am freedom!!!!" If you are already freedom, who or what is ready to be free?

The mind is an escape artist, which is not True Freedom. True Freedom is free from perceptions. Freedom is the empty space

LIGHT OF WISDOM

between pleasure and pain. Freedom is the shocking blow to your mind, telling you that you never existed in the first place. The mind will continue on like a screaming child, taking you on wild rapids, a tour of desires, wants, needs, pains and pleasure. This will continue, as this is the nature of mind. Your True Nature is not transient, or bound by the torments of mind. With love and vigilance, you must quiet the mind and discover the untainted sweetness that rests within the Heart. Stop looking for Freedom. You are already free; you must only remove the thoughts that you are bound.

D: What do you mean by no action to attain liberation?

L: You may very well appear to be in action with non-action. Have you ever watched a butterfly carefully? It flutters its wings and flies from flower to flower without thinking. It suddenly stops and slowly sucks the nectar from the plants. It forgets about the past as it moves on to the next flower, staying present with the now. The butterfly that appears to be in action is actually in non-action, effortlessly pollinating other plants. The butterfly flutters and moves in accordance to its nature without thinking about its purpose. Nothing is separate as nature flows freely and happens without effort. This is the same with Self. Self flies freely, pollinating everything with Love and nothing personal. You are That.

D: How do I know if I have realized Self?

L: How is it that you learned how to walk? Do you remember learning how to walk? Someone guided you in the direction, but it was your innate wisdom where the experience of walking blossomed. So is this the same with Self. It is you who takes the first step, and before you know, you are walking without asking how it happened. I may serve you a plate of food, but it is you who must taste it and eat it. How could I possibly describe how food tastes versus the direct experience of eating it? I will show you the door, but it is you who has to walk through it.

LIGHT OF WISDOM

D: In hearing these words I realize that I know there is no doer, and yet I still want to ask you, what do I do to realize Self?

L: There once was a little puppy who kept asking, “Mommy, Daddy, how do I walk? Do I roll on my back? Do I put the left foot back? Do I put the right foot forward? Do I move both feet at the same time?”

The Father said, “Watch what I do, and you will see.”

The Mother said, “Stop thinking and just do it.”

Stop thinking and you will discover your unborn Heart.

D: I still keep running to name and form. I know I am beyond these names, but the mind wants to hold strong onto what is comfortable. Letting go into the unknown causes fear to be experienced here. I want to name things; to name things as nothing seems so foreign to me.

L: To know the way is to not know. Know nothing; erase all personal history. Erase everything you were taught as a child. Running to Love will transcend all fear. Know that you are loved dearly by a Silent Mystery. This Love is beyond any human love you have ever known. This Love is the love you are searching for in name and form, only to find suffering. How is it that when you are seeking love and happiness, you find it in objects or names? For instance, you feel lonely, so you find a partner, or you buy something that makes you feel good. In the instant you have what you want, you forget about everything else. The problem is that this is transient. What you are looking for is beyond name and form. The Truth does not come and go.

D: How do I know if the mind is annihilated?

L: When you stop reacting to the world is when you know the mind has been stopped at its source. You see everyone and everything as Sat. Stay pure and bright. You only get bitten when you play with other dogs. Stop playing and touching thoughts

LIGHT OF WISDOM

and you will not be bitten by the world.

When you stop touching thoughts, you discover nothing has happened and nothing is ever happening. The nothing happening does not mean that anything in appearance does not appear. To say something happens is to say there is a person. To say there is a person is to believe that you exist as an individual. When the person disappears, how is it possible for suffering to exist?

Cease believing you exist as a person and the mind will crumble. You will be swallowed by the ocean of Awareness. You will know without a seed of doubt that you are unborn Heart, limitless and free.

D: As much as I try, the mind does not cease to have noisy thoughts and ideas that want to take action in the world. What can I do to quiet the mind?

L: Just like the fragrance and a flower are one, so are thoughts and Consciousness. There is not duality, thoughts and Consciousness can't exist as two. There is only One, and that One is all Consciousness. When you stop believing that you are the owner of your thoughts, you discover that you are not the doer. In not being the doer, you surrender to be the all-pervasive Witness to the mystery of Consciousness. You are the *Light of Wisdom*.

D: When I know the story is not real why do I still believe it is true? When will false thoughts end?

L: The end is never really the end, as Para Brahman is endless with infinite kisses of Love. The end is really the end only in the presence of Now. Without ideas of past and future, what is there to end?

What ends is the need to attain. The seeking stops and the Seer and the Seen become one. As you surrender all to Para Brahman, you give the Beloved permission to kill. The story ends, and the seer is the seen and the seeing that knows nothing ever happened. End of Story.

LIGHT OF WISDOM

D: I am Para Brahman. The Holy Spirit is Real.

L: Forgetting you are the Holy Spirit is death. You sleep walk, pretending you are awake. Knowing Self is when True life begins. Lose your fear of death. Stop holding onto objects. Every individual has a subtle fear of death. They lie to themselves by holding onto objects. Really, in this object searching, every being desires Eternal life; the problem is that we look for it in all of the wrong places.

Why do we seek Truth? It is because the relative affliction of separation is unbearable. It is unbearable because it is not your nature. What you are is Pure Spirit. Even with death of the body, your spirit changes to a new body with the same concepts, only a different experience. What you are is unconditioned. The Holy Spirit is real and true. You are the Holy Spirit.

D: Thank you for showing me the Way.

L: God's way is the way of no way. May God's Way usher you into the *Light of Wisdom*.

LIGHT OF WISDOM

God's Way

The Absolute is timeless with no beginning.

God's Way knows not of time.

God's Way does not even accept a word or concept for what is unnamable.

Thoughts are specks of dirt covering timeless Reality.

If you want to know Reality, you must be willing to stop believing your thoughts.

Reality only lives in thoughtlessness.

There is no getting to THIS.

There is no attaining or changing your current state.

The only thing you must do is stop touching thoughts.

When thoughts are not touched you discover a quiet peace that has nothing to do with your name, gender, or social status.

What you are is a blank page before the writing.

It is only the descriptions and images the mind paints on a blank canvas of Awareness that keep you deluded.

What you are is beyond the three states of waking, dreaming, and deep sleep.

You are Self.

Self is happiness, sorrow, love, hate, pleasure, and pain.

Every single atom is Self and nothing exists separate from That.

You are That.

All beings are of the nature of Self.

LIGHT OF WISDOM

All actions are of the nature of Self.

Not a single moment or molecule exists that is not Self.

The concept of a separation world disappears when you see everything as Self.

Everything is Perfect.

Lack does not exist in Reality.

All is Self.

All is One.

You are Love.

You are God.

You are unborn Awareness.

You are Para Brahman.

Believe only: all is Self and all is One.

See what happens.

This is Reality.

God's Way.



The end of the beginning that never began.

You are the *Light of Wisdom*.

Now discover this for yourself.