

Awareness/Being is Everything. Whatever you experience, you are always aware of that experience. Awareness is always part of every experience. There are not two things: Awareness and the experience. The experience is the energy of Awareness manifesting as that energy event. The experience is the Awareness of it. We are nothing but the unfolding events of experience as Awareness. We are everything in that everything is Awareness being everything.

Being a separate self is Awareness being that experience of separate self-hood. There is no separate Awareness that is viewing the experience as the experience is itself Awareness. You cannot separate the waves from the ocean. Experiences are waves of Awareness and one cannot separate the Awareness from the event as the event is itself Awareness eventing.

In whatever we say, do or think, all of these experiences are just Awareness manifesting as those thoughts, words or actions without any separation between the Awareness of and the experience. In such a dimension how can we not be free in each moment? There is no personal Awareness as my Awareness or your Awareness. Who is there to be liberated? There is the experience of the thought “my Awareness” and “your Awareness”... but these are also experiences of a non-personal and universal Awareness appearing as those thoughts of “my” and “yours”. In this way the entire ocean is present in the smallest wave.

Just noticing and being Aware as a practice, is Awareness arising as that. In such a practice Awareness has nothing to gain. In not practicing being Aware, Awareness has nothing to lose. All experiences are equally Awareness appearing as those experiences. Awareness is not more present in some experiences and less in others. No matter the size of the wave, all waves are still equally ocean.

In that our Awareness is unchanging and perfect as it is, without need of learning, remembering or realizing anything... when appearing as our ego-consciousness we search for enlightenment, trying to find the exact magic technique or unique realization. Awareness, our true nature, as our actual awareness and witnessing perceivingness, is not affected by any realization or insight that may arise through the apparent efforts of the ego in its attempt to discover some new view of reality. And those efforts of the ego to realize something are also not originated within the ego but arise as well from Awareness. Even the newly arising realization is just another experience that arises in a momentary witnessing without benefit or harm to the already present witnessing Awareness. That Awareness is present while we are thinking, before thinking has arisen and after thinking has ceased. Be clear here, thinking is Awareness appearing as thinking. Since there is no benefit to be found from any ego plan or strategy, wouldn't it be better to just abandon all efforts and relax completely into the pure moment of simply Being Aware as is?