

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.

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 Awareness 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 See Compassionately,

We Truly *BE – non-judgmentally*

**For 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.

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 force us to feel any way.

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 & *Everything Naturally
Harmonious.***

Make a beautiful impact on this world.

In this Life, Now.

It all happens Now.

All Change happens Now.

How are we Changing?

What Changes are we Creating?

What Are We Creating?

For We are The Conscious

Creators

Of

Now.

We Are One Creator,

In Oneness with all of Reality,

Being Here & Now as Infinite Nature.

**For there is no separation between the
infinite and Us for we are Infinite.**

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:

- Love –**
- Now –**
- Oneness –**
- Presence –**
- Pure Awareness –**

Light

– Infinity –

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 Thee

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 if 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 *Awareness*?

Where/What is the Light?

Light is Here Now –

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
release all there is.**

We Fully let go.

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

Thus, what is really holding on?

Only the Ego.

In truth, We are always Free.

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

It is always here 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 *Pure Awareness*.

We are the Witness of Reality.

We Are,

We Be.

**The pure experiencer, the heart of hearts
that is within, this 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.

This 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.**

Here *LIFE* emanates.

Here the Creator Resides.

Truly see within.

Don't look for what this book says.

Feel and notice what is here.

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 See Reality as it is.

We Be the Silent Witness from within.

**We Realize that Reality simply is –
*Inexpressible***

**& That everything that is thought to be
concrete, 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,
Witnessing Equanimous-ly,
Seeing Compassionately,
Loving Unconditionally,
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

Additional 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

We let go of that 'Me'

And Be selfless within infinity

That is – We come to know the almighty Thee

It is all Now

Here Now

Always

Be

Now

Original Nature

Flowing Intuitively

Loving Unconditionally

Unconditioned in Infinity

Light-Hearted as a True Child

We Be Here & Now

Free

Fully

Here

&

Now

Selfless
Thoughtless
Non-Duality

Relax Into It

The Holistic Light

The All-inclusive Reality

The Pure Perfect Nature

The Eternally Present Here & Now

The Great Perfection

The Truth

In Love

In Light

In Pure Presence

Always Now

All ways

Always

The Crystal Vase of the Mind

‘Fully Awakened and established in Reality, we observe the mind and plumb the depths with spirit. Meditating silently within Being & seeing the very origin of all, covered over by nothing, not even the tiniest mustard seed or thin silken hair.

Observing 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. Established at this depth, we feel at rest, yet free from darkness; silent, but totally Awakened: and the crystal vase of the mind turns about in complete transformation*.’

—HUNG-CHIH

**Returns to Original Nature*



‘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 all parts of Reality in the laboratory of the mind, 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 Infinite Perfect Nature –

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.'

True Wisdom Is Experiential

Pure Fully Present

Awareness

Now

Truly

Light – Hearted

Fully Aware – Fully Present

Timeless and Wise

Being

Now

True Reality Is

Unconditional Love Is

Pure Presence Is

The One Eternally Present
Nameless Selfless Boundless
Inexpressible Infinite

Creative-Principle Creator Present-Awareness
Tao Creation Ground God Pure-Presence The Infinite
Nature Mother-Nature The Power Great Spirit The All
Infinity True-Nature Eternal Oneness
Light Reality Super-Conscious Love Unity
Heart Universe Who We Really Are Christ Mind
El Elyon God Most High Life Selfless Truth
Buddha Nature The Deep Force Intelligence
Dharma Dharmakaya Non-Conceptual Profound-Nature
Allah Suchness The Dreamer Trikaya Isness
Yahweh Universal Spiritual Force Divinity Now
Jehovah Wakan Tanka Universal Being
Non-Dual Nature Fundamental Eternal Infinite Intelligence
Inseparable Ultimate Director Conductor True-Essence
Bhagavan Waheguru Silent-Witness The Abstract
The Nagual Infinite Power Unspeakable Energy
The Genderless Selfless Omniscient Omnipresent Being

Sources:

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Sourced From – *Patanjali Yoga Sutras*

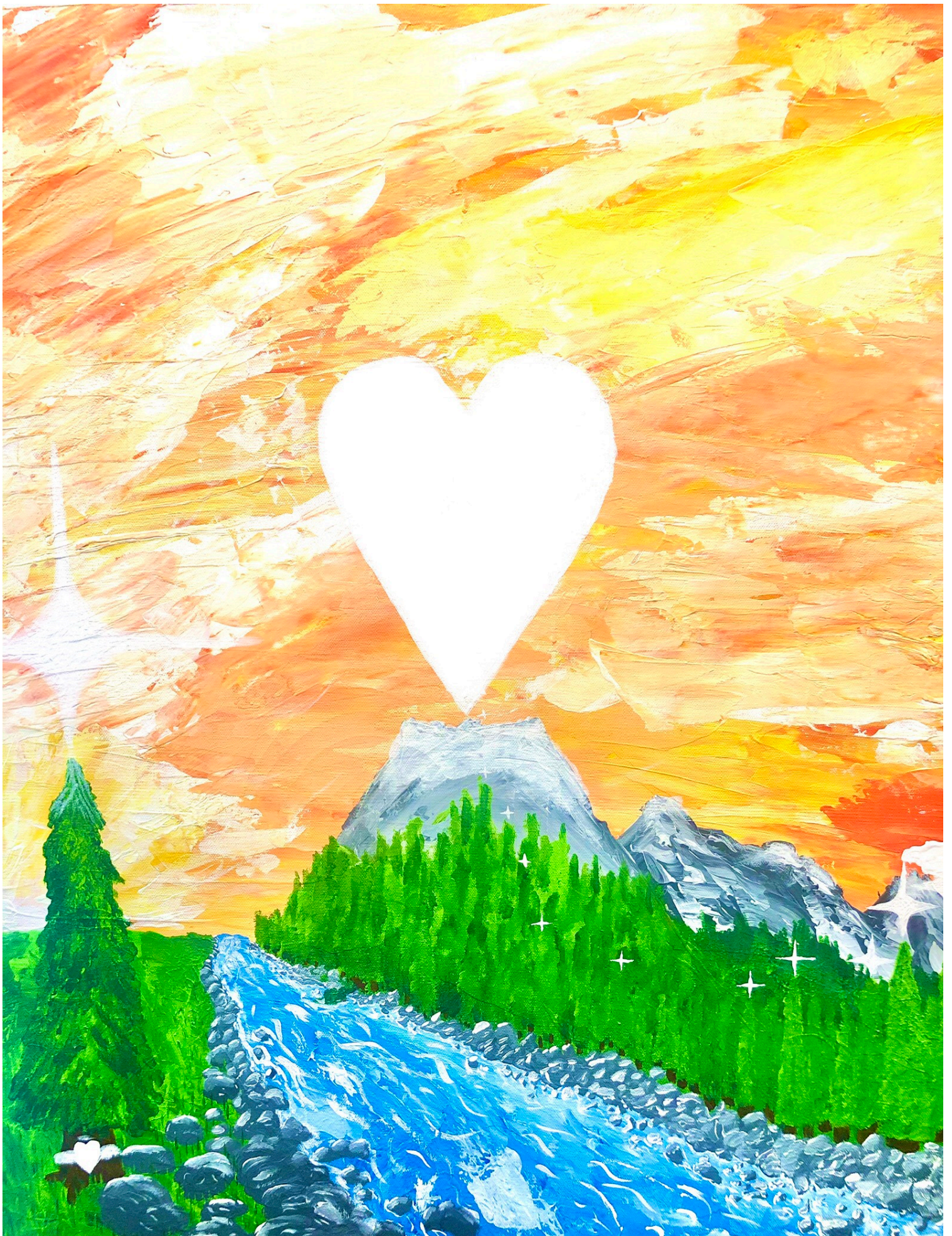
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Be Here Now