

# Light





## **PRELUDE**

**This is the prelude to Light**

**As this text contains a peculiar tone.**

**It must be stated Now that Truth is Eternal and cannot be fully expressed or illustrated through words. As words are rigid and are wrapped up in concept and thought, which is exactly contrary to the Truth being pointed to in this text.**

**Thus, in reading this text be sure to understand that there is no rigidity to these words. They are mere pointers to a non-conceptual abstract, A True and Profound Nature that goes beyond thought and what words can even grasp.**

**Do not hold on to these words. Let them flow through Consciousness and spark insight spontaneously. Do not attempt to grasp any meaning, let the meaning reveal itself experientially. Just let it all Go, Let it all Flow.**

**Be the Silent Witness of Reality as It Is.**

**Such-ness – Is-ness – Now**

**Here & Now**

**Light is a book of Love, Light and Insight**

**It helps us BE fully in the now by offering words of insight  
that are for meditation // deep reflection.**

**Love the Now**

**Be in the Now**

**Be Now**

**Dedicated To:  
Mother Earth,  
The People of Earth,  
The Universe,  
& Awareness.**

**With Love - Love**





# **Part One – Intro to Light**

**This Book is for everyone. It is to Guide  
Us into Light –**

**Into the Here & Now with Love, Joy &  
Authenticity.**

**Now,**

**We are Aware,**

**Aware of Light-**

**Aware of Sound-**

**Aware of Feeling-**

**Aware of Reality as it is-**

**Now is everything,**

**We Be Aware of Now**

**Fully and Completely**

**For Now is the only place Truth can Be-**

**In this Moment – Now**



**Now and Every Now –**

**We            Be.            Now.            Fully.**

**We Let Go,**

**We Let it Flow,**

**We Let out the Inner Glow –**

**We Love Unconditionally,**

**We Be Compassionate,**

**We Forgive and Forget,**

**We live in this moment and every  
moment with full presence.**

**For presence is the key,**

**We Let go of all of thee,**

**Even that 'me'.**

**We Be Selfless.**



**For in selflessness we are fearless, we  
are unconditionally loving, we are Being  
Infinitely Free.**

**Infinitely Free in the Now.**

**Egoless, in the Now.**

**We Be with no attachment whatsoever.**

**Attachment is the cause of all suffering.**

**Thus, We Let Go.**

**We are Free from it all.**

**Attachment is the cause of all suffering.**

**Because it takes us away from Now. Into  
the illusory Past or Future.**

**Thus, We Let It All Go.**

**We Let Go of Everything we've ever  
attached to.**

**Non-attachment**

**Is**

**The**

**Key**

**To**

**Pure**

**Presence**

**Thus, Now is all we really know.**

**If we can say we really know anything.**

**We know we can choose how to feel in this moment, no matter how hard or easy it is.**

**We can always choose to Feel Love, Feel Joy & Feel Peace.**

**We just have to look within and cultivate that feeling within.**

**Nothing Outside can make us feel anyway.**

**Ultimately, we always choose how we feel in the moment.**

**So Feel Inspired,**

**Feel Joyous,**

**Feel the flow of life within and let it move the Being from within.**

**Let it out.**

**Create Waves.**

**Waves of Beauty, Love, Happiness,  
Peace.**

**Make a beautiful impact on this world.**

**In this Life, Now.**

**It all happens Now.**

**All Change happens Now.**

**How will we Change?**

**What Change will we Create?**

**What Will We Create?**

**For We are The Conscious**

**Creators**

**Of**

**Now.**

**We Are One with the Creator.**

**For the Universe is One as Everything  
and we are a part of the everything.**

**We are One with the Universe.**

**Feel the power within,**

**It is all Here Now.**

**The Power to Create a New World, a  
New Experience, a New Creation -**

**Is in every moment –**

**Here Now within Infinity -**

**We Realize the Great We**

**We Be Free**

**& Truly See –**

**Always**

**Now**

**Living**

**Effortlessly -**



**Now**

**Loving Life**

**Now**

**Being Free**

**Meditating into thee:**

- **Now** -
- **Love** -
- **Presence** -
- **Oneness** -

**&**

**Light**

# **Part Two – Healing**

## **In Truth Healed**

**Yes, all these words may ring true, yet  
there is something we do to fully realize  
them.**

**We Heal.**

**To Heal is to Let Go & release all the  
attachment.**

**We do this.**

**All.**

**The.**

**Way.**

**We fully realize Light, We fully realize  
Being, We fully Live Authentically.**

**In Love**

**In Truth**

**In The**

**Now**

**We Heal,  
Because in truth,  
We are fully healed,  
Being fully in the Now.**

**Are we holding on to anything?**

**How do we know when we are fully  
Healed?**

**A Way, if not The Way, is to focus the awareness into the Now.**

**Dive Deep inside.**

**Feel all there is to feel.**

**Release attachment.**

**Be the Silent Witness and witness the true nature of Being Now.**

**This is what many call Meditation.**

**We can do this walking, sitting, standing, dancing, singing, and in infinite ways. The key is to not escape, the key is to Dive Into how we FEEL. The Key is to be Highly *Aware – In Truth – Fully Aware.***

**What is Here Now with Us?**

**How does the body Feel?**

**Who are We really?**

**What is witnessing?**



**Where/What is the Light?**

**We are the Light.**

**Awareness is the Light.**

**We shine it into the darkness.**

**The Darkness we experience,**

**The darkness the world experiences.**

**This is how we all Heal.**

**We Shine THE LIGHT.**

**The Light of AWARENESS.**

**We fearlessly let it all go, all the pain, all the suffering. That means not being afraid to cry. Always going the soft route, the route of softness and open heartedness. Don't go Hard otherwise that is just escaping the Deeper Pain of the inner child, the Deeper Pain of the profound suffering.**

**So, We dive into the HEART and we release all there is. We Fully let go.**

**We realize, none of that is even being held onto, it is merely the ego and the mind.**

**Thus, what is really holding on?**

**Only the Ego and/or Mind.**

**In truth, We are always Free.**

**The true essence of who we are, is always FREE.**

**It is always there deep inside the heart.**

**So, know this,**

**We are all already healed, fully and completely.**

**That means, who we really are is always healed.**

**Always Perfect and Whole.**

**Who we really are is Awareness.**

**We are the witness of reality.**

**We Are,**

**We Be.**

**The pure experiencer, the heart of hearts  
that is within, that is who we are.**

**We are Selfless.**

**We are deeper than any suffering.**

**We are the innocent, unconditionally  
loving nature.**

**We are the Fully Open Heart.**

**The Essence of Life.**

**The Core of Reality.**

**The Creator within,**

**We are that,**

**We are This,**

**We are Everything,**

**We are Nothing,**

**Unbounded by form, we feel the oneness  
with the All.**

**We feel the power of being fully Now.**

**We feel the presence of the All and  
everything,**

**Here Now with Us, Every Moment.**

**This is Life,**

**This is the beautiful nature of reality.**

**This is Reality as it is.**

**Witness it Now.**

**Witness it.**

**Now.**

**To live from this place, is to not judge.**

***Witness all of reality with profound equanimity.***

***With Infinite compassion for all.***

***With Unconditional Love,***

***Radical Acceptance,***

***Forgiveness,***

***The ALL in ALL of Open Heartedness.***

***That is the Way,***

***To always have good wise things to say,***

***To whole heartedly embrace every Day,***

***To always dance and play.***

## **Part Three – Living Light**



***To whole heartedly embrace every Day.***

***To Live Light is This –***

***To Whole Heartedly Live Every Moment.***

**To do this, we live from the heart.**

**Always.**

**So, We Be very Aware, of the Being, of the Heart, of everything that is within.**

**In truth, We Be Fully Aware.**

**Fully Aware of Everything.**

**Within and without.**

**With the focal point of awareness being the Heart Centre, the core of reality.**

**Where LIFE emanates.**

***Where the Creator Resides.***

**Seriously look within.**

**Don't look for what this book says.**

**Feel and notice what is there.**

**If what this book says is realized not to be true,**

**Live the Truth that manifests.**

**For in Reality,**

**Truth is in everything.**

**The ground of reality manifests in everything – *In Truth – Is Everything.***

**Without attachment, without conceptualizations, without thought, what is left but the raw Truth?**

**We Feel It,**

**We Know it without thinking.**

**It is too obvious to ignore.**

**Because it is Truth,**

**& it is Now.**

**We Be so deeply imbedded in the truth.**

**We Live Truth.**

**That means flowing,**

**That means just glowing.**

**That means always going,**

**Deeper & Deeper**

**Into**

**The**

**Now.**

**We Witness Reality as it is.**

**We Be the Silent Witness from within.**

**We Realize that reality is inherently emptiness.**

**That everything that is thought to be real, is actually just empty.**

**Not empty as in non-existent.**

**Empty as in being hollow.**

**Filled with reality,  
Light.**

**The Heart of The All.**

**Fully open in the emptiness.**

**Perceptions of Form filling the  
hollowness.**

**It All Being**

**Pure**

**Hollow**

**Spaciousness.**

**Filled with the Light.**

**The Light that we Are.**

**We shine bright as a great star.**

**Knowing that life has brought us this far.**

**Seeing the truth within The All,**

**Living Now never afraid to fall,**

**Because Now We Know,**

**What it means to let go.**

**Now Free as can Be,**

**In the Flow,**

**The All We See,**

**Having that subtle Glow,**

**We, The Heart, Deep within, putting on  
the infinite Show.**

***Always Now***

**How Profound, the Reality that is.  
Always changing,  
With Us Inherently Aware –  
Because We are Awareness –  
Thus, Now is all we See,  
Knowing the Love Inside of Thee,  
Unleashing Light because we are Free,  
All we ever have to do is just BE.  
Loving Unconditionally,  
Witnessing Equanimous-ly,  
Seeing Compassionately,  
Diving Deep Fearlessly,  
Shining the Light,  
So Bright.**



**For We Are the Light.**

**We Know this Now.**

**We Know this Now.**

**We Know this Now.**

**This Now Awareness.**

***This Pure Presence.***

**So Beautiful.**

**The Colours of Life.**

**Always in the Now.**

**Now**

**Now**

**Now**

**Love**

**Love**

**Love**

# **Bonus Texts**

# **Masks, Veils & Illusions**

Off, lifted & seen through

How deep they go

Arising and passing, ever transient, for the sharp awareness  
to slice through.

Yet, what is present in this moment,

But the mask-less Witness,

The veil-less truth,

Reality as it is.

Here

Now

Fearless

Equanimous

And infinitely Free

# **Bathing in silence**

Feeling,

Sensing,

The Silence from within

The Silence Within.

The profound silence.

The true Silence.

All pure witnessing

All pure awareness

Is Here Now

In

Inner

Silence

# Stillness Sees

Stillness Frees

Awareness into Now

Feeling, Seeing, Listening

From the silent place within

Observing Reality Exactly As It Is

Now Is All There Is

Ever changing, the transient all

Impermanent everything

Here Now Everywhere

From the Still Silence

Timeless Witnessing

In the Now Always

Awareness Now

Stillness Frees

Stillness Sees

Stillness

Now

# **Be Now Always**

With Compassion & Unconditional Love We Be

This is the way we truly See

We connect through the way of the heart - into a Being Truly  
Free

When we let go of that 'Me'

And become selfless within infinity

That is when we come to know the almighty Thee

It is all Now

Here Now

Always

Be

Now

# The Crystal Vase of the Mind

‘If [we] want to be Buddhas and be established in dharma, we purify the mind and plumb the depths with spirit. We Meditate silently within Being. We see before us the very origin of all, covered over by nothing, not even the tiniest mustard seed or thin silken hair.

We Realize Mind, which has no separateness or bounds. As pure water shimmers with the essence of autumn, as moonlight fills the entire night, Mind is pure white and dazzlingly bright. We Awaken to Mind and have a light with no more darkness, purity with no more stain. Clear and tranquil, bright and illuminating, Mind is and forever will be pure light and perfect stillness. We become established at this depth, we feel at rest, yet free from darkness; silent, but totally awakened to self: and the crystal vase of the mind turns about in complete transformation.’

—HUNG-CHIH





‘As mind is detached from [everything], perception sees with total clarity. It gives correct and complete knowledge, beyond which nothing remains to be known. The yogic mind abides in total silence. In supreme silence the mind is liberated from the world of change to rest in unbounded consciousness.’ - Yoga Sutras

## *The Cuckoo's Song of Total Presence –*

*“All experience, the entire phantasmagoria of the six senses, the diverse multiplicity of existence, in reality is without duality.*

*Even if we examine the parts of the bodhi-matrix in the laboratory of the mind, such specifics are seen to be illusive and indeterminate. There is nothing to grasp and there is no way to express it.*

*The suchness of things, their actuality, left just as it is, is beyond thought and inconceivable and that is the here and now.*

*Yet diversity is manifestly apparent and that is the undiscriminating, all-inclusive sphere of the all-good buddha. (Fully Awakened Being)*

*Total perfection has always been a fact and there has never been anything to do to actuate this immaculate completion. All endeavour is redundant.*

*What remains is spontaneity and that is always present as our natural condition.”*



*Original Nature*

*Flowing Intuitively*

*Loving Unconditionally*

*Unconditioned in Infinity*

*Light-Hearted as a True Child*

*We Be Here & Now*

*Free*

*Arrive*

*Fully*

*Here*

*&*

*Now*











