

## About



From an early age, Boyan Milouchev was fascinated by the nature of the mind and our experience of reality. In his early twenties he became a dedicated student of NLP, which led him to explore mindfulness and the Three Principles and, in turn, to his first awakening experience in 2014. At this time he recognised the true nature of all experience as made of Love. He then came across A Course in Miracles. The book opened up his faculty to truly connect with the divine, which has guided his journey of self-discovery ever since. In March 2019 Boyan attended a Non-duality retreat, with which his journey of seeking came to an end.

Today Boyan supports individuals and groups along the spiritual journey through 1-to-1 sessions, online events & programmes. He lovingly guides others towards the understanding of the essential cause of their suffering, and to realise their innate wholeness. His approach is gentle but direct, and especially well-suited for those who are ready to embrace life and live it fully.

Boyan has an undergraduate degree in International Relations from the University of Birmingham and a master's degree in Management from the London School of Economics. His mother tongue is Bulgarian, and in addition he speaks fluent English and French and currently lives near London.

## "Applied Non-duality" Online Program

A 6-months online program in which a different topic related to Applied Non-duality is explored each month. By joining you get access to:

- 2 x 1-to-1 sessions per month, 12 in total
- 8 short 10 & 20-day courses
- A private group where you can meet & share experiences with like-minded people
- Unlimited private support via message from me, in addition to our 1-to-1 sessions
- Frequent posts and videos related to the topic of the month
- Access to previous event recordings

Please visit the program's website to find out more about it: <https://boyanm.systeme.io/course>

# 1-to-1 Sessions: 12-session package

## Client profile

These sessions are suitable for you if one or more of the following points apply to your situation:

- You have explored spirituality for at least 2 years and would like to go deeper
- You are facing challenges related to physical, mental or emotional wellbeing; relationships; work & purpose; or other
- You have had insightful revelations or experiences that you cannot fully understand yet, but want to explore further because you know that you've had glimpses of something True and Real
- You are looking to experience more of the stillness and peace found in meditation in your day-to-day life.

## Approach

Boyan's approach is intuitive - he feels into where the client is coming from, and aims to bring the questions back to Truth, to Presence. All answers can be found by exploring the actual current experience with openness and curiosity. The methods used include, but are not limited to:

- Self-enquiry
- Forgiveness and acceptance practices
- Body-based and non-dual meditations
- Divination

## Sessions

The purpose of the sessions is for you to find your Innate Peace, experience more ease, freedom, and acceptance throughout your day, and live a life that is in alignment with the Truth of the Non-dual teachings.

Each session lasts 1 hour and a revisable personalised plan will be created for you after the first session. You will also receive the recording as well as additional recommendations by email after each session.

To begin, you can already schedule in a [free 30min call](#) to receive personalised recommendations from Boyan, learn more about the process, and find out more about pricing.

## 1. Practical implications

### Divination

#### If there is no 'right' and 'wrong', why dowsing?

Q: If there is not 'right' or 'wrong' answer, why use a dowsing tool at all?

A: Great question! In my experience, the purpose of the dowsing tools has been to help me return to the knowing that there is no inherent 'right' and 'wrong', but rather there is simply what is. Although many times the tools have been correct and told me the 'right' answers - for example about something that would happen in the future - there have been also many occasions in which they have told me answers that have turned out to be wrong, in which they have 'tested' me, or given me unclear guidance that would make me act a certain way for a particular purpose that I would understand later. Ultimately, what they have taught me is to trust in the unfolding of life as it is, that [everything is always happening as it should](#), and that I can fully trust their answers because they are always 'right' from a Higher and more True perspective than what my separate mind can understand.

# Does a dowsing tool give deeper answers than the intuition of the body?

Q: Does a dowsing tool give deeper answers than the intuition of the body?

A: Yes, it does. At first, it is the intuition of the body that leads to the usage of dowsing tools, but intuition and guidance are two different things. Intuition is instinct that refers to all the information that you have about yourself and the world, and it uses that to make decisions. A dowsing tool is guiding you with all of the information about everyone and everything in the world, and possibly more. As such, by using a dowsing tool you are guided by a Higher Mind. Intuition knows this, and continues along with this Higher guidance as you learn to [\*trust and surrender to Life\*](#) on a deeper and deeper level.

## How to read universal signs

First, I want to say a few words on this topic because what I have been sharing so far is about our true self, the space of beingness, the space of awareness. The fact that everything happens within this spaciousness and not only happens within it, but it's also made of it. It is the same presence, the same beingness experiencing itself in zillions of forms.

If that is the case, it means that there is really no separation, no duality between what happens in the body-mind and what is external to the body-mind. They reflect each other. The patterns in which life unfolds for each of us are there to help us see something, to recognize how life works, and to help us reach a deeper level of understanding of presence and peace within ourselves. This is the reason why I'm doing this talk on how to read universal science because each of us is constantly being shown ways in which to go, directions to take, but also ways in which to deepen our presence, stillness, and understanding of self. Understanding that we are this awareness behind the experience, that is not the body and not the mind. And then, the world reflects to the body and mind ways in which it can remove layers and layers of beliefs in separation, beliefs in not being good enough, in life being difficult, etc.

How to Do Synchronicity Walks

Last week, I started sharing my journey with divination tools, with dowsing. Some of you said that sometimes the tools are not working for you, or that maybe you're not ready to completely surrender your decision making in this way. So, another way to do it or to prepare for this stage is to do synchronicity walks.

Synchronicity walks are a really great way to ask a question and get an answer from your experience, from whatever you see during the walk, or just to not have any plans for an hour or two and walk without direction, just noticing everything, seeing the messages that are there for you at this time.

The way to do a synchronicity walk is that you only need two dice. One is with numbers one to six, and the other is with directions: left, right, back, and forward. But it also has random acts of kindness or "follow the white rabbit." You start by rolling the dice before you start to walk, just to see your number. You can also roll it twice and add up the two numbers, and then that's your number for this journey.

Then you just go out, and as soon as there is a crossroad, as soon as you have an option to go left or right or change your direction, then you roll the dice. One dice is a number, that's the number of minutes that you will follow this direction for, and then the other dice is either the direction or a random act of kindness or "follow the white rabbit."

In addition to these rules, what I do is I have an application called "Parrot Sampler," and then you just click "draw a card," and it shows your card. Then you just try to find this in your environment. Of course, these rules are very loose, and you can change them accordingly. What's much more important is to feel into your body, tune into your intuition, and see where you are guided to go. You can surrender your feet and let them walk, for example. Another rule I have is, as soon as I see a green traffic light, I just follow that direction. You can add little rules as you go along or remove the rules, whatever your experience is.

It's really incredible what my experiences have been. I think that they would be, of course, different for everyone.

The first few times I went with a group in London, working with a group is very different from working on your own or with a few friends or with your partner. Probably my most memorable experience was when I first met my current girlfriend and we went on a synchronicity walk, the first one. We were just guided along the way through cards and dice, and we went on a boat trip on the River Thames. It was so beautiful, and we were so captivated by the experience. It led us to the present moment, where everything had meaning for us. It felt like falling into a dream because everything became a reflection of ourselves, and everything seemed to be there for a reason.

During the synchronicity walks, we would read signs on cars, tags, walls, or any little messages we found and follow them. However, sometimes the experience could be triggering for some people if they were not ready. For example, one time I went with a friend, and our number was eight. It turned out to be a fitness center, and although it seemed odd, I had to trust that it was what the universe wanted me to do in that moment. I went into the fitness center and sat on a chair, while my friend was completely freaked out by the experience. It was out of his comfort zone, but for me, it was fine because I had done similar things before. The purpose of the whole exercise for him was to feel the resistance and let go of it to some degree.

Synchronicity walks are a way to go deeper within yourself, to find your resistances to the present and learn to let go of them. Throughout my journey, I studied various philosophies like the law of attraction, the course of miracles, non-duality, and the way of mastery. All of them, at some point, talk about surrendering your decision-making to a higher power. Synchronicity walks are a way to surrender and be present in the moment, without having a direction or a plan, and to trust that life's intelligence is guiding you.

Another way to connect with your desires is to put your hands on your heart, close your eyes, and ask yourself, "What do I really desire to do next?" Wait for a minute or two and let thoughts come up. Write them down for a minute, and then repeat the process. Look at your list and choose the action that resonates most with you, the one that comes from love. In the beginning, there might be thoughts about what you should do or what needs to be done, but as you rest with this question, deeper and more loving desires arise. These are the ones that align with your true self and bring the most fulfilling results.

In my own journey, I found divination tools to be helpful. I came across dowsing tools, which I realized can be used in a similar way to synchronicity walks. They provide yes or no answers and can guide you in a certain direction. It took some time to overcome my hesitation, but eventually, I tuned into my intuition and realized that I didn't need external forms of guidance anymore. I became the intuition, knowing what is right and what comes from love. Synchronicity walks and divination tools serve as a bridge to developing a deep trust in yourself.

During the synchronicity walks, we also used tarot cards. It's a metaphorical practice where we would look for symbols or elements from the cards in our environment. For example, if the card had yellow flowers, we would search for yellow flowers or something similar. We would follow these signs and let them guide us. Sometimes, the connections were direct, like finding a circle in a strange angle that resembled the London Eye. Other times, the connections were more metaphorical, but the meaning would become

Yeah, you can find the meaning in these ways. Um, one of my best, you know, more examples from my walks. Sometimes you get random acts of kindness. Um, and one of the best ones was that it guided me during the journey to buy flowers and then a bottle of wine, which is quite, quite amazing. So yeah, make sure you have some money when you, when you do these walks. Um, and then it led me to a number, I don't know, five or something, and it was open, and then to another number, maybe twelve, so I found the partner number twelve. And then we rang the bell, a guy came out, and we just said, "Here, this is for you." And he was so shocked, he was like, "Are you sure? You're not making a mistake?" All three of us were like, "Absolutely, it's for you." And obviously, he was so happy. Um, and another time, I felt like my task was simply to ring someone. I think my number for the work was four, so I rang number four, and I just said, "I love the number four." When the person opened with such a smile on my face, and that was the reaction. It was the same, like, "Oh wow, thank you so much. That made my day" or something like this. And we continued on.

Also, sometimes it takes a while to get to something. Um, because often we are caught up in what we've been through during the morning or some other thoughts. So then they take us, the dice take us on a journey, um, just to fall back into the present, to let go of what we should do, if something needing to happen, etc. So often, we walk long distances with nothing much happening, and that's also part of the journey. And often, when they either make me go in circles

or they make me go back on myself, like to go where I've just been, that's a sign for me to open a tarot card and see what that gives me. Carol, just to go back to your question, how to use the cards, it's all kind of metaphorical, and it's all to tune into your intuition. So there's no right and wrong way, really. Like, you can add rules. For example, at one point, I had this um, Magic 8 Ball. You can just ask it for stuff, um, and it tells you yes, no, and other answers. So you can add that as part of your work. Uh, you can remove rules, you cannot use cards, or you can just try and follow your body, see where it takes you. You know, there's all sorts of different things you can do, and it's all about knowing that there's no right and wrong, that what you feel drawn to is the right thing in that moment. If the dice tell you to do something and you don't want to do it, then don't do it. You know, it's still um, it's up to you really, how far you're willing to go. Maybe it's just to trigger this resistance in you and this um, difficulty in trusting that this is actually useful or leading you somewhere or giving you signs, you know? So there's many different purposes you can also ask a question in the beginning. For example, should I change my job? And then see where the work takes you. You will probably get a clear answer.

Um, do you think it also teaches building people's sense of self-confidence by learning to let go and be present? Has it ever happened for you during this practice?

Yeah, absolutely. It's very interesting because what you experience is that everything and everyone suddenly plays your game, you know. Very often, when I feel like I don't know where to go next or what's the right thing to do, um, there is someone there that looks like they're a bit bored or they're not doing anything very interesting at the moment. So, I go to them and I say, "Do you have any recommendation on where I should go next or, or even more directly, you know, should I go this way or that way next?" And instead of being what the ego would say, is that they will completely dismiss you, they will think you're crazy, they will walk away, but actually, they're so surprised and smiling and happy. They just say that way straight away so many times. So, it's kind of boring or negative experiences are also not random. It's kind of crazy because also the whole universe is kind of supporting this journey. So, it's, um, it's a practice to understand that there is no duality, no division, that everything is perfect and that everyone is playing the same game.

And it could be also, I have to say this, that either nothing happens or it's very boring or even a negative experience that happens for you. And if that's the case, then it's to put you off for now. It means you don't need to do these works. They are not useful for you. There's better things you can focus on. And that's also perfect as it is. That means that either it's not for you or you can try it again at the latest stage and to bring different results. So, again, it's up to you to tune into your intuition and feel what's right for you, trusting life and staying connected. Faithy, I'm glad you love it, and it sounds appropriate for your name because it's all about having faith and trusting that life can open up for you in this way and guide you to where you're supposed to go, but also back to where you are, to accepting what is, to learning that everything is perfect. So, I'm glad you love it, Yvonne, I'm glad you love it too.

And I look forward to hearing your experiences with these synchronicity walks or with divination tools or other experiences that you would like to share. And I think soon I will create a longer event for people who have been interested in these things to come together and just see how these journeys unfold for us. Thank you, Rod, thank you, everyone. Um, yeah, I look forward to staying connected with you all. Thank you, and bye-bye for now.

## **Access your intuition through dowsing course**

### **Introduction**

Hi and welcome to the course Access Your Intuition Through Dowsing.

My name is Bojan and it is a pleasure to be offering you this course here

I hope you're ready for a journey of deep diving into the way life unfolds, synchronicities and insights, and a continuous letting go of attachments and returning to presence. As you will soon find out, dowsing is a great way of breaking habitual patterns of thoughts

and behavior, letting go of control, and deepening your trust in yourself and your intuition.

The course starts gradually by first helping you receive yes and no answers from the universe, then using dowsing for everyday activities such as eating, going for a walk, or changing the to-do list, and slowly becomes more advanced and suggests using dowsing in relationships or for work. The last two days focus on guidance and completely surrendering our decision-making to life. It is my pleasure to be your guide throughout this course. Please use the course classroom to share your experiences, write comments, and ask me questions. Thank you for

being open and willing to explore these deeper truths about life, about self, and about this unfolding, and for your desire to go beyond the mind and into intuition. I look forward to connecting with you very soon.

## **day 1: finding 'yes' and 'no' answers**

Hi and welcome to day 1 of the course "Accessing Your Intuition through Dowsing". Many of you may be wondering: how is non-duality, which I have been sharing for the last few years, related to dowsing, and doesn't it seem like it's a very relative level thing to do, a very relative level thing to explore? But I promise you that dowsing is actually a great way to discover the true nature of reality, to go deeper and deeper into this truth of Self, into the fact that we are innately peaceful, innately happy, and into the fact that everything is a reflection of us, that everything has meaning, that everything has purpose, and it is not like we are separate beings here and the world is out there, but actually it is one whole that keeps evolving all together.

And of course, this will make a lot more sense in the days to come. And today, we will start very simply by asking what is 'yes' and what is 'no'. So please have your dowsing tool ready. If you don't have a dowsing tool yet, don't worry, it's very easy to create one. You can do so out of everyday materials such as coat hangers or branches, or even using a pendant as a crystal. So whenever you have your tool ready, let's begin.

The way to find 'yes' and 'no' is simply to ask your tool: "show me a yes" For me, it is when the rods cross and "show me a no" For me, it's when the rods go further apart sideways. And it's very similar with a crystal. You can ask: "show me a yes" for me, it's when the crystal goes up and down like this and "show me a no" it's when the crystal moves sideways, like so.

I have only used dowsing rods and crystals, but really all dowsing tools work in the same way. And here I want to say that if it doesn't work for you, if you don't get an answer, maybe experiment with a different dowsing tool, see if it resonates more with who you are, with your energy. And if it still doesn't work, then that is meant to happen.

When I started using dowsing tools a few years ago, I actually used them to find a job and I did that job for two and a half years. But then I asked them questions like: "will I keep growing in that job" and "will I stay with my current girlfriend?" and they said "no" to both of these things. So then I lost motivation. I didn't want to continue. They put me off and I didn't believe them. Of course, later on it turned out that they're right, but I'm just sharing this story to tell you that if the dowsing tools don't work, if they put you off for the moment, then that's meant to be. And the fact that everything is unfolding perfectly and that nothing is random is still valid for each and every one of us at all times. So don't worry, maybe keep listening to this course just to see how they work, to set the intention to use them at a future point in time.

Just now, I said something very important, which is that nothing is random and everything serves a purpose. By having this belief in place, by testing this truth, you should also look very carefully at the way the tools tell you the answers. So, for example, if they answer very slowly like this, or one at a time, then that has meaning. It probably means something like "maybe" or "keep exploring",

"You're going in the right direction," something like that.

And for a crystal - often, instead of going straight forward or sideways, it just starts turning around like this, left or right. And this also has meaning.

It means keep asking questions. At first, a lot of people ask me, "Should I ask questions out loud?" "Should I be in a very clear and open state of mind?" "Should I clear my tools?" And all of these questions are valid, and the answers change as you keep using the tools.

So at first, I would recommend just doing what feels right to you. And again, it's about tuning into your intuition. It's not so much about dowsing, it's feeling the answers, it's feeling whether they are right for you, whether you want to do them, whether they suggest something to test you, and I will go into that in a little bit, but yeah, do what feels right, maybe meditate for a minute or two before asking a question, clear your tools if you feel like that would give a different answer, something that is more in line.

And as we will see later on, the purpose is to let go of attachments, to let go of limitations, and this is where 'tests' come into play. Sometimes they give you answers to see how you would react, to see if you would actually do what they suggest. And here - again, we will see in a future lesson how to deal with that, how to manage these tests and the emotions that they bring up.

One of the most amazing things about these practices is that you can ask the tool anything, you know, why did they test you? What does this mean? If something happens externally, you can see the meaning that it has for you, etc., etc.

Really, the uses of these tools affect all areas of life.

So I think that's all I want to say today. We will see how they can be used in all areas of life tomorrow by focusing on eating with dowsing tools.

That's all I wanted to share with you today. Thank you so much for listening, and please head over to the course classroom to share your experiences, write some comments if you have any, or ask me any questions that you may have, and I will be there to support you on this journey.

Thank you. Have a wonderful day, and see you again tomorrow.

## **Day 2: eating with dowsing tools**

Hi and welcome to day 2, eating with Dowsing Tools.

I'm sure that you are already feeling the excitement and the thrill from yesterday, from being able to receive any yes and no answers from the universe, from life itself, about any question that is on your mind.

I remember the first time I held Dowsing Tools just feeling the potential, the support and the guidance that is available to me at all times.

And this is one of the beautiful things about this practice, is that not only can you ask any question, but it's also there the whole time.

So whatever intelligence is listening to you, it is available, it is here, it is constant and it is here for you.

What's also interesting is that you're probably asking questions out loud at the moment, but at some point you'll be able to just think the question and the tools will answer you, which proves that, again, this intelligence is here for all of us.

It's listening all the time and what we are doing through Dowsing is simply to connect with it more directly and ask what's on our mind to receive this guidance.

People come across Dowsing Tools in different ways.

I came across it because I saw a healer on stage using Dowsing Rods to measure the energetic field around different people on stage, showing that our auras are much larger when we have positive tools than when we have negative ones.

And I've heard that some people use Dowsing Rods to find water or they use crystals for healing sessions or also for eating.

And this is what we will focus on today.

As you will find out for yourself, the tool really simplifies your life because it makes decision making a lot more easy.

You don't have to think so much about things, you don't have to worry, to stress, you build a trust that everything is always unfolding perfectly, that you are supported and guided.

So with eating it's a very good example because you just ask, what should I have for lunch or for dinner?

And you go through all the options that you have and it just tells you yes to this, no to this.

Then you cook it if it needs cooking and that's it.

It's easy, you don't even have to think about it.

And as we will see in later sessions, Dowsing does that for a lot of things.

Can we apply it to relationships, mental and emotional health, to-do lists, daily routines, all aspects of life.

So let's do this with eating.

Let's find what you should have as your next meal through dowsing.

As you will see in the supporting video for the day, I have laid out the options that I have on a table and then I ask, is it this, is it this?

And wait until the answer is yes.

Of course you don't have to lay out all of your food in this way, you probably already have an idea about what the possibilities for your next meal are and you can just ask straight ahead.

Sometimes it's useful to go into your kitchen and to ask where the food is located because maybe there is a product that you can't think of straight away and yet that you have.

And that's it, it's as simple as this.

You can ask, should I have salad or pasta and sooner or later they will say yes.

If your dowsing tools don't say yes to any of the options you have, either there is another

option that you haven't thought of yet that you need to find or you just skip a meal.

Or of course, you can do what you like.

You can also have the meal as you normally would or feel into what you want and make your decision with a bit more intuition, feeling into what your body wants in this moment. But I would recommend following what your dowsing tools tell you because over time that builds trust and you get to understand that you can really surrender to these tools and understand why they guide you in certain ways.

A further step to do with food is to go food shopping with dowsing tools.

Tomorrow I will talk about going on a walk with dowsing rods, so maybe experiment with that after tomorrow.

But it's very fun.

Of course, there's a bit of triggering, a bit of insecurities about being seen with a dowsing tool in public, but that's also part of the journey.

A question that you probably have right now is, okay, that's all fine and interesting and nice and it feels good, but who or what is guiding these tools?

That's a very natural question to have at this point.

Some people say that it's your unconscious mind or the collective unconscious, others say it's spiritual guides, third ones say it's the energetic field of the earth, others say it is God himself guiding the tool.

My answer here and at this stage is that it's a useful thing to believe, to trust that it is a force for your own good, something that benefits you, that helps you discover and open up to life, to yourself, to understand your mind and body patterns, something that is here to support your own healing and spiritual journey.

And you may have also seen that it takes time, that the tools at first don't work very well, that they're very slow, that in order to use the crystal, you need to be in a clear space of mind, that you can't always ask questions quickly.

And all of these are true.

In the beginning, it takes time.

This is also an important part of the process because we live in a culture that's so fast, in which everything has to happen right now.

So actually building this trust, taking your time and really connecting with your tools, allowing the process to take as long as it takes, is part of the journey.

Of course, it is up to you how much time you make for this.

If you're a very busy person, you can just try it out with one meal or a snack.

See what the tools say.

You can also ask questions for 10, 15 minutes a day.

And as you keep building this trust, you will be naturally drawn to using the tools more and more, to seeing how they can be used in different areas of life.

So keep exploring, even if you're very busy, even if you don't have time.

Keep trying it out.

Keep listening to this course and the daily lessons.

Just have fun with it.

And actually feeling this resistance, this idea that you don't have time, is also part of the journey.

Seeing our ego patterns, seeing where we don't want to dive in, that is part of the healing.

And of course, each of us is different.

I don't know how far into this practice you are meant to go or if it is your path at all.

So again, it is about tuning into your intuition, feeling what is right for you.

Don't listen to the tools blindly or to me blindly.

Feel into what is right about the meal, about how much time to dedicate, about how deep you want to go into this.

All of this is totally up to you and your intuition.

Thank you once again for listening.

If you want to share your experience or if you have any questions or comments, please head over to the course classroom and I'll be there to answer you and to guide you further.

As I mentioned earlier on, I have also recorded a video to support you in learning how to eat with Dowsing Tools.

To gain access to the video, please message me either here on this platform or by email via the get in touch button on my website.

I will then send you a link with all the video recordings related to this course.



That's everything I wanted to share with you today.  
I wish you a very beautiful day ahead and see you again tomorrow.

### **Day 3: going on a walk with dowsing tools**

Hi and welcome to day 3, going on a walk with dowsing tools.

And yes, every next day is a bit more challenging than the previous one, and it requires a bit more courage, a bit more diving into this practice, diving into understanding life, understanding how patterns are evolving, and releasing a bit more resistance from our systems. For walking, what I have found very useful is to have mini dowsing rods.

They work in exactly the same way as the other ones, but because they're smaller, they attract a bit less attention, and it's very easy to go with them in the shops and ask, should I have this?

Should I have this?

What should I buy?

And it just tells you, and then you don't have to think about your next meals for the next week or two.

Of course, it takes a bit of getting used to in the beginning, because there's all sorts of doubts and fears.

What would people think?

Will they ask me questions?

Will I have weird conversations?

And for me it has only happened 2 or 3 times in more than 2 years, where I have actually had a conversation about dowsing because I've been walking with these mini rods, and the conversations are quite funny.

You know, I was walking near a river in my neighborhood, and someone just asked me, are you looking for water?

It's over there, mate!

Or sometimes you get weird looks, but that's also part of the building trust process, because if you know with certainty that you're doing something good for you, and you would actually recommend it to others, then it's not a big problem to walk around with these tools, because you know that they help you, they guide you, they support you.

Over time, these insecurities fade, and you can just use the tools, tell your friends about them, and be more free.

To be honest, most people don't pay much attention, or sometimes I also get very spiritual people looking at me with curiosity, so that's also nice when it happens.

What we will learn today is that nothing is random.

Even on a walk, the people you meet are there for a reason.

Their reactions are reflecting some kind of thought and feeling that is within you.

So that's also part of this whole process of trusting these tools, of understanding ourselves better, and of understanding life better as well.

So how to do it?

It's very easy.

As you're walking, you can ask the tool, should I go left or right?

And it will give you the answer.

Or with dowsing rods, it's very nice because they can actually guide you.

They can tell you in which direction to go, and when there's something that they want you to see, they stop you, and then you can ask questions about what they want you to see.

After listing a few possibilities, eventually they will tell you yes.

And with the crystal, you can once again ask, should I go left?

Should I go right?

Should I stop?

Is there something for me to see here?

Sometimes if they go maybe, then there's probably more questions that you should ask them about

the particular location that you're in.

But most importantly, as you're walking, just feel how incredible the experience is, how everything is a synchronicity, and how there is no right and wrong.

Every person that you meet is there at the perfect place at the perfect time, just like

you are.

Everything that you see is meant to be there.

Just see and feel that nothing is random.

As you use the tools, you will flow with this intelligence of life.

You will learn about it, you will feel it, and it's a really beautiful unfolding.

So that's all for today.

Have fun with it.

I hope you have a very nice walk, and tomorrow we will actually explore how you can use the Dowsing Tools to help you interpret a past situation that has some kind of meaning for you, either it has been triggering or wonderful in a way that you don't understand, and you can ask the tools these questions.

Once again, if you have questions, comments, or anything you'd like to share, please do it in the course classroom, and I'll be there to guide you further.

If you want to access today's video, in which I show you the mini-rods and how to go on a walk with Dowsing Tools, then once again please message me here or through the get in touch button on my website.

Thank you very much for listening, I wish you a wonderful day, a wonderful walk, and see you again tomorrow.

Thank you.

#### **Day 4: receiving information about a past event**

Hi and welcome to day 4, receiving information about a past event.

To be honest, I think that today is the most important lesson from the whole course because it is in the beginning that a lot of people give up.

They are put off by these dowsing tools and actually today's lesson will help you go deeper.

Go beyond this initial barrier to understand on an even deeper level how these tools can be used for anything.

How you can use the dowsing tools as your own therapist.

They can help you understand why something happened or happens.

Why something has triggered you or why something has been so wonderful for you and if you should

do anything about it.

So today we will learn how to do that and how to keep going.

How to really understand that nothing is random and every little detail of life is perfectly placed and serves a particular purpose.

I was actually surprised when I shared my journey that not many people were willing to go into it, to try it out as well, to really surrender their decision making in some areas of life or all areas of life to these tools.

When I asked people why that is or why did they stop using dowsing tools when they have tried it, they said, well, I don't feel ready or I have too much resistance still in me.

It feels like too big of a step or I felt like my mind was influencing the movement.

They started behaving weirdly.

I don't have time.

I'm afraid of what they might tell me to do and many other similar reasons.

And what I hear is I have resistance to life.

There is something that I don't trust and the tools have shown that to me straight away.

So the process is about letting go of these resistances, about diving deeper and deeper into life, learning to embrace everything that comes up, all of our thoughts and all of our feelings.

Of course, it is a lot easier to do this when we know our true self, when we know the non-dual nature of reality, the fact that our self, awareness itself is always here ever present, always allowing and embracing every thought and every emotion to simply arise.

But that's not the purpose of this course.

I have other courses that focus specifically on the non-dual nature of reality.

For now, let's focus on understanding how to use dowsing tools to dive into a past experience.

The way to do it is to think of a particular occurrence in the past and ask questions.

Is there anything for me to understand here?

If there is, they will say yes and then you go deeper by asking, what is it?

Is it about this person?

Is it about my state of mind?

Is it about something else in the situation?

And you keep exploring it, you keep asking, why did it happen?

What can I learn from it?

And really be with the response, be with the emotions and the thoughts that arise.

This is part of the healing process and as you do this process once again and over and over again, you know that this presence that is supporting you, that is listening to you, is here all the time.

Your guides are here to help you find these resistances, help you understand your mind and your body better.

So trust them, follow their guidance, follow what they have to tell you.

And you can of course start with something very simple, like yesterday's walk for example.

You can ask, is there anything to learn from this walk?

Is there anything in particular that I should focus on?

Or a person or what they were wearing or something else that I saw during the walk?

Whatever it is and keep asking questions, keep exploring in this way.

It's really fascinating to understand that there is this force, this power, this being that is listening to you, that knows you intimately, knows your joys, knows your pleasures, knows what you want and also knows your resistances, knows how much you are ready to let go of.

It just knows everything about you.

And of course, from your own experience, you can also know that the same is true for everyone else and that everyone else is known, supported and held in this way, whether they use dowsing tools or not.

There are certain aspects of life that are simply true for all of us.

One is that this being is listening to us and knows everything.

Another is that everything is always unfolding perfectly, whether people are resisting something or opening up or releasing fear or exploring something new.

Everything is always happening at the perfect time.

You can also experiment with receiving information about a past event with different tools.

Rods, for example, are a more masculine energy, a more straightforward energy.

They give a clear yes and no.

Whereas a crystal is more feminine, more gentle, softer in a way.

That's why I like exploring these past occurrences with the crystal, seeing how it holds me.

Seeing how it slowly lets me dive deeper and deeper into my mind and body.

So that's everything for today.

The message is that nothing is random and everything happens for a reason.

So if your tools are behaving weirdly, ask them why or feel into why.

If you feel like your mind is affecting your choices, ask them, is it true?

If you feel like some kind of evil spirit is guiding the tools, then that's what's meant to happen.

And here you can decide what to do.

You can ask more questions around it, or you can stop using tools for a day or two and then go back to them later.

Maybe there's a reason why they don't want to guide you for these two days.

Maybe the choices that you will make are perfect, so there's no need for you to ask for guidance, etc, etc.

Just flow with whatever unfolds, with whatever answers you receive, and most importantly, with whatever you feel, because that's your intuition and you know best after all.

Once again, if you have any comments, questions or things you want to share, please do so in the course classroom and I'll be there to support you further.

To receive the video linked to today's lesson, please message me here or via email through the get in touch button on my website

Thank you so much for listening.

Have a beautiful day and see you again tomorrow.

## **Day 5: making changes to the daily routine**

Hi and welcome to day 5, making changes to the daily routine using dowsing.

Today we'll go beyond things that we would already do, like going for a walk or eat, open ourselves up to more of the unknown. The practice for today is very simple. It is to look at your to-do list and ask whether you should add something, remove something or change something.

In this way you become more daring, more open to anything. And I know that it takes courage, and I did tell you that every next day is a bit more advanced than the previous one.

I remember early on when I started dowsing, I asked the question, is there anything that I'm doing in a way that is very wrong? And it took me quite a bit of courage to even ask this question. And at the time they said no. Now, almost 3 years later, a lot of what I do and how I do things has changed. And they said no at the time because life is slow, it is progressive. It takes time for the deep shifts to take place. So there is no rush here. Take your time. And don't worry if they never tell you to change anything. It means that you are doing everything the way you are meant to be doing it at the moment. But keep asking because

maybe one day they will actually alter your to-do list. So it's about being consistent and maintaining this sense of openness. Also, sometimes when there is fear as you ask a question, then two things can happen. Either you are ready to release that fear, then they will guide you appropriately, maybe test you accordingly, or if you are not ready yet, they won't go there and they will allow it to remain, to be as it is for now. And then one day, when you are ready, they will guide you in a way that supports you in the releasing of this fear. One way in which dowsing tools are really helpful is breaking habitual patterns of thoughts and behavior. So even if they don't make changes to your daily routine, maybe they will rearrange the structure of your to-do list, so you will do something at a time that you are not used to doing it. And that's already breaking some of the patterns, changing the structure, opening you up to being more free, more open, more flexible, helping you to find new ways of doing, seeing and feeling things.

As we will see tomorrow, we can also dive into every aspect of your to-do list and keep asking questions about the different things you do during the day. Maybe slightly change the way you do it,

or open up to new ways in which it can be done, seen, thought about and understood.

But more on that tomorrow. One more thing I'd like to add today is that maybe in previous days it felt like I'm contradicting myself, you know, telling you to surrender completely to these tools, but then also not believing them fully and feeling into your intuition, not to trust me but to trust me. And maybe you're thinking, what do I do? Which one is the best option? Which one can

I surrender to and really trust? And that is also part of the process. The way the dowsing tools have worked for me is to show me that the mind can believe in and trust each of these different elements at different times, but you have to try it out and figure this out for yourself. The purpose is ultimately to bring you back to your own body, to bring you back to feeling this energy that is guiding the tools for yourself and knowing with clarity and with certainty what is the right thing to do for you in your heart in this moment. In order to feel into your intuition in this way, they tell you listen to the dowsing tools, then listen to this person and listen to your body, and they alternate between all of these possibilities. So here, instead of automatically assuming that you have to use the dowsing tools, I would actually recommend asking the tools, should I use you before I eat, before I go on a walk, before I do this particular activity?

Whatever it is, just ask them and see what they say. Sometimes they will say yes, sometimes they will say no. And when they say no, it's about using your own body and your intuition to find your own yes and no answers in this particular situation. Ultimately, the process is a letting go of the attachment to any objective experience. So whether there is a thought of resistance, whether the tools are testing you, whether you're not sure whether to trust your body or the tools or something or someone else, all of this is ultimately leading you back deeper and deeper into yourself, into presence, into a peace that is not dependent on any external circumstances. So that's everything for today. Thank you so much for listening and I look forward to seeing you again tomorrow. If you have any questions, comments or things you want to share, please do so in the

course classroom. I will be reading all of your comments and I'm here for you if you need me. Have a wonderful day and see you again tomorrow.

## **Day 6: Going through the to-do list**

Hi and welcome to Day 6, going through the to-do list with Dowsing.

Yesterday we explored how to change the daily routine a little bit, and today we'll dive into the different activities of your daily routine and ask whether you should do them or think about them differently, whether you should do them at a different time, etc.

We have seen that nothing is random and that everything matters, and for that reason everything should be explored and can be explored, so why not do it?

When you begin asking questions about each task, for example how to exercise, how to brush your teeth, how to communicate with others, then you open yourself up to the variety of life, to seeing more of what's available.

This is an amazing way to break up the conditioning, because conditioning is really a learned pattern,

a habit that keeps repeating itself and that keeps you away from the present moment.

So by asking these questions, you are automatically present.

You are here with the thing you do, you explore it in a new way, and soon you will find out that there's an infinite number of ways to do a single task.

For example you can play with pressure, with time, with the way you move your body while you're doing it, what you are thinking about, the way you think about it, combining spiritual practices that you have learned with what you're doing in new ways that you haven't thought about before, and all of this is available through dowsing, simply by asking, how should I do this?

Or is there something I'm not seeing?

Is there something that I should think about in this situation or during this activity?

And then being with their answers, seeing how they give you a yes, seeing how they give you a no, and really feeling into every aspect of what's going on.

And you may be asking, why?

Why go there?

Why go that far?

And the answer is because we are exploring the unconscious mind, because we are opening ourselves up, we are surrendering ever more deeply, and as such we are letting go of our habits, letting go of our beliefs about how something should be done, and finding new ways, seeing how it can be done, seeing that different people do things in different ways, understanding why that is, by trying it for ourselves.

And by doing this, we naturally let go of judgments, and we reach deeper levels of acceptance.

The more we do this, the more we see the abundance, the variety of life, and how much there is to explore, how limited we have been by our patterns, by our conditioning.

So it's a really beautiful way to dive into life, to explore self, patterns, possibilities, and understand ever more deeply that nothing is random, and everything serves a purpose.

So that's it for today, a simple but deep practice that keeps you on the path, keeps you going on this journey.

Once again, let me know if questions, comments, or something you'd like to share has come up for you.

Please share it in the course classroom, I'll be there to answer you.

Thank you so much for listening, have a wonderful rest of your day, and see you again tomorrow.

## **Day 7: dowsing for work**

Hi and welcome to day 7, using dowsing for work.

Once again, we are going one step deeper than yesterday.

We are letting go of the personal realm of eating, going for walks, daily routine, individual tasks and going into the collective.

We are now dealing with work, with money, with finances, with survival.

So it becomes quite challenging here to continue to use dowsing tools for this next area of life.

But at the same time, you now know that there is an intelligence that listens to you, that can answer you, that is connected with you and everyone else, that is guiding you, helping you heal, helping you let go and surrender ever more deeply into what is, that is developing your habitual patterns of thoughts and behaviour and is helping you become more detached, more

free and more flexible in your day to day life.

So just because of that, it's probably also an easy and natural next step and if you are not ready to take it yet, that's totally ok.

I would recommend you still continue listening to find out what's possible and maybe at a future stage when you are ready, you will dive into this area as well.

What's fascinating when you use dowsing for work is that you understand that it really knows everything and everyone.

Because when you are sending an email for example, you can ask is there anything to add to this email or to remove from it before you send it.

And sometimes they also encourage you to not send it yet.  
That's because another event related to what you are writing, that will probably happen soon, will change the content of your email.  
So in this way they are showing you that they know what's going to happen and they are guiding you accordingly in the moment.  
In addition to emails, you can of course also ask what to wear when you go out to a meeting, what to say to a friend or a colleague, if there's anything that you should bring up during a meeting or conversation and so on and so on.  
The list of possibilities is really endless.  
As I mentioned before, dowsing is how I found my first job straight after university.  
I was very disappointed with the process of looking for a job.  
I actually got a job and then was told that they don't have finances for it, so I had to restart the whole process.  
Again I didn't get many replies, and if I did get them, they were negative.  
So I was really tired and fed up from applying, and that's when I remembered that I can use dowsing tools to ask yes and no questions.  
So I opened about 40 tabs on my Google Chrome, and for each of them I asked, should I apply for this job or not?  
And for most of them my tools said no, but for some of them they said yes.  
So I applied for these jobs, and I got a reply from every single one of them.  
The reply was negative, but still, that was a step further to what I was receiving before, and it showed me that these tools knew that I would receive a reply for every single job that I applied to.  
So that was already a big sign that I'm going in the right direction.  
After that I changed my question to, if I apply for this position, will I get it?  
And for almost all of the positions they said no, but for two of them, they said yes.  
And they were right.  
Then I could actually choose between the two jobs that they had said yes to.  
I ended up doing one of them for two and a half years as I said before, so it was really something that I enjoyed doing for quite a long time.  
After this first job, I had a few months off work, and then I started a new part-time job.  
And it is during this new job that I surrendered all of my decision making to dowsing.  
And it was very interesting to notice how the way the dowsing tools were guiding me kept evolving.  
They were reflecting my feelings towards the job, and my feelings were that I agreed less and less with what I was doing, and it was less and less relevant for me.  
At first I was very excited to be there, but over time I didn't want to do it so much.  
And the dowsing tools prepared me and other colleagues at work that a change is about to happen.  
For a reason that I couldn't quite understand at the time, they were guiding me to reply more slowly to my emails, to do a bit less work.  
And because I was fully dedicated to this process of understanding guidance and life, I was following the dowsing tools completely.  
And of course, feeling into my intuition whether it's right for me to behave in this way.  
And of course they were right.  
The way they were guiding me was the way I was feeling, it was reflecting my actual levels of motivation.  
The things they told me to do were what I really wanted to do, and slowly and surely they guided me out of that job in a very interesting way.  
Before leaving, I actually helped to restructure the organization by saying that one person is not doing her job correctly, and then my own boss got promoted because of that.  
Then I just said what I didn't agree with in the organizational structure, in the business model, and because it was true, it made sense to my boss, it made sense to others, and I stayed on good terms with everyone I worked with.  
It wasn't at all a bad ending of my job, it was actually what I wanted, it was an optimal decision for others as well, and it happened very gradually and naturally.  
So I'm just sharing this story to tell you that you can really trust what these tools are telling you to do, even with work.  
They are simply reflecting your own feelings through the guidance that they give you.  
So keep following them, and keep tuning back into your intuition, feeling into what is

right for you.

I hope that you have a beautiful job that you love and that you don't want to quit, because that's the most wonderful place to be in.

That's everything I wanted to share with you today.

I hope you have a great time exploring dowsing and work, seeing how we are all connected, seeing how everything is unfolding perfectly, and how this intelligence of life knows everything and every one of us.

If any question has a reason for you, I am here to support you, so please ask it in the course classroom.

I wish you a beautiful day ahead, and see you again tomorrow when we will talk about relationships and dowsing.

### **Day 8: dowsing and relationships**

Hi and welcome to Day 8, Dowsing and Relationships.

Yesterday we explored dowsing and work and how everything is connected.

How this intelligence of life knows each of us individually and perfectly.

And today we'll dive deeper into the realm of personal relationships with family members, friends or with our partner.

And here I would like to introduce the dream analogy.

In a dream, what happens is that our mind creates a scenario.

It creates different situations with a lot of people in them.

And when we wake up, we know that this was our mind's creation.

And that every person in the dream was a reflection of parts of our own mind.

In the same way, what happens in waking reality is that we are awareness.

We are one being experiencing everything and everyone.

And it is this being that we are tapping into through dowsing.

We are acknowledging that our body minds are limited.

And therefore we use these tools to experience more of life.

To tap into an intelligence that sees and knows more than we do.

Taking that dream analogy into waking life, it means that every person is a reflection of us.

Everyone is here for a reason.

And we can use dowsing to not only communicate with them and see what to say and how to be in different situations and places.

But also to understand why they are a part of our life.

If we get emotionally triggered, if we experience resistance to a family member or to a friend.

Or if we are afraid of something or someone.

We can once again turn to the dowsing tools and ask them how to heal ourselves.

What this person reflects in us.

What is it within us that gives rise to this particular situation.

And other similar questions that would help understand what is going on better.

I remember in my own journey, there was a moment which to me was truly miraculous.

I have to admit that my journey has been quite intense.

My partner and I say that we are non-duo twin flames dowsing.

Which is a very deep and complete spiritual path to be on.

When we both surrendered all of our decision making to dowsing.

There was a point where I had to go away for a few months.

I needed space, I needed to understand what was going on.

I felt at peace when I was on my own.

And a few months later she came to visit me.

And once again, as soon as she was there I felt a lot of resistance, a lot of triggers came up.

And this is a well known part of the twin flame journey.

There is an intense love between us.

There is also a lot of differences which trigger our resistances to each other and to life.

And as I was feeling these resistances and talking about them.

She said, what you are feeling is not my fault.

It is already within you.

And when I realized that it is true.

It was such a mind blowing moment because I thought, I believed.

Actually I was sure that she was the cause of my issues, of my problems.

And as soon as I saw that this is already within me.

It meant that I was releasing fear and resistance that is already there.  
And that sooner or later it will have to be released anyway.  
So I saw that it is actually helpful that she is the one that is triggering me.  
And I also saw very clearly that it was already within me.  
So of course I can't blame her.  
In fact she was actually helping me heal.  
So to me this was really miraculous.  
And what dowsing helps with is this process of finding what is already within us.  
And releasing it, letting it go.  
And feeling more of the peace, the presence, the open spaciousness that we are.  
This is what it helped me with.  
It also helps when there is a conflictual situation.  
To go within and see that it is a conflict within you that is being manifested in this external situation with this other person.  
And then you can go within and you can ask, why is this triggering me?  
What is this triggering in me?  
How can I heal myself?  
And as you let go of these blockages, these resistances, you can be with others.  
You can accept them more fully because you accept yourself a lot more fully.  
And this is why it is so beautiful to explore dowsing and relationships.  
And also to learn once again and over and over again that there is no real separation.  
That everything and everyone happens within you.  
Awareness.  
That they reflect a part of you.  
And that they are here for a reason.  
What you are experiencing is your own personal dream to help you surrender ever more deeply.  
And be yourself more and more fully.  
Of course, as with work, you can ask what to say.  
I remember at one point I started using my rods like this in conversation with my partner.  
Because I wasn't sure when to say something or what to say.  
Especially in situations when there is a lot of emotions being triggered.  
So we were both using our different tools to communicate between each other.  
It was quite funny and interesting so you can try that as well.  
Or when you are on a call with someone and they don't see your hands.  
You can simply hold your tool and see whether you should say something or do something.  
And this becomes more and more easy and intuitive over time.  
You will start to feel your tools move through your body even before they move.  
And you will know what to say just from that movement of energy through your arms.  
It's a very interesting process of ever deepening trust.  
That's all I wanted to share with you today.  
I hope you have been enjoying the course so far.  
In the next two days we will dive into guidance more and more.  
To becoming completely surrendered to life.  
Seeing where it takes us moment by moment, day by day.  
I hope you are excited about this.  
Once again, thank you for listening.  
Let me know if you have comments or questions and share them in the course classroom.  
I wish you a wonderful day ahead and see you again tomorrow.

### **Day 9: receiving messages through dowsing and divination**

Hi and welcome to day 9, receiving messages through dowsing and divination.

Whoa.

Nine days ago you were somewhere completely different than where you are now in terms of what's possible.

In terms of your understanding of life and your experiential knowing of this intelligence that is guiding all of us all the time.

Thank you for making it so far.

Once again, today we go deeper and we talk about the difference between dowsing and divination.

To me, dowsing is when we look for something that's about us.



When we ask questions about something personal like going on a walk, food, or something on our to-do list.

Divination is almost the opposite because we become the two of the dowsing two.

We ask it what we should do next and we fully surrender to it.

The way it happened for me was that after a few months of experimenting with dowsing and doing things such as the ones that I have been talking about in the last 8 days, I woke up with the thought, what if I surrender all of my decision making to these two?

And it was clear how I can do it.

The way to do it is simply to ask, is the next activity on my computer, on my phone, in my room, in my apartment or house, or outside?

And for one of those, the dowsing tools will say yes.

And then you continue asking questions.

For example, if it's on the computer, you ask is it on the internet, is it in my documents, is it on the desktop, etc. etc.

And you find what guidance wants you to do next.

It's no longer about you.

It's a selfless way of being because you just receive each next activity as it comes.

And that's a very courageous and fascinating journey because you are completely open, completely

surrendered to life.

This is what I did for one day in 2020.

And it's been almost three years since that day.

It has been such a fascinating journey, both opening me up to what is and also challenging.

But what is constant is this feeling that I am progressing, that I'm going deeper, that I'm releasing more and more of my resistances to life, and that I'm constantly guided and supported on this journey.

One way in which this was clear was that after some time, I didn't need to use dowsing tools anymore.

At one point, the answer started coming through my hands and the movements were very large, very big yeses and nos.

And I couldn't stop my hands from moving really a lot when receiving an answer.

And when that happens, you already know that the energy of guidance is really flowing through your body.

Sometime after that, you can simply let go of the tools and feel the energy moving through your hands.

This was one interesting consequence of doing this process.

But of course, take your time with this.

There is no rush.

Wherever you are in life, you can experiment with the activities that I mentioned in the last eight days, or you can surrender completely in this way for just one or two hours a day, or for a full day, and if you're very daring, for a whole week.

And just see what happens.

In my experience, and as I mentioned before, what happened was that I was still doing the part-time job then.

And even when I surrendered my decision-making, dowsing continued to guide me so that I still fulfill my duties, I still messaged my friends, I was replying on time, frequently I would be guided to call someone and they would just be thinking about me in that moment.

So a lot of synchronicities happened right in front of my eyes.

This is another way to go deeper, a way to fully surrender to what is.

I will talk more about my own journey and what happened for me tomorrow.

But for now, I would invite you to try this out, to ask the question, is the next thing on my computer, on my phone, in the room, in the apartment or house, or outside, and be open to whatever guidance tells you.

Even just doing it once is a big step, a massive total surrender and openness to anything.

That's it for today, congratulations on making it this far, I hope you enjoy trusting life fully in this way, and again, if you have comments or questions, please let me know in the course classroom.

Of course, you can use your dowsing tools to receive what you should ask or share.

I wish you a beautiful day ahead, and see you again tomorrow.

## **Day 10: guidance in day-to-day life**

Hi and welcome to day 10, guidance in day to day life.

Yesterday I shared how you can fully surrender to life, and I recommended doing it for an hour or a day or a week and seeing where guidance takes you.

What happened for me a few years ago was that I decided to just do this for a day, and I saw that my day was going in a different but beautiful direction, so I kept going and I haven't stopped since.

It has been both a challenging and very opening process, has led to massive amounts of insights, of deepening of peace and presence, of understanding of the nature of reality and life itself, of the patterns of the unfolding, why things happen, and so much more.

I can't even begin to explain what I've learned, but I'm sharing this with you now because it finally feels like things are beginning to settle, that my understanding is constant and things don't shift as much.

I also don't want to tell you too much because your journey might be completely different to mine, so I'm trying to limit the amount of expectations that I give you, because after all this is about being present, surrendering to life, and seeing what happens.

But what I can tell you is that the way you phrase questions doesn't really matter, and over time you will probably surrender the ideas of following God or following evil spirits, and reach the middle way, the neutral awareness, which is in equanimity with all things.

You also don't need to be in a clear state to ask questions, and if your journey is anything like mine, the purpose of it would be to let go of attachments to meaning, to dualities, to good and bad, or kind and unkind, to positive and negative, and it is a journey that will bring you deeply into presence, into your center, into a place where you can't be pushed back and forth by life events, because you simply are.

You know your essence as awareness, and you know the temporary nature of objective experience,

so you're not swayed by any of it, and you understand more and more fully the non-dual nature of reality.

What I do know for sure is that no matter how deeply you want to go into and experiment with guidance, with intuition, I know that you are in good hands, and again if you have any questions or doubts, if you have tough emotional experiences, a lot of triggers, then I am here to help you and to support you on this journey.

Most importantly, have fun, keep exploring, follow your intuition, listen to your heart, keep growing, learning and evolving.

Thank you so much for listening to this course, I hope you have enjoyed it.

Your feedback would be very valuable to me, and as I have mentioned, I have a website where I also offer one-to-one sessions, other short courses, and a long six-month program called Applied Non-Duality, the Art of Living in Freedom, the purpose of which is to dive into different aspects of presence and fall deeper and deeper into the now, surrendering more and more fully to life.

If you'd like to be part of a community of like-minded people and continue these explorations, then please ask your tools to see whether you should connect with me to find out more about any of my other courses or this longer program.

Thank you so much, I look forward to staying in touch with you, and hopefully see you very soon.

## **Q&A**

### **Petalyn**

Q: If there is not 'right' or 'wrong' answer, why use a dowsing tool at all?

A: Great question, Petalyn! In my experience, the purpose of the dowsing tools has been to help me return to the knowing that there is no inherent 'right' and 'wrong', but rather there is simply what is. Although many times they have been correct and told me the 'right' answers - for example about something that would happen in the future - there have been also many occasions in which they have told me answers that have turned out to be wrong, in which they have 'tested' me, or given me unclear guidance that would make me act a certain way for a particular purpose that I would understand later. Ultimately, what they have taught me is to trust in the unfolding of life as it is, that everything is always unfolding as it should, and that I can fully trust their answers

because they are always 'right' from a Higher and more True perspective than what my separate mind can understand 🙏

Q: Very good. Thank you

### **Petalyn**

Q: I asked a yes/no question but my rods suddenly pointed to the left instead of opening or closing as they normally would. Has that ever happened to you and if so what might that mean?

A: I would recommend going in that direction with the rods - maybe they want you to see something that's on the left? Later in the course I also suggest asking the tools themselves why they move in unclear ways when they do. Hope that helps! 😊

Q: Thank you. Good idea

### **Ziba**

Q: Hi, thank you for the course. I am new to this concept and have no idea what to do to find a dowsing tool?

A: Hi Ziba, thank you for your comment 😊 As recommended on day 1, you can create your own out of everyday materials such as a coat hanger, a pendant, or a branch. To create a dowsing rod, please have a look at [this website](#), and [this link](#) tells you how to go about creating your own pendulum. Otherwise you can also buy one from Amazon or other retailers. I'd recommend searching for 'types of dowsing tools' and feeling into which one(s) resonate most with you 🙏 I hope this helps!

### **Anthony**

Q: I noticed feeling tired and hungry after a dowsing session. Is this expected and what can I do about it ?

A: Thank you for your question - yes, it's not uncommon to feel a bit tired after dowsing, especially when you are new to it. It is due to the energy required to dowse & to the focus and concentration needed during the session. I'd suggest keeping your sessions short to start with, maybe a 5-10 minutes at a time, and to continue with your day as usual before and after that. Also, make sure that you rest, stay hydrated, and eat well during the day 🙏 ✨

Q: Thank you very much for your response . I would keep that in mind in my next sessions! Does it get better with daily practice? The process I mean

A: Yes, it will get easier, more intuitive & quicker with daily practice 🙏

### **Anthony**

Q: Thank you so much Boyan for the course and your support! I'm loving every bit of the process and life is more joyful !

A: Great to hear, Anthony! 😊 ✨

**Kathy**

A: I have had a pendulum for a while, but didn't trust it so I stopped using it. At this point, now that I am trying it again, I feel I am getting clear answers. I asked the gender of my unborn grandchild and it was definite. Is there a possibility I could get the wrong answer and if so, how would you look at that? That is just an example I have been wondering about. I am halfway through the course.

I have a lot of curiosity and am excited to go further with this. Thanks.

Q: Hi Kathy, Thank you for your comment! It sounds like your journey is similar to mine - starting to use dowsing tools and then not trusting them for some time before starting again :) Great that you are getting clear answers. Yes - even when the answers are clear, it is still possible that they are wrong. Over time and with practice, you will begin recognising that they often give unclear or wrong answers when we ask questions from a worried or anxious state of mind, and feel like we really need to receive the right answers. In my experience, their purpose is to bring us back to Presence and to allowing what is, which also means letting go of specific outcomes and remaining open to their guidance even if it is not what we want to hear 🙏

**Samantha**

Q: Hi, do I need rods or can I use a pendulum?

A: Hi Samantha, thank you for your question - if you have a pendulum already and it gives you yes/no answers, then you can just use that. You could also ask your pendulum whether you should buy rods or not. Ultimately, the purpose is to begin receiving yes/no answers in whatever way works best and most intuitively for you :)

Q: Many thanks 🙏

**Pjae**

Q: It's interesting that I came upon this class. I didn't know what dowsing meant so listened to your intro. I used a black onyx necklace that has meaning to me. After I discovered what was "yes" and what was "no", I continued listening. I'm struggling with increased snacking so when I heard the 1st class was dowsing about food I felt I'm supposed to be in this class. I look forward to learning more.

A: Hi Pjae, Thank you for joining this course and for your comment. Wonderful that you already have a necklace that you resonate strongly with! And yes, nothing is random and I'm sure you're in the right place 😊 As you progress with the course, you will learn about ways to tune into your intuition and ask your spiritual guides about where this desire to snack is coming from, and hopefully they will guide you through it ✨

**Kathy**

Q: I use a pendulum, rods, and usually my body when asking questions. I love crystals but am not at all familiar with using them as a dowsing tool. Fascinating.

A: Hi Kathy, Thank you for your comment. Great that you mentioned using the body as a dowsing tool, too 😊 Yes, it is fascinating, and the more you dowse, the more you find things that you can use as dowsing tools as well ✨

## Robert

Q: I have heard of “dowsing for water” or hidden resources beneath the earth by walking and holding out “rods” to see if they “cross” or respond. I have seen videos of this procedure and wondered if there was “any sort of manipulation” by the walking holder. I have not heard of it being used for “esoteric questions”. Why is the “crossing motion-or convergence” considered a positive? Why are “perpendicular motions by crystals” considered reactive +/-? How are steel or wire coat-hangers bent @ 90 degree angles comparable to quartz crystals dangling on chains? Are they responding to some magnetic (lay-lines?) criss-crossing our planet?

A: Hi Robert, Thank you for your questions. As you will find out through the course lessons, my approach to teaching dowsing is to show others how they can experiment with the tools for themselves and explore the truth of the answers that they receive. As such, my recommendation would be for you find your 'yes' and 'no' answers (they can be different for each person), experience whether or not you are manipulating the tools as they move, and maybe also ask them the questions that you have asked me and see what answers you receive 🙏 My hope is that this reply doesn't put you off from exploring further, but rather encourages you and opens you up to discovering how the tools work for yourself. You may find that they often lead you to a place of 'not-knowing' and with more questions than answers, which is a natural part of exploring the unknown and unseen realms. This state of curiosity and surrender is what would help you tap into your intuitive knowing and eventually live from a place of Presence and acceptance of what is 😊✨

Q: Thx, Boyan, well said. I will endeavour to do just that EVERYDAY...even when I am not “attempting to dowse” Mindful in the moment. Namaste

A: Sounds great, Bob! 😊🙏

## Launa

Q: Hello Boyan! Thank you for this wonderful course. I used to do use a crystal pendulum to get answers. I didn't know it had an actual name of Dowsing. Although, I would get very big swings with my yeses and no's, it all felt so random. Even though I wanted to trust the process, the answers often didn't make sense and just felt more like a fun novel thing to do.

As I am now working to become better connected with my spirit guides, I'd like to give this another go with the information I learn from you.

I'm buying a new pendulum online. Do I need to clear the energy of this before I use it?

And if so how do I do that? 🙏🦋

A: Hi Launa, wonderful to hear that you've previously already used a crystal pendulum intuitively without knowing that it's called dowsing 😊🙏 Yes, it is a good idea to clear the energy of the pendulum when you first use it - you can do it with sun/moon light, incense sticks or a candle, sound bowls, reiki/visualisations etc. A quick online search will probably give you a few best options for your particular pendulum type, and then you can feel into which one resonates most with you 😊✨

## Alexis

Q: Hi! I asked a question and got a yes response. That yes response was shocking to me so after about 5 minutes later, I asked the same question (because I was super surprised and caught off guard) and got a no response. What does this mean? How do I know which to follow and focus on?

A: Hi Alexis, Thank you for joining this course and for your question. That happens sometimes when you are meant to feel into both answers until the right one is clear for you. In this case it seems like you already knew within you that a 'yes' response would be surprising or even shocking, so it looks like the 'no' response is the one to follow and focus on. Remember that you can also ask your dowsing tools whether the answer I'm giving you here is correct for you & why they gave you two different answers five minutes apart. I hope that's helpful 😊 🙏

### Luci

Q: You talk about asking "what" "how" "where" "when" questions with dowsing. How to do that with a tool that provides "yes" and "no" answers? Thank you. Enjoying your course.

A: Hi Luci, thank you for your question. The way to ask these types of questions is to come up with potential answers to which the tools will answer with 'yes' or 'no'. For example, 'what should I have for lunch - is it salad? Is it pasta?, etc.; 'how long should I cook the pasta for - is it 5 minutes, 10 minutes' etc.; 'when should I have it - is it at 12pm, 1pm' etc. Please note that each consecutive day is about using the dowsing tools in a slightly more advanced and applicable ways. If these instructions weren't completely clear on day 1, they will start making more sense from day 2 onwards. I hope this answers your question 😊 🙏 ✨

### Luci

Q: When you refer to "they" and "them", you are referring to the dowsing rods and not that something outside of the person using them is providing answers. Is that correct?

A: Hi Luci, thank you for joining the course and for your question. In the lessons I purposefully use 'they' and 'them' in a broad and unclear way. There are various beliefs around what is making the tools move (the body's intuition, the (collective) unconscious mind, your spiritual guides, the energetic fields of the Earth), and to this day I cannot say which theory is true since we are talking about a subtle and unseen realm. I say a bit more about this on day 2 of the course, where I also suggest that the most helpful approach is to trust that whatever moves the tools is a power that is there to support your growth.

### Jack

Q: Do dowsing tools give deeper answers than the intuition of the body?

A: Thank you for your question, Jack. The answer is that yes, they do. At first, it is the intuition of the body that leads to the usage of dowsing tools, but intuition and guidance are two different things. Intuition relies on information that you have gathered about yourself and the world, and it uses that to inform decisions. A dowsing tool is guiding you



with all of the information about everyone and everything in the world, and possibly more. As such, by using a dowsing tool you are guided by a Higher Mind. Intuition knows this, and continues along with this Higher guidance as you learn to trust and surrender to Life on a deeper and deeper level 🙏

### **Maggie**

Q: Hi Boyan, I am not sure I trust myself to show me the correct answer to my questions. I feel like I can secretly manipulate the answers to what my Mind is thinking. It's like I am always second guessing and not about trusting the universe. Its about trusting myself.

A: Hi Maggie, thank you for your comment. Yes, dowsing is definitely about trusting oneself, and realising that there is no division between the body/mind and the world. This feeling of manipulating the tools is a stage that will pass. Maybe you can practice by asking questions which you don't know how to manipulate the answers for, like going to a new place and asking what to see / explore there? It is likely that the tools will take you somewhere your conscious/unconscious mind couldn't even imagine, which would in turn create trust that it is not you manipulating the tools 🙏✨

## **Beyond intuition: trusting guidance**

Hi everybody and welcome to this one-hour live event on beyond intuition trusting guidance and  
This is a one-hour event because it is a big topic for me. It's the first time that I will be sharing my journey with this  
It is of course related to everything I have shared so far to the courses that I have published  
But it's from a slightly new and very exciting perspective  
So as always the event will start with a two three minute meditation  
Followed by a talk and then questions and answers  
So if anything comes up for you at any point during this time  
Feel free to ask me your question in the chat and I will do my best to answer it  
Let's just all take a deep breath in  
And close our eyes  
And just arriving in the present moment  
Noticing that there are thoughts and feelings and  
Sounds around us  
But most importantly seeing the space of presence of awareness  
That everything arises  
In awareness and fades back into awareness  
This space is an aware space a space of presence it is not  
Just  
An empty space in which experience arises, but it's actually a  
An intelligence  
Each unfolding happens for a reason it has a meaning  
No thought is random no  
Feeling is random no meeting is random  
So be with your experience knowing that it is perfect exactly as it is  
You can remain in meditation for as long as feels comfortable and  
Really the talk that I'm about to do will just unravel a bit more  
What we have experienced in this short meditation and  
Explain how is everything perfect is it is it really true? How can we know it?  
experientially  
And

I will start at the point in my spiritual path where I  
Came across a  
Teacher who focused on  
Explaining charisma and  
Charisma is this untouched phenomena. It's very hard to define what it is. It's very hard to  
Point to and say okay, this is charisma because different people have  
Charisma and also very different types of charisma some charisma is kind of shy and and more  
reserved that the charisma is more  
open and and you know communicative and  
talkative  
And her way of studying charisma was  
Through kind of  
Less known methods and one of these methods was dowsing  
so what she did was that she would  
Take someone from the audience on the stage and then she would  
tell the person to think an unhappy thought and  
Then through dowsing rods she would measure the aura of the person  
the aura that the person emits when thinking an unhappy thought and then when thinking a happy  
thought and  
You could see that the the dowsing tools crossed much further  
Away, so the aura was much bigger much more open when the person was having a happy  
memory  
Contrary to when the person had an unhappy memory. It was much much smaller much more  
confined  
And then she told a funny story that she sometimes uses dowsing rods when her kids misbehave  
and  
When she asks well who did this who who was responsible for  
For this this mess for example, and the kids would obviously point to the other  
So she didn't know based on their reaction who was really responsible so she asked her dowsing  
to her dowsing rods  
You know who who did this and the dowsing rods would of course point to the person who did it?  
so and  
The kids reply was so I don't like this too at all. It's unfair  
So after this I actually used  
Dowsing rods to to find a job  
Because I was very unhappy with the process. I kept sending my my CV my applications and  
People didn't open the email or didn't respond  
So I rarely get got replies and the replies I got were negative. So at one point I just opened  
30 40 job offerings on my laptop and I asked the dowsing rod should I apply for this and  
They said no to most of them. They said yes to some of them and every single one. They said yes  
Actually, I got a reply from and the reply was was negative, but at least that was something so  
then I changed the question to  
if I apply to this job, will I get it and  
Then they said yes to a few jobs. So I applied for them and I did get them. So actually my  
First encounter with these two was to find the job that I did for two and a half years and was quite  
helpful  
But  
Then when I kept using it kept asking questions  
It said well you won't stay in this job for very long and you won't stay  
With your current girlfriend and I didn't like these answers  
So I said no that's wrong and I I put the two off for a bit and I didn't use it  
And then I studied  
Law of Attraction and there was a 20-day program and one of the days was well imagine if  
if God or the universe or the intelligence of life is your manager and all you have to do is just  
Relax meditate and receive what to do next  
And that was very powerful because then the decision-making what was kind of  
Surrendering I surrendered my own  
Tools about what I should do where my life is going what I want to  
to achieve etc to this  
higher intelligence that just



Gave me answers that I knew intuitively or felt were right  
then I studied a course in miracles and  
There of course you hear a lot about following the Holy Spirit and listening to the voice of God  
So at one point during the course, I could literally hear you know  
walk this way or go that way or talk to this person or do this next and  
It was it was powerful, but I had this doubt I had this doubt  
Am I just making this up or is it actually actually true actually real actually the voice of God?  
And  
then I discovered  
non-duality and  
There what we see experientially is that  
Tools come to us. We are not generating our tools and  
Tools lead to movements to  
conversations to actions, so actually our movements are already  
Happening if there's no doer of the actions and there's no thinker behind the tools and this is how  
life  
naturally and effortlessly  
unfolds  
So basically the message was there is no free will  
And I love that idea, but I felt like  
Something is not quite right  
That I am somehow  
Faking it because I'm still making decisions day to day  
So I I wanted to understand this follow the Holy Spirit follow  
You know manager on a more  
Actual level more physical level more  
clear way  
Here I have to say that  
While studying the law of attraction I also came across  
Synchronicity walks and these are very fun to do  
What you do is you have one or two hours of  
No agenda. No decision-making nothing and you go out and you roll dice and you have  
Parrot cards and you follow your intuition you follow pictures and you follow the dice  
To to guide you wherever and there was so many  
beautiful messages beautiful encounters beautiful gift-givings through these  
synchronicity walks that  
Was a really fun fun experience  
And that's when I met my my current  
Girlfriend and the synchronicity walks I did with her were just beyond  
Anything that I had experienced so far they were in London and went on a boat trip and  
We rank people randomly and said I love the number five and that's why I ring you and the  
reaction was just  
Random but also joy and fun. You know that so it was just very fun to  
To explore life in this in this way  
and then with her we did way of mastery where again says, you know,  
Entrust the Holy Spirit with all your choices  
You don't even decide when to turn left when to turn right just let God guide your body and your  
movements  
And  
then in 2020, so about exactly two years ago, I  
Started using dowsing rods again. It made sense that all of this knowledge  
Combines with this too. It's a very  
accurate clear  
straightforward answer  
So I asked you know, should I do this event? Should I talk to this person? Should I?  
Whatever I had to do during the day I asked before  
should I do it and  
Of course me being me I wanted to to challenge this  
Authority so at times I didn't follow what they said they said yes talk to this person or  
Yes to this event tonight. I just said well, let's see what happens if I don't

But any time that I actually followed them they were right  
It turned out that it's the right thing to do in one way or another. I just knew that this was a  
Good thing to do and when I did when I didn't follow  
What they said something didn't quite turn out as I wanted it or as I thought it should have  
And then one day I woke up with this thought  
What if I surrender all of my decision-making  
to this tool and  
So what I did was I asked the question  
Is the next thing for me to do on my laptop in my room or outside or in the kitchen, you know in  
the house?  
and  
Slowly and surely they they guided me through  
through everything and  
What to do next  
Where is it? What is it with so many messages some of them were for fun and joking  
others were completely random like  
The there's also I don't know if some of you have ever  
doused before and I will show you how it's done a bit later, but  
Sometimes there is a kind of a test  
so the answer is purposefully wrong and  
The first time I discovered that there were such tests is when I  
I followed every single decision and then at one point they said okay now move your socks to the  
kitchen  
Now it's like  
Okay, wait a second  
why would God ever want me to move my socks from my room to the kitchen and  
And that's when I realized oh, okay  
so some of the answers that you are giving me that you have been given giving me are actually  
tests and they're there to  
Help me tune in into my own thinking and feeling and see if it actually feels right to me  
so there's this also this process of  
Communication with the two where  
It tells you something but you also feel whether it's it's right but it's a test or or not a test  
Yeah, and it's just been for two years I have been on this journey of deepening my  
my understanding and my presence because really what the the purpose is to  
to deepen your  
Understanding of life  
and another very cool thing is that anytime something happens a bit out of order like  
your toast burns or  
You hurt yourself  
Just something that seems small it actually has a meaning and you can ask you can ask your to  
well  
What is the meaning behind this and why did it happen and they would tell you?  
So I will just show you how it works for those that are interested  
These are dowsing rods  
And  
Usually or at least for me I know is this  
it just turns behind and the yes is this goes forward like this and  
Then they can also guide you in different direction, you know left, right?  
and I know it seems like I am the one doing the movement but  
When you try to really feel that they just move on their own  
And this is like to me it was so amazing to just receive an answer  
through these tools moving like this and  
For my girlfriend, for example a dowsing rod  
Didn't work so she had to use a crystal and it's kind of the same for me  
It goes yes forwards and it goes no  
When you when it goes left and right like this it's quite hypnotic especially in the beginning to  
Watch this to move left and right  
Alana I'll just go to your question. Are there any particular rods you would recommend?  
There's lots of dowsing tools. So actually what I would recommend is

Googling, you know  
dowsing tools  
seeing everything that comes up and see what you're what you're drawn to  
because  
Yeah, I don't know I think different people are drawn to different ones and different things  
so  
Feeling to it and see what would work for you  
otherwise  
It's very it's very easy to buy  
It just costs not not very much and it's so much fun to to ask questions  
So Annette you say I'm not understanding the dowsing tools I popped in a little late  
To summarize it's just the way to  
To ask a question and then get a very straightforward answer  
but also you need to be aware of of tests because sometimes it it gives you answers that are  
obviously  
Wrong or incorrect, so it's a process of asking the question and then feeling in for you whether  
that's right or wrong  
and  
some of the benefits that I found straight away were  
First not choosing what to eat, you know, it's like you asked me to what should I eat for lunch?  
What should I have for breakfast and it just tells you  
Again  
You have to feel into whether it's right for you and the more you use it the to the more your  
intuition develops and the more  
you  
intuitively know what to eat and then  
eventually, maybe you can even just  
Sit with the question and then you get the image of from your lunch or your breakfast  
Another thing that was nice was not to  
Think about when to message someone or when to call someone they would just say, you know  
message  
this person  
And you mess them or or also with my partner to know when to to say  
Something or not to say something and actually a lot of the time they they just make me  
be quiet be present and  
And listen  
And Nicola you say can you talk a bit about what happens if the dowsing tools don't work  
You mean when they give a wrong answer or  
Or when they don't work because also for some people and I have suggested this to two friends  
and they simply are  
Not ready yet, or they don't feel drawn to it or the food just doesn't work  
And that's like it happened to me, you know early on  
When they gave me answers to to put me off from using the the tool  
so that's also meant to happen and  
That's also part of everything is unfolding perfectly  
If the tools don't work I  
Think if they give a wrong answer  
Or if the answer they give hurt someone or in some ways  
Is inappropriate then then you you know this and you can again actually you can be with the tools  
you can ask them  
Well, what?  
Why did you suggest that I know it's wrong and  
Sometimes they insist and they insist but you have to keep  
questioning keep questioning and the beautiful thing is that if they really  
insist on something  
then the  
The courageous thing is to actually do it to actually say something to someone that feels  
inappropriate or  
You know to dive into it because it is relevant in this case  
It is still relevant for you to and the other person so it will

To generate some feelings it will generate some  
Insecurities in you that you then process and and do it and again return to to presence  
And it is relevant for the other person as well  
Who are they is a great question  
And it is a question that the reason why I shared this only two years later is because these tools  
Can and it also depends on each of our journey  
But they can unlock this dark night of the soul  
So a lot of times I doubt I doubt it so much what I'm doing. I  
Have no idea who is it that's guiding this is it really this God or is it some evil spirit? I don't know  
So the real answer is it's it's your guides  
Straight away a hundred percent. It's  
It is your your guides that want the best for you that want you to  
To lead the light that you want to lead that want you to be free and happy  
And so they know  
What you want and they also know what is keeping you from what you want so  
They are the ones that also trigger these insecurities in you but knowing  
That they lead you in in the direction that you you want  
Yes, and it's beautiful because you always feel this strong support you always feel this  
This presence  
It's always there  
You can always ask a question at any time you you wake up you you know in the middle of the  
night  
You you have a dream you can ask questions about the dream that they're always  
always there to to guide you and to help you and it's also beautiful because  
It's like at some point because you you go deeper and deeper into this process then the tiniest  
little  
Events in the world out there can trigger a massive amount of  
resistance and emotion so actually and this is both, you know difficult but also very good because  
it means that you don't have to  
To screw up a lot. You don't have to hurt many people to  
really get into a situation you don't want to be in but it's like the minimal amount of  
Things going wrong  
Generates all of these memories all of these feelings all of these things that are then just  
Processed and allowed to flow through you  
Adela you say you said they didn't work for your girlfriend. How did you recognize this?  
Well, because she told me that  
You  
At times they don't work or they move a tiny bit and it's she has to focus a  
lot and it just takes a lot of effort whereas  
As you as you probably saw and then the movement is actually quite quite easy and effortless  
So if it doesn't work you can try with a different tool or you can  
Wait a few months keep exploring your your true nature and the nature of life and then come back  
to this  
Susan you say I was just going to ask you what kind of crystal instead  
I grabbed the turquoise necklace and held it near my stomach  
It started moving back and forth left and right slowly at first and then much quicker  
I asked the simple question and it immediately started moving forward crazy. How do you know  
which direction is yes? No  
Just ask it. What is yes, I  
Need to show you or or you can also ask  
Is my name Susan and it will show you yes  
Or ask also a question to which the answer is no, I need to show you a no  
Alana and you've all that's great that  
You already know how to how to use this  
It is crazy and I think these first moments are actually the  
some of the most beautiful one because you just see the  
there's just so much in this one moment one answer because  
First you know, it's not you moving it. It's not your body doing the movement  
second you recognize

That you can ask anything and it will give you an answer which is by itself quite quite amazing and miraculous  
Yeah, third I think there is this feeling of presence and support that is that is just there  
the reason why I'm so excited to be sharing this is because I  
Haven't heard of anyone else who who has done that for for two years, you know  
surrendering every single decision  
to this tool  
And I have to say here that my journey is quite thorough  
With my  
Girlfriend who is now my fiancée we we joke that we are  
Non-dual  
Dowsing twin flames  
So  
Non-duality to me is the last stage of the spiritual path  
Twin flames is you know, this one soul that has divided and is now  
reuniting and it brings so much  
We bring so much stuff into it out of each other and we love each other so much  
but it can be very challenging at times and  
Dowsing is this surrendering every decision. So  
Yes  
I haven't heard of anyone else who is on our path  
But I do think that this would work for a lot of people and it's it's very nice because  
You know, for example non-duo teachers say  
I  
Everything is already within I'm not your teacher. I'm just pointing pointing to who you really are  
And I knew at some point that I have to to let go of a of a physical teacher and  
To me this too was receiving guidance  
Directly from from my guides from God  
So it's  
It's like having God as your guru as your teacher  
Adela you ask so is it your subconscious that already knows the right answer and influences the  
tools through the vibration  
No, it's deeper than this. It's  
So the way I see it now is something like  
you know God is this  
present awareness all encompassing all embracing and  
Then because there is the idea of separation  
There are many layers of this separation  
And one layer is us, you know as individuals on the world in the world  
but there's also now another layer of like the guides our spiritual guides and then the  
angels and then God after that so  
An  
Individual subconscious mind only goes as far  
And as deep as that individual so  
But to me the guides are beyond that  
And they they have information that  
subconscious  
Doesn't have and I remember for example, I went to a new flat  
With those dowsing tools and my subconscious had no idea. What's in the flat  
I don't know what I asked but  
They just guided me. I think show me something amazing about this path. I asked something like  
this and they just  
Guided me through to a terrace with this beautiful super large candle that I really loved  
And  
That's one of many  
Experiences where it's clear that it's not my my subconscious mind, but something  
Something that sees  
every maybe not everything but a lot more than my individual body-mind and  
Something that's that's  
That was quite shocking is how they know my guys know my thoughts

It's  
Like  
It's like I wouldn't even ask a question at one point. I wouldn't even ask the question  
But I would think you know  
My two is in my hand. Let's say and I would think oh I want  
Pizza for lunch or something and they just go no  
And I'm like wait a second. I didn't ask you anything  
So they they know each thought and the depth of the subconscious mind as well  
Adela it's great to be skeptical. I am to this day. I'm skeptical, you know  
And it's just amazing to witness the unfolding to this how  
How a resistance is just reviewed to be a temporary  
Limitation and then when it's shown clearly in your experience  
Then it's released and you can let go of it  
So it's this constant process of returning to the presence on a deeper and deeper level  
And  
Again I want to say that what I have been exploring is  
Linked to everything I have shared so far and  
I have included a lot of my learnings through these tools in my courses  
So if you don't feel ready to try them out yet  
Maybe you can focus on  
Understanding your true self understanding life and then try them out  
But some of the key learnings that I've learned is that this reality is really  
Like a dream so, you know in dreams every single occurrence every single person  
Every single thing that happens has a meaning and is a projection of your own mind  
So in the same way here  
everything that happens seemingly to each of us is  
Has a meaning that's specifically designed for us  
And  
We are all that there is all of the experience the body the mind  
The people mean we need things we see  
The things we do everything is really our true self unfolding  
The second learning is that  
we are always processing our emotions even when it seems like we are not even when we  
Feel like we can be doing something better or we're not spending our time well  
We feel like nothing is moving in the direction. We want it to move in  
Actually, that's perfect. We are simply feeling  
the resistance to the resistance and at some point that  
opens up and  
You just  
feel the resistance and return to a  
Deeper place within yourself a deeper presence  
So this message is also beautiful because  
It means also that there is an end to our suffering. You know who we really are is this  
Pure changeless awareness that is always constant always here always present with us  
And our suffering is limited and temporary  
sooner or later  
It has an end because it is not  
Reality itself. It's a  
manifestation of reality  
It's a form  
Any form has a beginning and an end?  
And the other two things are that  
First there is no free will and  
Especially in the beginning they showed me so much how  
They knew what was going to happen and they said okay now this will happen and it happened  
But eventually, of course the purpose was to  
To bring me back to presence to a deeper trust  
Knowing that everything is unfolding perfectly. So not even needing to know the future  
And  
the aim of life ultimately is to

Process all of our resistances to it is and to become evermore present  
Marilu that's great that it's so amazing because I think a lot of spiritual people have these tools  
and  
It means that all the answers that they are looking for are right there  
It's just about thinking and being open to  
Asking the questions, you know ask and it is given  
Kate you say could the answers be from your own spirit or higher self?  
Yes, and one of the  
Purposes again of this well of life is to remove all divisions is to understand that  
Who I am  
Is this boundless awareness which takes an  
infinite number of forms and  
I'm not only this body mind  
Although this is my experience. I'm looking from this perspective  
but  
all other perspectives are also me and  
the guides that guide this  
expression of awareness  
They they are also me and  
There is there is simply just one being unfolding moment by moment  
From the perspective of this body mind, it seems like the answers come from somewhere else  
But really there is no no separation  
Me asking a question the guides giving an answer the  
Experiences that unfolds all of that is  
It's just one one experience with it in reality. It all happens simultaneously without division  
Jennifer you say can the directions for yes and no change. Should you ask what they are each  
time you use it?  
Yeah, I think anything is possible and the way they guide you is to  
for you to  
Follow your own intuition more so if you feel like the answers change  
Then you can ask them have the answers changed you can ask them why  
You can tell them stop annoying me  
All of that is  
It's part of the process  
And if you feel like asking each time you can ask each time  
At some point, you know, it is it is an evolving process and the way they guide  
The way they have guided me has changed many many times in the last two years, so  
That is because in order for us to transcend an experience  
We need to experience it first so  
It's like  
Let's say you're on on step one of the journey in order to get to the second step  
They they say things to get you to the second step, but then these things  
They can't use them to get you to the third step because the third step is different than the  
second step  
so the guidance changes in accordance to where you are on the path and  
It's yeah, it's a step-by-step process I remember in the beginning I often ask  
Ask God is that you guiding me?  
because sometimes  
They made me run in circles in my room. Just go in circles and I'm like, what's the point of this?  
You know, what why?  
Why are you making me go in circles? This is crazy  
But  
It's it's part of the journey. It's just triggered that that emotion to trigger this this doubt and  
Eventually when you when you see why they do it when you process what is being triggered it  
changes and then  
They give you some other nice experiences or some other triggering experiences. Whatever is  
Is needed in the moment?  
Mary Lou you say I always wondered if by using the tools I was taking away from trusting in God,  
but I see differently now  
Yeah

The experiences I've had in the last two years the amount of releasing the amount of opening  
Just what they have shown me and how much they know about me I just know that  
It's a it's a loving guidance  
Carlos hello boy. I'm and everyone first time joining you the divine guided me here really resonate  
with what you're saying  
I'm glad Carlos and to be honest. It's the first time that I  
Speak about this in this way  
And I'm glad it resonates  
Claire I just joined so curious about question methods the guides like what is the Stefano I  
realized I missed a lot  
Yeah, I don't know if  
The guides have names I  
I haven't laughed or they have simply told me that I don't need to know that  
But I do know that each of us has somehow  
individual guides and what they say what they tell you how they guide you is  
It's relevant specifically to you  
And they know what would work for you. They know how you think they know  
How far they can take you at each moment  
So yeah  
Kate thank you. That makes perfect sense  
great  
Adela very interesting good a dowsing rods have to be charged like crystals or blessed in a way  
So in the beginning I did that a lot I used to clear my dowsing rods with  
Incense and  
Other methods  
Because  
and that's also  
another  
kind of belief to let go of because they guided me wrongly according to my  
Separate mind so I wanted to to clean them to clear them to make sure that it's it's God's  
Guiding me and not something else  
But  
Again these beliefs in separation, you know between God and something else. There is nothing  
other than God. So  
ultimately  
You you will you will feel you will know in your experience that  
Whatever they they guide you to do is perfect in the moment, but by any means if you do feel like  
Charging them or cleaning them or blessing them do so. Absolutely  
Victoria what if one has questions that are not yes and no answers  
Well, this is the limitation of the two but it's not really a  
Limitation  
If you if you can type in a question like this I can show you how to  
Transform it in one that has a yes or no answer  
but also sometimes they they guide you to a  
Video so, okay  
Just to say because I think a lot of people don't think about is because they think that any  
question  
has to have a yes and no answer, but  
What I I woke up one day and decided that I will ask any  
All my questions to these tools  
So I just said is the next thing on the computer is the next thing in the room. Is it outside?  
and then each of these questions they say yes and no to and  
Sometimes they say you know, yes, it's on the computer. Then I ask is it on Chrome is it  
on  
YouTube is it on  
my computer and then they say yes to all of these then you you can scroll down and  
They will show you a particular video they can show you a particular time in that video that you  
should see in the moment  
So there's a way to to work with the tool to make sure that you you get the right answers  
And also I want to say in the beginning it's a bit of a it's a bit slow



you know to to start using the tools so and and the beauty of that is that  
You you really free free yourself up and you you spend a lot of time  
just discovering the next thing to do and sometimes it's just watching a  
One minute extract from some kind of random animal video on YouTube, you know, but that  
already  
Wease you up in so many ways because I'm because becomes less relevant  
This idea of having one strong purpose that you must fulfill in your life becomes less relevant  
The idea that you need to know what to do next and it's super important becomes less run  
So you open up you open yourself up in so many ways just by  
Taking the time to really follow and study the answers of these tools  
Claire thank you Adena. Thank you as well  
Adela yes, they were right. I  
Just didn't didn't want that to be the the outcome because  
It was a job that I just started it was a relationship that had just started so it was actually quite a  
daring question to  
To ask and I also didn't know that they could they could test me  
They could easily have tested me just for me to stop using the tools for a while  
Yeah, exactly. I was I was resisting  
It played on my doubts and my insecurities  
You know  
On my desire for one particular type of life with one particular person  
All of these things  
Marilu you're welcome. Thank you for being here. Thank you everyone for listening  
And I think  
Actually, I would I would recommend  
That you maybe don't start straight away with every single decision  
Start with  
You should I should I do this thing or should I need this thing, you know something simple  
Maybe for  
Even like 10-15 minutes a day. You can look back at your day and and simply see you know, why  
did this happen?  
Should I have done anything differently and just start building this disconnection with the two and  
then  
Eventually  
When you feel more and more ready to come naturally to you to to follow it completely or not  
Both of which are fine  
It's so nice to to be with you and to be sharing this with you  
There's a lot of things I don't know  
For example, I don't know  
At what part of the path does it  
Like for example, I came across or I start started really using dowsing tools after coming across  
non-duality so  
I already knew kind of deeply that who I am is this  
Boundless infinite awareness and that my thoughts and emotions are just coming in the moment  
So, I don't know if people are not yet  
Into non-duality how to work for them and I'm very curious to to find out  
Also, I don't know how how deep it would take you I think each of us have kind of different  
Journeys and different purposes in life. So  
some will be taken very deep like me and my partner have to  
release probably all of our  
conditioning before  
Being able to to share this  
with others  
But maybe your path is is different  
So, yeah, I look forward to  
Staying in touch with and anyone who is drawn to this and to to hear about your experience as  
well  
Okay, that's great  
And I enjoy your calmness and this talk resonates a lot with me on my path to surrender and trust  
So this is a very helpful insight. Thank you again. That's great

Thank you  
Susan yes, nothing is random  
It's interesting because  
In  
2020 I think at the end of 2020 I did a  
Retreat with 15 people  
It was quite a deep retreat and one of the people there was completely new to meditation  
So I was quite a bit worried about her and what her experience would be  
and  
And on the third day especially I went quite deeply with the  
to our meditation of strongly feeling our emotions and  
She said she just fell asleep  
Which which to me is again the the guides  
Guiding her there. I'm sure she had a lot of resistance come up. She asked me some some strong  
questions and  
And said it doesn't make any sense what I'm saying  
But it was meant to be her her experience at that time and mine as well  
So  
Yeah, just to say whatever  
Whatever this brings up in you is perfect and it's what it's meant to be  
Some of you will probably resist this will say that's not for me. It's that's crap  
That's fine. Others will be drawn to it. So  
Yeah  
In one way or another all of us were guided here today  
So, I think I will end the event here I'm sure I will  
Do more on this and continue sharing  
Thank you all for being with me so much and I look forward to staying connected to staying in  
touch  
If you want to know more about what I do you can check my website and I wish you a beautiful  
day and weekend  
Do you again very soon?  
Bye. Bye for now. Thank you

## **Trusting guidance: understanding dowsing tools**

So what I shared last week was that, well I shared my journey with coming across  
Dowsing Tools and then one morning waking up with this idea, well what if I  
surrender all of my decision-making to this tool and so I started asking  
questions such as is the next thing on my computer, is it outside, is it in my  
house and surely enough the Dowsing Tools would say yes when the next thing  
for me to do is in one of these locations and then I would ask well what  
is it, where is it etc and slowly I would be guided throughout the day with all of  
my actions and when I woke up in the morning I told myself I will do this for  
one day just to see what happens you know if it doesn't work they don't tell  
me to eat or to sleep or something I would just do it for for one day and not  
not more but of course they did tell me at my usual lunch time to eat and  
exactly what to eat I went to bed as usual you know so the day went by quite  
similarly to the previous day when I didn't ask my tools any any questions  
and then they took me on this journey to slowly change some of my patterns keep  
others so Elena you asked what tools do you use so my what worked for me is a  
Dowsing Rod it's this Dowsing Rods and for me this is no and this is yes for my  
girlfriend Dowsing Rods didn't really work she had to focus too much and took  
a lot of effort often they gave no answers so she had to use a crystal  
instead and similarly it goes yes when it moves up and down and it goes no it  
moves left and right yeah and when I shared this last week there were a lot  
of questions around well do I need to clear my tools eventually who is guiding  
this process can yes and no answers change etc so I thought I decided to to  
tell a bit more about the the whole journey the whole process and start with  
well how to actually understand our tools because sometimes they they do  
weird things  
Natalia you say I miss last week but I was particularly intrigued by this life

yeah I'm glad and I'm very excited to be sharing this because I've been exploring it for for two years and I finally feel like it's the time to to share a bit more to explain how it works and and to see if it will also work for other people

yeah so how to understand our tools so as I said you can just ask show me a yes show me a no and the two will will do something otherwise you can also ask a question that the answer to is yes so for example I can say is my name Boyan and they would say yes I can ask am I in Paris they would say no and then the more I use them the more they began doing weird things like now for example when they gave a yes answer which is kind of slow like this at some point I understood that this means yes but there is more to this so every little movement of the two and in life every little detail is is there for a reason and these tools show you this because you can ask them for the meaning of every little thing that happens that is drawn by your attention in your day to day life so then at some point they also started doing this like turning in circles and this this was one way then there's also another way they can turn fast they can turn slow so all of these things also have meaning in them and I guess the meaning will be different for each of us but what I'm trying to say here is that it's not random and it took me a while to to figure that out at the beginning I was just frustrated and annoyed like why are they suddenly changing why are they doing something so so different and so unexpected but yeah everything everything has meaning and the thing is and I said this last week that it seems like I'm I'm moving the the tools that I'm generating the the answers but you feel it when you use it it's like you know that it's not you moving it you know that there is something beyond your personal conscious unconscious mind that that is driving this movement and also what is really amazing is you know at the beginning you use a language you can talk out loud and ask a question like am I in Paris they say no but then you can just think this question and they will give you the answer so this shows very clearly and constantly anytime you ask a question you are shown that these guides these these power that is guiding you knows your your tools and it doesn't just know your conscious thoughts but also the deeper layers the unconscious mind and it slowly guides you through your own conscious and unconscious minds to bring you back deeper and deeper into presence or at least that was my journey to bring me back deeper and deeper into the understanding of non duality of awareness of my true self so it's a it's a very exciting journey

Natalia you say great I have a crystal pendulum but have never used it yet that's amazing and it always surprises me you know how many how many people on the spiritual path already have dowsing tools and they have just never tried they've never used them but it's it's a really fun thing and I know that for example for my for my girlfriend when she used the crystal there was so there was the yes no and but there was also a maybe the maybe was the crystal turning like this and sometimes also I think if it turned the other way she said that it means think more you know ask another question there is more to this and it's the same with with my rods when they when I ask the question and they don't answer usually it means ask another question ask another question or go deeper within the same question and slowly you you begin to form this relationship with the two but also with your with your guides you get to to know them a bit like like they know you and it's yeah it's it's very it's very amazing because you you're interacting with something invisible yet clearly present clearly here for you clearly supporting you throughout your journey there's lots of things coming to mind and then I I forget them and also actually maybe that's why because this is even even this is meant to be you know when you have a blank when something is not going right or when you have a tense feeling inside you that makes you be a bit awkward or you can't say something or you can't think of someone's name all of this is perfect yeah at every moment so often we beat ourselves up we say you know why are not more intelligent are not able to remember things better but actually this is also part of the unfolding and it has happened to me so frequently you know when I want to to say something and it doesn't come and then I'm like oh

okay I'm not meant to say this or when I start saying something and someone interrupts me it means exactly the same thing I'm not meant to say this at this moment having said this I did remember what I wanted to say and it is that just before using dowsing I practiced very frequently once an hour if not more often an exercise where I put my hands on my heart and I asked myself what do I really want to do next and I keep this question in mind and then I wait for answers to come for two or three minutes and then I write them down and then I ask the same question again for another two minutes or so and then whatever came to my mind I checked the list and I decide what to do next and when I started using dowsing at some point so it was quite interesting at the beginning because to me that was the end of the journey I was like okay now I am enlightened now I follow God every step of the way just tell me what to do what to share where to go and I will just do it and I thought my journey was that was the end you know what what else can you possibly grow into them following this presence this peace this loving God every step of the way but it was far from being the end as I said it took me two years to really get to where I am now because the purpose of the practice for me was to bring me back to the presence to bring me back to the here and now to trusting that everything is unfolding as it should and rather than these guides or this God telling me what to do it is much better if it comes through me if it flows through me without anyone else telling me what to do just from love just from this knowing of my true self and this is what they have now guided me to now I don't use the tools anymore because I just feel it I know it through my whole body what is what is so-called right or what to say in the moment and there was a moment where it was quite interesting as well because you know with the rods yes in the beginning was like this and then I was like very like my whole body was moving the roads but it's beyond it's the same force moving my body and my girlfriend was the same with her crystal she just moved her whole hand like this for a lower for a yes and then you just feel it through the hands through the body so it's this ever deeper process of releasing tensions in the body and becoming more and more intuitive more and more knowing of what is what's the most loving thing to do most aligned thing to do or say next

you say are the directions of the crystal movements personal to your girlfriend I mean could my yes and no be different movements yes absolutely they can be different and they can change as well like sometimes just to trigger this emotion doubt insecurity that you're not doing it right or something they could just change yes and no for a few questions or for a whole day they could just change things around and they that's another part of the beauty of this journey that it keeps changing so it is like learning a language but it's almost like learning the new language almost constantly because it keeps changing to keep you in the present to keep you engaged again in the beginning when I when I said okay this is this is it now I have nothing more to learn nothing more to experience to grow I felt like that was that was the end and that was my belief in me that I can just disengage from life and allow it to flow but it is a lot nicer to be to learn to be constantly present constantly engaged constantly noticing the details to find meaning in everything that is happening around you and to you because then you are you are present you are aware you are here and again the purpose of this is for you to tune into your own intuition to feel what is right to challenge also the answers because another thing I thought in the beginning is that anything that these roads tell me is now the absolute truth and they very quickly pointed me to the fact that it's clearly not that way and after following them for a few weeks like everything they said I was like this is the absolute truth and I followed it and then at some point they said okay now move your socks from your bedroom from the drawer of your bedroom to a drawer in the kitchen and it was even a shared kitchen so I was like why would God ever want me to do this and that's when I understood oh actually you don't always give me the absolute true answer you sometimes make me think you

sometimes challenge me sometimes make me use my own feelings and intuition to know what is right

Mathalia you say thank you a while ago I tried to do the specific asking but it was so frustrating so I gave up doing that because for me sometimes my answers are more a feeling of all knowing the answer I mean in meditation specifically asking my higher self yeah and the answer can come in many different ways you know all of us are different so for some it could be a clear to the clear message in the mind for others it will be a heart felt love expansion knowing for others it's the gut for others it's dowsing tools you know whatever whatever works for you and I also want to say that there's many different types of dowsing tools not just rods and crystals so maybe there's also something else that would work better for some of you and if you don't have a dowsing tool yet and you're interested to try it out I would recommend searching you know types of dowsing tools and then checking in with your body with your mind and with what you want which one is right for you if that one doesn't work maybe wait a few months and then try another one yeah just see what comes to you

and I also want to say that it maybe it seems like it's something completely new that I am introducing here but actually it's just a continuation next at least in my experience this dowsing came after my deep understanding of non-duality so it's just the next stage the embodiment the experiential learning that there is no separation no duality that everything has a meaning that everything is perfect as it is and is unfolding as it should so yeah and again the purpose of dowsing is not really to find water find gold win the lottery which I have tried several times you know I ask can you tell me the numbers of the lottery they tell me some numbers my play and of course they turn out not to be the ones because real riches real wealth Natalia's laughing yeah it's funny just my character but real wealth is his presence is knowing your true self is knowing experientially and constantly that everything is perfect as it is and nothing needs to change so the guides and I will share this in future sessions but it's very interesting how sometimes they create meaning out of something I they know that to trigger some emotion in you or to them later on dissolve the meaning because there's some kind of belief in separation in time in division between me and guides of God in something so they used the reality around you to create meaning and dissolve it to dissolve your beliefs in separation and again that is my experience and I think all of us have different purposes different journeys so maybe your guides will who actually let you win the lottery I don't know but yeah my journey is to fall deeper and deeper into stillness into presence and to be with what is

and again this thing about it's a new language

it really is like a language because you get to learn how to interact with these two and to understand the universe it's really the universal language which is spoken to us constantly it's just a thousand tools make it more obvious because you can ask your guide you can ask God what does this mean what is the meaning of this why am I drawn to this is this what I should be doing etc so the language of the universe becomes clear to us it becomes reflected to us and also what was really interesting was another part of my character I tried to test God and I can speak three languages I speak Bulgarian French and English and at one point I asked the question using all three languages or just tried asking questions in different languages and of course the guides know all the languages because they made them it's like these languages are an expression of God any anything this really is a language a tool is the is a language a feeling intuition is a way of communication so yeah

Natalia is I might have a day experiment of crystal guiding see where the day takes me yeah you can try that last week I shared that it took me actually a few years before being able to do this first I used dowsing to find the job so he opened many tabs on the internet and I asked for each one should I apply for this should I apply for this eventually they guided me to a job that I got but then I asked more questions like will I stay in this job will I go up the

ranks and they said no actually you won't stay for very long and I asked will I be with my girlfriend at the time and they said no I didn't like both of these answers so I said that's rubbish it doesn't work I put them aside for quite a few years and then it took another two months maybe of asking you know anything on my to-do list I asked should I do this should I do that should I do something else and slowly I they really they built a trust with me to to follow what they say because I saw that if I if I don't then something goes slightly wrong if I do it flows it's quite effortless and then yeah the one day this thought occurred to me well I can just surrender all of my decision making to this crystal so the crystal

Natalia to answer your your last comment your crystal knows what you are ready for and your future and everything about you so it will guide you perfectly whatever you ask whatever is your experience it will to know what to what to say will know your reaction they just everything you know it's quite quite amazing

but I look forward to hearing your experience and the experience of others also using dowsing

that is a yes probably guide me out of my comfort zone I think yes eventually it will I think maybe at first at least what happened with means they built trust I remember asking is there anything that I'm doing massively wrong in my life and they said no two years later they have changed so much of what I do but of course this is a natural unfolding it's step by step and slowly and in a way comfortably in the sense that they know what you're ready for so they wouldn't give you more than you're ready for unless their purpose is to put you off using the crystal for the moment yeah

I love you say sorry I joined a bit later talking about asking your crystal questions for guidance yes crystals or dowsing rods but also what I did differently and I haven't heard anyone else do this is to yourself become the the two of the dowsing rods so you ask them what should I do next and then they they guide you so this is what this event has been about and I'll do another one this week on what to do and the dowsing tools don't work don't work of course that's meant to happen because they like to do all sorts of things and there will be more events in the future if that's a topic that's of interest so I think I will end the event here thank you so much for listening for being with me and I look forward to doing further events and to hearing about your experience thank you and see you soon

## **Trusting guidance: benefits and challenges**

Trusting Guidance, the benefits and the challenges.

So as I said about two years ago, I surrendered all of my decision making to these divination tools.

Because I realized they can give me very clear yes and no answers.

And of course the first challenge was trusting. I just did it for a day to start with.

I said okay, for today I surrender my decision making in this way and see what happens.

And if it's a negative experience, I will not continue. If it is okay, I will try it for a bit longer.

And first I was worried, will they let me eat? Will they tell me when to go to bed? Will they really change up my routine?

Will they really challenge me in unexpected ways?

And even though the first days were different, as in quite a lot of things were triggered in me just through the process of asking a question.

And being led to an answer, that required quite a lot of focus and energy.

But they did lead me to eat. They told me exactly what to eat. When to go to bed.

So my routine was a bit broken up, but not that much really.

And over time it became much easier to ask questions, to receive answers.

And now I even don't use tools anymore because I feel it so strongly in my whole body.

What is a yes, what is a no, what comes from love, what is true, what is good, what comes from fear and what I shouldn't do.

So that was the challenge at the beginning and also I didn't know that they could test me.

So sometimes they said, you know, write this to this person or do this in this way.  
And I just followed along because I thought that's what I'm actually supposed to do next.  
And it comes from this higher power, this God that knows exactly what I should be doing.  
But over time I understood that some of these things are said to me in order for me to tune into my own intuition.  
Feel into how right they are, how much good they do in the world.  
And just to know for myself whether I should really do them or not.  
It was very interesting because at times they guided me to use the tools, the housing rods in my case.  
And I thought at times they led me back to my own body-mind, to trusting my own intuition, to following what I really want to do.  
So that was a cool exercise and it's in this way that even early on they showed me that sooner or later I will not be needing these tools.  
I can just trust my own intuition, my own inner guidance.  
And the challenging things were of course at first financially, you know.  
Will they keep me in the job that I'm doing?  
And at the time I was working part-time for another spiritual teacher.  
And slowly they kind of guided me out of that job.  
But I replied to the emails on time, I said what I needed to say.  
One time they even made me strongly oppose what another team member was doing.  
Because we were working on projects all together and then she kind of told the boss about these projects.  
Without asking us first and I can't really explain but it was unacceptable to kind of talk behind our backs in this way.  
So then I said that's unacceptable, it shouldn't be the case, it has been going on for too long.  
And slowly that team member was seen to not be acting correctly and my own boss got promoted as a result.  
So that was a great result of following this guidance that I probably wouldn't have done normally.  
But slowly as the job progressed and as I began to not like it, to deepen my own understanding, to disagree a bit with that spiritual teacher that I followed at the time.  
I began not answering the emails on time, being a bit less engaged and all of this was through guidance.  
I actually wanted to be more engaged but I think first in me it triggered these questions.  
Do I really want to keep doing this job?  
And in the other team members it kind of showed that I am slowly moving away and taking my own direction.  
And I will talk a bit more about this later but one key part of this process is understanding triggering, understanding healing.  
And a big purpose of money and finances is to trigger us.  
So a good financial decision isn't necessarily one that makes you more money in the future.  
But when seen from a true perspective, a good financial decision is one that triggers things in you, that triggers your belief around money giving power, about money being important, about status in society, about all of these things.  
So that was also fascinating to explore the things they maybe do or not do with money and the things that arise in me as a result.  
But most importantly, above all of these worldly things, the benefits of this process is understanding life, deepening your trust in something greater than you, in something that you know so much more than your own separate body-mind.  
Because they show you what will happen in the future and then bring you back to presence.  
They tell you things about yourself that you are unconscious of.  
They guide you through your own unconscious, realigning your patterns.  
And there is always this strong support that everything is okay, everything is as it should be.  
There is always abundance, there is always peace.  
In difficult times there is this underlying presence, underlying peace, underlying support that is constantly there.  
You can always ask questions, you can always try and understand something more deeply.  
So this is the biggest benefit beyond the obvious benefit of not having to make a single decision in your life anymore.

You know, you don't need to know how to take care of your body, you don't need to know when to say and what to say to others because that is also guided.  
Just a big part in the beginning was simplifying my life.  
It went through my phone icons and one by one I created just one screen with all my icons.  
Same thing on the laptop, simplified all of my icons, all of my bookmarks.  
Just everything that I didn't need I gave or threw away.  
Nothing is wasted, everything has a purpose, everything is significant.  
Every little object is known to be there and to serve a particular purpose.  
So there is so much knowledge that you gain through this process.  
And again, most importantly and over time what happens is that when you surrender all of your decision making in this way,  
yes, they guide you when to do what, when to say something to someone and what exactly to say, etc.  
But by doing that you learn, you learn how to come from love, you know your own way of embodying love and what that looks like.  
So over time you don't need to ask these questions anymore, over time you just know what to say, you know what comes from love  
because you have learned it over the previous months.  
And that's a beautiful, miraculous unfolding.  
But I also want to talk a bit about the challenges.  
One of the main things that is difficult is understanding triggering and emotions.  
Because we are so conditioned to resist the negative, the painful, the difficult experiences but actually we cannot escape them.  
And I remember when I read the Course in Miracles, there is one lesson that stood out for me as soon as I read it and it was lesson 333.  
And it says that every belief in separation, lack or fear needs to be faced at the level at which it is at.  
And these guides, these guidance knows your beliefs in separation better than you know them through your conscious mind.  
So they guide, often they guide the external, so called external reality to trigger these beliefs.  
And then at first that's very difficult to face because we are so conditioned, we say what is happening, this is wrong, I shouldn't trust this process, this is crazy and all of these fearful thoughts.  
But the more you do this, the more you release a big fear, the more you realize there is the presence of your true self underneath at all times.  
And the more you know that it's just something within you that one way or another has to come out and they are just helping this process in the most loving way.  
Meaning that with the least amount of change in the external environment they trigger a big emotional release.  
So it doesn't involve others, it doesn't involve you getting stuck in some atrocious situations or at least it happens to the most minimal possible degree.  
And you feel this strong support, you feel that even that is part of life, even that is loving, even that is what needs to happen in a way.  
So then you learn to trust life fully, to know this intelligence of life and understand the world beyond your own personal experience.  
But understand evolution, understand how the universe evolves and why, understand that there is this higher plan that leads us all to awakening, to being more present, to understand our self better.  
So all of this is taught to you and in this way you heal yourself, you heal all of your emotions, all of your beliefs in separation and the more you heal them, the more a layer of life is revealed.  
So there is this peace, this insightful understanding and experiential understanding of what is true which is so beautiful, so beyond our separate minds.  
It's so true that this is in a way why we do this process, to understand God, to understand life.  
And another thing that was challenging that is linked to this process is how it affects others because maybe you don't message the person like you used to or maybe you don't speak with some of your friends and that triggers things in you and it triggers things in them.  
There are parts of you that slowly change but again what matters most is taken care of always and that's amazing because what we think needs attention, what we think we need to do and should do, what we think comes from love is often shown to be unimportant or coming from fear or not necessary.



So again life is simplified in this way in which only the most important, the most loving things get done, get manifested, if you will.

And another challenging bit that I touched a bit upon in the beginning is that I thought that this was the ultimate thing to do.

That everything they tell me is true, that there is no testing, that I am now enlightened and all of these thoughts and beliefs.

But they showed me very clearly that sometimes they create a situation or they create meaning out of something that happens just for me to face a belief in separation and then they say you know what I said actually was not true, it was just to trigger this emotion in you.

So it was a bit tricky to understand that, to see that not only are my thoughts, my own thoughts unreal but even higher thoughts from spiritual guides, they can also just be there to serve a temporary purpose but are in fact not true.

So that was a challenge, this is why it took me so long to begin sharing this, to realign it with truth, to realign it with presence, with non-duality.

Because anytime you ask a question it seems like there is this separation between a me here and a higher will that gives you an answer yes or no.

But of course there is no separation when you question who is the I that asks the question, who is the I that answers.

All you find is this pure awareness, pure spaciousness, pure beingness that is the self and anything that arises within this awareness is an expression of it.

So I am still not the body-mind and even not the guides that give the answer, I am this pure spaciousness of awareness and everything is made of me, there is nothing other than me.

The question is the answer, all seeming dimensions exist at once and really it doesn't change the structure of reality, it just helps me understand that in this plane my body-mind has limits.

So I don't see everything and therefore there is this potentiality, this possibility to ask a higher being a question but in reality there is no separation between the question and the answer.

Just like there is no separation between, again in reality from the perspective of infinity, everything within time happens in an instant.

So there is no real separation between the thought I will have pizza for dinner and the actual dinner, it all happens at once, it all happens simultaneously.

So it took a while to embody this, to really get this and continue the journey and of course as I said before this belief in separation is more and more collapsed because first I feel the answers through my body but most importantly and recently I don't even need to ask a question.

It's just movement occurs, words come out, actions take place but there is no doer, there is no intention to try and change things, no intention to try and have a different experience in any way.

And this is also a deepening of understanding that there is no free will because it seems at first like that's a limiting idea but in fact it's the most liberating thing because it means everything is unfolding perfectly, everyone is exactly where they are supposed to be and there is no right and wrong.

And it is just an unfolding of events.

So Kelly you say scary, I feel like my intuition buried me in the past, felt like intuition but I think it was driven by fear, confidence etc.

Yeah I can understand that and it feels like this at times, that's what I said earlier that sometimes it feels like things are going wrong that I shouldn't trust this process so much that it's just not right.

But that is a feeling that's just a temporary emotion arising in you and when you feel this resistance there is at the end of it an opening, an insightful understanding of what happened, of a belief that you weren't seeing something clearly.

And over time the more you release these emotions, these resistances, the more you see that everything is perfect, everything has happened exactly as it should from the beginning of your life until now and to the rest of your life and it's true also for everyone else at all times.

So that's part of the process and I also want to say that sometimes and I've shared this in previous live events that in the beginning my rods helped me at times but at times they gave me answers that I did not want to hear.

So I wasn't ready to follow them fully like I do now and so I gave them away for a few years before coming back to asking questions in this way.

So sometimes there's also these spiritual guides, the intelligence of life tells us that it's not the right time for us to do these things and that could also be why you had a negative experience with your intuition in the past.

It's like something you should focus on, I don't know, understanding the mind or approaches that focus more on the intellectual understanding of spirituality or something like this but you can feel into this and see what's right for you.

And I have to say also that during the process, in the beginning for me it was nice because they gave me a lot of nice experiences and at the time I was living in a flat in London and my girlfriend was living somewhere else and that's when coronavirus hit.

And then a few months later we went together in a flat and that's when I started explaining to her how to do this process, what I have been through, how amazing it is.

But for her it started in a very difficult way so for me then it was also very hard because I just didn't know what was happening but the more we talked about it, the more she told me she knows this has to happen, she knows it comes from love and it's the right thing to do.

And we kept going together and over time they did amazing things for us, we bought a house through this process, we decided to get married through this process and of course all of these desires are already within us but it's somehow even more amazing, more miraculous when it happens through a seemingly higher power.

So the more you trust your intuition and whenever you're ready for it, the more it will show you how far you have come and in a way give you very nice experiences but also trigger the deeper and deeper layers of fears.

Beliefs in separation, so it's like this process is the same and it's combined.

And again feeling to what's right for you, I can only share my journey and I don't know what your experiences will be and what will happen but I trust that.

First I trust that your spiritual guides know and second I trust that you can feel into it and also know.

So yeah I think that's all I wanted to share today, if you have any more questions let me know.

I also want to say that sometimes I feel like I'm just speaking and it's probably hard to understand where I'm coming from but once you experience just asking one or two questions or especially following these two for one day, then it's a very experiential experience.

All of this will make sense.

Yeah so I hope this has inspired some of you to try it out, to see what happens.

Kelly you asked should you start small? Yeah absolutely.

I would suggest any time you have a doubt about a decision you make and it can be a very small doubt such as should I have cucumber with my salad or something, yeah where to eat lunch, perfect.

And then you ask a question, that's a very good start.

Another way to start is to, at the end of your day, to go back and think about it and ask questions, you know, why did this happen, is there something I need to learn from this, should I change the way I do this.

Just things like this that will probably make small improvements in your life and then over time maybe you will build more trust and be able to ask bigger questions and use these tools more and more.

But of course as it was with me in the beginning they can also put you off from using them and that's also fine, that's what's meant to happen at this time, if that's the case.

So thank you all very much for being with me today. I will do a special event next week on triggering because first it's important to know what to do with emotional blockages and how to heal ourselves in general.

But also this process can trigger a lot of those resistances so I will talk a bit more about why they happen, what to do when they happen, etc.

And really the whole structure of life is based around this healing concept so it's really a fascinating exploration. Thank you all for being with me today and see you again very soon. Thank you.

## **Living in Harmony: 5 key practices to boost your intuition and learn to flow with life**

Hi and welcome to this video on living in harmony

My name is Boyan Milushev and I will be sharing my five key practices to boost your intuition and learn to flow with life

The first is a very simple practice of asking what do I really want to do next?

Asking this question helps to let go of societal expectations,

conditioning, self-imposed pressures and instead you focus on what you really want to do next in your heart in this moment  
The practice is very simple  
You begin by finding a quiet and comfortable place where you won't be disturbed  
Then you place your hands on your heart and for two three minutes you repeat the question  
What do I really want to do next?  
And you just stay with this question  
Noticing what arises  
And at first you'll notice again all the shoulds, all the societal expectations, all that you are normally doing at this time  
But then you will go deeper  
You will get in touch with your body and with your actual wants and some deeper desires will emerge from within you  
After two or three minutes write down all that you remember from your practice and then do it once or twice again  
At the end of these meditations look at the list that you've just created and pick the activity that you really want to do next  
If you want to take this practice to the next level  
I recommend doing it every hour and living for a full day in this way and you will be surprised  
You may think that you'll never do the dishes or never clean the house  
But actually at some point you will definitely want to do these things too. Trust me on that  
The second practice that I want to share with you is related to the first one. It is to go on Synchronicity walks anytime you have an hour or two of free time ahead of you  
Just go on a walk and let dice and other tools tell you in which way to go  
You can go on such walks without having any aim  
Or you could actually also  
Decide that you want to find an answer to a problem that you've been trying to solve for a while during the walk  
Whatever you choose to do  
I can assure you that these walks will take you out of your comfort zone and you will be open to life's wonders and see  
miracles unfold in front of your very eyes  
Before you start your walk prepare your tools  
Prepare two dice one normal one and one with directions  
forward backward left right and also two other signs  
Random act of kindness and follow the white rabbit  
Also prepare a deck of tarot cards or if you don't have one use a tarot card app on your phone  
Ideally, there would be one where you can just press a draw a card button and then a single card will be drawn out for you  
You can also take a magic 8-ball and ask it questions along the way. See what it says  
When you're ready to go out roll the normal dice once or twice to determine the number for your walk  
Pay particular attention to that number as you're walking and then every time you have a choice to go left right forward or backward  
Roll the dice to determine in which direction you go  
If you have three options  
You can decide that number one and two are left number three and four are forward and number five and six are right  
Synchronicity walks are a beautiful way of surrendering control and trusting your intuition  
So if you know within you already where to go next you don't have to always trust dice or draw a card  
You can also add additional rules to make it more fun  
For example, you can always cross a light when it's green or if you walk by a public transport stop  
Just as a bus is arriving for example  
Then you can decide to take the bus and roll the dice again to see for how many stops or minutes  
Have fun  
The third practice I want to share with you is dowsing  
Dowsing tools are another great tool for surrendering control and learning to trust the universe ever more deeply  
If you don't have dowsing tools, don't worry

You can create your own from everyday materials such as using a crystal as a pendant or creating dowsing rods from old hangars  
You will find the e-book version of this video as well as additional resources under the video on this same page  
There you will find some websites that teach you exactly how to do that  
Once you have your dowsing tools ready, the only thing you have to do is find what is yes, and what is no  
simply ask your tool  
Show me a yes, and then ask it show me a no  
It's as simple as that and once you know how to receive yes and no answers the possibilities are endless  
For example, you can ask your tools what to have for lunch or even what to buy in the shops  
Or you can use them as part of your synchronicity walks  
Asking them where to go next should I go left should I go right the tree over there, etc  
I hope you enjoy using dowsing tools tuning into your intuition and surrendering to the intelligence of the universe  
The fourth practice is asking the question what would love do  
This question is especially powerful when you are facing an important decision or you are being triggered by a person or situation  
Asking this question puts you directly in touch with your higher self. There is a part of you that always remains non-judgmental  
Loving kind and compassionate towards everyone and everything  
So this question puts you in touch with that part of you and when you are making a decision  
You are no longer thinking about what is right. What is wrong? What is good for you? What is bad for you?  
You just connect with your heart you ask your heart. It knows  
And  
The last practice that I want to share with you is a forgiveness practice  
Once again, when you are feeling resistance towards another person instead of reacting you can choose forgiveness and bring about profound healing and  
Transformation for both you and the other person to do the practice start by finding a quiet place where you won't be disturbed  
Then invite in your mind the person or situation that you find challenging  
Really see them in your mind and recognize all the emotions and the thoughts  
Associated with them and the situation you find yourself in  
Open your heart to understanding as you repeat the following phrases  
Internally or aloud  
I see you  
See the humanity within the other person  
Acknowledge their strengths vulnerabilities and the complexities that shape their personality and behaviors. I  
Understand you  
Acknowledge that the person like yourself is navigating their own unique journey and has their own experiences  
fears and limitations  
I'm sorry  
Offer a heartfelt apology for any pain or harm that you may have caused whether intentional or unintentional  
Acknowledge that you may also have some accountability in this situation and express a genuine desire for healing and reconciliation. I  
Love you  
Extend unconditional love and compassion towards them and in this way release the grip of fear and doubt  
Thank you  
Recognize that there's a lot of lessons and opportunities for growth from this challenging situation and be grateful for them  
Keep repeating these five phrases in your mind for as long as feels comfortable. I  
See you I  
Understand you  
I'm sorry. I

Love you  
Thank you  
When  
You feel complete with the practice  
verbally say I  
Forgive you as an act of conscious intention to let go of any remaining negativity attached to the situation  
Thank you for listening I  
Hope you have enjoyed this video and I look forward to hearing your experiences with those five practices  
Have a wonderful day and bye bye for now  
You

## **Spirit guides poem**

I can't see you, but I know you're there  
I know you're kind and loving towards me  
but sometimes I also wonder if you actually care

You trigger my resistances to help me heal  
turning my brass into pure Gold  
And as you do, we all dissolve  
You become me, and I become you

So if you wonder if your guides are real  
And if they are here to help  
Yes, they are  
Indeed, they are you

## **Living In Harmony: 5 Key Practices to Boost your intuition and learn to flow with life**

### **Day 1: What do I really want to do next?**

Hi and welcome to day one of this course on living in harmony.  
Today I will be sharing one of my favorite practices with you.  
We will be asking the question, what do I really want to do next?  
By meditating on this question, we let go of societal expectations, we let go of self-imposed shoulds and have-tos, we let go of planning and any ideas we have about what to do next and we just sit with this question until it becomes obvious what the next thing to do is.  
And this obvious answer comes from love, comes from presence, comes from your authentic ever-present and unconditioned self. The only thing you need to prepare beforehand is a pen and a piece of paper. So whenever you're ready, let's dive straight in.  
Take a deep breath in and close your eyes.  
Take a few deeper breaths to settle in the moment.  
And now place your hands on your heart and ask yourself this beautiful and simple question.  
What do I really want to do next?  
We will meditate on this for two minutes.  
Drop into the heart space.  
Notice the thoughts that come.  
Know that everything is okay.  
Everything is as it's meant to be.  
From this space of peaceful presence, remember that there is nothing that you have to do next.  
And keep asking what do I really want to do next?  
So  
now that we have meditated on this for a couple of minutes,  
open your eyes and write down on your piece of paper the things that came up for you.  
When you're ready, take another deep breath in,

close your eyes and let's repeat this practice again.  
Ask yourself with your hands on your heart, what do I really want to do next?  
Again, remember that there are no needs,  
no shoulds, no musts. Just what you want in this moment.  
There's no right and wrong answers, just keep being with this question.  
What do I really want to do next?

So

so

and once again, open your eyes and write down what came up for you.

Now, if you want and if it feels right, you can do the practice again by starting another two minute timer or you can look at the list you already have and choose your next activity from this list, knowing that it is what your heart desires to do next. That by doing it, you are joining a deeper, more peaceful, more present flow of life.

The more you do this practice, the more you will open up to life and see how simple it can be and how simple it is in reality. You will go beyond your conditioning, beyond the expectations that you've set for yourself and that society has set for you and start expressing your true honest authentic self in the world moment by moment. This is a practice that you can do once a day or you can even do it once every two or three hours and in this way often returning to yourself, returning to what you want, knowing that nothing is random, that everything is unfolding perfectly and that what you want to do next is there for a reason. By continuing to practice this often, you will come to recognize and realize the unique purpose that you have been given by expressing it

in the world. Thank you for listening. I look forward to seeing you again tomorrow

when we will talk about Synchronist walks. Have a wonderful day and see you again tomorrow.  
Bye.

## **Day 2: Synchronicity walks**

Hi and welcome to day 2, Synchronicity works.

Going on walks that are guided by dice, tarot cards, magic 8 balls and other tools are a very fun way to surrender control, explore life and understand experientially that everything is unfolding as it should, that nothing is random and that there is a higher intelligence guiding everything that happens.

Today I will share with you how to go on such walks and then it will be up to you to actually go and do it.

The first thing to decide is whether you want the walk to give you an answer to a question you have at the moment or you just want to go on this walk without any intention, just letting life show you what it wants to show you in this moment.

You can listen to this recording just before you go on the walk or you can listen to it in order to have the information on how to do these walks by yourself and then go on one whenever you have the time.

Once you have decided this, you can roll a dice once or twice and that will determine your number for the duration of the walk.

Pay particular attention to that number as you are walking.

The next step is to prepare your tools.

To do the walk you will need 2 dice, one normal one and one which has 6 different instructions, going forward, backward, left, right and 2 additional ones called follow the white rabbit and random act of kindness.

You will also need a deck of tarot cards and if you don't have them you can just download a tarot card app.

It would ideally be one on which you are able to draw a single card at a time.

In addition to those tools, just for fun you can have a magic 8-ball or dowsing tools.

It's up to you.

The walk starts as soon as you get out of your house.

Roll the 2 dice.

One will tell you in which direction to go and the other will tell you for how long.

If you draw the random act of kindness, again the second dice will tell you the number of minutes and your goal here is to think of ways to do kind things in the situation that you find yourself in.

It could be as simple as saying I love your bag or I love your hat to someone around you, writing something kind or anything else that you can think of.

If the dice lands on follow the white rabbit, then you will find someone to follow for the number of minutes that the other dice says.  
If you don't know who to follow, then draw a tarot card.  
Look what is around you.  
See if there's anyone that looks like the picture on the card.  
Another way to use the tarot cards is to just draw them when you intuitively feel that it is right to do so or I usually draw cards when the dice tell me to go back on myself.  
The most important thing during these walks is to trust and to follow your own intuition.  
If you feel like going a certain way or doing something in particular or talking with someone around you, then by all means do so.  
You don't need to always rely on these external tools.  
You have your own internal guidance.  
You can also add additional rules such as to always cross the street when the light is green or to take a bus if it passes next to the bus stop exactly as you're walking by it.  
Remember also to pay particular attention to your lucky number that you threw before going on the walk.  
If for example it's 10, you can look out for anything that has 10 in it, a hundred, a car plate with zero ten on it.  
Just be very aware and pay attention to anywhere you see that number.  
Going on such walks is an amazing way to deepen your trust in the universe, to know that nothing is random, to fall back into the present moment, to see miracles unfold in front of your very eyes and to notice your surroundings in new ways that you haven't experienced before.  
You'll be surprised how much of where you have been maybe for 20, 30 years you haven't actually noticed.  
It's a very simple yet also very profound practice.  
I hope you enjoy it.  
I look forward to hearing your experiences with it and I also look forward to seeing you again tomorrow when I will talk more about dowsing.  
For now I wish you a beautiful walk, a beautiful day ahead and I look forward to seeing you again tomorrow.  
Thank you.

### **Day 3: dowsing**

Hi and welcome to day 3, dowsing.  
Dowsing is an amazing practice that helps you once again go beyond your own conditioning, open up to the intelligence of life.  
And over time and the more you use it, tune into your own intuition more.  
It will teach you to not just use your mind to make decisions, but also to tune into the deeper centers of intelligence such as the heart, the gut, and experience life through all the energy centers of the body.  
To start dowsing, all you need is a dowsing tool.  
In the additional resources, I have listed two websites that teach you exactly how to make your own dowsing tools, or of course you can also buy these tools online or in shops that sell spirituality related merchandise.  
Once you have your tool, the only thing to do is to ask it how to receive yes and no answers.  
As you're holding your dowsing rods or crystal or other dowsing tool that you resonate with, simply ask it, show me a yes and show me a no.  
Once you have these two answers, the possibilities become endless.  
You can ask it what to have for lunch by asking should I have pasta, should I have a sandwich, should I have salad, and watching what it says.  
You can use it as part of your synchronicity walks, asking it should I go left, should I go right.  
You can ask it questions about your to-do list, whether you should add something to it, remove something and do something else instead.  
You can really use it in all areas of life.  
These tools have played a very important part of my own spiritual journey, and so I have a 10-day course dedicated to learning how to use them.  
If you're interested to find out more, you can message me or visit my website, and there's more information there.

The more you use these tools, the more you can feel the energy that moves through your hands in order to give you the answer, and as a result, the more intuitive you become. Of course, it is sometimes not as easy as this because the tools don't give you clear answers, or they give you false answers, but of course, and as you will probably find out, the truth that everything is unfolding perfectly and that everything happens for a reason is still valid, so these answers are also not random. I look forward to also hearing about your experiences with dowsing, and also to see you again tomorrow when we will talk about the beautiful practice of asking, What would love do? Thank you again for listening. Have a beautiful day, and see you again tomorrow.

#### **Day 4: what would Love do?**

Hi and welcome to day 4.

What would love do?

Sometimes in day to day life we find ourselves in difficult circumstances surrounded by people that trigger emotions and insecurities in us and it's very easy to get caught up in the mind, to be confused and not know what to do and to feel unable to access presence, love, peace within us.

Asking this simple question, what would love do, counters all of these insecurities, all of these thoughts that appear in the mind and it lets us tap into a higher, deeper, more present, more loving part of ourself that is unaffected by anything that is happening to us.

So whenever you're ready, let's do a meditation on this that will show you how powerful asking this question really is.

Take a deep breath in and close your eyes.

Think of a situation that you find yourself in that is difficult, challenging and that you are not sure how to navigate.

Then place your hands on your heart once again and ask yourself, what would love do?

By asking this question you step out of your personal and conditioned mind of all the fears that have been triggered and you access a new way of seeing things, a higher perspective. You are tapping into the collective, into finding the most optimal solution for everyone involved.

You step out of the emotional turmoil and you access love, this ever-present quality of your being that is untouched by the situation.

With a fearless and open heart, what would love do?

This question also allows you to see that once again everything is unfolding as it should. There are lessons for you to learn, it is an opportunity to expand in love, in presence, in awareness.

What would love do?

You can stay with this question for as long as feels comfortable.

Then take another deep breath in and open your eyes.

You are now probably beginning to see how all of these practices are interlinked within the same understanding that everything is unfolding perfectly and therefore that nothing is random and even the difficulties that arise in our lives are there for a reason.

Tomorrow we will keep deepening our understanding of this through a last forgiveness practice. Have a beautiful day ahead and see you again tomorrow.

#### **Day 5: forgiveness practice**

Hi and welcome to Day 5, Forgiveness Practice.

As we saw yesterday, sometimes we are put in difficult situations and circumstances in order to learn something, to gain a deeper and higher perspective on things.

Today's practice will focus around seeing someone clearly, knowing them for who they actually are, and understanding where they are coming from.

Often just that is enough to then inform our words and actions towards them.

So whenever you're ready, take a deep breath in and close your eyes.

Think of someone that you find difficult or challenging to be around, that often triggers emotional resistance within you.

Then place your hands on your heart and say, I see you, I understand you, I'm sorry,



I love you, thank you, I see you.

By saying this phrase, we are seeing them for who they are and acknowledging that they are going through a difficult time.

I understand you, by saying this phrase, we are seeing beyond our own conditioned mind. We understand their patterns, we understand their past, and we fully accept them exactly as they are.

I'm sorry.

By saying I'm sorry, we forgive ourselves for taking things personally, for making it about us, and potentially for adding any tension or conflict to an already difficult situation.

I love you.

By saying this, we are letting the person know once again that we fully understand them, that we love them unconditionally, and we see them for who they are.

Thank you.

We thank them for their efforts, for doing their best, for also showing us our own resistances and places where we are still insecure and holding on to fear.

By doing this practice, you will also experientially understand that when someone is unkind to you, consciously or unconsciously, in one way or another, it is not personal to you.

They are just expressing their own inner turmoil, their own insecurities, their own patterning.

So closing down, feeling hurt, feeling judged, and acting from this place is not the appropriate response, because that will just add more tension and conflict between you.

Through this practice, you will be able to see this clearly and also understand that of course you can still say no to them and express that your boundaries have been crossed from a place of love.

I see you.

I understand you.

I'm sorry.

I love you.

Thank you.

Keep repeating these phrases for as long as feels comfortable.

And when you feel complete, verbally say, I forgive you, as an act of conscious intention to let go of any remaining negative feelings attached to that person.

Then you can take a deep breath in and open your eyes.

I hope that you feel centered, expanded, that your heart is full of love.

And that you can also see through this practice, and the practices from the days before, that nothing is random, everything serves a purpose, that the world, the universe is a loving place, helping us all to grow in presence and awareness, to walk each other home, to help each other grow in compassion and understanding, and therefore that also your intuition, personality and patterning is here for a reason, and that you are connected to everything and everyone else.

I would encourage you to keep practicing all five of these lessons frequently, to keep deepening your trust in the intelligence of life, in your own intuition.

Please also feel free to connect with me personally, to check out my other courses and content, and I look forward to staying in touch with you.

Thank you and have a wonderful day.

Bye bye for now.

you

## **Q&A**

### **Andy**

Q: First off, thank you - it's a really interesting class. I have always been able to feel and read other peoples emotions. However, sadly never my own. When you said to feel your heart-space, it was blank (always the same). I do have an project/idea/cause, which came up during the first phase (but that isn't surprising as it's constantly there). However, I would dearly like to know and feel me.

Thank you again - Andy

A: Hi Andy, thank you for joining this course and for your comment. Experiencing a blank actually happens to a lot of people when they try the 'what do I really want to do next'

practice for the first time. I would recommend either trying to sit with & accept this blank/empty feeling by letting go of needing to do anything, or leaving this practice aside for now and continuing with the course - the remaining four practices will also help you to reconnect with yourself and with your feelings 🙏 ✨

### **Catherine**

Q: Hi Boyan

Interesting course thank you. I'm the opposite to Andy in that I feel my emotions too much, there was definitely a lot of resistance running through the course, my heart feels like it wants to leap 💕💕

A: Hi Catherine, thank you for joining this course as well, and for your comment 😊

Each daily lesson is designed to help you embrace life more fully, and maybe because of that the practices can trigger some inner resistances. If you do the course a second time and this feeling of the heart wanting to leap happens again, just go back to the first practice - 'what do I really want to do next?'. You may find the answer to be something simple like going for a walk, relaxing with a cup of tea, listening to music you love, or simply meditating and quietly noticing the inhalation and exhalation. That feeling in the heart can also represent a readiness to 'jump' into Presence & let go of habitual patterns a bit more 🙏 In any case, there is no rush, so take your time with all of these practices & explorations ✨

### **Mary Ann**

Q: Hello, I am very interested in partaking in this walk journey, but I am not sure where you get those particular dice you were referring to...

The forward, backward, left, right and the white rabbit etc.  
Where do you find these at?

A: Hi Mary Ann, thank you for your comment and for joining the course 😊 You're right, I don't think they exist! But you have two options: one is to buy blank dice and write these instructions on them; and the second (easiest) is just to decide what number is for which option, for example 1-left, 2-right, 3-forward, 4-backward, 5-random acts of kindness, 6-follow the white rabbit. I hope this helps & I look forward to hearing how your synchronicity walks go! 🎲

## **Relationships**

### **Misconceptions around showing unconditional love, compassion & support**

- **Misconception #1 - healing is of the body/mind**  
Healing happens when there is a return to Truth, because [the body/mind is an expression of that Truth](#).

- **Misconception #2 - compassion means to join in suffering**  
True compassion is coming from the space where healing takes place. How can we accept, love, and support another if we are not Acceptance & Love Itself?
- **Misconception #3 - you can feel another's pain**  
When we are in the presence of someone who is tense or in pain, we often feel tense ourselves. The mind then likes to say 'I am feeling this person's tension' - that is not so. There is a resonance taking place, the other person is allowing your own similar suffering and resistances to come to the surface.
- **Misconception #4 - worry is inevitable when helping others or solving problems**  
Worry is just a releasing in the moment, it is not a process that leads to solutions or to insights. These same solutions and insights could come instantly, without any hard thinking or worry. The more we rest in and as Presence, the more we see and understand the deeper flow of Life, and thoughts and feelings occur to us naturally and effortlessly at the right time.
- **Misconception #5 - unsolicited advice is criticism**  
If the other person is suffering but is afraid or doesn't know how to voice it, it is the natural and loving thing to do to ask a question such as 'is there anything you would like to tell me or that I can do for you?'. Another example would be that if you remain as Presence, accept the other person fully exactly as they are, and you witness the body speaking about a practice that you've recently explored or another method or modality that you've found helpful, then your advice is coming from pure and agenda-less Love and in-the-moment intuition.

## **How do we determine what desires are reasonable versus those driven by ego in a relationship?**

Q: How do we determine what desires are reasonable versus those driven by ego in a relationship?

For example: My husband believes that because I'm in his country and he invited me into his home that I have to do what he says. I have a desire to be considered as an equal as I also live here.

A: This is what I understand from your question, please tell me if I'm not correct:

- You want to be in a balanced relationship
- You feel hurt when your husband attempts to tell you what to do in some way
- You understand that your true nature is all-loving and all-embracing
- So why do you feel hurt? You should be able to accept everything exactly as it is!

If I've understood correctly, this is what is happening: there is a confusion of levels. Yes, our Self is always all-loving and all-embracing, but that is expressed differently for each of us as human beings. We have personalities, desires, interests, etc.

Due to conditioning, as we grow up we accumulate some fears. However, those fears do not change our personality. Knowing this, the process is to figure out which of our current desires come from fear and feelings of lack, and which ones come from Love.

We do not like following someone else's will because all of us know deep down that our only true Authority is God. That's why you feel resistance when your husband tells you to do something that you don't agree with. That feeling of resistance is Love expressing itself in you.

Agreeing to your husband's demands comes from a sense of lack in you. It also continues both of your sufferings, since his ego is satisfied to be followed, and yours has suppressed your true desires coming from Love.

Once you really know that your true nature is all-loving and all-embracing, your personality shines through. You enjoy your uniqueness, preferences and interests, and do what's best for others, too. [True empathy](#) is to do our best to stop another's suffering, not to prolong it by giving into their ego desires.

Q: Boyan, it's less "why do I feel hurt" and more "if we aren't really anything except love, do I have a right to feel negatively about this", but I really enjoyed your thoughts.

It's tough because sometimes I think he's having ego fits and sometimes I think it's genuine care communicated poorly due to our language barrier and his own struggles with communicating certain things. He wants me to have a good life here, I believe that, but the micromanaging gets to be too much to where I feel unnecessarily parented rather than partnered.

A: Yes, I'm sure that he is genuinely caring and probably also busy with many things. Still, in the cases in which you feel he may be coming from ego, it is important to try and neither give in to nor resist his projections.

## Questions on relationship boundaries

Q: I am curious what you believe:

- 1) Allowing a lot of freedom or having a handful of core principles?
- 2) Written in stone or open for discussion?
- 3) Forgiven if crossed or held onto for future reference?
- 4) Shared with others or kept private?

A: 1) You should have complete freedom to discuss and explore what aligned behaviour and core principles would look like in your relationship. Having such principles allows for conscious communication and creating (flexible) boundaries through which the relationship can flourish.

2) Open for discussion. The purpose of relationships is to help us grow in love, kindness, compassion, and acceptance. This means that our so-called negative patterns are often brought to the surface and revealed, and there should be enough love and freedom between you to allow for that to happen. The person whose patterns have been revealed should then feel held and supported through the process of healing those patterns.

3) The way to heal the patterns is to face the thoughts and feelings behind them (on your own or with the support of your partner) in order for the sense of lack, or ego, that they come from to be recognised and released. Once the underlying cause has been released, in most cases the patterns drop away. In some rare cases, it may be that the behaviours remain and are indeed [coming from a place of Love](#). Since they are caught early on and released, this question falls away - there is no need to forgive or hold onto specific past situation since it is known that the person has done the best they could to face the sense of lack out of which the patterns are enacted. If it becomes clear that the other person is coming from a place of Love, and yet that still triggers something in you, then it is your turn to explore what arises in you. Ultimately, forgiveness is about fully accepting and forgiving yourself.

4) It is difficult to generalise this answer. Some things should be kept private, and others can be shared. Since aligned behaviour does not look the same for each of us, but rather depends on where we are coming from, it is not possible for someone else to answer this question - you need to go within and feel into what is right for you.

## How do you forget someone you loved?

Q: How do you forget someone you loved? It seems to take a lot of effort to forgive and forget someone who was a major part of your life. I hope through meditation I can give myself the power to control my thoughts and ease my mind.

A: The desire to forget is the very thing that is making it difficult to let go. It implies that there is something unwanted and negative that needs to be removed from your mind. But your innate wholeness and completeness remain untouched by the relationship. Recognising this allows for forgiveness - you and your partner have done the best you could. You can now accept yourself and the other person as you were, and as you are now.

Often separation comes with feelings of loneliness and lack. It is these feelings that make us hold onto the relationship. But wanting another to complete us only leads to more unhappiness - [\*we are already complete within ourself.\*](#)

## How to cultivate passion without attachment?

Q: I've been reflecting on passion. Specifically, how to accept and cultivate passion without attachment. From my perspective passion can be a powerful conduit for cultivating creativity and connection but it can also be dangerous when combined with desire and attachment. When we are blinded by passion and desire, it disconnects us from our deeper knowing and can impede our spiritual growth. My question is, how do we cultivate the positive aspects of passion in our lives without becoming attached to the object of desire or whatever sparks the feeling of passion within?

A: To me, passion is like an intense focusing, so strong that the body experiences this fiery excitement which replaces the deeper knowing that you mention. In order to have a [\*connection that is grounded in Love\*](#), this passion should at first be observed and allowed as it is - beyond the expectations, excitement and imagination of the mind - until this deeper stillness is felt again. Once this connection in Love becomes natural, effortless and undisturbable, passion and desire can be allowed again, but they would feel very different since they are now an expression of a much deeper knowing which always remains at the heart of experience.

## Types of intimate relationships

The first type of relationships is based on projection. People are drawn together because they are suffering in a similar way, but are unable to go within to understand or feel their suffering. As such, they project it onto their partner. In this type of relationship, the intimacy is based on selfish needs and partners frequently blame each other, consciously or unconsciously.

The second type of relationship is a bit more conscious. The partners experience some moments of deep connection, have satisfying intimate lives, and are willing to accept the other person and make compromises beyond their own comfort zone. However, they still don't fully know the other person since they are largely caught up in stories of the personal mind.

The most spiritually awakened type of relationship is one in which there is no separation between the partners - both know their own true nature, and are therefore always intimate. There are no expectations, judgements, right or wrong behaviour, mistakes, or problems with the other person. There is simply pure acceptance, and actions arising out of the love of Truth. The knowing of our shared Being leads to the understanding that love is the dissolving of relationship.

Please note that the relationship types and outcomes in the table below are only concepts whose purpose is to serve the development of higher consciousness in relationships - they are not absolute truths.

| Type/Outcome      | Intimacy             | Sexuality                                             | Acceptance                           |
|-------------------|----------------------|-------------------------------------------------------|--------------------------------------|
| <b>Projection</b> | Rare                 | Conditioned by society                                | Limited                              |
| <b>Connection</b> | A bit more conscious | Based on connection and the conventional view of love | Still caught up in the personal mind |
| <b>Oneness</b>    | Ever-present         | Pure                                                  | Unconditional                        |

## Intimacy

We think that intimacy is the connection between two bodies. However, what is the actual experience of that?

If you do not superimpose the beliefs of a body touching another body, the experience is just one sensation appearing within Awareness. When you put your hand on your keyboard, the sensation is very similarly intimate.

Yet, touch is just one tiny way of being intimate. First, when you see something, you are one with it through seeing. Seeing is just a different form of touch, which does not require the object of attention to be close to the body. The same goes for hearing - as soon as you hear a sound, you are one with it. To a more proximate extent, the same goes for smell - as soon as there is a smell, you are infinitely close to it. You are intimate in pure sensitivity. It is only when you identify with a located physical body in space that the senses that bring intimacy are touch & taste, as well as proximity of sight, sound, and smell.

As Awareness, you are equally intimate with all things, since they happen within you. You cannot possibly seek for more intimacy - you are always at the culmination of possibility. Every single

object of attention reminds you of your Self, is your Self. When you touch a blade of grass, you are one with it. But you were already one with it when you saw it, or when you heard the sound your hand made when you touched it.

You are Awareness - all-encompassing, promiscuous, all-loving and all-accepting. In reality, you say 'yes' to all things, you say 'thank you' to all things, you are all things.

Establish yourself as Awareness with recorded meditations.

## Relating to others and the world

Q: While I have a general understanding of surrender in abiding as Awareness, there's something in me that is terrified of going deeper into the practice and I want to ask you: is there anything that I should be fearful of? Should I only abide as Awareness for small amounts of time? I just have a fear that one day I will not be able to relate to the world anymore, I will not be able to relate to anybody else, and that's the only fear that stops me from going deeper into the non-dual practice.

I have had powerful experiences of non-duality, but they came and went. I still remember them, but in some ways they seem like a far-off memory or a dream. When I say 'I', there was no 'I' present in those experiences - it was as if there was a merging between subject and object and no personal self to be found anywhere. And while they were beautiful, they were scary.

Is abiding in that non dual experience permanently enlightenment? Or is that experience a byproduct that comes and goes and is rather a confirmation of the Truth but not the Truth Itself?

\*\*\*

A: Yes, abide as Awareness for small amounts of times - as much as you can. At first, Awareness seems like Peace / Oneness that comes and goes, and as such is known to be at the background of experience. After some time, the periods for which you can abide as Awareness become longer and longer, until Awareness is known to be permeating all things.

The fear comes because of the old belief 'I am the mind/body', i.e. I am limited and finite. When you abide as Awareness, you know that is not true. There is nothing outside of You, Awareness. As such, all these old beliefs and fears slowly begin to re-align with Truth. I would recommend doing the meditation '[\*Consciousness is the Source and substance of all things\*](#)'. With some practice, it will take you 4-5 minutes to do the entire meditation.

In terms of relating to other people and the world - it is the opposite of what you think. The more you know yourself as Awareness, the more compassion, love, beauty, and freedom you will experience in your relationships. They become an expression of Truth. And speaking about non-duality is not necessary - any conversation is seen from the non-dual perspective. It may take a while to drop all the judgements of others (which are really only judgements of oneself), but ultimately all relationships become an expression of Love.

Enlightenment is the recognition 'I am pure Awareness'. Please note that it is Awareness itself that recognises this, not the separate mind/body. As such, no one really becomes 'enlightened', as Awareness is pure Light. After this so-called enlightenment, there is the process of re-aligning the mind/body that I talked about earlier. In Truth, abiding as Peace is effortless, natural - it is simply being. As such, it is not possible to not permanently be our Self - there is only the occasional illusory veiling of this knowing, which - when questioned - dissolves.

## Giving and receiving are the same

Let's explore the following two statements:



- 1) All gifts I give belong to me
- 2) All gifts I receive belong to those who give them

It was very easy to me to understand that when I give something to someone, we both benefit from it. I get the joy of giving and serving, and the other person gets the appreciation of the gift.

However, it was a lot more difficult to understand that the same is true the other way around - when someone gives something to me, he/she get the same excitement from it as I do! I often felt secretly guilty for receiving something from someone, and was instantly thinking about ways to give back - and therefore not fully allowing myself to experience the appreciation of the other person's gesture.

We share the same Being. It does not matter which body feels the joy or happiness from giving or receiving - the pleasure is always shared.

That's why I like the english expression 'the pleasure is all mine'.

There is only One of us.

Explore this further by reading this post on [intimacy](#).

## **Trusting another person**

Q: When you communicate with another person, what is it that makes you trust them or distrust them?

A: Since I was a child, I have been fascinated by human interaction, and in particular - what it is that brings about trust and friendship between people. At first, I thought it was about the words used, but I soon realised that there is a much larger amount of communication going on in the background - the non-verbal communication. My interest expanded by focusing on body language, and then continued by exploring the thoughts and the mind patterns which the body follows.

Eventually, I came across workshops in which you simply stand with someone else - a friend or a stranger - hold hands, and look at each other's eyes. No words, no movement. The feeling of connection that is communicated in this way is tangible, because our shared Being is made obvious in these moments. In the stillness, both of us are looking into the same Self.

Love simply is. It needs no communicating. Actually, it is when communication stops that the depth of Love is experienced. It is in the silence, in the letting go, in the pure aliveness of Being.

As such, trust is simply the amount of love that is expressed and felt in each communication. The words do not have to be true or loving - they can be giving directions to a stranger, or talking about daily chores.

Since love is not personal, there is nothing to do to communicate it more clearly. Instead, it is about Being it.

Continue your exploration by reading the article ["There is One Consciousness and no separate human beings"](#)

## **Living without regret - finding peace after someone passing**

I would suggest here, and it may sound a bit out there or woo or crazy, but to write a letter to the person that you want to say more to, to do more for, just say dear so and so, this is what I've been wanting to write all of this time, to tell you all this time and I wish I could do or have done this, this, this, this and what this does is that it processes this emotion, it processes this regret and then you can let it go from your



body-mind system, you can, by processing it, you will feel eventually that actually you have done all that was necessary, that it is your mind that once more imagines different scenarios, different ways that things could have gone in, but actually, in essence, everything has been communicated, what you have learned from that person, what you have done for that person is still alive, it's still here, it's still unfolding, even when the person is not there anymore, and if you go deeper into this process, what you will find is that it's, it's a self-forgiving exercise, so the passing away of someone else has triggered something in you, some insecurity, some resistance, some desire to be more, to do more and as you work with that particular situation, you will accept yourself more and more fully as well, so that's a nice byproduct of all of these exploration and exercises.

## **Knowing others as yourself**

One implication of this understanding that is often hard to grasp is that everything is happening within, it means that the body and the mind happen within awareness, but also every sound is not at a distance, if you really meditate on sound you would see that you hear it right here in awareness, not over there outside of the body. Every perception that you see with your eyes is right here, it is intimately close to you, there is no distance. One implication of this understanding is that when you are with others, they are within you, it is not like you are here speaking to someone else over there, you are both within awareness, and then you can literally know the other as yourself, because in fact there is no separation, it's just a selfless conversation unfolding. In practice this means so many things, it means if someone else hurt you, if someone else rejected you, if someone else did something unforgivable, return to what is true, return to self, know that there is no other, that this happened within you, that your pristine awareness remains untouched, exactly as it is, always, so you were not really hurt, you are intact from any previous experience. And another thing I want to share which is a useful practice that I've been applying recently, again selflessly and it is just happening in the moment, it's that to ask yourself if someone triggers something in you, if you react strongly to something, see it as though this reality was a dream, and then think about it, you know, if this was a dream, what would this person, what part of me would this person represent, and then work with that, because in a dream when there's many characters, that you are still a separate character in a dream, looking at others doing things, then when you wake up you know actually in the dream there was only me, there was only my mind playing out these different scenarios, and I can know everyone in the dream as myself, and dream interpreters know that very well, they know that whatever happens in a dream is a metaphorical representation of something that is inside the mind and the body. In the same way we can treat this reality as a dream, and if someone triggers you, know them as yourself, know them as part of you, and think about your reaction, think about what it brings up. Yeah definitely, I think A Course in Miracles says that they are your saviour, in the sense that when someone triggers you, that means that there is a part of you that you are resisting, and they are reflecting that part, they are doing something that brings doubts about what you're doing, or they trigger a past reaction or anger or experience in your mind, and that is often unconscious, as in the moment of reaction it's not there, but if you sit with the feeling, if you sit with the situation, you will see that it's something in you that is being triggered. So in that way they are your saviour, because they are simply reflecting that part of you, bringing it up so that you can see it and release it and heal it.

## **Love can only be found in the Now**

Love can only be found in the now, and so often in our day to day lives we act as if love was limited, as though we need to find it somewhere outside of ourselves, we need to seek it and get it from our partner or our boss or our children, whatever it is we act as though love is something outside of us and therefore we need to control other people or control the world in order to get it.

So in this meditation we will see that our actual experience is that love is here now, always. And eventually the aim will be to act out to express this love in the world.

So whenever you're ready, let's make ourselves comfortable, breathe in, and close our eyes. And try to find a love in your experience right here, at first maybe that will be a

positive, nice, grateful thought in your mind, then you might find a pleasant, nice warm feeling in the body, maybe around the heart.

But we know from experience that our thoughts come and go, so we cannot always all the time have positive, grateful thoughts, and we cannot always all the time feel this sense of gratitude and joy in the body.

So the answer, love is always in the now, is therefore not in these things.

These are nice experiences, but we have to keep searching for it.

What are the qualities of love?

Love accepts everything as it is.

Love embraces and goes towards whatever experience is in front of it.

Unconditional love is constant.

It is something that we can rely on.

So what in our experience has these qualities?

What in our experience can we rely on?

If it is not the mind, if it is not the body, then what is it?

What is it that is constant?

And the answer is the very sense of being, the very awareness I am, and it is within this I am-ness that all thoughts, all sensations, all experiences arise.

The body can change, the mind can think differently, but our very self remains the same.

And the essence of our self is love.

This I am-ness itself does not judge different thoughts and different feelings and different circumstances, it accepts things as they arise and as they fade.

It embraces them as they are.

And this sense of I am-ness, this love that you are, has no limits.

It has accepted and embraced all of the thoughts you've had so far and all of your future thoughts.

It has embraced and accepted all the feelings that you have had so far and all your future feelings and all your circumstances.

This I am-ness, this love that you have had so far and all of your future thoughts, has embraced you.

So love is the very essence of yourself, and that's why it's so easy to overlook it, because we get taken, our focus gets taken by our thoughts, by what happens in the body, by what happens in the world, but we can just remain with this sense of being.

And then we are free from all experience.

We embrace all experience.

Everything you look for is right here.

Everything you seek is right here.

Everything you desire is right here.

Everything you seek is right here.

Anytime you are in doubt that love isn't here, you can ask yourself, have I lost my sense of being, of being aware, of being here, the answer will always be no, I am.

I am.

Whenever you feel lost or don't know what to do in a particular situation, you can ask yourself, what would love do?

And this question instantly brings you back to your true self, the one that has no limits and no fears, the one that loves everything and everyone.

You can ask yourself, what would love do?

Paradoxically, when you know that love is always here, when you stop seeking it outside of yourself, that's when things begin happening, the things you most desired.

Maybe a partner will come up that's perfect for you, maybe a job opportunity will come up, but even that doesn't matter.

What matters is you resting as love, knowing where love actually is and not attaching your happiness, your sense of peace to these things, and that way they will keep happening.

You can ask yourself, what would love do?

In fact, whether they happen or don't happen won't matter to you at all, because you will be equally as peaceful and as happy with or without them.

You can ask yourself, what would love do?

Love sees no need for anything to be different than it is.

There is nothing to do to find love and nowhere to go to find love.

It is already here.

Love sees no need for anything to be different than it is.

In fact, the more you rest in this spaciousness of being, you realize that not only do all experiences, thoughts, feelings, sensations, perceptions, appear in us.

But they are made of the same so-called substance that they appear in.

So not only does everything appear in this all-embracing, all-accepting, loving space, but they are also an expression of it.

And knowing this, we know that everything is perfect as it is, but that doesn't mean we cannot make it even more beautiful, more loving through our thoughts, feelings, and actions, and interactions.

So once we know that love can only be found here now, we can express it through everything that we do.

Love sees no need for anything.

Now let's take a few deeper breaths, and in your own time you can open your eyes.

## **What is beauty?**

A lot of teachers are talking about truth and love but not a lot of them focus on beauty.

So I decided to just record a couple of videos on this topic on beauty.

You see so many of us are overly focused on how the body looks because of this identification with the mind-body.

We are so concerned, we spend so much of the time thinking about the body, how well it's fed, how healthy it is, how well it looks.

Look at all the beauty products for the exercise or the fitnesses.

Think about just how many businesses are structured around the looks and the well-being of the body.

It's insane.

That is ultimately because we believe that beauty is a function of the body, that there's so many books that talk about influencing and the first impression and all of this stuff.

And that's because we believe that it's very important to consider how we look because that can impact the other person, the conversation, everything.

And there's also all of these stories about, if you're on the spiritual path, about enlightenment, about people looking at the rose for example and suddenly seeing the whole universe in that rose or looking at the stars and being amazed at the beauty of the vastness of the universe.

But all of this presupposes that beauty is a function of the body, that beauty is created by the body.

And at the same time as this, there is this commonly, actually, commonly mentioned phrase of beauty is in the eye of the beholder.

So what is beauty?

I remember reading that Da Vinci, when he painted portraits, he often asked people what their opinion was because even though they're not artists, they're not painters, they know beauty.

So they can say, well, this is a bit too this way, this is really beautiful, but it should be a bit more that way.

Like, you know, they have an opinion.

So how come we have this opinion of beauty?

Is it culturally ingrained in us or is it, does it change?

And the funny thing is this, beauty is not, beauty is not in an object.

It's not in something that you can see.

Beauty is intangible.

Beauty is, you know, when someone meditates on a rose, they do not see beauty because of the rose.

Because the rose is beautiful.

They do not see the universe because the universe is in the rose.

It's not the rose that creates the universe.

It's the other way around.

It's beauty that creates everything that you see.

And that's why there's so many misinterpretations of beauty and that's why it seems to change so much over the years.

Because beauty is underlying all forms.

Beauty is what creates all forms.

So when someone has glimpses of beauty, when they look at a person or an object or anything, they're seeing the truth that creates all things.

The universal in the seemingly finite.

And when people learn that beauty is not of the body, they start looking at things like charisma and charm and all of this stuff, but that is natural.

That is our natural state.

Because you cannot learn about it, you cannot practice it, you cannot improve it, it's natural.

Beauty is who you are.

It doesn't matter what form you have, what body you have, what mind you have.

Beauty is who you are.

Beauty is what all things are.

## **Passion without attachment**

Passion is such an important topic because it's a strong force and we can easily become overpowered by it,

we can easily lose ourselves in focusing too much on outcome, on trying to change others to be a certain way,

or to create something with the purpose of getting attention, getting fame, getting more likes.

And this is not true passion, it's not a passion that is grounded in love and in presence.

So in this meditation we will explore this pure form of passion which is just in the now, which is the present feeling of excitement, of creativity that flows through the body, and just learning to rest with this without trying to focus too much on what comes after that.

Whenever you're ready let's take a deeper breath in and close our eyes.

And just be with whatever is present here for you, anything that the word passion brings in your mind.

And notice immediately here that the word is linked with thoughts and something in the world.

There is a feeling associated with this person or this project or whatever it is that you're passionate about.

So instead of focusing on the thoughts, on the outcome, on what it brings, just focus on the sensation, on the excitement that this brings to you.

A passion that is felt in this way is in the moment.

It is pure creativity, pure inspiration, beyond the imagination of the mind.

It is beyond what the mind wants to achieve, beyond the thoughts of wanting recognition or success or love or intimacy.

It is just here and now.

This passion, this excitement that is already felt,

is what wants to be expressed and is already being expressed just by feeling it.

It is a beautiful, soft, grounded, quiet energy.

And when it's taken over by the mind it is projected onto, it becomes this fiery, overpowering attachment to the person or the project that we are working on.

So anytime a project or a relationship becomes difficult, it becomes a strain, it becomes an effort, it means that you have lost the initial desire, the initial passion that sparked it in the first place.

So by bringing yourself back, by bringing the thoughts back to just the pure sensation here and now, you are reminding yourself what you love about this.

And when you are here, when you are present in this way, you just are, you are pure creativity, you just flow with everything as needed, as it arises.

There is no outcome, there is no holding onto whatever happens because you are free to express yourself in whatever way comes effortlessly to you.

There is no right or wrong.

You are not using your mind to go to the past to look for ideas or inspiration.

You are not using your mind to compare yourself with other people and what they do.

You simply are present, new, and you let the moment unfold.

And when you are present in this way, you cannot become bored, life cannot be too repetitive.

And you keep growing, you keep evolving in your project, in your relationship, in whatever it is that is naturally progressing.

Another sign about how attached you are to that which you are passionate about is how emotional you are about it.

If you are overly emotional, it means that it matters too much, or in other words, you have placed your sense of self on this project or this relationship.  
But if you know that your sense of self-worth is not determined by this relationship or this project, then you can be passionate, you can be excited in this moment.  
And then you maintain all the positive qualities of passion like creativity, like freedom, like simply expressing oneself for the sake of expressing oneself without an outcome in mind.  
And then it's beautiful unfolding.  
And what is sad in a way is that our culture teaches us to link passion with emotionality, with attachment.  
And so we lose touch with our intuition, our creativity, our unique way of expressing ourselves.  
So at first, being present with passion in this way is not easy and it takes practice.  
It takes an awareness and a stillness of just noticing what arises.  
And the more we are still, the more we are present, the more we ground ourselves in love, the more we can express this free and creative flow that passes through us.  
The more we can be in touch with our intuition and know how to be with another person or what to create, how to express ourselves.  
And this being passionate without attachment then becomes a way of living.  
It becomes our way of being in anything we do.  
Even in things we are not so passionate about, like maybe washing the dishes or going food shopping, whatever it is.  
We are just present in the moment.  
And we don't focus on the next thing, we are just here.  
Every single activity becomes an end in itself.  
And since there is no attachment to outcome, in every step of the way we are free to explore whatever our intuition guides us to explore.  
There is no attachment to a next step or a particular direction.  
And in this way we learn to experience life so much more fully.  
And ultimately what this does is to remove all sense of separation between a me here and another person or a world out there.  
Because we are so fully present that everything is experienced instantly.  
And we don't hold on to it, we just let it flow and pass.  
Whenever you are ready you can take a deeper breath in.  
Maybe stretch your body and open your eyes.

## Unconditional love in relationships

Hi everybody and welcome to this Inside Timer live event on unconditional love expressed in relationships. So the first question is, what is unconditional love?  
And unconditional love is not really what the mind expects it to be, it is not some kind of a formula of behavior or a constant feeling in the body of love towards something or someone. What it actually is, is this present stillness, this I am-ness that we often reach in meditation. And this is unconditional love because this space of awareness, this space of being that we find, is always embracing everything exactly as it arises. So if there is a thought that is considered negative by another thought, the space in which the thought appears, awareness itself, accepts it, embraces it, allows it to be just as it is. So in this sense, unconditional love is our truest, deepest self and we can discover that more and more when we are on the spiritual path.  
So then the question is, how do we express this unconditional love in the world and especially in relationships? Because let's be honest, sometimes relationships are not easy and they trigger things in us. And the way to express this unconditional love is to do our best to fully accept anyone else, anyone in our family, our partners, our friends, people we don't like so much, you know, to see them truly, to see them as our self really from a very absolute perspective, to behave with them as we behave with us. In order to do that, of course, we need to allow everything that is triggered in us by these people and sit with it, feel it and accept it because it is a part of our self that we don't accept in case we don't accept something in them. So the way to express

unconditional love in relationships is to make sure we have this unconditional love towards every part of us, every thought, every feeling, every action, everything that we do to fully accept it, to fully embrace it. And once we do that with us, it is a lot easier to do it with others. Here it's important to say that acceptance doesn't mean non-reaction, it doesn't mean just taking hits and doing nothing because ultimately we are here to serve another and if we get triggered then we are no longer in the space of unconditional love, then we have lost this presence, this groundedness that we are and so the best thing we can do then is to take some time for ourselves to sit with everything that has been triggered and then see if a solution comes up or if we need to do anything about the situation. So once again the solution is to fully accept whatever is being triggered in us, to let it go, to release it and then to act from that place of acceptance towards the other person. It's also important to never blame others for what we experience because blame is a projection. By blaming another we first don't see them for who they are, we don't see that they are acting in the best way they could be acting in that moment and second we have lost our own self, our own integrity and we project this losing ourself onto this person and we think that they have lost themselves but in fact once we rest with what is triggered in us then we see that it is just us that we have lost ourselves. So sometimes reacting means creating some distance, creating some space for you to find your presence, your stillness within you and then be able to react appropriately to whatever someone else is doing. And I also want to say a few words about forgiveness because often we think forgiveness is about forgive and forget but to me that means pushing something down, it doesn't mean acceptance and real forgiveness. Real forgiveness is this discovering our essential self, discovering that all of our emotions and thoughts and circumstances keep changing but we remain untouched by this experience, we remain whole and complete at all times and once we know that our self is always the same, always complete then we can forgive others for their behavior because we know that ultimately we are not affected by anything that they say or do and that is true forgiveness and then there is sometimes a forgetting because we don't hold on to something that they have done in the past and we remain present. So thank you all for listening, I will now move on to the Q&A part of this talk.

Artina asks what if you're not compatible with the person but still try to hang on? To me that means that there is a part of a view that the relationship is speaking to and so you are drawn back together by this something that is there and until that something is revealed either you will become compatible or you will move in in different directions but if you still try to hang on that means that there is something in you that still wants to keep that person, that relationship for some reason. So either you can sit with this emotion or you can try and talk with the other person about it and see what they feel and if it's the same for them and then some form of healing will take place by bringing this awareness to this thing that makes you want to hang on. So V says I had a relationship for 11 years, she fell in love with someone else but either she can't let me go, feeling like an option. So she can't let you go, is that what you're saying? So I think that there's several things here, she probably feels like there is a part of her that is not represented in your relationship and so she fell in love with someone else because of that but also she feels that in that other relationship there is something that she currently has with you that is not represented there so she's trying to hold on to both of these relationships. But of course what's happening in her is that she thinks she wants something different but in fact it's just a projection, it's just a feeling in her of unhappiness, something within her that she doesn't accept, she doesn't recognize and she wants to project that onto another relationship and feel satisfied but this satisfaction would only be temporary and then she would have to face this lack, seeming lack in her again in another way. So the best you can do in this situation is to feel what it triggers in you as well. The 11 years is it's really a long time so I can imagine that it's not easy because maybe there's things also we

knew that you project onto the relationship some form of happiness and contentment and fulfillment so I would recommend coming back and recognizing that this happiness, this fulfillment that is seemingly being taken away is already here, it's already within you and knowing that coming from this place of presence and of acceptance there's several things that could happen but for sure it will reflect that for her so she would be able to see that she also is already complete and already fulfilled and already happy. If she can see that that's great because then most likely your relationship will continue to unfold maybe even in a more beautiful way than before but if she can't see that then it will trigger the sense of I need to move away here and then the best thing you can do is to allow for that to happen of course stay in touch with her and see what what is happening in her and do your best to support her and to love her as she is yeah that's it just keep reflecting to her that she is already complete and happy by knowing that yourself for you that that would be my advice I find it amazing how relationships reflect who we are really and the more fully we we accept every part of ourselves the more beautiful all of our relationships become not only with our partners but also with family members also with friends and most importantly with our own thoughts feelings body behavior you know all of these things that create our personality and then the more this personality can shine through in a variety and even often unexpected ways so the first and most important relationship is always the relationship with our thoughts and the more we understand the structure of the mind and the structure and the patterns of emotions the more we can also understand those things in others and the more we can embrace them as they are as well and you say I have recently started seeing things from this unconditional love point with my boyfriend but I realized I recently went back to my old ways of thinking taking an aspect of him that bothers me personally any tips on how to remember to take someone as they are yet still respect my own need so I think this aspect of him that bothers you personally annoyingly for the ego should be your your point of focus because it is this this aspect that contains the most lessons for you personally the most things that you don't accept about yourself so be with this be from from the place of unconditional love towards your own response your own reaction to this aspect of him and then see what comes as a result of that and it may well be that you tell him okay I don't like what you do here I don't feel like the relationship is balanced or something like that whatever it is that that it triggers in you but first and most important to respect your own needs from a place of unconditional love means to first and foremost not react from a place of anger or unacceptance towards him and then once it's clear that there is no real issue the issue is on the level of separate people with separate needs and separate desires and wants then you can talk about it and the perfect solution for you will come and just to say a bit more going back to old ways of thinking is not necessarily a bad thing because sometimes what someone triggers in us is this old part of us and old behaviors that sometimes even need to be enacted in one way or another so even if it feels like old thinking it's actually the way to go through it and to process this emotion and then release these old patterns of thinking yes I know it's it's not always easy to see that it's something within us because the mind is very convincing it's very convincing in saying that it's the situation that is wrong that needs changing that creates this anxiety etc etc but it's actually the other way around and if we begin to notice our day-to-day experience we will see that it's this way so for example some days you wake up and there is anxiety in the body and so the day ahead looks difficult this place is in your house or your home that you don't like there's people that you think about and problems that come to mind and that's just the anxious feeling coming to life other other days you wake up it's the same morning same home same body same you same age and you feel happy and so everything around you is beautiful you know you notice all the things you're grateful for the sun shining people are friendly you know so it's really not the circumstances or the situation that creates our feelings it's more that a feeling arises and then we can either

sit with it and feel it or or we project it onto a person a circumstance a situation Stephanie you say reading the four agreements and the fifth agreement is a good suggestion for people in this event yeah definitely I've read it a few years ago and and I love all of the agreements and especially one that says don't take things personally and and that's very difficult because sometimes people blame us you know I said in the talk don't blame others because that's a projection of yourself onto them but the same is true backwards when people blame us it's difficult not to take it personally but the more we rest in unconditional love the more we see their blame as attention as a feeling that they are projecting onto us so it's not really something to be taken personally it's something that we can consider think about think if we should change something about us if they have a reason to say so and some of the times they will some of the times they won't but in either case we shouldn't take it personally so yes I agree that you can read the four agreements it's a great great book so I think I will end this talk here once again feel free to reach out and check out my other talks and meditations on the platform join my group or actually my aim at the moment is to gain as many followers as as I can really because more followers will help me provide mentoring on the platform and also workshops so please if you like this talk do follow me on the platform and spread the word with your friends all I wish for all of you is to find this unconditional love within yourself and then the right relationships and the right circumstances just come naturally thank you thank you bye bye

## **Transforming relationships through Being**

Hi everybody and welcome to this event on transforming relationships through being. The first thing to notice is that we are always here now. We cannot be anywhere else other than the now. Certainty is found only in this moment. We do not know what the future holds. We do not know what will happen next. So it's important to accept what is. To accept also especially when we're with another person and they are either going through some difficult periods or they are behaving in a way which is not ideal in our own separate minds perspective on how they should be behaving. With this acceptance, with this recognition that okay this moment is all that I know for sure comes a peace, a stillness and it is through this peace, through this stillness that we can truly help another. So it is very important when we are trying to help someone to see first and foremost where we are coming from because very often a situation that someone else brings to us is challenging us. So we have to face those challenges. We have to face the emotions that are coming up. We have to face the thoughts that are coming up and accepting ourselves fully before helping them because then we know for sure that we are coming from love and not from fear, not from trying to get acceptance from them or trying to prove to ourselves that we are kind and loving person. You know it's very important to see where our desire is coming from. It's also important to see whether our help is wanted or unwanted. Sometimes we try to help others. We want to suggest you know meditation techniques or ways to heal that we think are good for them but maybe they don't want them at this moment or maybe they are not ready for them yet. So it's important to see that this desire to help them is genuine and pure and loving from us and usually the best thing to do is to wait for the other person to ask for help in some way before we help them. Until then we can just be present with them and know that everything is unfolding as it should. Trust that there is an intelligence in life, that it is evolving in a way that is beyond the understanding of our limited separate minds. So that this person and the situation that they are in is good for both you who are there to help and the other person as well. Sometimes when we try to help another or try to change their behavior in some way what's really going on is that we are trying to change ourselves. We are not accepting ourselves fully and they trigger this part in ourselves that we are not accepting. Then the work is not to try and help them but first and



foremost to help us to accept us and then go towards them. The interesting thing is that once we fully process our own emotions, our own insecurities and whatever the person triggers, it is very easy to know what to do. It is just clear it comes to us and there is no question, no doubt. It's a pure loving action. Sometimes that is just to be and other times it is to suggest some method that could help or to find some more medical approach of helping or support them financially, whatever it is, it's very clear. The other thing I wanted to say in the talk is that there's seven billion of us on earth and if we come from the premise that our being is shared, who we really are is pure awareness and every one of us is an expression of that awareness. That means that there's seven billion different expressions of awareness and each one is perfect for each of us. So the situation that we find ourselves in are most appropriate for us at this time to find out what is true, to become more present, to become more loving and more accepting towards ourselves and others. Nothing is random, everything is as it should and coming from this knowing is very important when we talk about relationships because that knowing in itself transforms relationships. What else comes to me to say now is that very often also when we simply rest with what is, there's situations that come up that make it very easy for us to know how to act and acceptance doesn't necessarily mean staying with a relationship and also relationships can be with people but also with a job, with work, with so many things. It's not just about people and often for example in work situations it's very clear when something needs to change because you just can't continue doing that particular job either because you're already beyond it and you want to move on or because it is too difficult, too challenging and you want something easier or just there is a knowing that makes it, and this is a strong word but that makes it impossible for you to stay in that position in the relationship with this job or with a person or whatever it is. So resting as presence also allows us to feel what's going on to understand why this relationship is there and also to give us the strength to leave also when we need to leave. Another thing that comes to me to say now is how to deal with projection and blame because sometimes we are on the receiving end of someone blaming us for their own suffering saying you did this and it made me feel this way and you're responsible for my unhappiness. Again this can trigger emotions and thoughts in us that we need to be with, to sit with, see what's true if really our behavior is affecting them so badly, if there's something that we need to change and sometimes that's the case. At other times once we feel all that has arisen from what they've said it becomes very clear that they are just having some kind of emotion in the moment and they are saying something to us but they don't really mean it, it's not really true and then again the best thing we can do is just to be, not to get angry, not to try and change them but to sit with them and see clearly that this is what's happening. It's nothing to do with us, it's just what the other person is going through.

Hi Yvette. So what I understand is that sometimes it's hard and it's difficult to move ahead but yes that's, relationships with especially with partners are here to teach us unconditional love and often in the beginning of a love relationship everything is rainbows, butterflies and everyone sees love y'all goes you know everything is beautiful but then there's deeper things that come up and sometimes we think the other person has changed dramatically and we can't be with them they're not we expected them to be etc. So it's important to also recognize that unconditional love is not just unconditional love for the beautiful amazing times but also for the more tricky times we are here to support each other through difficulties as well as love and fun times and again this unconditional love is first and foremost with ourself with our own emotion our own tools and then once we have fully accepted our own thoughts and emotions we can accept those kinds of thoughts and emotions in another. Yvette you say when healing past trauma getting into self-love triggered by current relationship all I want is and give that unconditional love and work through. Yeah I think healing past trauma is big for all of us and I've seen cases where in a relationship one person wants to

heal their traumas and another person doesn't so then it creates this kind of imbalance because healing traumas means facing them and to some degree bringing them up and sometimes even projection it happens it cannot be stopped because the emotion is so strong so it is difficult for both parties both those that are healing the trauma but also for the others who are there to witness the healing and to support the healing but it sounds like you are doing a great thing to heal this past trauma and I'm sure you can ask whoever is with you to support you through it to be there for you and I would also say it's important when you project something onto them whenever you realize this projection to apologize to say look I'm sorry I was just feeling so much stuff that I had to say these things I don't really mean them and to also thank them for their support whenever it's really there whenever it's really helpful. Yvette you say yes project I'm responsible I take accountability and apologize when this occurs and ask for patience and understanding I'm not sure he believes in traumas or working through it. Yeah sometimes the partner doesn't understand what we're going through and doesn't believe that there is trauma and that is a suppression in them they don't want to face it in them that's also what happens when when you in this case are healing your whole traumas you also feel the emotions and trigger those emotions in the partner and if that person is unable to face them and to react appropriately then they will try to to escape in some way they escape from themselves they will try not to face this emotion in whatever way they can so when you understand that this is going on in them then you can choose whether it is good to be around them at this time whether there is a better way for you to face your own emotions heal your trauma and maybe then come back to this relationship or tell them you know I want to heal myself and you can either join me or I have to do it on my own and we can meet later you know just just offer options for this to really work for you because truly these traumas at some point will need to be healed they are there unconsciously or consciously and sometimes they also manifest in ways that we are not able to see but they are they are out there they are happening so sooner or later all of us will have to face these emotions in that you say I see this makes sense really this precisely what I believe is going on I love this message how can I express him to join me I'm glad it makes sense that's awesome well you can simply say if that's true for you of course you can you can feel into what I'm about to say but you can say look I'm committed to healing myself to healing my emotions to face my traumas and what's going on in me and if that's true so you can say sometimes it feels like you are not helping me through this but rather trying to to stop this process to stop me from going deeper and if that's the case I would rather take some time away and and heal what is coming up and then come back or we can do it together we can support each other or we can both find help or you can also say I will just need a lot of time on my own and if you have the space in your household then you can say I will spend a lot of time on my own you know in the room maybe going to two therapists or coaches or spiritual teachers to to really understand what's going on and I need you to understand this that it's a process I'm going through something like that and to me that's a way of expressing unconditional love because you are seeing where he's coming from it's not like you're just disregarding him and saying look I need to leave you you see where he's coming from you see where he is that and you embrace that in whatever ways available and you say this is my process I want to understand how I can love myself more and in turn learn to love you better as well if he has an interest or if you have a common interest as well in spirituality or in psychology or something a great way to do it together is to go to the same course or study the same book and then talk about it and that you say I appreciate this finding voice as well as many others have blockages maybe to express without fear yeah and that expressing without fear is also easier once you release some of these blockages it's almost like being willing to let go of the other person of the relationship knowing that you are free you are inherently at peace no matter what circumstance you find yourself in and once you know this for yourself it's much easier to to talk with others also

without without an agenda without trying to get a particular response from them  
without controlling the conversation in any way thank you Yvette for all of your  
comments and for all that you've shared thank you everyone else also for being  
here with me I hope all of this has been helpful for for everyone if what I've  
shared resonated with you I also do one-to-one sessions and you can find  
out more about these on my website and  
otherwise I wish you a very beautiful weekend thanks again for being with me  
and see you soon thank you thank you Alan bye bye

## **The metaphors of life: Seeing reality as a dream.**

This practice would help you understand a difficult situation or person that is in your life  
and what they represent in you, why you are resisting them.

And it will help you in accepting that resistance and releasing it, letting it go.

Take a deep breath in, and close your eyes.

First, let's talk about dreams.

In a dream, you are a separate character, seeing various people, objects, animals,  
in various situations. And when you wake up in the morning,  
you know with certainty that this was all a creation of your own mind.

Dream interpreters know this very well. And so when they interpret dreams,  
they think about each experience within the dream and what part of you it can represent.

In a similar way, when we explore this reality, we find that everything happens within.

The body and the mind appear within awareness.

And every sound, every sense perception, also appears within awareness.

Not at a distance, but right here, within you. As soon as it appears, you know it.

It is intimately close to you.

The same is true for other people and situations that we find ourselves in.

Each situation, each event, each occurrence is a perfect reflection of you in your life.

Each moment.

Just like what is happening in the world is a pure reflection of the level of consciousness  
that humanity is at, what happens in your world is a pure reflection of parts of you  
taking form to be revealed, to be seen, understood, and realigned with what is true.

As such, when another person, event, or situation triggers you,  
see everything as part of you. Explore it as though it was a dream.

Know that it all happened within you.

That your reaction and what happened are two parts of the same coin.

And ask yourself, what does it represent in me?

In this way, what you are doing is that you are letting go of the projection,  
of the created separation between you and that person, event, or situation.

And you are bringing it closer to the feeling that is being triggered.

When you do this, you understand that the emotion that you are feeling  
is not resulting from the person, event, or situation.

It is simply within you to be felt and released.

Once you do that, you will see through the eyes of love.

You will see the same people, the same situations, differently.

Either they won't trigger you anymore, or you will not resist them.

If there is a desire to act or to say something, it will come from love,  
not from anger, frustration, or judgment.

Once released, you also know with certainty that your self-awareness itself is not affected  
by any thoughts, emotions, situations, or people that appear within.

You remain whole, complete, and ever-present, as always.

And you can be thankful, you can be grateful for what has been triggered and revealed,  
because now you've been able to feel it and let it go.

Thank you for listening. I wish you a beautiful day ahead,

in which you remember your true self and live the understanding that everything happens within.

## **How to not let others disturb our inner peace**

Hi, and welcome to this meditation on how not to let the behavior of others disturb  
your inner peace.

Take a deep breath in and close your eyes.  
Notice right here what is inner peace.  
Notice that your thoughts keep changing.  
Notice that your feelings also come and go.  
And now notice the state of presence or beingness.  
Being aware.  
Notice that all thoughts and feelings appear in this spaciousness of presence.  
Notice that you are here now.  
Even if it seems like a lot of thoughts or a lot of feelings can disturb the space of presence, in fact they can't.  
Every thought and every feeling appear in presence and dissolve in presence, in awareness.  
Now the real question is how to maintain this presence, this stillness in our everyday lives.  
Sometimes we find ourselves in situations in which we are triggered, in which we react in ways we don't like.  
And we often think that it is the people around us, the people in this situation, that are responsible for the way we feel.  
In fact, by not accepting their behaviors, reacting to them, we are resisting something that is already within us.  
Instead of blaming them for what they do, we should be grateful that they have revealed something within us that we have not yet accepted fully.  
Instead of judging them, controlling them, trying to change them, we should instead focus on the feeling and the thoughts that have been triggered.  
Simply be with them, embrace them exactly as they arise, knowing that we are not these thoughts and these feelings, and allowing them to unfold.  
When a pattern of resistance has been revealed, embraced and dissolved, we become aware of new ways of being, we become more forgiving towards others, and we find ways to be loving and compassionate with all beings.  
In truth, other people are simply a reflection of us, they appear in our lives for a reason, and that reason is always to enhance our spiritual growth, to help us become better, more loving, kinder human beings.  
Most importantly, we develop a kindness and a forgiveness towards ourselves, our own thoughts, feelings and behaviors, and by embracing all of ourselves, we can also accept and fully embrace everyone else.  
Remaining present with and aware of your inner peace.  
The space of presence within which everything arises and fades.  
You can take three deeper breaths.  
And whenever you're ready, you can open your eyes.  
Thank you for listening.  
I wish you a beautiful day ahead and hope to see you again soon.

## **Applied Spirituality: Keys to enlightened living**

### **Day 1: Finding your True Self**

Welcome to day one, finding your true self. The first key to enlightened living is the recognition that your true self remains untouched by experience. That means that no matter how many thoughts you have, no matter how many strong and tense feelings you have, your true self, your most essential I am-ness, being-ness, remains open, aware and present with what is. And this is not something that can be understood by the mind. So often we try to intellectualize what is true and try and get it and hold on to a past experience. But in fact what is true is so beyond our limited separate minds that we can only be it. We cannot really get it. And the fact that your true self remains untouched by experience means that no matter what is going on in your mind, in your body, in your world, your circumstances, you can and in fact are remaining present with what is. I am very happy that you are here and you are part of this program because it means that you have understood the importance of recognizing what is true, of being present and happy and peaceful, independent of your circumstances and the state of your body and mind. You can probably guess that being aware, being present, being mindful has an effect on all

areas of your life. Your relationships, your job and efficiency, your clarity of mind, your clarity of purpose. So in this program we will go deep into this exploration of who are we, what is true, what is real, why does it matter and most importantly how to remain at peace no matter what is going on in our lives. The words applied spirituality are in the title for a reason. We are not just going to be meditating but we are actually going to apply what we learn during the meditations in our day-to-day lives. It also means that the course isn't just theory but it includes practice. And right now I propose to experientially find, discover, recognize that what I have said so

far about your true self is actually true. So take a deep breath in and close your eyes.

Notice your experience right here.

Notice the tempo of your breath.

Notice any sounds around you near and far.

Notice any tensions in your body.

And also areas in which the body is relaxed and at ease.

Notice the thoughts in your mind.

Notice that the amount of thoughts also changes during the day. Sometimes there are quite a lot of thoughts, other times there's less. Sometimes they are fast, other times they are less fast.

So just notice your thoughts in this moment.

And we are simply noticing here. There is no need to change anything or try to be a certain way.

We are simply noticing what already is.

And now the most important part. Simply notice that you are aware. You are aware of all of the things I have mentioned. Sounds, the breath, feelings, thoughts.

And the awareness with which you know your experience doesn't change, independent of what your experience actually is.

Stay with this awareness and explore if what I say here is true.

Notice a sound that arises around you.

Notice the awareness before, during and after the sound.

Has it changed?

Notice that the same is true about thoughts. No matter how many thoughts you have, awareness doesn't change.

The content of the thoughts also doesn't impact your beingness, your presence.

The same is true for feelings.

No matter how subtle or strong a feeling is, you are aware of it.

As such you remain aware. You remain here, present with those feelings.

You remain here, present with those feelings.

Your awareness remains unchanged by experience.

You remain here, present with those feelings.

And you can remain in meditation for as long as feels comfortable.

When you're ready, you can take a few deeper breaths and open your eyes.

You have probably just experienced quite a nice meditation, but you're probably also thinking that sometimes thoughts and feelings can veil our presence and sense of peace and happiness. And of course we will go over that in the course later this week.

Tomorrow we will be exploring the mind and understanding that thoughts are not something that we can choose, that we can control. They simply appear effortlessly in our awareness.

I would like to make this course as interactive and personalized for you as possible, so please feel free to share your experience in the course classroom.

You can also introduce yourself there and give more details on a particular challenge or challenges that you're facing at the moment. I will be there to support you and give you guidance and advice if it feels right. It would also be very interesting for me to follow your journey with this challenge throughout the course. Thank you for being with me today and I look forward to seeing you again tomorrow.

## **Day 2: Understanding the mind**

Welcome to Day 2, Understanding the Mind. The second key to enlightened living is the understanding that thoughts effortlessly appear in awareness.

Yesterday we explored the changelessness of your true self, that you always remain present and all accepting of everything that arises in your experience. But of course sometimes

this presence, this peace is veiled by the mind and the body through a lot of thinking and a lot of feeling. So it is important to understand the role of the mind in awakening, finding our true self and resting with this presence, this beingness that is always here. And the mind is simply there for us to see that thoughts keep appearing in our awareness and we can follow some of them and decide not to follow other ones. We can resist some of these thoughts and we can also choose to just meditate and observe them and watch what happens in the mind. So ultimately the role of the mind is to show us that our thoughts are not who we are. Thoughts are part of our experience but as we saw yesterday they keep changing and some of them are nice, others are not so nice, some represent our self and our character better than others. Sometimes we have thoughts that are strange or disturbing and it's important to recognize that these thoughts are not who we are. Because once this recognition happens you know that what happens in the mind is not important, it doesn't really affect your true self. When you know that this is true you can simply let the mind unwind, you can let it do what it wants just like a sound that appears in your experience. It is not you, you don't have control over it nor do you need to. It is just an appearance that comes and goes. The trick of the mind is to try and identify us with itself. It says I am worried, I am overthinking, I am stressed and by doing so it takes us away of our presence, of our being here now, of our I am-ness that is beyond the mind. When we have the thought I am stressed suddenly the mind, the body and the thoughts we have about the world around us seem to reflect this stress. But when we question who is the I that is stressed we recognize that I am is this awareness in which everything arises and is accepted exactly as it is. We will talk more about this on day five when we will do a practice that differentiates thoughts which identify you with the mind and thoughts that are a reflection of your true self. Because ultimately the mind cannot understand who you are because it is a part of who you are so it cannot really point to your true self but it is an expression of your true self. Let's dive deeper into this understanding with a meditation. Take a deep breath in and close your eyes. First notice that you are here now. Notice that the past is a memory and the future is imagined, it is not yet here. So in this moment these concepts are a construct of the mind. Just rest with your experience and allow it to be exactly as it is. Now notice a thought that arises in your awareness. Did you choose it? How many of your thoughts do you actually choose and how many just appear? Notice that the idea I am the thinker of my thoughts is itself a thought. Now notice a thought that arises in your awareness. There is only awareness and thoughts without an intermediate thinker between the two. Now notice a thought that arises in your awareness. Sometimes there is a thought that appears that says I don't like the thought I just had. When you remain as awareness you can simply observe this process of thoughts trying to resist other thoughts. Now notice a thought that arises in your awareness. Awareness, your true self, simply is and accepts all thoughts including the resistance to these thoughts exactly as they are. It is natural and effortless to do that because awareness itself doesn't change and is not affected by any experience. It remains in its pristine and whole complete state. Now notice a thought that arises in your awareness. You can remain in meditation for as long as feels comfortable and then you can take a few deeper breaths and open your eyes. So understanding the mind is fundamental because ultimately it is our thoughts that determine our feelings and our actions in the world. So understanding the mind is very important in order to accept ourselves and our behaviors fully and also to become better at forgiving other people knowing that their behaviors are also just a temporary unfolding in the moment. It is not who they are. Thank you for listening. Tomorrow we will go deeper into the implications and the applications of the fact that there is no thinker by exploring free will. Please feel free to share your experience of today's talk and meditation as well as

any comments or questions that may have a reason for you in the course classroom.  
See you again tomorrow.

### **Day 3: no free will**

Welcome to Day 3.

The third key to enlightened living is very powerful and maybe a little controversial.

It is that there is no free will.

And this is a natural continuation of the lesson from yesterday, that there is no thinker of our thoughts.

Thoughts simply appear in awareness.

Our thoughts determine our actions and how we are in the world.

So if there is no thinker, then the actions also happen effortlessly, i.e. there is no doer either.

The statement that there is no free will is very powerful.

And with great power comes great responsibility.

So it is important to know which of our actions come from love and which ones come from fear.

And I say this because knowing that there is no free will and living this understanding doesn't mean you can do whatever you want at all.

Actually it's just the opposite.

You begin to understand that everything is unfolding perfectly, that there is a pattern behind life, that there is an intelligence that is guiding all of us towards a deeper understanding of our self.

By understanding that there is no free will, we also begin to let go of self-judgment, self-blame and we also become more loving and more compassionate towards other people as well.

So let's do another meditation here to explore this more deeply.

Take a deep breath in and close your eyes.

And first notice what did the talk so far do to your experience.

Is there a sense of relief in you?

Or is there rather a sense of worry and lack of control?

Just be with your experience as it is.

Notice once again that thoughts appear effortlessly in your mind.

Just like the rest of your experience, the sounds around you, the breath, subtle movements in the body, your heartbeat.

But as we explored yesterday, the mind is very good at saying I can control this but I can't control that.

And in fact that is an idea.

Everything is simply unfolding.

No thinker, no doer.

Just awareness and the experience in awareness.

Meditation is a great way to explore what is true at all times.

Sometimes during the day we become too focused on something in particular and we forget what is true about our experience.

But here we can see how thoughts arise, how feelings arise, how behaviors and movements arise.

And most importantly remain as the observing awareness within which everything happens.

Thank you.

The idea of freewill immediately creates a separation between a me that is here and a world that is there.

And the me that is here wants to use this freewill to create a particular outcome in what is out there.

But in truth, in awareness, no such differences exist.

Everything is right here.

The mind, the body and the world appears within.

The desire for things to be a certain way or to be different.

Is not accepting what is and resisting what is is called suffering.

So just be, go deeper into this moment and embrace everything.

Exactly as it is.

Remember that this is your most natural effortless state.

Whenever you feel ready you can take a few deeper breaths in.  
And open your eyes.  
The understanding that there is no freewill is also key to enlightened living.  
It allows you to become this observer of the intelligence of life and to watch your mind and your body.  
Think, feel and do things and watch how life unfolds for you.  
Tomorrow we will continue deepening this trust in the intelligence of life by exploring negative emotions more deeply and understanding that they are actually there for a reason and they are your friend.  
Once again please feel free to write about your experience of today's talk and meditation in the course classroom and please ask me if any questions have a reason for you.  
Thanks again for your time and for being with me and see you again tomorrow.  
Bye.

#### **Day 4: negative emotions are your friends**

Welcome to Day 4. Negative emotions are your friends.  
The fourth key to enlightened living is that each negative emotion has a lesson within it.  
We have talked about the intelligence behind every experience and the fact that everything happens for a reason and is perfectly placed for us to know and understand something about ourselves, another or the world. And this includes emotions that we tend to label negative and that we resist or don't like. In fact, a negative emotion is the wisdom of the body telling us something. And it could be that there is one lesson within an emotion or there's many lessons within the same emotion so it stays with us for a longer time. But what is definitely universal is that as soon as we feel tension, the best thing to do is to sit with it whenever we can. And the more we understand that our true self is untouched by those emotions, the more we can go deeper into them and feel them more and more fully. If we don't feel our emotions, we project them onto the world and onto others. And the thoughts that follow up are the thoughts that something is not right and something needs to change. But when we rest with the emotion, when we remember who we are, then we also recognize that it is not the person or the situation or the emotion that is the problem. It is simply something that needs to be felt and experienced. And once released, we realize that our circumstances are perfect as they are and nothing actually needs to change. You've probably had the experience when you wake up one morning and everything is beautiful. The sun is shining, the place you're in is very nice and comfortable, you enjoy the company of the people around you. Just everything is really nice. And then the next day or a few days later, you wake up and suddenly you don't like where you are. The people around you are annoying or frustrating. You want to be somewhere else, somewhere different. So doesn't that experience show you that actually what is different is just the feeling in your body and the thoughts that come up. Your circumstances are exactly the same. So surely they are not the problem. And of course, I want to reemphasize here that there is no problem. Every emotion is there for a reason. And the more we learn to sit with our emotions, the easier it is to simply allow them to know that they're unfolding perfectly and that finding stillness in the moment when the emotion is arising is the best thing you can do. Let's go deeper into this with a meditation. Take a deep breath in and close your eyes. What if everything is perfect right now? What if your experience is exactly as it is meant to be? Notice that it is the mind that says something is wanted or unwanted. Nice or not nice. To awareness itself, your true self. Every experience is perfect. Nothing ever needs to change or to be different. Now if there is a tense emotion in your body, just place your awareness on it. And be with it. Once again here we are not trying to change anything. We are simply noticing, witnessing what already is. Let's take a deep breath in and close our eyes. See if this emotion is linked to any particular person or situation.



Notice that the linking itself is an activity of the mind.  
Go beyond the mind and feel the emotion.  
Let's take a deep breath in and close our eyes.  
Notice also the space of beingness, of presence that is around this emotion.  
In which the emotion arises.  
Remember that this spaciousness is not changed by this emotion.  
It is always here.  
Independent of what is going on in the mind and the body.  
So simply be in this way and allow the emotion to unravel.  
If the emotion and the body want to move, let them move.  
Let them move.  
And now come back to this present stillness and expand.  
Your awareness to not just the emotion but also thoughts, also sounds, also the space around your body and beyond.  
Let's take a deep breath in and close our eyes.  
And whenever you feel ready you can take a deeper breath in and open your eyes.  
We have now seen that negative emotions are not something to be resisted.  
They are friends and they contain a lot of wisdom.  
We have also seen that it is important to allow what unfolds to unfold.  
Thank you for listening. We will explore this more together with intuition and the transparency of the body later in the program.  
Please feel free to share your experience as well as any questions or comments that may have a reason for you in the course classroom.  
Thanks again for your time and see you again tomorrow.

### **Day 5: exploring patterns of the mind**

Welcome to day 5, exploring the patterns of the mind.  
The fifth key to enlightened living is that the mind is not something to be resisted.  
We have already understood that there is no thinker, thoughts simply appear in awareness and they are a reflection of who we believe ourselves to be in that moment.  
So we said that if the thought I am stressed appears, then our whole body and world start reflecting this thought and trying to make it true.  
But when we actually question the self that is stressed, we go back to knowing our true self is this open, present, peaceful awareness which embraces everything exactly as it is.  
Today we will do a practice through which you can learn to catch the thoughts that identify you with a false eye.  
If a sentence begins with I am and does not refer to the present peace, beingness, presence, that means it is trying to identify us with a false self and these thoughts should actually begin with the mind says or the body is, not with I am.  
So let's begin this practice.  
Take a deep breath in and close your eyes.  
First let's go straight to pure I am-ness.  
When we say I, we are referring to the present moment.  
You are here now, not in the past, not in the future.  
Your name, your job, your relationships, your circumstances are not who you are.  
Who you are simply is here beyond labels, beyond categories, beyond names.  
Having established this, we can now look at a few different thoughts.  
For example the thought I am worried about the future.  
What happens experientially with this sentence is that it starts with I am-ness with presence with just being here and then the words worried about the future focus this awareness, this presence into the body and the mind.  
It creates a separation between me and time, between me and the surroundings, between me and life, between me and circumstances and not only does it create this separation but it also wants things to be different.  
But we now know that awareness, that your true self simply allows everything to be as it is.  
So it cannot really be worried about anything since it is everything.  
So a more true way of saying the same sentence is the mind says it is worried about the future.  
When you put it this way you can remain as presence and simply notice what the mind does knowing that you are not it, you are just witnessing the mind and the sentences and

words that it comes up with.

Let's do another sentence I cannot forgive what this person did to me.

Once again it begins with I, it begins with open presence that is untouched by experience. I cannot forgive equals cannot accept so here already we see that it is the mind playing games it creates an I that is separate from awareness and that cannot accept things as they are.

But of course this I is not really there it is just a thought.

And then it points to someone else in the past it says this person did this to me and I cannot forgive them.

Then there is this separation between me and them a me that can be hurt that is directly affected by what others do and that is looking for justice.

But going back to our actual experience the I with which the sentence starts is here it is whole it is complete it is at peace it has allowed that experience to flow through it and then it has remained as it is changeless the experience is no longer here.

All that remains here is love.

Knowing that you have been unaffected by the experience you can forgive wholeheartedly and love the other person because they have simply forgotten who they are they have believed their thoughts and their feelings and acted them out in some way.

You can do this with absolutely any thought simply remember that any thought that starts with I am and does not refer to acceptance, love, peace or presence is trying to take you away from the now and into imagination.

Notice these thoughts and stay with what is.

Whenever you're ready you can take a few deeper breaths and open your eyes it is important to notice what is going on through the mind and the body because these are tools that help us see who we identify with and anytime we identify with something other than our true self awareness we are projecting onto the mind the body and the world we are seeing what is not there we are fighting shadows so as we explored yesterday the best thing to do in these cases is just to sit with our feelings and feel them or notice our thoughts and bring them back to what is true.

Thank you for listening.

If you liked today's talk and meditation or if you have any questions please let me know by sharing your experience in the course classroom.

Tomorrow we will continue the exploration of forgiveness with the day on enlightened relationships.

I look forward to seeing you again then bye bye for now.

## **Day 6: enlightened relationships**

Welcome to Day 6, Enlightened Relationships.

The sixth key to enlightened living is that healing our perception heals our relationships. Some people think that when they go away from the world, when they go on a retreat or when they go live on their own somewhere in the countryside, things will be nicer and it will be easier to become enlightened and to be at peace.

And even though that is true, the level of peace that is reached in such remote places isn't really real because when we go back to life, so to say, that's when we get triggered again by family, by friends, by society and we have to face all of these fears and beliefs in separation again.

So it is actually much better to do the work right now.

When we are connected with society's ways, when we meet people that sometimes trigger us so that we can heal ourselves fully.

Yesterday we touched a bit upon seeing what is not there and projecting onto others and the world.

Today we will continue exploring that with a particular focus on relationships.

If there is someone in your life that triggers you a lot, that you have a difficult relationship with, that's actually good news and it's good news because that person is there to help you heal your relationship with yourself.

Whatever they trigger in you is already within you and it is something that you haven't seen in yourself, that you haven't fully accepted yet.

By seeing what is being triggered and accepting it, your perception will become realigned with what is true and you will no longer be so judgemental with the other person and rather be able to accept them exactly as they are.

So let's do a meditation on this.  
Take a deep breath in and close your eyes.  
Once again, find a place of stillness and presence right here.  
Remember your innate wholeness, completeness.  
Notice right here that the past hasn't affected you.  
That this is-ness, this being-ness remains exactly the same as it has always been.  
Now bring up in your mind a recent time when you had a difficult interaction with someone or you were emotionally triggered in some way.  
Notice the thoughts that come up about the other person and what they did.  
Now let's take a deep breath in and close our eyes and close our eyes.  
What you are feeling and thinking now is only arising because there is a part of you that you haven't fully healed yet, accepted yet.  
Come back to the feeling and simply feel it beyond the mind.  
Now let's take a deep breath in and close our eyes and close our eyes.  
Remember that all that you have, all that you want, all that you love is already here now.  
As such you don't need to gain recognition, be loved or accepted or to get your happiness from others.  
These are things that are already and innately given to you.  
Now let's take a deep breath in and close our eyes and close our eyes and close our eyes.  
In this it is easy to forgive and not only to forgive but also to say thank you to anyone who reveals an area where we haven't fully accepted ourselves yet.  
Now let's take a deep breath in and close our eyes and close our eyes and close our eyes and close our eyes.  
And once we do this, the relationship changes.  
Sometimes it is those emotional triggers that keep two people together.  
So once one person is healed, the relationship naturally comes to an end.  
At other times the relationship continues but the way you are in it is very different because you are present, you are at peace, independent of what the other person does.  
And so the relationship becomes more genuine and true.  
Whenever you are ready you can take a few deeper breaths and open your eyes.  
Understanding projection and the fact that when another triggers something in us it is something that we should accept within ourselves is key to living a beautiful, genuine, honest and true life.  
And the more we heal ourselves in this way, the more we can understand others, the more we can forgive and the deeper the peace we experience becomes.  
Tomorrow we will talk about another important topic in our society and realign it with what is true and that is abundance and success.  
What does it actually mean and where can it actually be found?  
Feel free to share your experience and whether today's talk and meditation resonated with you in the course classroom.  
Thank you for listening. See you again tomorrow.

## **Day 7:**

Hi and welcome to Day 7, Abundance and Success.  
It is very easy in our modern society to begin to link happiness with wealth and status, but actually the two are unrelated.  
As we have seen yesterday, all that you really want is already here now.  
Happiness, peace, love.  
As such, you don't need to look for recognition and for acceptance from others, or from your financial status, your job, number of followers, number of friends, etc.  
And what applies to relationships with other people also of course applies with your relationship to wealth.  
Financial wealth is something you have or don't have, but in either case it cannot give you happiness, it cannot be who you are, because it is just one of your many objective experiences,  
and happiness and peace is a non-objective experience.  
So if we find ourselves in situations where there is a sense of lack, of money, of friends, of job opportunities, of support, whatever it is, we should sit with this emotion, this feeling, this belief in lack, and realign it with what is true.  
Once again, once the feeling is felt and dissolved, it will become clear that there is no real lack, that everything is perfect as it is, and you will know that this situation

was there just to help you understand this on a deeper level.  
And yes, maybe new insights will come on how to make more money or how to have a better job and be more fulfilled in day to day life, but ultimately you will know that your happiness and your peace is already here.  
So these new insights and realizations will simply be ways to express yourself more truly in the world.  
You will know that they cannot really give you happiness or fulfillment.  
So let's do a meditation on this.  
Take a deep breath in, and close your eyes.  
Notice that you are aware.  
You are aware of sounds, of thoughts, of feelings.  
You are aware of things outside of your body as well, like temperature, like distant sounds.  
All of this happens within awareness.  
When we try and find this present peace through an activity, through accumulating perception, these possessions, we maintain the belief in ourselves that it is these possessions, these activities that create the peace.  
But here in meditation, it's very clear that it's the other way around.  
It is in the present peace that these activities appear.  
And here it is also clear that you never lack anything because you are everything.  
There is nothing outside of you.  
So whatever the body mind is going through, it is there to help it reach a deeper sense of this peace.  
We have explored that thoughts appear effortlessly in experience, and that there is an intelligence behind life that guides everything and everyone back to this present spaciousness, beingness.  
As such, we can also trust more and more deeply that this intelligence will guide the body mind, will show us what we need to know, exactly when we need to know it.  
That the motivation for us to work and do the things we really want to do will be there when we need it.  
And what is most important to remember is that abundance is always here for everyone at all times.  
Your success is there for knowing what is actually true, knowing your true self.  
There is nothing to do to be successful.  
You already are all that there is.  
There is nothing to do to be successful.  
Be the observing awareness within which everything happens.  
And allow life to unfold for you.  
Whenever you're ready, you can take a few deeper breaths and open your eyes.  
Once again, today we remember that wealth and status and recognition are simply tools to help us reconnect with our self, remember what is true.  
And once we are here and we know that abundance is the natural state of the universe, then we are no longer seeking.  
Very often our sense of abundance and presence becomes reflected in the world when we embody  
this understanding and remain peaceful, but this also doesn't matter whether it happens or not, change is nothing.  
Thank you for listening.  
Tomorrow we will do a recap of everything that we've learned so far, and then later in the course we will go deeper into understanding life, its patterns, and how best to be in the world, to express our uniqueness.  
You can use the course classroom to share your experience of today's talk and meditation, and to ask me any questions that you may have.  
I look forward to seeing you again tomorrow.  
Thank you.

## **Day 8: recap**

Hi and welcome to day 8. Today we will summarize everything that we have learned in the last week. First we started with recognizing our true self, this changeless, ever-present, spaciousness which allows everything to unfold effortlessly. Then we also looked at the mind and how thoughts appear in awareness without a thinker. The implications of that is that there is no free will and there is an intelligence behind life which guides everything and everyone

perfectly. We looked at negative emotions as friends, as full of wisdom and the importance of sitting with them and feeling them rather than projecting them onto others and the world. We looked at the true space of I am-ness and what it actually is and to also recognize when something is not referring to this present and constant peace that always is. And when we recognize a thought or a feeling that is like this we can simply say the mind thinks or the body feels but not I am. In this way the mind and the body realign with what is true and our beliefs in separation are revealed and dissolved. We also looked at enlightened relationships and what it means to forgive and to accept others fully and how the way we feel about other people is how we actually feel about ourself. Finally we also looked at wealth and happiness and recognized

that abundance and success is simply being here and watching life unfold, accepting everything that arises. Let's do a meditation to continue integrating these learnings.

Take a deep breath in and close your eyes.

And go straight to the space of being.

Know with certainty that you are here now.

That the mind and thoughts are something appearing within you just like feelings, sounds, the breath, temperature, everything in your experience is happening within awareness. And this spaciousness, this beingness, is always the same. It is changeless.

So whenever you feel hurt, whenever you feel lack, it is not actually true.

You are innately whole when complete.

When you seek for something outside of you, you create a separation between the body and the world. But in reality both appear within.

And any time you forget this you can simply question your experience.

Is it true that someone or something outside of you can give you peace?

Is it true that in the current moment there is any sense of lack?

Is it true that you have been affected by another in the past?

Is it true that someone or something outside of you can give you peace?

And keep returning in this way to your current experience until the doubt that you are the body and you are separate from others and the world no longer appears.

Is it true that someone or something outside of you can give you peace?

Then you can simply remain present and at peace and know that you don't have to rush, that you don't have to prove yourself, that you don't have to worry, and that you can simply be here now.

And know yourself as the awareness within which everything arises, and as we will explore later, out of which everything is made.

If there really is no separation then everything has to be made from the same substance, from the same beingness.

Whenever you're ready you can take a few deeper breaths and open your eyes.

Part of the aim of this program is to go beyond the mind.

The mind likes to divide things into more and more bits and here we are taking an absolute perspective and we are simplifying our experience into manageable chunks the mind the body and the

world as we continue in the program we will collapse even these divisions and see that there is only just one awareness which experiences itself in a great variety of forms and tomorrow we'll begin this journey of going beyond the mind by talking about intuition and what it actually means having summarized the course so far this is a good time to go back to day one and think about

how you feel now about the challenge or challenges that you had then please feel free to let me know

by writing in the course classroom thank you for listening and see you again tomorrow

## **Day 9: intuition**

Welcome to Day 9, Intuition.

Key number 8 of enlightened living is that intuition always works in your favor.

We have already talked about negative emotions containing wisdom.

We can also say that they are the intuition of the body telling you to just sit with what is, to slow down and accept a part of yourself that you haven't fully accepted yet.

By doing so, we trust the intelligence of life on an ever deeper level and intuition is this intelligence of life expressed through our own minds and bodies.

When we let go of planning, when we let go of life needing to go according to our own minds vision of how it should be, then we can allow for things to happen that we haven't expected and to the separate mind these things are often miraculous because they seem to come from nowhere.

But what really happens is that we open up to something larger than our limited self which as we have seen is actually just a thought because our true self is life itself, it's this pure awareness that accepts and embraces everything as it is.

So the more we rest as our true self, the more we can flow with life and be open to new ways of seeing, new opportunities, new learnings and the more you trust your intuition, the more you will know that it guides you always in your best interest.

By best interest here I don't necessarily mean having a better objective experience, a so called better life, more money, more friends, but rather spiritual growth.

Meditation leads you to a deeper and deeper understanding of what is true which ultimately leads to the much truer happiness and peace that does not depend on circumstances.

So let's do a meditation on this.

Take a deep breath in and close your eyes.

So simply rest as the state of beingness in which the mind appears.

You may have noticed that often when we remain present, the body naturally relaxes.

That is because both the mind and the body open to something larger than themselves.

And you can think of times in your life when you just knew what to do.

Whether it is the knowing that you had to message or go speak to somebody, or the decision to go a certain way instead of another, or researching something that led to unexpected discoveries, whatever it is, just remember a time when you used your intuition and you just knew what to do.

Let's do it.

Notice that it was natural and effortless.

The more such spontaneous clarity and intuitive decisions will be available to us.

And this is a very natural process when we simply stay with what is.

What happens is that instead of identifying with the body, we now trust it as a tool that can serve to receive information intuitively and guides us in a direction of further spiritual growth.

On the level of the body and the mind, we can become more and more open to understanding and

experiencing more of life.

And on the level of awareness, we remain changeless and ever-present.

In this way, the spiritual path is an ever deepening spiral of love.

Whenever you're ready, you can take a few deeper breaths.

And open your eyes.

Exploring and following our intuition leads to a deeper understanding of life and of the balance between presence and evolution.

We will talk more about this ever deepening spiral of love tomorrow.

Thank you for listening.

Please feel free to write any insights, comments or questions about today's talk and meditation in the course classroom.

I look forward to seeing you again tomorrow.

## **Day 10: spiral of love**

Welcome to Day 10, the ever deepening spiral of love. Key number 9 of enlightened living is that you cannot get it. Yesterday we explored intuition and following a knowing that is beyond the mind,

and how following this intuition leads you ever deeper on the path of spiritual growth. We also talked about this seeming paradox where on the level of I am, everything is changeless, constant, always the same, whereas on the level of the mind and the body there's a continuous journey of progress, of new insights, new revelations. And that is because anything that appears in objective experience, like the mind, the body, and the world, is trying to become a better and better expression of what is true, this infinite, ever-present, abundant self that you are. But of

course no objective experience can ever become infinite and ever-present because it is by definition limited and it has a beginning and an end. However, the more we realign our minds and bodies with what is true, the more free we are from the sense of separation and therefore the deeper we can experience the peace and loving space of awareness which is naturally and always

here. When we continue along the spiritual path, on the level of the mind what happens is that we let go of any thoughts that are not loving, and on the level of the body we let go of any tensions which in turn leads to the body becoming more and more transparent. And the more we follow our intuition, the more we understand that the universe knows our patterns very clearly. It knows where we believe to be separate, where we still have judgments, and where we still hold on to projections and haven't healed fully. The reason the key for today is you cannot get it is because the present moment, this peacefulness that naturally is, is so beyond the mind and so beyond what is graspable and understandable, that we are always at the beginning. You are either present or you are lost in imagination. There is no in-between state. We are always at the beginning

means that we are always this present awareness that allows everything to be as it is and we can watch the mind and the body gain new revelations and become more free, but ultimately whether that

happens or not is not important. So the ever deepening spiral of love goes in two directions. It goes deeper into the objective experience, releasing any sense of separation there, but also it goes deeper upwards towards this awareness, this presence, this peace, and we can experience

more and more of it as those beliefs and tensions are dissolved. Let's do a meditation on this.

Take a deep breath in and close your eyes.

Notice once again the spaciousness of beingness within which everything arises, your mind, your body, and the world.

And this objective experience follows a pattern.

A pattern to try and embody or represent awareness itself.

And by exploring awareness we can say that it has some qualities.

First, it is ever present.

Second, it is loving. It allows everything to be exactly as it is and says no to absolutely no experience.

Third, it is peaceful and this peace is not affected by experience.

And the more we rest in this beingness, the more our minds and bodies become more aligned with this truth. Our minds become more loving. Our bodies become more free.

Our relationships become more honest and genuine.

There is less fear in our actions.

And this process of embodiment is continuous even though awareness itself is changeless.

But remember that there is no trying here. Simply be and let things unfold.

By resting in the present moment and trusting in the intelligence of life this happens naturally

So whenever you feel ready you can take a few deeper breaths and open your eyes

The recognition of our true self is the end of one journey and the beginning of another.

It is the end of the journey of seeking peace and happiness. Because we now know ourselves to be that which we seek. But it is the beginning of the ever deepening spiral of love, of embodiment of this awareness, and of applying the implications of who we truly are in our day to day lives. Tomorrow we will continue this exploration by talking about embodied understanding and how sometimes accepting what is is taken to mean doing nothing. But rather than doing nothing

what it really means is doing the most loving thing. Thank you for listening. Please feel free to share your experience of today's talk and meditation as well as any questions you may have in the course classroom. See you again tomorrow.

## **Day 11: embodied understanding**

Welcome to Day 11, Embodied Understanding. Key number 10 is that enlightened living means fully

accepting what is arising. Yesterday we explored the ever deepening spiral of love and what it means to embody awareness on the level of the mind, the body and the world. A big part of this embodiment is reflecting the nature of the true self which accepts and allows everything to be exactly as it is. But the mind often takes that to mean doing nothing. But instead of doing nothing what it really means is doing the most loving thing. And of course in some cases doing the

most loving thing could be just being with someone and listening from a place of openness and acceptance. But in other cases it would be to say something and actually take action. An example I

like to give is a mother that cares for her child. If the child is doing something dangerous of course the mother would act in a way to keep her child protected and safe. So what is important is instead of making behavioral rules of what is right and what is wrong it is to feel into what is right for you, what would be the most loving thing for you to do and what actions come from fear. And in certain situations the knowing of the present peace that is our true self becomes veiled and we can't help but say something or act in a way that we later regret. But rather than forget about those instances we should actually remember them later in the day when we have time

to sit and meditate and feel into what was triggered in us and see if we can find a way to act in the future in a way that we wouldn't actually regret. What is important in those cases is to let go of any resistance to the person or situation that is there within you so that you can gain some clarity on how to act in the future. When we follow our intuition and trust the intelligence of life more and more in some cases some interesting things happen. For example a situation arises that normally doesn't trigger anything in you and you're completely fine with it but in this particular case it triggers some anger or some strong emotion in you and you have to say something and act. In that case you know that this is wisdom coming through you and you know that for some reason you have to say these things. And because there is a deeper knowing that this is simply a game that you play in the moment it's not what you really feel but it's just relevant for the situation you act it out and there is no regret afterwards because there is a deep knowing that this had to happen. So sometimes the most loving thing is not something

that can be understood by the mind. There is something larger at play that we cannot comprehend

but we can still know with certainty that it has been the right thing to do in the moment.

So let's do a meditation on this. Take a deep breath in and close your eyes.

Be once again the space of awareness within which everything arises.

Allow your experience to be exactly as it is.

And now remember a time where you acted in a way that you later regretted.

Remember the people involved the situation

and what you were feeling and thinking at the time.

Sometimes a question that I encourage people to ask is what would love do?

So remember being in that situation and simply asking what would love do?

Notice that this question immediately creates space for you to see things in a new way.

When you ask this question you let go of fears and you become open to acting for the other person

or people.

You are no longer afraid of being hurt or not seen or judged in some way.

And you can now look at and understand the other people present in the situation better.

you

And it may well be that the answer that comes to you after asking what would love do is to act exactly in the way you acted.

But even so there is a sense of relief that you have done the right thing.

And if the answer is different to how you acted then you know what to aim for in similar future situations.

You can also ask this question when you are alone.

When you are not sure what to do next simply ask what would love do and see what comes to you.

This question opens up ways in which you can express yourself in the moment.

Once you know yourself and are identified with this present beingness the only goal of life becomes to express it in whatever way feels most appropriate moment by moment.

Whenever you're ready you can take a deeper breath in and open your eyes.

Applied spirituality means living the understanding of who we are in our day-to-day lives including in our relationships with others and with ourself our own mind-body.

Tomorrow we will explore this more deeply by recognizing that the ultimate goal of life is presence. Feel free to share your experience and whether today's talk and meditation resonated with you in the course classroom. Thank you for listening and see you again tomorrow.



## **Day 12: purpose of life is presence**

Welcome to day 12, the ultimate goal of life. Key number 11 of enlightened living is that the goal of life is presence. Yesterday we explored what acceptance really means, that it isn't just doing nothing but actually doing the most loving thing. We explored asking what would love do and seeing

what other options become available from asking this simple question. Today we will explore presence and how it is always the answer that we look for. Sometimes when the mind comes up with a

problem we believe it and instead of coming back to who we are we actually try and find the solution

to this seeming problem. But actually what we want is to come back here to remember who we really are,

that there is an intelligence behind life, that nothing is random and everything is unfolding perfectly. And once we come back to this knowing, all solutions are clear. What we should do next,

how to behave in specific situations, how to find time for an activity that we want to do. Whatever it is, these solutions come to us when we simply are here now and we let go of the problem. And actually as soon as we perceive a problem, the goal of life is to bring us back to knowing who we really are. Knowing that this problem as well as the mind that says there is a problem as well as our reaction to it, all of this simply happens in awareness. And then we can once again feel the peace that we are. Know ourself as this awareness that is changeless and unaffected by experience.

And allow things to unfold. And once our perception is corrected, once we know who we really are and what's really going on, then we can express this love, this peace, that we know is the absolute and the only reality. Let's do a meditation on this. Take a deep breath in and close your eyes.

And now think of a situation in which you see a problem.

Notice the thoughts that come up in your mind.

Notice what the situation and the circumstances are.

If other people are involved, also allow them to be part of this memory.

And notice also how it makes you feel.

Now the mind would point to this situation and say this is a problem. This needs to change. This cannot go on any longer. I have to do something about it. I am suffering here.

Now instead of trying to find the solution, simply realign these thoughts with what is true.

First, this is a problem. This thought creates a separation between you and the situation and anyone involved. Notice that this so-called problem is happening for a reason. In one way or another it is a reflection of something that is already within your body and mind.

Some form of belief about yourself is being acted out.

And the situation is there to help you see this.

The second sentence, this needs to change.

From the perspective of awareness, nothing needs to change. Everything is perfect as it is.

So once again here, the mind is trying to separate you from what is true, from your true self.

If the situation really needs to change, it will change once you have realized why it came up in the first place. And then either you will see that there is no problem or you will know what to do in order for it to naturally change. The third sentence,

this cannot go on any longer. Once more here, awareness simply is.

There is no one suffering in reality.

Knowing this can help you accept the situation as it is.

See that this is just a thought, just a belief.

Find your innate inner peace and then act or don't act as required.

Sometimes the mind likes to say that if we don't change the situation,

it will go on forever and we will be hurt forever. But that's not true. What is true

is that when we accept what is being triggered in us by the situation, the situation naturally changes. The fourth sentence, I have to do something about it.

Again, awareness has no needs. Nothing needs to change.

If things change, they change naturally and effortlessly.

So anytime there is a have to or need to in the sentence, it means the mind is trying once more to take us away from what is true. And I am suffering here.

Once more, the suffering is just tension coming up in the moment.

It is not really related to the situation.

By seeing that, by accepting that, you can forgive anyone involved and most importantly, forgive yourself. And then once you are back to presence, to non-attachment to the situation, you will be able to see what to do, if anything.

You can do this for any thought that comes up.

And recognize over and over again that the real solution you look for is not a solution to the problem but simply finding your inner peace, your knowing of being safe and whole and complete and untouched by others and situations.

Thank you.

Whenever you feel ready, you can take a few deeper breaths in and open your eyes.

The goal of life cannot really be anything other than presence.

A real goal has to be something that is constant.

And the only constant in our experience is being present.

So as such, being present, knowing your true self is not only your goal but it is your destiny.

It is inevitable that sooner or later everything that is not real dissolves

because what is not real is imagined, temporary and limited.

Whereas presence is always here, always complete, always loving and accepting.

Even though that's true, inevitably sooner or later the question arises,

Why do I ever lose myself?

And we will explore this more tomorrow by talking about karma.

And as we will see, karma is not really good or bad, it simply is.

Please feel free to share your experience of today's talk and meditation in the course classroom and let me know if you have any questions.

Thanks again and see you tomorrow.

### **Day 13: what is karma**

Welcome to day 13. What is karma? Key number 12 of enlightened living is that karma is the spiritual

path. Karma is the totality of the beliefs in separation that we acquire through conditioning.

As soon as such a belief in separation is part of our mind and body, it has to be reflected on some level. And until we are ready to see that this belief is actually not true, it will keep being reflected in our experience. The extent to which we lose sight of ourself depends on the depth of the belief in separation that we are letting go of. So when we are suffering, actually what happens is that the light of awareness shines upon our beliefs in separation. And a belief in separation leads to tension and suffering. Then the dissolution of this tension can be painful. A good analogy here is having your fist clenched for 10 years. Suddenly when someone tells you, you don't have to keep your fist clenched all the time and you begin to relax it. This relaxation is painful, but ultimately it is leading to more peace, happiness and freedom. And I don't really have the answer as to why karma happens, but if I had to give an explanation, it is simply that our true self is infinite and contains all potentialities within itself. Being always at peace and whole and complete, within this peace there appears the desire to know the opposite of that. And this desire comes out of love, out of fun, curiosity and exploration. And of course the opposite of pure awareness can only be temporary and finite, which by definition makes it unreal. So no matter

how difficult thoughts are or how strong a feeling is, ultimately what is true is so much larger than these feelings and thoughts. And as we will see in the days to come, there is nothing other than awareness. So even what appears as its opposite is actually awareness itself. So karma isn't necessarily good or bad, it simply is. And the more we let go of our beliefs in separation, the more we make progress on the ever deepening spiral of love. And the more deeply we can feel

and the better we can express the changeless reality that is the self. The best we can do about karma is to acknowledge that sometimes tense feelings, difficult thoughts and challenging situations arise and to do our best to be with them with patience, love and acceptance.

Let's do a meditation on this. Take a deep breath in and close your eyes.

Notice right here that you are whole, complete and safe.

See also that it is always the case, independent of thoughts, feelings and circumstances.

When a difficulty arises, it is simply there to help us come back to being here now.

And to saying, oh, another belief in separation has been revealed for me.

And the more you see those difficulties and challenges coming up, and then being resolved by you finding your innate peace and presence, the more you will be able to recognize them as

simply thoughts and feelings arising in the moment.

There is never anything to worry about or try and fix, control or resolve.

If a tense emotion arises, simply be with your experience, meet it directly and patiently be with it until it simply dissolves from your experience.

The more you do this, the more you will re-establish that what is true is what is constant and that is yourself.

Eventually, no thoughts or tense emotions

will be able to make you forget yourself and you will be able to express the fullness of your inner peace and innate happiness more and more in your day-to-day life.

Whenever you're ready you can take a few deeper breaths in and open your eyes.

Karma and evolution go hand in hand.

The more we let go of our beliefs in separation, the more fully we can express our truth and be loving, kind and forgiving towards ourselves and others.

Tomorrow we will continue the exploration of realigning tense emotions with awareness and establish once more with certainty that we are not the body but the present awareness within which everything, including the body, arises.

Please feel free to let me know what you thought of today's talk and meditation in the course classroom.

Thank you for listening and see you again tomorrow.

## **Day 14: Awareness vs. The body**

Welcome to day 14 comparing awareness with the body. Key number 13 of enlightened living is that

you are not the body. Yesterday we explored karma and the ever deepening spiral of love and we established that on the level of awareness reality is changeless, but on the level of the mind and the body we keep making progress. Now we have reached the core of the program. From today onwards we will begin dissolving any dualities between awareness and the objective experience of the body mind and world. In the next four days we will also do mostly practice that is mostly meditation because as I have said before meditation is a great way to explore what is actually true. So let's dive into this exploration of comparing awareness with the body. Take a deep

breath in and close your eyes.

And start with noticing the body. Notice that there are areas of tension within the body.

I noticed that even with eyes closed it seems like the body is here and we are in it and there are things outside the body like sounds, temperature, the breath comes in the body from the world and out of the body into the world.

And now notice that as soon as you become aware of awareness itself there is a field that appears, a field of awareness.

And now everything is merged, everything happens within awareness.

You are aware of temperature, it is within awareness.

The breath and the body are also within awareness.

And we can now compare these two experiences. The body is localized, it has tensions within it and it is within awareness.

Awareness itself is non-localized, it is not an objective experience.

It has no tensions within it, it simply allows everything to be as it is.

It doesn't move or change,

it remains always the same and it doesn't appear within anything, it simply is.

The body can move within awareness and awareness allows this movement to happen but it itself does

not move.

And now notice that as soon as you become aware of awareness itself there is a field of awareness and it is not an objective experience, it is not an objective experience, it remains always the same

The Activity of Awareness

If the body appears within awareness, that means that there is a point where awareness and the body touch.

And the way to find this point is to let go of the mind's projections on the body as a solid entity.

Now I would ask you to feel what you would call hand and drop the label hand.

Notice that the mind is projecting five fingers and bones and skin, but with eyes closed, what is your actual experience of hand beyond the label?  
What is your experience of hand beyond the label?  
Another way to explore this is if I ask you, if you had to choose a material out of which the sensation of hand is made, what would you choose?  
Again this is talking beyond the labels of the mind, so just feel the sensation.  
Is it really something solid, like bones or metal?  
Or is it rather something much softer, like cotton, or even transparent, like a cloud?  
Experiment with this, feel it for yourself.  
And whenever you feel ready, you can take a few deeper breaths and open your eyes.  
In meditation we are exploring our actual experience beyond what we think is real, beyond the mind's projections onto the body and the world.  
But of course in day to day life you don't have to try and feel like your body is a cloud or anything like that, you can of course if you want to, but it is not necessary.  
Tomorrow we will continue this exploration and really see that there is only awareness and the body is actually transparent.  
Thank you for listening.  
Let me know what was your experience with this meditation in the course classroom and I will look forward to reading it.  
Have a beautiful day and see you again tomorrow.  
Thank you.

### **Day 15: the true body**

Welcome to day 15, the transparency of the body.  
Yesterday we explored the difference between awareness and the body, but also that the body appears within awareness, and therefore they must touch or merge at different points.  
Then we began exploring the actual sensation of hand beyond the mind's labels.  
Today we will continue this exploration and I propose to dive straight in.  
Take a deep breath in, and close your eyes.  
Notice once again the space of awareness within which your whole experience appears.  
Everything that moves, sounds, the breath, sensations, feelings, thoughts, is an activity of awareness.  
Once again notice your body, and in particular your hand.  
Let go of the labels of the mind, and feel the hand as it actually is.  
The actual experience of hand is a sensation in awareness, and that sensation feels like cotton or cloud, something very soft or even transparent.  
Now experience your other hand in the same way.  
And also your legs and feet.  
And your head and your upper body.  
In reality the whole body is a sensation in awareness, made of cotton or cloud.  
When this sensation moves, awareness remains exactly the same.  
At the moment your experience is still one of the body and awareness as two things.  
Let go of the labels of the mind, and feel the hand as it actually is.  
Now imagine a fully transparent hand appearing from awareness and trying to touch the stuff, the substance that the body is made of.  
Let go of the labels of the mind, and feel the hand as it actually is.  
Notice that the body is transparent like the hand.  
Let go of the labels of the mind, and feel the hand as it actually is.  
In reality there is no body, just pure awareness experiencing itself.  
Let go of the labels of the mind, and feel the hand as it actually is.  
This is your true self.  
Open, empty, transparent awareness.  
Let go of the labels of the mind, experiencing itself alone.  
Independent from what the mind projects onto it, from how tense the body can feel at times.  
This is your changeless and absolute reality.  
Let go of the labels of the mind, experiencing itself alone.  
Whenever you feel ready you can take a few deeper breaths in.  
And open your eyes.  
For some this meditation will be quite a revelation.

For others, maybe they are not yet able to experience the body in this way, and of course that's okay.

Whether you experience the transparent body or not, you know that your true self is awareness. And everything that we have explored so far in the program remains true.

Tomorrow we will continue this exploration by exploring the transparency of the world.

And knowing the world also as an activity of awareness.

Please feel free to write about your experience in the course classroom.

I'm very curious to know what this meditation was like for you.

Thank you for listening and see you again tomorrow.

### **Day 16: the world as an expression of Awareness**

Welcome to day 16, the transparency of the world. Key number 15 of enlightened living is that the world is an expression of awareness. Yesterday we explored that in our actual experience the true body is transparent and that our self is this pure changeless awareness which manifests itself in a wide variety of forms. Today we will explore our experience of the world and notice also that it is awareness experiencing itself as the world. Take a deep breath in and close your eyes.

Be the space of awareness within which everything arises.

Notice the perception of sound. The human ear is only capable of perceiving sounds at certain frequencies but it cannot perceive sounds below and above those frequencies.

When perceiving the world through a human body, the world takes a certain form.

And even though there is more to objective reality than what we can perceive through the senses, from our direct experience we can know that everything is simply an expression of awareness. Let's look for instance at the sound.

Awareness is there before, during and after the sound.

When we strip the sound from content and the labels of the mind, it is simply a temporary vibration within awareness.

If we explore it further we will be able to see that this vibration just like the body is transparent.

The same is true for thoughts and no other objective experiences.

You can now open your eyes.

And look at the world out there.

Remember that everything happens within awareness.

The body that seemingly does the seeing is part of the world to which it sees.

As such the eyes perceive a certain form of awareness but they are themselves known by awareness.

So, rather than seeing a world, see the world through awareness.

A very knowing of seeing.

Know that you are aware of both perceiver and perceived.

And both are simply forms of awareness appearing within.

You are aware of both perceiver and perceived.

Ultimately what you see and the seeing itself is made of only the knowing of it.

You are aware of both perceiver and perceived.

Now you can close your eyes.

And notice that with eyes closed what is in front of the eyes is simply this aware empty space which is happy to be filled with any sight.

Just like the eyes simply see whatever is in front of them.

The same is true for touch.

You can have your fingers separated and then feel your index finger and your thumb touching.

A sensation appears in awareness and when you move them back apart the sensation dissolves.

You are aware of both perceiver and perceived.

Again the space of awareness is simply there, happy for any experience to arise within.

You are aware of both perceiver and perceived.

Whenever you are ready you can take a few deeper breaths in and open your eyes.

I would like to link today's exploration to the topics of karma and projection.

When a belief in separation is held it has to be reflected in some way and this world is the perfect place for all of us to face our beliefs in separation, to recognize that they are not true.

One very effective way of recognizing that they are not true is to go back to the space of awareness and see that everything is made of it.

At first it is like a screen on which all of our experience appears and then when all of our experience dissolves only the screen remains.

Tomorrow we will continue our exploration by meditating on time and differentiating between the present moment and the now and seeing that the now and I am point to the same timeless reality of awareness.

Please feel free to write any insights, comments or questions in the course classroom.

Thank you for listening and I'll see you again tomorrow.

### **Day 17: the Now**

Welcome to day 17, the now. Key number 16 of enlightened living is the now is not the moment in time. Yesterday we explored the transparency of the world and recognized that all there is to our experience is actually pure awareness, experiencing itself in a wide variety of forms.

Today we will explore this space of awareness and recognize that it is timeless. Let's dive straight into this exploration. Take a deep breath in and close your eyes.

Remember yourself, the spaciousness of awareness within which everything arises in fate.

And it can be said that everything that is experienced passes through the present moment.

But what is the present moment? How long does it last?

Is it a minute? Thirty seconds? One second?

If we try and objectify the present moment, it will be the tiniest amount of time possible.

But of course we cannot find the present moment because it is always here.

It is always now.

And that is

because time is an experience within the timeless now.

And when we really look for timelessness,

what we find is awareness itself which doesn't have a beginning and an end.

As such whether we say the now,

awareness or I am, we point to exactly the same absolute and changeless reality

that constitutes everything.

Becoming present, then, means being the all-encompassing presence within which all experience arises.

We cannot really become present. We can simply recognize that we are already here and now.

There is in reality nothing other than the now.

Whenever you feel ready you can take a few deeper breaths in.

Open your eyes.

Now that we know the importance of being present, the fact that all solutions come when we rest as awareness,

that our relationships become more genuine and true, that we can heal our beliefs in separation on the level of the body and the mind,

and that in truth there is nothing other than presence, we can go back to the process of embodiment.

And tomorrow we will explore that even though our I am is changeless and ever-present, on the level of the body and the mind we have a uniqueness, a unique character, a unique past that we are on this earth to express.

So we will talk about fulfilling that role with ease, love and kindness.

Thank you so much for listening.

Once again if you would like to share your experience, please do so in the course classroom.

I look forward to seeing you again tomorrow. Bye for now.

### **Day 18: expressing your uniqueness**

Welcome to day 18, expressing your uniqueness.

Key 17 of enlightened living is that your character is unique.

In the last few days we have explored and meditated on what is true

and realized that everything is simply awareness experiencing itself.

We have seen what is ourself and what is simply an expression of ourself, the mind, body and the world.

And even though awareness itself is changeless,

it is important to recognize that its apparent forms are there in our experience

and that each form is unique in its own way.

So even though you are not the mind and the body,

by resting as presence you allow them to express this peace and happiness more and more fully.

Over time the thoughts in the mind become more and more loving and less judgmental

and the body becomes more and more free and transparent.

And how we express this awareness is unique to all of us because we are all different, we all have unique pasts, unique character traits, unique looks. So all of these different features determine how love is expressed through your particular character.

And the more you allow life to be exactly as it is, the more your character will flow with it and you will allow your unique role to be fulfilled with ease, love, kindness and freedom. Let's do a meditation on this.

Take a deep breath in and close your eyes.

Be aware of all that is here now.

Notice that it already is part of your experience effortlessly.

Notice that thoughts, the breath, sounds, everything in your experience simply is.

And what happens next naturally unfolds.

There is no thinker or doer here.

Let's take a deep breath in.

Whether the body becomes transparent or more tensions arise, this is simply what is happening.

There is no need to resist it in any way.

I said before that, the more you rest as presence, the more you will fulfill your unique role with ease, love, kindness and freedom.

But notice here that this is already your experience.

In letting life unfold,

there is not even ease, it is effortless.

Love and kindness is the natural state of awareness because it simply allows everything to be as it is.

And freedom comes from the knowing that your true self is not affected by experience.

So the only answer is always to simply be.

Whenever you feel ready you can take a deeper breath in.

And open your eyes.

We now know why it is important to rest as presence.

And we also know what to do when tense emotions or challenging thoughts come to mind.

We simply be with them, allow them to unfold or realign them with what is true.

That's it.

Enlightened living is as simple as this.

Tomorrow we will continue this exploration by talking about happiness and what it really means.

Thank you so much for listening.

If you want to write a comment or share your experience, please feel free to do so in the course classroom.

Otherwise, have a beautiful day and see you again tomorrow.

## **Day 19: happiness**

Welcome to Day 19, Happiness.

Key number 18 to enlightened living is that happiness is the combination of knowing yourself and fully embodying your character to express your uniqueness in the world.

Yesterday we talked about how all of us are unique and therefore have a unique role to play in the world.

Today we will talk more about happiness being your own expression of awareness in the world.

The more you understand the body, the mind, the world and most importantly yourself, the more you will be able to see that happiness is always already here.

Let's do a meditation on this.

Take a deep breath in and close your eyes.

We now know with certainty that we are not the body, but the awareness within which the body, the mind and the world arise.

Since awareness, your true self, is untouched by experience, the feelings in the body don't really matter.

But that they are tense or joyful doesn't impact or change you in any way.

As such it is clear that happiness is not a feeling in the body.

Happiness really is being present and loving everything that is here now.

As such what we are really talking about when we talk about happiness is the natural state of awareness.

There is no journey to the self. You already are here now.

But there is a journey of realignment on the levels of the body, the mind and the world.

The more we understand their true nature, the more we can allow them to be as they are.

This is what we are talking about when we talk about happiness.

When there is a perceived separation between me and the world,

we have to recognize that first there seems to be a relationship between awareness and the body and the mind.

And then this relationship gets projected onto the world.

So first see that the mind and the body are right here within.

And so is the world.

There is no space for projection because there is nothing to project.

Even the words awareness, presence, I am, beingness, these are just words.

No word can be precise enough because it already has form and meaning.

So to truly be happy, forget all labels, all learnings, all memories.

And just be.

Whenever you are ready you can take a deeper breath in and open your eyes.

As we have seen, happiness is your most natural state.

And expressing that happiness is realigning your body, mind and the experience of the world with what is true.

As soon as we believe in dualities such as right and wrong or good and bad, we are trying to create an objectively correct way of being.

But all of us are unique, so an action that comes from love in one person would come from fear in another.

Instead of looking to behavior, success or happiness as objective experiences, we should simply do what comes from love.

What is an expression of our true self.

Tomorrow will be the last day of this program when I will summarize everything that we have covered and also tell you about ways in which you can go deeper with these teachings.

Thank you so much for listening.

You can write about your experience today or share any questions or comments that you have in the course classroom.

Otherwise, have a beautiful day and see you tomorrow.

## **Day 20: conclusion**

Welcome to Day 20, the last day of this program.

What a journey it has been, first discovering our true self, understanding the mind and how thoughts simply appear in our experience, noticing our emotions and especially the wisdom within negative emotions, looking at enlightened relationships and what it means to be loving, kind and forgiving towards ourselves and others.

Looking at intuition and the ever deepening spiral of love, seeing the difference between awareness which remains changeless at all times and the mind, the body and the world that are in constant evolution, trying to be a fuller and fuller expression of awareness.

We also talked about success and abundance being always here and the goal of life itself being presence because once we are here, all the problems that the mind projected onto the world find their solutions and often that is simply the dissolution of the problem itself, seeing that everything is perfect as it is.

We looked at karma and the beliefs in separation and then saw experientially that all there is to our experience is awareness itself.

Finally, we looked at true happiness and expressing our uniqueness in the world.

Even though on the level of awareness we are all that there is, there is a body and mind that have a unique past, unique characteristics, unique wants and desires so by being present

these loving desires become expressed into the world as your unique expression of awareness.

Thank you so much for being with me on this journey.

I propose to do one last meditation here and then I will tell you about ways to go ever deeper in this process of understanding yourself, the body, the mind and the world.

So take a deep breath in and close your eyes.

Remember that we are always at the beginning.



We are always the present awareness that simply accepts everything as it is, right now.  
There is nothing to do to be, no external goal to reach.  
And all experience is made of you, it is you.  
Knowing yourself you can allow your experience to be exactly as it is.  
And not just in meditation but also in your day to day life.  
Whenever you feel ready you can take a deeper breath in and open your eyes.  
Finding your true self is only the beginning of an endless journey of spiritual growth on the level of the mind, body and world.  
The more we let go of our beliefs in separation, the more our relationships become true, honest, beautiful and an expression of love.  
The more our actions become fearless and aligned with our truth, the more we can be with the mind and the body and allow them to be as they are, moment by moment.  
By resting as awareness we can witness the succession of insights and realizations on the level of the mind.  
Fully embrace the fluctuating states of the body and enjoy the unexpected and miraculous ways in which life unfolds.  
Thank you so much for being with me and doing the whole of this course.  
Think about where you were 20 days ago and what has changed.  
You can write about your experience in the course classroom.  
I am very curious to know what impact it has had and how you feel now.  
If you want to go deeper with these teachings, the best way is through one-to-one sessions.  
In these sessions I am able to give you much more personalized and practical advice.  
You can find out more about them on my website  
Although I have shared a lot in this course, there is always more and new ways of expressing your innate happiness and uniqueness into the world ever more deeply and more lovingly.  
I look forward to connecting with you personally in the future and continuing this exploration with you.  
I wish you all the best. Namaste.

### **Patricia**

Q: I am finding this course very helpful. Each day so far I have found the need to jot down phrases I want to remember. I like that you have lengthy pauses that really give me time to dwell there before you continue talking. Thank you so very much.

A: Thank you for your comment, Pat - I'm glad you find the course helpful! Yes, I think the pauses are important, and the more the course progresses the longer the periods of silence become. This is to emphasise that what matters even more than the realisations and insights is the space of Presence or Being Aware which cannot really be spoken about 🙏

### **Jennifer**

Q: I am still digesting "there is only awareness and thoughts" - without an intermediary thinker between the two... it resonates on a deeper level but takes some time to really wrap myself around this concept... I look forward to exploring this and other insights in the coming days. 🙏

A: Thank you for your comment, Jennifer - yes, that understanding takes a while to really sink in, because it often feels like "I am the thinker and I make the decisions". The more we understand that there is no thinker, the more we can allow our thoughts to be as they are without identifying with them or trying to change them 🙏

### **Jennifer**

Q: The lack of free strikes me as liberating and inviting to surrender and trust. I look forward to more understanding of this and an embodiment of this understanding as I find myself sifting through so many different thoughts throughout the day...

**Q: Sharon**

This reminds me of a scientific experiment I learned of many many years ago - scientists learned that the thought "I want a drink of water" came milliseconds AFTER the movement of your hand towards the glass. Suggesting the movement/actions (Life) is just happening and we think we are directing this but our thoughts are automatic responses to what is happening.

A: Yes, exactly, and it follows the understanding that there is no thinker. Everything is simply unfolding, therefore you can surrender to Life and trust it 🙏 Just like with thoughts, the more we understand that there is no free will, the more we can accept our own patterns and behaviours and those of other people, knowing and trusting that there is an Intelligence behind Life that guides the unfolding in this particular way and leads us all to a deeper understanding of Self, Truth, and Love. Sharon, I love what you shared, too - I have also heard of this experiment, and I think it is called 'the Libet experiment'.

**Katie**

Q: "What would love do?" is a beautiful question, a kind of handle to keep in my pocket and pull out everyday and often! Love this idea as a guidepost in responding not only to others, but to and for myself. Thank you!

A: Thank you for your comment, Katie! Yes, the question "what would love do?" is very powerful, because it creates space for new ways of seeing and understanding a thought/emotion, other person, or situation. It reconnects us with our True Self and guides our actions to come from the Love and Freedom that we are. I'm glad you found it helpful 😊



**Nancy**

Q: I haven't commented yet but want to say I love this course. On projection..I have spent years running from and criticising my mom but it wasn't her I was running from..it was me..my shadow. Now she is passed and I can't make it up to her..I feel so badly and failed. I failed. I did not understand it was my own shadow and the darkness in me that was the problem..I could not be love.

A: Thank you for sharing, Nancy 🙏 In the day 8 recording, there are two question: "Is there really any sense of lack in the Now?"; "Have you really been hurt in the past?". The second question works the same way if you ask: "Have you really hurt someone in the past?". Be careful with and aware of the mind trying to create stories of failure - the feeling of not having been able to apologise to your mom is just that - a feeling in the moment. Once you have felt it, you will see clearly that her passing happened as it should, and your behaviour was just as it was supposed to be, too. In fact, part of the reason it happened this way is for you to be able to feel those emotions, forgive yourself,

and accept yourself and her more fully. You are love, now. It is never too late to integrate the shadow.

**Nancy**

Q: I am glad you are doing a recap and hope you offer many more sessions. I hope I repeat it as your teachings are very insightful.

A: Thank you, Nancy - I'm glad you like the course 😊 The recap is on day 8 because the first 7 days lay the foundation of the explorations to come. The following recordings delve into different aspects of, and go deeper into, what has been shared so far in order to allow you to experientially understand, integrate, and apply the teachings in your day-to-day life 🙏

**Nancy**

Q: Class 8..I don't know my true self yet but I do know what is keeping me from it. Maybe it is time to repeat

A: Thank you for your comments, Nancy. Yes, sometimes it takes a while to find and experience your True Self. Knowing what is keeping you from it is a very important step, because then you know what to do - allow your thoughts and emotions to unfold until the space of Presence is once again revealed to be the constant and changeless reality behind them 🙏

**Nancy**

Q: I am learning to trust my intuition more and stay out of my mind as the mind is the source of all difficulties..at least thoughts are. There is a big difference between the thoughts..ego and thus self based, or the heart. God can never be found through our thoughts.

A: Yes, connecting with the heart and the body, and paying less attention to the mind, is an important part of the spiritual journey. You are right in saying that God can never be found through our thoughts, but the mind can be a useful tool for letting you know what you are perceiving in the moment. Once you know your True Self, you can then use the information that the mind provides to re-align your experience with Truth. Ultimately thoughts, like feelings, are an expression of Awareness and do not change or affect the constant underlying Peace of Presence 🙏

**Nancy**

Q: The thing is with karma..negative actions elicit negative results. Low vibration activity attracts low vibration..so consequences are what we attract by our actions.

A: Yes, but remember that when we check with our actual experience, we cannot find a thinker or doer. As such, the high or low vibrations that we experience, the actions that we take and the resulting consequences are simply unfolding, moment by moment. We cannot take credit for them or blame ourselves or others - we are the 'I am'-ness, the Awareness that expresses and experiences Itself in these ways, watching - and being one with - the unfolding 🙏

**Nancy**

Q: Day 17...almost done unfortunately. I have really struggled with the concepts of purpose and surrender which I believe means I am still too firmly entrenched in ego. I am working hard to surrender and just made a huge decision which I don't know if it came from heart or head. If head, then there will be trouble. I pray about purpose because I worked long and hard to live up to the expectations of others rather than finding the purpose that should come from the heart or on the heart level...working and praying on that now.

A: Hi Nancy, Understanding that purpose is what you desire most and comes from the heart is not easy in a society that keeps entrenching the idea that happiness comes from having a particular objective experience (being accepted and liked by others, having a good job, a beautiful relationship etc.). In fact, surrender and purpose are the same thing - they mean being with what is, moment-by-moment, and point to the recognition that life happens effortlessly. At one moment, your purpose is to drink tea quietly in the garden, in the next one it may be submitting an important document for work, or deciding to move house. Purpose is being with what is, knowing that nothing is random, and allowing things to unfold. I wish you all the best with the decision you've made, and trust that you have made the right one!

### **Nancy**

Q: For the first time tonight when I was working I remembered I was not my thoughts..When I started thinking I reminded myself that that it was not who I was and felt myself becoming love..like empty..and being. My true self. It was amazing.

A: Yes, it is beautiful to experientially understand that you are not your thoughts, that thoughts are simply something you are aware of, and that you are the Awareness within which all experiences arise! 😊🙏

### **Nancy**

Q: It is hard to say what I found most helpful about the course but as I said in my last comment, for the first time tonight in decades, I rose above thought and went into being, part of it included going into feelings because I understand that the head covers up feelings yet our feelings are what makes us real, also here and now. I also start to overcome desires and cravings which is also related to the ego self.

A: Thank you for all of your comments, for participating and for engaging with the course content so fully, Nancy! I am glad it has been helpful, and yes - the spiritual path is a long journey of letting go of the beliefs in separation and the patterns that arise as a result, and beginning to live a Life that is ever-more aligned with Truth and unique to you ✨

### **Jennifer**

Q: "What would love do?" - so beautiful and feels so aligned with our natural state. This really resonates and strikes me as the most natural way to "tap into" the present awareness that always is. 🌸

Thank you, Jennifer. Yes, the question "what would love do?" instantly connects us with our True Self - the present awareness that always is - and the natural ease and flow of life 🙏

### **Mary-Lou**

Q: Hi Boyan. I started the lesson and have had to listen to it for a couple days to really understand this awareness. I know you said you can't understand it with the mind but when I go into awareness it's like I am thinking about it instead of being it. It's a difficult concept to grasp but will keep at it.

A: Hi Mary-Lou, thank you for your comment. Yes, it can take a while to recognise that you already are this Awareness, and that there is nothing to do to be It. It is like being in a room and opening up to seeing the space within which the objects in the room appear instead of focusing on the objects. The space already is, and the objects or the way the furniture is arranged do not have any impact on it. In the same way, thoughts/feelings/sense perceptions do not affect the Awareness within which they arise. The mind can be aligned with this knowing (through thoughts such as 'I am happy', 'I am at peace', 'I am open and free', or simply 'I am'), or not - in either case, Awareness remains the same changeless spaciousness that allows everything to be as it is 🙏

Q: Thank you for the analogy of awareness...makes sense when you explain it that way. My mind is so conditioned to think, analyze, ponder, reflect, figure things out that to sit in awareness and to watch all these thoughts unfold does not seem like I am doing anything productive. I know that I need to stay with it, practice and retrain my thinking patterns.

A: Yes, it becomes easier over time. You can also explore this with sounds - what is a sound beyond the label? Then, you allow the sound to be as it is without trying to change it in any way or even trying to understand what it is. In a similar way, thoughts are private sentences that we can hear but others can't. Over time you will be able to listen to these sentences like you listen to a radio. They are 'on' in the background, but don't affect or change who you are

### **Mary-Lou**

Q: Day 3 for me. I understand when you say there is no free will, that everything is unfolding perfectly but I can't get past what I experience when I see my adult children go through traumatic events in their lives. A lot of my anxiety is around what they are going through and it breaks my heart. I realize that it is happening to them for a reason but man, it's tough!

A: Yes, I understand! I can imagine that it's not easy for you to see them go through difficulties. But notice that their difficulties are also there for you - to feel into this anxiety and surrender ever more deeply to what is. The best thing you can 'do' is to heal your attachments and come from a place of Presence and Love when you speak with them 🙏

Q: Yes, I think that's exactly it, their difficulties are for me as much as I don't like it! I need to accept it all, not resist what is. My attachment is huge and I need to let go....that is my every moment mantra...thank you

A: Recognising this - that their difficulties are there to help you, too - is a very important first step! Great mantra, and you're definitely on the right path 🙏🌟

### **Mary-Lou**

Q: I am on day 4...In my meditation, when I sitting with the negative emotion, my experience is to think about the issue that's causing my negative emotion and that's what I seem to focus on. Is that sitting with it?

A: Yes, it is! And the more you sit with emotions in this way, the more you will notice that the same emotion can give rise to a variety of thoughts that point to different causes for it. As such, the content of the thoughts isn't that important - they simply point to that underlying anxiety or tension. So do your best not to believe these thoughts, but rather to feel the tension that they point to 🙏

Q: Thanks for the explanation. Okay, I will sit it, not attach to the thought but feel the emotion and ask why it is there

### **Nikita**

Q: Hi 🙋 my name is Nikita.

I just became a mother. And with a baby of 8 weeks, I haven't been able to meditate as I use to do. I am noticing some negative thoughts of judging myself and comparing myself to other young mothers, always blaming myself that they are doing better. So I am using this course to a) get back on track, start meditation again and b) be more at ease with my new role, less self-judgement and more self-love.

Just finished day one. Lots and lots of thoughts during the meditation... But I am still happy that I at least did one day :)

A: Hi Nikita, congratulations on becoming a mother! And thank you for your comment and for starting the course. I'm sure that many young mothers have similar thought patterns - the best thing you can do is to be with them, let them unfold and try not to believe them or identify with them. There are more meditations on negative thoughts and emotions in the next few days of this course, but don't worry if you don't get to them - being a mother is your top priority right now, so please don't feel like you 'should meditate more' or 'should stop these thought patterns'. Instead, don't pay much attention to them and keep doing what you have to do to be there for your child 🙏 Let me know if any other comments or questions arise for you and I will be here to support you 😊

### **Nikita**

Q: Just finished day 4. What a beautiful lesson! Really opened my eyes. I will keep practising the "my mind thinks I am X". Your voice is so warm and calm. Love listening too it.

A: Great to hear, Nikita! I'm glad you are enjoying the course 😊🙏

### **Olivia**

Q: I am going through a period of high activity in my life and demands, which has led me to inconsistency in my practice and thus a level of spiritual disconnection, which i'm seeing is impacting my quality of life. I hope this course will be the start of a cycle of realignment and an opportunity to deepen my practice. Thank you 🙏

A: Hi Olivia, Thank you for your comment and for starting the course 🙏 Yes, it can be difficult at times to find the right balance between presence and activity when life is filled with duties and demands. Hopefully this course will help you remain in the Now while you are active, and in this way give you what you are looking for. Let me know if you have any



comments or questions as you listen to the course, and I will be here to support you throughout this journey 😊

### David

Q: Hi Boyan, I'm enjoying this series.

I've actually just arrived in México for a holiday.

I needed this talk. Been having a lot of challenging thoughts and emotions.. Thoughts of separation are very common for me , and have been enhanced at times, being in a foreign culture.. So this talk a good reminder of the karma I'm experiencing. Thanks

A: Hi David, Thank you for your comment - nice to see that you are doing this course as well! Yes, travelling to different countries, and being in a new environment with a different culture can trigger our beliefs in separation. I am glad that the talk has been useful in helping you deal with the situation and all that is arising 🙏

### Daniel

Q: If I understand correctly, awareness is just there. Thought dictates the emotion and awareness does not change. Awareness is the observer and the basis of who I am.

A: Yes, you got it 😊 At this stage I wouldn't think too much about what comes first - thought or emotion - and rather focus on the fact that these simply arise effortlessly in Awareness, your True Self 🙏

### Daniel

Q: My awareness is consistent peace. The thought of forgiveness manifests love? It expels thoughts of past and hurt? I will listen to this portion of the tape again.

A: Thank you for your comments, Daniel. I would phrase it the other way around - when you rest as Love, your True Self that allows everything to be exactly as it is - the desire for forgiveness arises, because you recognise that any difficult situation & hurt (whether you hurt someone or they hurt you) is no longer relevant Now. Here and now, you are whole and complete. As such, you - the True You - weren't really hurt. And the same is true for others. A good question to meditate upon here is 'Can Awareness actually be hurt or changed?'. What happens when we forgive ourselves and others is that we can fully embrace and release all thoughts & emotions related to this past hurt, and return to Presence and Peace. It all happened because of a false belief in a separate 'I'. It was inevitable and it is okay - life goes on 🙏 Let me know if this makes sense, and - if it feels right - feel free to tell me a bit more about the situation as well.

### Daniel

Q: Thank you, once I listen to part of lesson 5 and lesson 6 again, I can more fully process this concept. Would you liken the concept to shadow work? My best friend ended a 26 year marriage and immediately moved in with a beautiful mate who I have come to care about. Within the first year, he has had an affair and I am having difficulty with his honesty, deceit, manipulation and acts of omission. They separated a week ago. Your course is helping me heal on this particular situation. However, it is taking me much deeper with awareness as my foundation for thoughts and feelings. Interesting how you point back to pure love through forgiveness. This is so true. Again, thank you

Q: Correction "awareness to OBSERVE thoughts and feelings"

A: Thank you, Daniel, I'm glad the course is helping you with this situation. Yes, forgiveness is related to shadow work in the sense that we begin looking at this shadow/ego from the perspective of Love, understanding it and letting it go. With the situation that you have shared, I am sure that there are a lot of complicated dynamics - rebound relationship coupled with care and love, but also fear and doubt; difficulties in letting go; insecurities and self-esteem issues in one or more of the people involved, etc. I cannot give specific advice based on what you have written as I don't have enough information, but in cases like these forgiveness helps in seeing the different patterns that people are playing out & the Higher Purpose of this unfolding - the ability of each person to learn to feel into what is right for them & being able to act differently and more lovingly in the future. It may be that not all of those involved are able to learn the lessons and grow from the situation yet, but sooner or later they will be. For you in particular, your role is to notice the thoughts & emotions being triggered, and - as you say - observe them & embrace them from the perspective of your True Self. Then, once there is less or no more resistance to the situation, you will know with certainty and clarity what to do to best support everyone involved 🙏

It's also interesting to consider such seemingly random 'mistakes' in writing: 'Awareness to observe thoughts and feelings' vs. 'Awareness as the foundation for thoughts and feelings'. Later on in the course, you will hear the phrase 'Everything is made of Awareness'. As such, the second sentence is a step deeper than the first one. At first, Awareness is separate from thoughts and feelings - there is still a duality there. As one keeps exploring this understanding, Awareness becomes known as the Source or Foundation of thoughts and feelings, which leads to the experiential recognition that Non-duality is actually True 🙏

**Karen**

Q: Wow, truly amazing. I just finished Day 15 and all I can say is I feel free. If there was an egg and somebody cracked it, I feel like the yoke that just oozed out 🙏

A: Hi Karen, Wonderful! Understanding our True Nature is indeed life-changing, and leads to a completely new perspective on everything 😊 🙏

**Mary**

Q: Hi Boyan,

I just want to say what you're sharing is all so calming and reassuring. Don't resist life. Allow it to unfold naturally as life has its own natural intelligence. Many gems you've shared here. Thank you. Look forward to continuing.

A: Thank you, Mary, I'm glad that the course resonates with you 😊 And absolutely, isn't it beautiful to surrender to what is and let Life unfold naturally and effortlessly? 🙏 ✨

**Kate**

Q: Hi Boyan. I'm not sure I understand the idea of no free will. Are you referring to dependent origination and mean that there is no free will due to all actions being dependent on causes and conditions? I'm just wondering how that relates to following the 8 Fold Path and complying with the 5 precepts. I can understand that even doing



those things are dependent on causes and conditions but, on the other hand, this idea almost seems like there is no possibility for people to choose to work towards living more in accordance with Buddha's teachings and to choose to live more skillfully. Can you elaborate? Thank you! Blessings and Peace.

A: Beautiful question, Kate, thank you 🙏 Non-duality aims to reveal what is True experientially. When we sit with our experience, we notice that thoughts arise effortlessly with Awareness, and that this boundless, ever-present & changeless Awareness is who we really are. Since experience arises effortlessly in this way, there is no separate individual that wills thoughts & actions into existence. In reality, the statement 'there is no free will' is neutral and doesn't change much about experience - life continues, thoughts and decisions keep happening, and as such the body/mind can continue learning and practicing anything that it has been drawn to in the past, such as the 8 Fold Path and the 5 precepts. What shifts is the identification from being a separate thinker/doer to being the Awareness, the witnessing Presence that watches the journey of the body/mind/world unfold. And since it is the nature of Awareness to effortlessly embrace and love all that is, the tendency is for qualities such as openness, care, and compassion to be expressed more and more on both the individual and the collective levels as Consciousness evolves. On an individual level, this re-identification with our True Self leads to a deep sense of Peace that transcends circumstances, and allows us to live authentically and express our humanity more fully in the world 🙏

### **Matt**

Q: Thank you Boyan . For a moment during this meditation I really did experience myself as just awareness and it was when I let go of any effort that it happened.

A: Wonderful to hear that, Matt. It truly is an effortless recognition, because we already are this Awareness 🙏 And isn't it beautiful to know that it is when we let go of efforting that we find what we have been looking for all along? ✨

### **Valerie**

Q: Listening to lesson 5, I had an aha moment, an epiphany on a negative memory recurring since childhood. Somehow what you said in that lesson resonated with me, and provided a framework to bring this thought of anger and defeat toward acceptance and compassion.

I will revisit this lesson again and look forward for the rest of this course.

Thank you for your kind and gentle approach.

A: Hi Valerie, thank you for your comment. I'm pleased to hear that what I share in day 5 about the patterns of the mind helped you see this negative memory through the eyes of acceptance and compassion 🙏 It is fascinating to watch the journey of re-alignment of the mind & body happen when we re-identify with our True Self 😊

### **Drew**

Q: Really enjoying the course and your thoughtful gentle approach. A beautiful offering. Day six resonated deeply as I am at a crossroads of trying to discover for myself (while leaving ego behind), If I have changed too much for my partner to grow with me, or how much that really even matters. I do know it now feels inauthentic to feed another person's

insecurities for the sake of their feelings, when ones day to day heart is living from presence. Thank you for listening. I will likely comment again once I finish your course.

Blessings 🙏✨

A: Hi Drew, thank you for your comment, I'm glad to hear that you resonate with what I share. Yes, I understand where you are coming from - the spiritual path can sometimes lead to outgrowing our current situations and partners. My advice would be to communicate your feelings openly and honestly, because it may well be that your partner is also feeling this imbalance in the relationship. Once you have a good understanding of each other's perspectives, you can either try to continue and adapt better to each other's needs, or agree to naturally part ways while maintaining love and support for each other.

Let me know if that makes sense 🙏✨

Q: Thank you Boyan. This is actually great advice. Blessings. 🙏🙏

A: You're welcome 🙏 ✨

### **Peter**

Q: How am I to be aware that I am being aware?

A: Hi Peter, Thank you for your question. It is important to recognise who is the 'I' that is Aware. If we identify with the mind, the mind will look endlessly to find Awareness or to become aware of something larger than itself that is not itself. However, if we return to the knowing that our Self is Awareness, we then also know that we are already Aware. That simple recognition and shift from identifying with the mind is the answer to your question

😊 I hope this makes sense experientially 🙏

### **Jenny**

Q: I loved this concept of no free will it gave me a great sense of peace and somehow a knowing. But then how do I reconcile this with making any decisions or choices, how to allow that to unfold to find guidance with "me being involved"?

A: Hi Jenny, Thank you for your question. I'm glad that the lesson on 'no free will' resonated with you and helped you find a greater sense of peace 🙏 The statement "there is no free will" is in fact neutral - it doesn't change our actual experience that much. Thoughts continue to occur and decisions continue to be made, it only means that there is no 'doer' & that these experiences simply happen within Awareness. Over time and the more you explore this, you will find that understanding this deeply leads to a deep trust in the unfolding of the Universe, and to listening to your feelings & intuition ever more closely, because you know with certainty that they are not random. Let me know if this makes sense 😊

Q: Thank you Boyan I'm beginning to understand

A: You're welcome, Jenny 🙏

### **Bhavesh**

Q: Hi Boyan, in day two, you said thoughts precede feelings. Is this always the case or can feelings precede a thought?

An example would be walking into a room which you have done 1000 times and yet on the 1001 time a feeling rises that something isn't right or is out of place

Thanks 🙏

A: Hi Bhavesh, I love the way you are engaging with this course - thank you for your question and for checking in with your own experience. As we embark on the spiritual path, the mind is often the first portal through which we 'turn inwards'. As such, at this stage in the course it is useful to consider the idea that thoughts precede feelings. But you are right, sometimes feelings do precede thoughts, and the ability to subsequently label these feelings allows us to become more conscious of them and how they shape our actions and behaviours. And the more the body/mind system becomes 'connected' and aligned, the more thoughts & feelings arise together in Awareness 🙏 I hope that answers your question 😊

Q: Hi Boyan, thank you. So in the example above, labelling a feeling brings forth an almost precognitive response/thought? If one didn't label the feeling and allowed it to "just be" and the energy to dissipate, the usual resultant bodily or mental response can be observed and allowed to pass. Which leads me to the next question, where does that energy go? What is it transformed into?

A: Hi Bhavesh, This is usually a three step process: 1) a feeling arises, we are unconscious of it and we go about our day as usual; 2) at some point we become aware of the body again and recognise that there is an emotion there (the mind labels it one way or another); 3) we allow the feeling to 'just be' and the energy to dissipate. As for where the energy goes - I believe that the 'average' energy field or aura of the body/mind system expands a little every time such a contraction is released 🙏

### **Bhavesh**

Q: As thoughts are "conditioned", does that mean that any action we take as result of a thought is predestined? What I mean by that is the nature of the thought preceding the action stems from fear or love. In the case of action coming from a fear based "lack of" or "wanting more" thought, manifests itself in an action to obtain/increase happiness or minimise suffering for oneself. A love based action with origins from the heart with the thought created as a result of the movement of energy from heart to the head. So both happen within awareness but who/what chooses the action?  
(Haven't explained that clearly haha)

A: Hi Bhavesh, remember that from the perspective of Awareness, everything is allowed and embraced exactly as it is. Sometimes some events or circumstances can trigger a sense of fear in us, and in some of these cases acting from Love is inaccessible. This is when we have to temporarily follow a patterning of fear-based action. However, even this serves the higher purpose of releasing this very fear/contraction stored in the body/mind, learning from this experience and making acting from Love more accessible in similar future situations. This process is what I call 'the ever-deepening spiral of Love' on Day 10. And Awareness, our True Self, remains the witness of it all, allowing the body/mind to gradually return to its natural state of Openness, Peace, and Presence. Let me know if this makes sense and answers your question 🙏

Q: Yes this makes sense. Going to explore and meditate on free will and the illusory self.

Thank you 🙏 😊

### Catherine

Hi Boyan

This is my second time around this course, although I got many of the concepts first time around it didn't hit experientially at least not all of it. Often feel this sense of separation when challenged and have chronic pain condition. Wow the transparency of the body day 15, could really feel this and it was truly beautiful, there was no pain or separation and now know what Self is, is there a danger in making this a goal to reach every time I

meditate and would this be a duality, loving your course, love and wisdom 💕

Hi Catherine, I'm glad you are doing this course again and that you were able to experience the dissolution of the sense of separation, your True Self and the transparency of the body 😊 Yes, you can make it an aim to reach this Knowing each time you meditate, although also be aware that it is a duality and that to function in the world the

body/mind will inevitably take form again. Over time and the more you establish yourself as transparent Awareness, the less attached you will be to returning to your Self in this formless way, and the more equanimous with and allowing of the state of your body/mind you will become, however it appears to be in each moment 🙏 ✨

### Lora

Hey Boyan!

Thanks so much for this course. I'm really enjoying it 😊

I have a question about what you said on the second lesson. You said that we could be more understanding and forgiving towards other people if we remind ourselves that their behaviors are not a reflection of their personality but instead just temporary actions. So my question is if we do not see others' behaviors as part of who they are, how could we manage our expectations from them and how would we set some boundaries with people when we need to do so? Because out of many options, they pick to behave in a certain way and so I feel like their behavior is a reflection of who they are at that moment... I'd be so happy if you could share your thoughts on these 🙏 Thank you so much!

Hi Lora, thank you for joining this course and for your question 😊 Yes, when people express imbalanced behaviours, that is what they are reflecting and feeling in that moment. However, that is not their True Self expressed through their loving & aligned personality. By remaining as Awareness / Love, we can see that clearly and be forgiving towards them. This doesn't mean pretending that the behaviour didn't happen or not saying anything. On the contrary, it often means openly expressing how we feel and finding the most loving & optimal outcome in which everyone involved feels ok, heard, and respected. Let me know if this makes sense & feel free to also share a bit more about your particular situation if it feels right - I'd be happy to support you further if I can. You may also find that you gain more clarity around this as you continue with the course 🙏

✨

Thank you so much for your reply Boyan 😊 I think now I understand what you mean better, thank you very much 🙏 😊

**Nankie**

Hello Boyan, I have a question, I am at day 7. Why does awareness and the illusions we experience exist at all? I am trying to accept the reality of it. But maybe my ego really wants to understand why does this exist at all. Do you have any insight?

Kind regards and warm wishes,

Nankie

Hi Nankie, thank you for joining this course and for your question. Notice that it is the mind that wants to know and understand, and that the mind itself is a part of what is arising within ever-present Awareness that has no beginning and no end. When you rest as that Awareness, experientially knowing that you are whole, complete & untouched by experience, then the question will naturally fade away. You will be comfortable with not knowing and not having an answer, simply allowing things to unfold as they do 🙏 Let me

know if that 'makes sense' 😊 Hi Boyan, thank you for your elaborate answer 🙏 I guess I will just have to experience it! 😊

**Inez**

Day 2

Thank you. As always, you have once again revealed a very salient truth about our mind and what we see as complex can be better understood. Thoughts vs awareness.

I am so hard on myself as my thoughts can be so overpowering which leave me critical of who I am.

Understanding this has given me relief and belief that I am okay.

Thank you for joining the course and for your comment - I'm glad you found the day 2 recording helpful 😊 It becomes easier over time to rest as Awareness and to allow even

the overpowering thoughts, knowing that they are temporary and don't really affect who you are. In Truth, you are always ok - whole and complete exactly as you are 🙏 ✨

**Inez**

Day 4 and 5

Thank you. I always feel lighter and at peace after a lesson with you.

I know that self realization is the greatest gift we can render the world yet why is it so difficult to separate mind from presence when thoughts are triggered unintentionally?

Today you have helped me understand the 'I am'-ness, thank you. However, it is undeniably difficult to separate mind from presence when forgiveness is almost impossible for deep trauma caused by another.

You said that in the presence one is perfect, in a good place. What happened has gone and you are unscathed. But the scars remain.

It's difficult to share this right now.

I will wait for the next lesson on forgiveness.

Thank you again.

Thank you for sharing, Inez 🙏 When the thoughts & feelings are too strong, do your best

to stay with them, witnessing them from the Presence that you are & letting them unfold. At first, the thoughts will be about you, how you have been hurt, how you cannot accept

what happened, and therefore cannot forgive the other person. As you stay with these thoughts and feelings, they will gradually become less intense and clarity will come. You, Awareness, are actually unaffected - that is True! The other person lost their inner peace in that moment and acted from unconsciousness and lack. It's ok, it happens sometimes & is part of the unfolding. In fact, by triggering our resistance they are helping us become more conscious of a part of ourselves that we haven't fully seen and embraced yet, and as such they are helping us heal. What I share here is probably not easy to understand or accept at the moment, and that's ok - it will become clearer in next lessons and as you keep practicing & returning to Presence ✨

### **Inez**

Thank you Boyan, just attended session 8.

I cannot get to the course every day so it was great you did a summary at the beginning of this one. I seem to be grasping the different aspects of the mind however the past is still a part of

my life. I am working hard at my presence as well as managing thoughts if the past that are triggered daily.

I will get there....I want to get to a point of totally letting go.

Hi Inez, I'm glad you enjoyed the summary, and you're doing great! 🙏 Presence/ Awareness, being our True Self, is who we effortlessly are. However, at times (and as you have experienced) as we rest as Presence some past memories can come up to be felt and re-aligned with what is. Remember once again that you, Awareness, are already completely free, fully accepting & equanimous with what is, and anything that comes up in the body/mind is temporary and does not actually affect who you really are. As such, part of you is already at the destination, and the other parts are coming up to be re-aligned with that destination. I hope you find this helpful 😊 ✨

### **Susie**

Q: Hello-

I finished the course and I realize I have so much to learn, as it is difficult for me to sit in stillness and not have my mind making plans. That being said, I wondered if you have an index somewhere of all the topics you covered in the 20 days? I would like to revisit a few of them. Thank you for your course

Susie

A: Hi Susie, thank you for joining this course and for your comment. I would actually recommend doing the course again - the lessons will probably sound new to you if you felt distracted the first time, and you will experience new insights and maybe be able to find more stillness this way. A lot of people have benefited from doing this particular course multiple times. Alternatively, taking my shorter 10-day course on 'Redefining fulfilment as a state of Being, not a feeling' is also an option if you found this one a bit too long. As for an index of the topics - you can visit the page of the course on my website to remind yourself of the descriptions and themes covered each day 😊 I hope this is helpful 🙏

### **Caroline**

Q: Thank you for this course. In today's lesson about the free will not existing I could intellectually not really follow your explanation. During the meditation though I experienced for the first time that my comprehension was not necessary. I feel so



overwhelmed that my concept of being intelligent all of a sudden does not appear important anymore.

A: Hi Caroline, thank you for joining this course and for sharing your experience 🙏

From your post it sounds like you've had quite a journey with this lesson - moving from confusion, to peace, to a sense of overwhelm. This is probably an experience that many people share while listening to this particular lesson. Over time, the peace that you experienced - which is beyond belief & identification with the body/mind - will remain, and the confusion and overwhelm will diminish. After many years of placing importance on being intelligent - which is what our societies condition us to do - it can be difficult at first to accept that the Self that we are is not the mind, but the Observer of the mind. However, as you continue on this path, you'll find that letting go of the need to be intelligent or to control thoughts is a great relief! ✨

### **Beverly**

Q: Had this course saved and today rediscovered it. I am struggling to accept behaviors of husband and sister. I feel I need to not want from them and to accept who they are; they are on their own journeys as well. To accept that their behaviors may not ever fulfill my wants/needs. I struggle with how to accept them as they are since accepting implies I diminish my needs. I feel stuck between two negatives. Any thoughts would be most inviting.

A: Hi Beverly, thank you for your question - I'm glad you rediscovered this course 😊 I understand where you are coming from. Acceptance in this case would not be passive, but rather a full recognition of all that is happening within you. In this course I often say that 'everything is unfolding as it should', meaning that your needs, how you feel & what you expect from your husband and sister are also not random. A loving way to approach the situation would be to sit with your thoughts & feelings (or write them down / use the empty chair technique) in order to acknowledge and embrace them as they are, and ideally recognise that your Peace and Happiness is already here and does not depend on how they behave. Then you would be able to communicate all that you haven't said and feels important with Presence and clarity. However, at times this won't be possible, and you will need to say things from a place of lack and projection, which is also completely fine. Expressing your feelings and needs is natural and will help them feel more at ease and able to express theirs more fully around you as well, ultimately leading to balanced, free, and open-hearted relationships. I hope you find this helpful - let me know if you have any follow-up thoughts or questions 🙏 ✨

## **How not to let the behaviour of others disturb your inner peace**

Hi, and welcome to this meditation on how not to let the behavior of others disturb your inner peace.

Take a deep breath in and close your eyes.

Notice right here what is inner peace.

Notice that your thoughts keep changing.

Notice that your feelings also come and go.

And now notice the state of presence or beingness.

Being aware.

Notice that all thoughts and feelings appear in this spaciousness of presence.

Notice that you are here now.

Even if it seems like a lot of thoughts or a lot of feelings can disturb the space of

presence, in fact they can't.

Every thought and every feeling appear in presence and dissolve in presence, in awareness.

Now the real question is how to maintain this presence, this stillness in our everyday lives.

Sometimes we find ourselves in situations in which we are triggered, in which we react in ways we don't like.

And we often think that it is the people around us, the people in this situation, that are responsible for the way we feel.

In fact, by not accepting their behaviors, reacting to them, we are resisting something that is already within us.

Instead of blaming them for what they do, we should be grateful that they have revealed something within us that we have not yet accepted fully.

Instead of judging them, controlling them, trying to change them, we should instead focus on the feeling and the thoughts that have been triggered.

Simply be with them, embrace them exactly as they arise, knowing that we are not these thoughts and these feelings, and allowing them to unfold.

When a pattern of resistance has been revealed, embraced and dissolved, we become aware of new ways of being, we become more forgiving towards others, and we find ways to be loving and compassionate with all beings.

In truth, other people are simply a reflection of us, they appear in our lives for a reason, and that reason is always to enhance our spiritual growth, to help us become better, more loving, kinder human beings.

Most importantly, we develop a kindness and a forgiveness towards ourselves, our own thoughts, feelings and behaviors, and by embracing all of ourselves, we can also accept and fully embrace everyone else.

Remaining present with and aware of your inner peace.

The space of presence within which everything arises and fades.

You can take three deeper breaths.

And whenever you're ready, you can open your eyes.

Thank you for listening.

I wish you a beautiful day ahead and hope to see you again soon.

## **Honouring the departed with love and without regret**

Hi everybody and welcome to this live event on the topic honoring the departed with love and without regrets. As always the event will start with a short meditation then I will do a talk on this topic and there will be space for questions and answers at the end so if anything comes up during the meditation or the talk please feel free to let me know in the chat and I'll be here to answer you and to continue our conversation. So let's take a deep breath in and close our eyes

and notice the experience here

the experience of the breath coming and going like waves in the sea

the experience of the body relaxing maybe some parts are tense and that's

okay as well

notice thoughts arising in the mind feelings passing through the body

and all of these experiences show the impermanence of life or objective experience

everything is in flux everything is moving

when we try to find the place or a space or a state of being which is ever present which doesn't change

the only such place in experience is our very own being our awareness which allows all of these different experiences to flow through it and even

though they flow through it it remains ever present it remains changeless

allowing experience to be as it is

and this is important for the topic of our event because knowing oneself as we will see inevitably leads to forgiveness to compassion to acceptance of what is or what has been and to a return to a knowing that we are always whole and complete

so let's take a few deeper breaths here

and I straight into the topic of today



that's me thank you for your comment I've seen it and I will come back to it later during the Q&A part of this talk and for now yeah I just want to see how many of the people here have such regrets have the feeling that they haven't done enough with someone who has passed away the feeling that something is missing that maybe they've done something unforgivable or you haven't behaved correctly and you haven't had time to apologize just let me know don't tell me so much about the actual situation if you don't want to but just say yes me yes me I've been there before I know what you're talking about and I'm asking because I know a lot of people are have felt this towards someone in the past Christine I see you say yes yeah so let's let's talk about this Jane you too and again when we come back to the presence when we come back to this awareness we see that things unfold that our true self doesn't resist experience it simply allows it to unfold to be as it is but sometimes there are some events like someone passing away or something from childhood or too much stress in at work whatever it is there are some events which the body mind resists it's like this is not acceptable I have to work on this I have to make sure that things go according to how I want them to go and there is a sense of needing control needing to to determine how things unfold and this is the resistance to it is this is the the thing that keeps us away from from peace and just by resting as awareness just by returning to the present moment to our true self through practices such as self inquiry or or other methods we return to this knowing that actually everything is unfolding as it should there is no right and wrong there is just a pattern that is moving and the mind-body sometimes resists this pattern but that is also part of the pattern this is how the body mind grows this is how it releases those resistances and it returns to this peace this presence this acceptance so this is when we have a regret when we feel that we haven't done our best when we feel that something is missing this is what's happening the body mind simply resists the way things have unfolded and so then there is a process of forgiveness of looking back of seeing what has been triggered within us of noticing our beliefs in right and wrong and in this case what went wrong why is it wrong according to us and why can't we just accept what is why can't we rest as our true self as presence and and see that that things things are unfolding as as they should have there's nothing else we could do about it we can ponder upon the situation but so so in the past and here I want to say also that from a non-dual perspective everything is an objective experience a thought a feeling a circumstance a person it is part of awareness and so from this perspective it's it's we can almost say that the people are not are not really passing away they cannot pass away because they are with us in our minds in our hearts our gestures in our thoughts so as soon as we remember them we are with them we can create conversations we can sometimes dream about them so they're never really gone that's also an idea that is in the mind and then once again by returning to our true self to the permanent awareness the the permanent beingness that is noticing everything that is unfolding we are okay we embrace the impermanence of life we can be more present we can be more compassionate there is a quote that says what's the most important time it is the now who is the most important person it's the person you are with now so by embodying this this presence this awareness we are always here we we flow with with whatever unfolds and if there is some regret if there is some some tensions some desire to change the past we can look at that we can see it from a higher perspective notice that it's just the resistance and that actually things have unfolded as they should have according to a higher plan that is beyond our control so let me know if this makes sense so far

Smita I will come back to your comment you say I've lost my parents and I feel often that I didn't do much for them I did more for my maternal auntie and Smita can I ask if your aunt is still alive is still around and the second thing that comes to me is once again that you haven't really lost your parents as such because you can always bring them back into your awareness you can ask them is it true is this feeling that I haven't done much for you true and I'm sure that from your parents perspective you have done more than

enough you have done probably everything that that they wanted from you I don't know if that's true it's just the feeling that I'm getting now yeah I see sometimes also we the mind again imagines okay if I give this much to this person then the same person will give me back this much so we imagine that there is a linear process of giving and receiving but often it's not so linear as that so we give in one place we receive from a different place the pattern is more complicated than the mind can understand so maybe again it feels for you that you gave or did more for your aunt and received from your parents but maybe there is a balance here and of course I can't say too much because I don't know your family history and all your relations but yeah often there is a larger pattern that is sometimes difficult to see D you say yes and all the should have said and etc again I would suggest here and it may sound a bit out there or woo or crazy but to write what write a letter to the person that you want to say more to do more for just say dear so-and-so this is what I've been wanting to write all of this time to tell you all this time and I wish I could do or have done this this this and what this does is that it processes this emotion processes this regret and then you can let it go from your body-mind system you can by processing it you will feel eventually that actually you have done all that was necessary that it is your mind that once more imagines different scenarios different ways that things could have gone in but actually in essence everything has been communicated what you have learned from that person what you have done for that person is still alive it's still here it's still unfolding even when the person is not there anymore

let's meet they say writing the letter is a great idea hmm great that you resonate with it and also again if you go deeper into this process what you will find is that it's it's a self-forgiving exercise so the passing away of someone else has triggered something in you some insecurity some resistance some desire to be more to do more and as you work with that particular situation you will accept yourself more and more fully as well so that's a nice byproduct of all of these exploration and exercises Smith you say I believe in patterns to who I give to may not give me equally I'm learning to believe this yes and once you open yourself up to seeing it then you will see it more and more and also there is less attachment because you know that and this links back to non-duality once we know that we are the whole our self is complete is here and now is undivided so when we give to one part of us we yeah it just makes sense that the receiving can come from somewhere completely different because it's one and the same whole it's the same energy moving in different ways and so there is less attachment to receiving because then you can just focus on the on the giving on the creating and knowing that in one way or another and from somewhere something will shift it could be instant it could be in ten years you know also the the time axis is unclear and unpredictable but there is a balance inevitably yes less attachment and less expectations because again it is these attachments and these expectations that lead to the belief that something can go wrong and once we simply are present allowing everything to unfold as it does then there is no longer the the right and wrong there is no longer the attachment you know as soon as there is no longer right and wrong then whatever unfolds is right or is neutral it just is it's it's not understandable it's perfect as it is and the love part of the title it links to this perfect unfolding because when we know that someone passes away at the perfect time it's like we can then love their life we can love their presence we can love everything that they have given and and know that it has been perfect not just for them but also for everyone around them because so often we have this projection this judgment that someone passes away too early or in a way that is too difficult or you know things like that John you say I have experienced in my life that sometimes those we help are not always the one that helps us later if we need it the universe will send others those who I have had no connection to in the past to help me it all balances out yes exactly beautifully said Ashmita you say does balance out and quite well quite well or even perfectly even though it's often

difficult to see the perfection of the unfolding and especially you know I think Ashmita you say when you lose your parents especially if you lose them early on it's difficult to see how how that is perfect and how you know why that happens but it is it's like each of us is not separate we are not individuals that are somehow dissociated or detached from the world but everything is evolving together it's like a dance that we are all participating in and each one of us has a role and wherever we are we embody that role and we represent the whole family and even larger humanity as a whole at least the parts of humanity that we have grown up with in that we have been in contact with so it's all evolving together even though it doesn't make sense from a separate individual perspective when we look at things from this broader larger perspective it's easier to see how this is the case and how it unfolds perfectly thank you for all your hearts it's nice to see them on the side and I'm glad that what I share resonates with you I really like doing such deep topics as well the community all of you are always responsive and open to explore which is great for me to to see and to also support you on this journey as I said in the beginning I will share ways in which you can dive deeper into these explorations and one way so I have several courses and maybe the one that would be most helpful in this particular topic is my longest course 20-day course called applied spirituality keys to enlightened living yeah you can have a look at that every day is a different exploration it talks about self emotions karma projection relationships all of that so yeah feel free to to have a look and also if other ones of my courses resonate more with you you can have a look at those and I also want to say that I have a large six months program which dives into different aspects of our human experience including self and non duality the mind the body again relationships free will exploring that everything always unfolds perfectly exploring how to be more compassionate more loving more forgiving towards ourself and others so if you're interested you can message me it includes all of my short courses as well as one-to-one sessions and I think topics like these one-to-one sessions are really helpful because first we meet face-to-face which is different on zoom it's it's much better than just in a chat and you can tell me more about you your path your family your triggers your emotions you know we can explore all of these together so if there are no more questions and comments I think I leave this event here I look forward to hearing about your practices you're writing letters thank you Christine thank you everyone have a wonderful week and see you soon

## **Expressing disagreement from a place of Love**

Expressing disagreement from a place of love.

The question that we all have is how can I maintain this sense of peace, this sense of ease and freedom in day-to-day life

and one area in particular where a lot of us get emotionally triggered or resist.

What is, is in conflictual situations, in arguments, in expressing disagreements.

So then the question becomes how can I stay true to myself

while being compassionate, caring, loving with another who has different views, who wants different things.

Maybe who wants things from me that I'm not ready to give or that I don't feel right for that person

or right for me to get into that situation.

So this is what we will be talking about today.

What happens is that as soon as there is a conflict or disagreement, what it means is that underlying this there are three things.

So the first thing is the situation itself without labels, without the mind interfering.

The second thing is the mind labeling this should be different, this is not right.

And then there are feelings under that which say I have to react, I have to say something, but I also don't want to.

Sometimes there's also another feeling which says I don't want to say anything,

I don't want to hurt the other person, I'm not sure that I am coming from love.

And so what to do?

It seems like there's all this complexity going on,

but in reality when we see the situation clearly,

when we understand our feelings, our triggers, our minds,

better than the clearer it becomes how to act, what to say.

We know our boundaries, we know when they have been crossed.

And slowly we also learn that nothing is random,

we learn to trust life, to trust our thoughts and our feelings.

And also we get an intuitive sense of when to say something

and when to remain quiet and maybe think about the situation later and deal with it in this way.

So at first it seems like it's a fine balance between honoring your own feelings,

your own desires and not hurting the other person.

And something that has helped me a lot is to understand that actually the external showing of something,

whether it's from me or from the other person,

doesn't determine the amount of love, of care, of compassion that is between these two individuals.

So when there is a conflict, it seems like the question is,

do they love me or would they still love me if I react that way?

Or can I still care about them? Can I still show my love towards them even if I disagree with what they're doing?

But this love that we are talking about that seems to be at stake is actually changeless.

It is here, it is this presence, this beingness that allows all thoughts,

all feelings, all situations, all people to be exactly as they are.

So the love cannot be affected, cannot be changed, it can only seemingly be affected or changed, but that's a mind projection onto what is going on.

And knowing that, knowing that love is our natural state, that it is who we are,

that all of us abide in this love, this awareness, this presence,

and it is holding the whole unfolding of any conflict, any argument,

makes it a lot easier to know what to say.

Here I would like to share an extract from a book from Byron Katie called

Who Would You Be Without Your Story?

And I think it's a really beautiful extract.

It's about a person who has a difficult time at work and their boss is too bossy.

And they say to Katie, they say,

I want Frank, the boss, to let go of acting like he's the boss and not try to give me rules.

When we have a job to do, he plays the boss and says,

you will do this and this and this.

It's not so much the job that bothers me, but rather the way he says it.

And I say, yes, I agree.

And afterward, I'm mad at myself that I said yes, because basically I wanted to say no.

And Katie says, ah, so you lied when you said yes?

And the person says, yes.

And Katie responds, this is the beautiful reply.

She says, I didn't like me when I did that either.

And then I blamed other people.

But it was really me I wasn't being honest with.

So rather than blame them, I just look to myself and notice and begin again.

My name is yes.

I love living that way.

I say yes to everything.

For example, if you ask me to do something for you and I want to, I say yes.

If you ask me to do something and I don't want to, I say no.

And that is a yes to me.

I live as an internal yes, because I am honoring something inside me that has nothing to do with you.

It's so exciting to see what the answer is to that question he's asking.

I don't think, will it hurt his feelings?

What will he give me?

Will he think I'm nice?

Will he be disappointed?  
Instead, I think, what is my answer to that question?  
It's very exciting.  
You never know what answer is going to be there.  
So you just walk through life waiting for people to ask for anything.  
So that you can hear the language of your own heart, your own intelligence.  
And I think this is the way to know what to say.  
To feel into your own reaction.  
Feel into your own yes.  
You don't have to, again, it's knowing that this love is changeless.  
It is who you are.  
It is always there.  
So then it's about you, what you feel in the moment.  
It's not random.  
It's there for a reason.  
And honoring that feeling, that thought, that desire to say something or not to say something.  
Whatever it is, it's perfect.  
The last thing that I wanted to say and then I will open for questions and answers.  
Is that we are very limited.  
You know, we don't know what is going on.  
We don't know how life works, how it unfolds.  
When we argue with someone, we don't know what they have been through in the last hour, let alone the last 20 years.  
You know, so we cannot know their experience.  
And because of that, by falling back into not knowing, by surrendering our shoulds and our ideas of right and wrong.  
Then we can start seeing more clearly.  
We can start seeing from presence, from love.  
We can ask, what would love do in this situation?  
And open to receive answers that maybe we can't think ourselves when we are so focused on being right.  
And just to go back to the Byron Katie extract, I really think that it is this way.  
She said, it's exciting twice.  
And it is exciting because you are, it's like the body-mind just walks through life.  
And different people appear and ask things and want things and don't want things.  
And then you just be with that.  
You stay with the unfolding, you feel into, is that a yes for you, is that a no for you.  
And it's this openness just to the intelligence of life, to your inner intuition, inner guidance.  
You say, I came to listen in general.  
I'm wanting to change perspective because I take it so personal.  
Yeah, and I get that.  
You know, it's like when someone is angry at us or disappointed or disagrees, it feels like the words they are saying.  
And especially when they start with you or with your name and then the thing is about us.  
But it really isn't.  
You know, the way that they judge us or anyone is the way they judge themselves.  
The conversation that you are having with someone who is blaming you for something or disagreeing with you is like the way they internally disagree with themselves, maybe constantly.  
So just knowing this kind of drops your own self out of the conversation and then you can see what is going on in their minds, in their bodies.  
Maybe they are tense, maybe their minds are a bit clouded, they don't see clearly.  
And then your purpose is not to prove to yourself that you are right, prove to them that you are right and change their experience.  
But more to be there for them, to listen, to hold the space, if possible, to guide them back to presence, either with words or without words.  
Just allowing this anger to be expressed but not taking it personally.  
Can you ask any tips on how to deal with situations where people do not take no for an answer?  
I mean, what comes up to me now is that if you say no several times and they don't accept it, then leaving is a very extreme option but sometimes people don't leave any other choice.

So leaving the situation, making space for some time, even a few months and then talking about it afterwards can be a good solution.

You know, if someone really wants something and you know in your heart, in yourself that you don't want to do it, that it's not good for them, that they are coming from a place of lack and insecurity and by saying yes you are just continuing that pattern in them,

then they are not ready to face the answer no because in their minds they believe that they are right and they cannot see differently.

And it's not your role, since you know clearly that your answer is no, it is not your role to stay in that situation.

Maybe someone else will do what they ask but it's not you and that is your part, the place to show them in one way or another that they have gone too far,

that they have asked for too much and let time help them see their own insecurities, false beliefs, badly placed wants, etc.

Thank you everyone, have a beautiful evening or day ahead and see you again very soon.

## **Exploring reactivity: from conflict to inner peace**

Hi everybody and welcome to this live event on exploring reactivity from conflict to inner peace. Thank you for being here. The structure of the event will be a 2-3 minute introductory meditation, then I will do a talk on this topic, then there will be a time for questions and answer session, and at the end I will share just a few ways in which you can keep diving deeper into these explorations and my other offerings.

So I propose to dive straight into the short meditation. Let's take a deep breath in and close our eyes.

And just be with your experience as it is. Nothing needs to change to be different.

Notice the thoughts, the feelings and also the background of presence within which your entire experience appears.

And simply by focusing in this way we bring this background into the foreground, so now presence is what we are aware of,

this spaciousness, this beingness that allows everything to unfold within it.

And what unfolds kind of fades into the background, it's not so important, we can be aware of thoughts and feelings,

but they are just temporary appearances within our true self, within this presence that we are.

And the breath comes and goes, thoughts appear and disappear, sensations, sounds, other things.

They float through us, but we are this changeless presence that is simply aware, simply noticing what is.

And you can remain in meditation for as long as feels comfortable.

And I will talk a bit more about how everything unfolds in presence, about the fact that it is changeless,

the fact of knowing our true self and how it helps in conflictual situations.

When there is a conflict what happens is that there is an instant resistance, an instant feeling of separation,

like I am here, that conflict, that person, that situation is over there and I don't like it, it triggers me, it is wrong.

It needs to be different in one way or another.

And a good way to not react.

And first I want to say a few things about reactivity because there is a lot of talk around trying to not react,

trying to stay present, trying to almost suppress what we are feeling.

And actually the loving thing to do is maybe to say something like I am feeling a lot of resistance, a lot of triggers, please let me have a moment to just sit with it and then I will come back to you.

Just to have a moment to breathe, a moment of pause so that the reaction isn't instant, isn't unconscious.

So that's number one but again sometimes that's not available, it's not possible because what is being felt is very strong.

So then reacting is in some cases inevitable and then the important bit is not to judge ourselves so much,

to try and accept that this has happened, to try and figure out the emotions that were triggered, to go into the mind, into the body, feel into it, see where it comes from within us.

And the very important point to remember here is that what is triggered by someone else is already within us.

So in a way they are helping us to see that that's the case and they are helping us bring it up to the conscious mind

and releasing it from our own body-mind.

So by knowing that we can stop blaming them so much and simply say from a place of love, look I feel a lot of emotions right now, just noticing what is happening and taking time away, taking time to sit with it.

And if it's not possible with the person in that moment, you can do it later.

You can do it before you go to bed, just meditate, embrace all that has arisen, go back into the situation with your mind,

remember what happened and from a place of presence and acceptance sit with your own thoughts, with your own emotions and allow them to unfold.

And what's beautiful about the process is that usually there is something to uncover there, something to learn,

there is an insight waiting, a little wrapped up gift waiting to be uncovered, to be shown, to be revealed.

And then I also want to talk a bit about the fact that there is no separation.

You know when we are dreaming, what happens is that every character in our dream, every object, every experience that we experience within the dream is a reflection of our own mind.

And that is very clear when we wake up in the morning, we know that everyone and everything is part of our own mind.

And in the same way, here when we look at who we really are, when we look at true self, we see that we are not just the thoughts, not just the feelings, not just the body, but we are this presence, this awareness that embraces everything as it is.

And everything that we experience appears within that same awareness.

And the same, this dream analogy can be applied to waking life and this is how you can interpret, you can begin to interpret the signs that, if you want to put it this way,

the universe gives you, so that you can go deeper into accepting yourself more fully.

And the more we accept our own bodies and minds, the more we see the common patterns of humanity, the common resistances that we all have,

and the more we have compassion with others, the more we can be present with them, the more we can be loving, kind and understanding towards them.

So this is another part of this process that helps deal with reactivity.

The other thing I wanted to talk about is inner peace.

And at first it looks like inner peace is a feeling of relaxation in the body and a thoughts of acceptance in the mind.

And even though that is true, also when we explore awareness, we understand that we are not only the body and the mind,

so actually there is nothing outside of us, everything happens within the same spaciousness, the same presence.

And in this way inner peace is, or the inner is all that there is, there is nothing external, nothing outside of awareness.

The problem is our resistance, but how can you resolve with another person?

That's the kind of insightful thing that is a bit hard to understand, but as soon as there is no resistance within you towards the other person,

what they are doing or how they are, what they are saying, then you will know how to resolve it, if it needs resolving at all.

Sometimes you can just be with them and because there is no longer resistance within you, there is nothing to fix, nothing to solve.

You see that they are just behaving the way they are, it is part of the unfolding, it doesn't trigger you, it's almost like you see that it's meant to be,

that is how they are in the moment, and it's okay. Of course sometimes if you feel drawn to share something with them out of love,

if you want to help them or support them if they are in difficulty, you can do that.

But yeah, it's just that there will be no feeling within you that anything needs fixing or needs to change.

It's astounding, I seem to have been surrounded by unbelievably reactionary individuals my whole life.

I've been steady and even-minded with most, though seemingly have a more challenging time doing so in my own mind,  
so I perhaps have asked to touch on that subject, leaning into perpetuating our own peace rather than perpetuating our own suffering.  
Thank you for this comment. I think actually you say that you haven't been so steady and even-minded with your own mind and your own emotions,  
but I would challenge that just because you are able to be with someone who reacts strongly, who probably projects on you,  
who maybe blames you for some things, then in that moment you are present, you are present with them and you are present with your own emotions,  
so not reacting is already, I would say, quite a big step, quite a big progress.  
And then doing that with your own body-mind, I think that happens the more you go into non-duality and true self,  
the more you can see that what happens in your own mind-body is not really you, it's okay, it cannot change you, it cannot affect you,  
your innate peace is changeless, it is whole, it is complete, and because of that you can simply allow whatever happens to unfold.  
You say terrific insights, boy I'm there resonating deeply, I'm glad, wonderful.  
You say I'm worried I'll be hurt again if I talk to my parents, I've stopped talking to them.  
That's a very fair step to take, you know, at times what is being triggered in us is too much, too deep, too hard to understand,  
so it's important to then take a step back and allow our own healing to take place first,  
and I've also done this in the past with partners where I've taken time away from the relationship,  
and I think there is a knowing that if I stay I'm actually not helpful, I'm making things worse because I'm projecting onto them,  
because they trigger things in me that I don't understand, I feel like I'm not being myself, you know, these kinds of thoughts,  
so then stepping away is a great, is a loving thing to do, and I would say though that if you take time away but don't focus on what is being triggered,  
then the next time you talk with your parents the same things will rise to the surface again,  
so while you take time away I would suggest exploring what is being triggered and trying to work on it,  
so that when you meet them next time you are more open, more free, you have less resistance, and then you can probably be with them more as well.  
I believe I still have a ways to go towards arriving at pure acceptance, ease non-resistance harmony, surrender mere observation,  
I think I've been striving towards these most of my life, and finally beginning to arrive at the gates of transitioning peacefully rather than striving forcefully,  
beautiful words, I really love the way you write, and what I love about the journey as well is that awareness always is,  
who we are is here now, it is presence, it is open, it is accepting, allowing, not resisting, harmonious, merely observing in equanimity towards whatever happens,  
and at the same time there is this body-mind that grows, that learns, that evolves, that has insights, that is on the path, that keeps striving towards peace and presence and happiness, and both of these happen together, there is a journey of realignment of the body-mind with what is true,  
so it's a beautiful journey that I think everyone is on, and of course it gets easier and easier over time,  
so I think what I'm reading about arriving at the gates of transitioning, it's like you feel that there is like one last insight to fully be present,  
fully know yourself, fully drop into this beingness, surrendering all your thoughts about who you are, about how to achieve peace and happiness and just falling into the now, allowing things to be as they are,  
and then after this realization of true self, the journey in a way becomes easier because then the body-mind is just observed, it is watched as it unfolds, as it lets go of further and further limitations, as it progresses along this path, as it learns better ways of communicating this deeper truth as well  
As you say, I have put boundaries in place with my family, as I know the longer I stay the more reactive I will become, I don't react externally but inwardly



Yeah, I get that, and I think recently I thought that family is such an amazing togetherness because when we are in difficulty really, the people we can rely the most on is our family, so in times of need, in times of suffering, we know that they love us unconditionally. And at the same time, because our upbringings, our patterns, our learnings are so similar, and they have chosen different ways to us, I suppose, then there's triggers as well. So there's both this journey of deep support, deep unconditional love, and triggering that happens in families in general. So it makes sense that a lot of us react when we are around our families, and I think it's beautiful that you can maintain presence, that you can be with all that is arising and not show it, not externalize it. And I'm sure if you're in a position where you can stay for not too long, then that's great because you can be with your family, you can love them, appreciate your time there. And then when it gets too much, you can just go somewhere else and just alternate the two, and in this way, you are supporting your healing journey, you are loving your family, you are loving yourself, and it sounds like a good balance. You say, I react to negative emotions and thoughts, how can I help this? I think it's only natural. So it sounds like you're looking to not be reactive to your own thoughts and emotions, and I would say that rather than not reacting or trying to change them or stop them, it's recognizing who you really are. Recognizing that your true self allows these thoughts and emotions to come and go, and that it is changeless, that it is here now always, that it is present, complete, whole. And then whatever unfolds as a result of being around your family is accepted, and as you will find, the more you do this process, the more you release these resistances, the easier it will also become to be around your family. The more you do this, the more you will realize something that I talk about in my second course, which is the ever deepening spiral of love. What it means is that the body-mind is on a path of deeper and deeper understanding of the underlying truth of self. Because of that, any resistance is a releasing of projection, of resistance, of suffering, and it is a realignment with this underlying truth. And the more you can see this, the more you can accept and allow this process to unfold. I'd say that if I'm reacting internally, I'm not accepting the situation or personal behaviors as they are. Yes, I agree with that, but in the moment you are aware of what is happening, you are aware that there is resistance within. And you manage not to externalize it, not to react, not to say something that you later regret. And this is what I mean, you accept what is happening and you maintain a level of presence of awareness which is enough for you to not react. Thank you for all of your comments, thank you everyone else who commented, who shared your experiences. And I look forward to staying in touch and to keep exploring this amazing life, amazing spiritual path. This wordless, speechless presence that we are, this open beingness that we share. And yeah, see you again very soon.

## **Applied Non-duality: Relationships**

This is the fourth event of a series on applied spirituality.

We have already explored the self, the mind and the body and now we go, we return to the world through this exploration of relationships and the event will start with a short meditation followed by a talk on this topic and then space for questions and answers.

So I look forward to hearing from you.

Please write your comments in the chat and yeah, let's have a conversation on this, share any insights, any comments, any challenges that you're facing and I'd be happy to answer you.

So whenever you're ready, let's start straight away with the meditation.

Let's take a deep breath in.

Close our eyes and just return to what is here now.

Notice straight away that all of your experience is happening within awareness and the sound arises may well be outside of the body, but it is inside of awareness.

It is instantly known directly by awareness.

The same is true for the body mind, for any sensation, for any person with our eyes open.

Everything happens within.

This is really the big shift that happens with non-duality is the recognition that we are not the body mind, but this awareness, this presence, which is boundless, which is always here and which accepts everything exactly as it is.

This recognition is just the first step towards applied non-duality, which is living the teachings in day to day life with our own body mind, with others, with our actions and behavior.

And this is what the series that I'm doing is about.

So let's take a few deeper breaths here and return to our conversation.

So as I said in the beginning, often it is the world that reflects something in us that starts the spiritual journey.

And then there is this inward facing path, which is exploring the mind, exploring thoughts, sitting in quiet, sitting in stillness, finding our true self, recognizing this presence of awareness that always is, that is changeless.

And then slowly returning back to the mind, back to the body, realigning our thoughts with this awareness, knowing our true self and what thought is real, what thought points to the illusion of separation, challenging our thoughts in this way, then noticing that the body is not as physical as we may think it is.

And slowly this knowing, this love, this presence becomes shared with others as well.

It becomes the place where we come from.

It becomes an embodied awareness and it naturally leads to compassion, to understanding, to loving others, not necessarily romantic love, but a connection, a deep knowing that we share the same presence, the same awareness.

We are the same being experiencing itself in different forms.

One aspect of the teachings is that we find our self as awareness, as stillness, as silence.

So our relationships change, our relationships grow.

They become more accepting, more allowing, more open, more authentic.

There's less secrets.

We can share more things.

We can talk about being human, our shared humanity, our challenges.

Everything that arises is just openly shared and there is nothing to hide because we know our true self to be this awareness, this presence, which is always here, which is untouched by experience and which is fearless in all circumstances.

So this is a beautiful part of this journey is how relationships transform.

And of course, on the journey, some relationships fade away because we outgrow them, because maybe we grow in consciousness faster than our friends.

And then we find new friends, new people, new partners that resonate with us more.

So we find our communities, our space, our teachers, and so on.

So it's a beautiful unfolding of being the witness, being this presence, watching the body-mind grow, go through changes, see the resonance, see how the world is constantly reflecting the body-mind, how it is one whole unfolding all together.

And often it is the words that take away the connection, it is the words that are concepts that lead to arguments.

I think I was saying last week or the week before that an argument is saying, I have these beliefs and your beliefs contradict my beliefs.

So we have to find a way to disagree or simply argue it out.

Maybe it's just a feeling arising in the moment that needs to be processed.

And that's also part of the journey.

In the event description, I think I said that I would talk about triggers and also good boundaries.

So triggers is when someone does something or says something that impacts us, that we feel affects us in one way or another.

And often we think it's their fault.

Often the mind projects that they are wrong, but actually the better thing to do is to explore these patterns, to see where does my reaction come from?

Why do I think that this is wrong or why does this behavior impact me so strongly?

And then we can find these resistances within ourselves and slowly release them.

So this person, the things that it triggers, that he or she triggers is something that's already within you that is there to be healed.

So in this way, they're there to make you more conscious, to help you heal, to help you become more open, more free in yourself.

So that is a gift that the universe has brought to you in this hidden way.

Often hard to see at first, but in reality, that's what it is.

Once you understand and explore non-duality deeply, you begin to really see that, for example, there is no free will, that everything is a reflection of you and other such insightful teachings, which really help in becoming more loving, more accepting, more compassionate towards yourself and another, because it's all just unfolding and your true self remains the witness, the presence behind everything that happens.

Actually that's one thing I wanted to talk about, the beginning of my spiritual path, which actually started with relationships, because when I came to study in the UK, I suddenly developed this shyness, this inability to connect with others.

And the first thing that I studied is neuro-linguistic programming.

And it taught me so many ways of what to look for in another, what their eyes are doing, how is their tone of voice, what is their body posture and movement like, all sorts of things like this.

So it actually made me more disconnected from them because I was in my mind.

I was watching, I was thinking, I was trying to figure out what to say, how to bring them inside, so how to do something that would make them more joyful.

In fact, the best way to connect is to go to that place where we are already connected, that Namaste points to, where our shared being is and simply be from there, listen from there, speak from there, do anything from there.

That's the answer.

Laura, you say, hi, I'm trying to move from there, but sometimes the outside world or even the inside world prevent me from that, but love to live in the flow.

I think often the mind has this idea of what flow looks like and what should be a good relationship, a good job, a safe environment, all of these ideas.

And in fact, the flow is also this resistance, this, you know, what to say, the world prevents you from being in that space of presence.

That's also part of the flow.

It means that in those moments, there is a process going on.

There is a deepening and a new understanding, a new, some call it a new download coming in.

And the way that this happens is through releasing these resistances that are within the body mind.

And when you, when you see that you stop resisting resistance, it's like you realize that the closest to presence in those moments is accepting this resistance, because if you resist those resistances, then that's like a double resistance.

So by accepting that it's part of the flow that in this moment or in these cases, for some reason you have to be prevented from resting as presence, that's okay.

And also it's not just relevant for you, but anything that you say or do in those moments that kind of just happens and you can't stop it, that's also meant to happen for you and for others.

You're welcome.

And to go a bit more absolute, the very prevention of being in presence is impossible because presence always is, awareness always is.

So in fact, you cannot really be taken out of presence.

It's an identification with the body mind that says, I am out of presence.

But even in these moments when there's a lot of thoughts, when there's a lot of feelings, you are here and now there is no way to be outside of the now.

And that is why also everything is part of the flow because your true self remains changeless, remains ever-present.

It's beautiful to know that we are all exactly where we are meant to be.

We are meeting the people we are meant to meet.

Nothing is random.

Everything unfolds exactly as it should, moment by moment.

And again, just this knowing brings us back presence, first of all, and second, allows a deep acceptance of, I think, especially of others, when they are suffering or when we see something going wrong, we can quickly return to this knowing and see that actually it is from a higher and more true and often not understandable perspective by the mind,

but it is the right situation for all of us.

Laura is saying, if I feel to move in one direction, do I do it?

Is that non-duality too?

So non-duality is whatever happens.

It means that if you move in that direction, great, if you choose not to, great, there's no right and wrong.

Whatever you choose to do is what is meant to happen in that moment.

And I'm reminded of this picture, I don't know if you've seen it.

It's like from a normal or separate self perspective, looking at the path.

It's easy to turn left, wrong turn or not successful or bad in one way or another than right turn, good, successful, positive, whatever.

And so the whole path is full of these dualities and it seems like it's hard to find the right path in all of these possibilities, but from a non-dual perspective, there is no right and wrong.

So everything is success, success, success, success.

You know, whatever happens is just perfect as it is.

And that is because our true self is this presence of awareness, which simply watches everything unfold and it is untouched by experience.

So it cannot fail.

It is just almighty in the sense that it just is, it is not impacted, it is ever present.

I was thinking about this earlier today, that almightiness is actually on a completely different level than the relative level of experience.

Often we associate being powerful with being able to manifest things, to do what we want, to have a strong willpower, but actually it is in this, in being this presence, this awareness, which simply rests, simply doesn't mind, is in equanimity with all things.

I am a perfectionist, oh love it, great that it makes sense.

And first I read, I am perfection, I love it, which is also true.

Awareness is boundless, you know, it is perfection and that is who we are.

But then we try and find this perfection in the world, we try to find it in an object, in a person, in a mind, you know, whatever.

And that is when the struggle comes, because perfection is just way beyond the objective experience.

John says, yes, everything happens for a reason, all the events in our life are meant to help us become more enlightened.

Exactly.

I had a conversation about this last week, I think, where someone said the purpose of the world is for all of us to unite and live happily together.

But actually the purpose of the world from my perspective is, as you say, enlightenment, embodied awareness, learning to be present, to be at peace, independent of circumstances.

And in fact, this is all of our journeys have that same goal.

And whether one day we reach a life where we are happy all together and everyone cooperates and coordinates and there's no greed and no ego, I don't know, but we'll find out.

So as I said in the chat, I would also tell you about ways to go deeper into these explorations.

And this topic, relationships, is part of my six months course called Applied Non-duality, The Art of Living in Freedom.

And the course for this month is my longest course, 20 days, called Applied Spirituality, Keys to Enlightened Living.

It's not only about relationship, but it touches upon many subjects that are, of course, all related like the self, the mind, karma, relationships, yeah, all sorts of topics.

And I think after 20 days of learning about non-duality and the context of relationships specifically to really shift the way you are with others, your understanding of them, your ability to hear them, to listen, you can, of course, have a look at more of my meditations.

One could do with relationships is how not to let others disturb your inner peace.

Another is understanding projections and feelings, which simply means that often or always when we project, there is a feeling underlying the projection.

So when we think this person is behaving wrong, that means that there is a feeling, there is a projection that is being shown to us in this way.

So then we can go back, forget all that the mind says because it's irrelevant, it's not true, simply feel the feeling.

And then once it's gone, we will see the same situation completely differently.

It's quite amazing how it works.  
So that's everything for today.  
Thank you for being here and for listening and for your comments.  
And I look forward to seeing you again next week when we will talk about applied non-duality,  
no free will.  
Thank you.  
Have a beautiful week and see you again very soon.  
Bye bye for now.

## **Romantic Relationships as doorways to sacred union**

When we know ourselves as awareness, we naturally act in ways that contribute to and benefit the whole.

Relationships are not me in the midst of friends, family members or a partner, but rather I-awareness

expressed through everyone currently gathered together.

When we identify with the separate body-mind, often we think what is best for me.

How do I benefit from this?

What do I receive when I'm here with this person or with these people?

But when we see that the body-mind is not who we are and that there is a shared being, a shared awareness that is always there when two or more people meet, then we can speak and act from this higher perspective.

In this recording, I will speak specifically about romantic relationships.

At the beginning of such a relationship, when there is a strong connection, it is natural to think on behalf of the shared being.

But over time, as the relationship evolves, the separate self begins to return again in both people.

While at first the similarities are obvious, over time it is the differences that also become clear.

The relationships that last are those in which both partners are committed to each other and to processing all that is being triggered in their individual separate selves.

So you, as part of this partnership, have two things to do.

The first one, when your partner is feeling unheard, unseen, different, try not to resist this but rather to understand it.

Be there, support the healing process, let the thoughts and emotions unfold, let them say what they have to say.

A good metaphor for what is happening in those cases is that you are lying in bed together and your partner is pulling the cover towards them.

Do not start pulling in your direction, instead go closer to your partner so that it still covers both of you.

The second thing to do is that when you are resisting what is happening mentally or emotionally or both, sit with these feelings, do not project them on your partner straight away.

Try to see with clarity first and then express what needs to be expressed.

Let your partner support you through your healing journey.

So instead of going back to your separate self, to what you are used to, to your conditioning, start thinking as though you and your partner share one mind, one heart, one gut, one root.

And from this shared being, find what to say, how to act, what to offer, what to suggest.

Romantic partnerships offer the opportunity for the deepest healing because being close to someone for many years means that they are a beautiful and perfect reflection of you.

So when you look at them, you are looking at a part of you that is maybe not being seen clearly, that is there to be integrated, to be realigned with the whole.

And when you both successfully complete this process of seeing as one being, then you will experience the love that you felt at first in a more balanced, grounded and lasting way.

Thank you for listening.

# Success

## Financial and work-related challenges

Q: Hi Boyan, I've been struggling with finances recently. I have all the trainings and qualifications necessary for the job I'm looking to do but am having difficulties finding a professional breakthrough. Do you have any recommendations for me?

A: Thank you for your question, and sorry to hear about your financial and other struggles related to finding a job / professional breakthrough.

I don't have a lot of information about your situation based on what you have written, but here are some general guidelines:

- The situations that we find ourselves in reflect our inner beliefs. As such, I would encourage you to meditate on your beliefs around work/money/opportunities/making connections/ asking for support, and see what comes up. You can learn more about this process [here](#).
- My second recommendation is to rest as Awareness as much as possible. This doesn't just mean meditating, but also putting the body/mind in enjoyable environments & situations in which it feels safe, loved, held, supported. This will send out a deep message that there is nothing to worry about, which will then attract the people & opportunities that you are looking for;
- My third recommendation is to remember that from a True perspective, everything has equal value. [This article](#) may help you with remembering that 🙏

Let me know if the above resonates with you and/or if you have any other questions.

Love,  
Boyan

## Optimal decision-making

Today, we are overwhelmed with choices. Yet our limited minds find it difficult to know what is best for us, and that leads to a constant underlying worry that we are not doing the best thing we could be doing, and questions such as: am I working at the right place?; am I with the right partner?; am I using my time in the best possible way?; etc.

The shadow of 'opportunity cost' is constantly lurking in the back of the mind.

Knowing the above, what is the best way to make decisions? The answer varies depending on your progress on the spiritual path:

1. At first, the mind must consider many options, choose the seemingly best ones, and go for one of those. This is a very lengthy and complicated process, and the option chosen is always subject to change and does not remove the underlying sense of uncertainty.
2. For those on the spiritual path, at some point it becomes clear that the purpose of life is to be at peace and happy. This realisation makes decision-making much easier already, as each decision is considered with that aim in mind. Every decision is now optimised to give you more freedom, let you hang out with the people you love, and allow you to have time for yourself and explore deeper truths.
3. Finally, every decision is surrendered to God. There is no more decision-making, just a receiving of the task ahead. This is the final [embodied understanding](#), and with it comes the certainty of knowing that you are always doing the right thing at the right time.

All decisions you previously made should be focused towards this third and final aim, i.e. surrendering all decisions to God. This happens naturally when you know that peace and happiness do not come from the material world. In fact, the more spiritual freedom you have, the less material freedom you need. When every aspect of your life is surrendered in this way, the

physical realm becomes a very flexible, ever-changing playground in which you observe Being endlessly manifesting Itself in a wide variety of forms.

## Nothing needs to change or stay the same

Things or objects of experience (thoughts, sensations, the body, the world) are changing constantly on their own. Needing them to change implies there is a right and a wrong way for them to be, and creates a resistance to what is.

The resistance is the suffering, not the actual thing itself. It is the very nature of things to keep changing, and resistance to change is the cause of all suffering.

Sometimes the resistance to change is also manifested through a desire for change not to happen. In any case, if you desire one particular manifestation and your happiness and peace depends on it, you will be unhappy and anxious before and after it appears for a brief moment in time.

Ultimately, a desire for things to stay as they are is just as hurtful as a desire for things to change.

Just be, accept, and [\*embrace all of life\*](#).

## How to 'win at life'?

In one way or another, all of us are looking to “win at life”. But what does it really mean? Who are the real winners?

Society tells us that to win means to achieve a lot - being successful at business, writing tons of books, having many friends and thousands of followers, having a beautiful and loving marriage, and owning lots of money.

Although there is nothing wrong with these things, we have plenty of examples of people that have “won” in that way, and yet are unhappy or even suicidal.

Why does that happen?

It happens because they have tried to find lasting happiness in temporary experiences. Again, there is nothing wrong with seeking such material success, and there are also plenty of examples of people who have reached such success and are genuinely happy. The problem comes when happiness is equated to the amount of ‘success’. The two are actually totally independent.

Winning at life is to be happy and at peace independent of circumstances. That means embracing the ups and downs of experience fully, while knowing that you are inherently free from all of it.

In order to reach such a depth of peace, it is necessary to look into the ingrained societal conditioning, and to let go of all limitations that it has placed upon you. The most fundamental part of that conditioning is the idea that your self is limited and temporary. Understanding your True Self will help you let go of all conditioning in the most direct way. By knowing yourself as the field within which all experience arises, you simultaneously know that you are unaffected by these experiences, and remain ever-present. Nothing can hurt you, challenge you, make you sad or depressed, confuse you, or make you tense.

How to look in the right direction?

- Do not try and succeed in time. Find timelessness instead.
- Do not focus on magnifying the abilities of your mind and body. Find your True Self instead.
- Do not seek future gratification. Be here now.
- Do not live on the shallow surface of life. Look to know, understand, and Be, its depths.

Ultimately, the illusion of “winning” or “losing” is just that - an illusion.

Simply Be.

\*\*\*

Keep exploring by reading the article ["Planning during the coronavirus pandemic"](#).

## The coronavirus and planning

In this period of uncertainty, you have had to let go of planning.

Have you noticed that, when you have to make a decision, the decision is always really obvious? A decision that is not obvious is one which does not need to be made right now.

In the same way, you can plan ahead, but bear in mind that all of your plans could be delayed or cancelled, just like it has happened for all of us in this period.

The best way to plan is to consider all future plans as ideas rather than as concrete projects. Always remain open to the possibility of them being cancelled. Otherwise, you are prone to suffering as a result of not accepting what is.

Most importantly, remain here now, as you are - all-accepting, all-encompassing, all-loving. Explore the question ["Am I aware?"](#).

## How do I make Awareness practical?

Q: I enjoyed reading a few articles of yours . That really makes sense. I am trying my best to understand, as it is quite abstract and more about our true self.

A: Yes, at first it seems a bit abstract and not very related to our day-to-day experience.

Maybe we ask ourselves questions like: "What is this thing called 'Awareness', I can't even touch it or see it!"

And since it is not objective, we assume it cannot be 'used' or be 'practical' in some tangible way.

The practical side comes on the level of the mind and of emotions first. We recognise that our true self - that which is Aware - is not dependent on, or affected by, our thoughts or feelings. With this recognition, an unwinding of the 'negative' patterns begins - we can face our fears more efficiently now, because we know that they do not affect our Self.

As a result, our thoughts, feelings, and actions in the world become based on what is True and changeless, instead of guided by unconscious unhelpful patterns innocently accumulated by our conditioning (I say innocently because we have no control over this conditioning).

Then, our day-to-day life becomes an expression of our True Self, and we know this exploration to have been the most practical thing that we could possibly do. Read more on ["what is a valuable investment?"](#)

## The barriers to Being in the Now

Whether the coronavirus is actively affecting our lives or not, uncertainty is what is guiding the large majority of our decisions. Our thoughts, feelings, and actions are guided by underlying questions such as:

- Am I really doing the best I could be doing? Isn't there something more interesting or exciting waiting to be discovered?
- What would me being the best version of myself look like?
- Should I be doing something now that I'm not doing?

It is this uncertainty about the future, about how much (or how little) we know about the opportunities that exist, and about our own sense of lack and not being good enough, that drive a



lot of our actions and behaviour. Maybe we break up with our current partner because we think someone else will fulfil us to a deeper extent. Maybe we quit our current job for a more interesting and better paid one. Maybe we self-sabotage because of the amount of anxiety that is felt.

All of these behaviours point to the escape from the Now, to the desire to not be present. Somehow, what is here now is not good enough. The level of fulfilment experienced is not optimal. There is always the possibility for more, and an insatiable hunger is the result. So, we go looking for more. Some of us acquire more things, others don't. The important thing is that all keep looking - those who acquire more want even more, while those who don't feel like they won't be satisfied until they do, or seek happiness in the letting go of material possessions or by living away from society for some time.

The above is based on a belief that the material world can satisfy you. A partner can give you happiness and love. A job can give you security. A big house can give you a sense of being worthy. Not having much can give you freedom.

The problem is, it doesn't work that way - and that's why all types of people mentioned above keep looking.

Love, safety, worthiness - they are already here. The only reason for not experiencing them directly is the layers of unchallenged beliefs you hold about yourself that take you away from the Now. The belief that you can do more or better. The belief that you can become a better version of yourself. The belief that you can and should be doing something different.

What's beautiful is that you don't even need to let go of those barriers to experience the peace and happiness that I am talking about, since the Now is what pervades them.

Once you get a glimpse of true happiness, your thoughts and feelings will take you away again. But soon enough, you will be able to be with what is. Mindfulness practices help with this. You catch brief glimpses of a peace that is not determined by circumstances, and is always available. That peace is what you, and everyone else, has been looking for all along.

Then, you begin to question the beliefs you hold about yourself. Are you in the mind? Are you in the body? Who are you, really?

Continuing this exploration leads to the understanding that the past and the future are concepts in the mind, and not even the present moment is the destination. You find timelessness, that within which time and space (a.k.a. the present moment) appear. And, knowing your Self as that, you are peace itself. Your nature is to allow all things to be exactly as they are, without having any agenda for change.

That, my friend, is a journey that I invite you on. It is the only way to lasting peace and happiness.

Read more about the importance of [\*speaking only the Ultimate Truth\*](#).

## **Perfectionism and anxiety**

Our modern society is obsessed with perfectionism - research shows a rise of the personality trait of 33% from 1989-2016 (in college students), and figures will only get worse.

What is perfectionism and how does it appear?

[\*Perfectionism is a learned character trait\*](#), expressed in striving for flawlessness and setting high performance standards, accompanied by critical self-evaluations and concerns regarding others' evaluations.

This trait appears because we have forgotten who we are. We have confused who we are with what we do. We believe that who we are is the mind/body, and what we do is the physical activities of this mind/body. With such a core belief, the only way to be is to seek to become better, happier, have more material possessions, be liked by others, and other similar drives that take us away from what is here now.

The Truth is, we are perfection itself. Who we are is infinite, eternal, and all-encompassing. But until we are knowingly ourself (beyond the ideas of who we are), we will strive to get to some kind of future perfection. This seeking is expressed by making the mind more intelligent, the body stronger and healthier, being promoted at work, having a bigger house, a better relationship etc.

The purpose of this article is not to condemn this behaviour - rather, it is to invite you to stop seeking. To think, feel, speak, and act out of Love, out of the ever-present Knowing of ourself, instead of out of the need to find future gratification.

How to stop seeking?

Look for perfection where it can be found. By 'stop seeking', I mean being aware. Be aware of what is here now - thoughts, sensations, and perceptions. Turn back to Awareness itself:

- Is there anything outside of it?
- Is there anything to which Awareness says 'no'?
- Is there any way for Awareness to be more perfect - somehow larger, grander - than it already is?

Identify as Awareness, and you are perfection itself. Once you recognise your True Self, slowly your entire experience becomes an expression of Truth.

Be here now. Express what you want to express out of Love. Use your skills, intelligence, interests and hobbies as a means of articulation of this Truth.

If we make the concession that you can become more perfect, the only way to do so would be to cease identifying with the mind/body, and as a result to automatically cease acting from a limited, temporary perspective. Know your Self as Awareness. Then - Now - all is perfect.

## **What is a valuable investment?**

When you invest in a beauty product  
when you invest in a new car or larger television  
when you invest in good quality foods or expensive restaurant meals  
when you invest in a yoga retreat, or a holiday / spa  
when you invest in a self-help book or program  
when you invest in new clothes that you don't really need  
when you invest in any form of drugs

All you are looking for is your Self.

And for a moment, when you get those things, you are happy because you have found your Self. That is meant to be, and in reality is, your constant experience. It is only because of the belief that it is something outside of You that has given you this temporary peace that you soon begin looking out again.

So stop seeking. Just be happy :)

## **How to trust our intuition?**

every one of us has heard of of intuition at one point or another  
we've heard about this gut feeling this strong knowing that we should meet someone or we should  
go somewhere or just a somethingness so in this talk we'll explore this a bit more what does it actually mean what is it where does it come from and probably a lot of us have had the experience  
that when we sit in meditation or when we fall asleep at night or early in the morning or when we go for a walk we receive these insights these clear messages of a good thing to do next and this is intuition at its best we receive a message we know something strongly that I should do that next or oh yes this is the solution to that problem I've been trying to solve for so long and so the secret to following our intuition is actually in that space is resting is resting in this knowing in this relaxed state of mind and things can just come to us they are allowed in so then as we continue along the spiritual path

there is this space between thoughts that becomes so important so rather than try and get those insights get those realizations get those messages we try to understand well where do they come from what is their source and we begin resting more and more in the space between thoughts we begin to find the stillness of the mind and then even if we get those messages

those insights it doesn't matter so much it's more important in a way for us to remain present to remain still to remain in meditation and if we continue down that path we come across books such as A Course in Miracles which is part of my path or Way of Mastery and those books teach us to in A Course in Miracles to hear the voice of God in Way of Mastery to to just surrender every decision to a higher power it's a fascinating journey of of just being just resting in this moment and being open to to anything any suggestion any insight any invitation to do whatever we are invited to do this is how we get to trust our intuition more and more of course then there is the the question of actually following what we are receiving and I've had many cases especially early on where I have received a message for example speak to that person or do this nice thing for someone and and I just can't do it at that moment I'm I'm not in the right state of mind or I don't have enough confidence or there's just something that that stops me from from doing that and that's because I'm not sure about this power yet I don't understand it I don't trust it 100% I don't know where it's leading me I don't know why it's leading me there so there's all sorts of questions that sometimes also stop us from from following this intuition and the more we receive messages the more we rest in presence in being the more we don't follow our intuition actually then the more we begin to trust it because when we don't follow it we know what happens and we can project into the

future and see what would have happened if I did actually follow this so then this trust gets stronger and stronger and stronger all we need to do is just allow whatever is to be exactly as it is and and follow any any it can be also in the form of a feelings you know a gut feeling it can be in the form of thoughts but just to to go along with this to to follow it and that's when a lot of synchronicities happen that's when we begin to see the intelligence behind all of life that's when we begin to see that everyone is guided by the same power so yes that's the journey of of getting in tune with our intuition and following it it is a very exciting and liberating journey because it's coming from the understanding that our minds are limited and therefore there must be something more than our minds and because we are

limited we don't see all the opportunities that are available and our decision-making processes are themselves limited so following our intuition leads us to to follow a higher mind that that sees more than we do that knows more than we do and the more we we trust that higher mind the the more we understand life and the more we we are free within ourselves and of course there's also

more advanced ways of doing or following our intuition and eventually there's there's the point where you don't make any decisions anymore where just everything is is received everything is guided one exercise to reach that point is simply to close our eyes put our hands on the heart and ask ourselves genuinely what does my heart desire to do next and just sit with that question for two or three minutes see everything that comes in the mind and then take another minute or so to

write down whatever came and do it a second time and whatever came several times just do that next

do that next

it's a beautiful way to to live life and it's a beautiful way also to stop following a to-do list of course you can do both you can have a to-do list and do this exercise from time to time and combine the you know your your personal mind your personal decision making and this surrendering to to whatever comes to whatever you want to do in this moment

another practice that i'm just remembering now is to

simply watch during the day whatever happens and say i allow this for example if you turn on the water and it starts flowing you say i allow this water to flow if you cook something and it burns you say i allow this to burn and whatever happens whether it's good or bad you simply allow it to be as it is ultimately what our intuition points us to always is to come back to who we are to come back to to this moment to come back to what is essential to us to awareness itself to simply being aware of everything that's happening but also of the very fact of being aware of being alive of being here

this simple i-ness that so many teachers and teachings point to so anytime you are not sure about where intuition is guiding you or what you should do about a particular situation you can remember this you can remember that the purpose of all things is just for us to be present to be here and you can also ask yourself what would love do this is also a great question to put us back in touch with who we really are with that open allowing free spaciousness in which everything appears is

okay so i think i'll start answering questions now how can you tell the difference between intuition instinct and ego desire i'll start with instinct to me instinct is like a condition knowing almost like you know how animals have instincts and they know where their prey is or what to do to get it it's like more physical somehow more driven by the need to survive that's just my opinion that comes in the moment ego desire it's what comes from a sense of lack so if i really want to eat something to fulfill some kind of feeling of lack that i have within myself that i would say is ego desire and intuition is what comes when we are still when we are present when we are happy with everything as it is and then what we receive what we want to do is simply an expression of this freedom of this abundance that we feel within ourselves that's part of what the mind finds very annoying about intuition is that it comes when we don't need to have it so if i really want something i will know how to get it when i stop needing it my intuition will tell me how to go there as soon as i'm not attached to having it and another question can intuition also come when we are not present or feeling at peace in the early stages of the spiritual path that's more difficult and i would recommend if possible to stay present or ask what would love do but of course at times intuition comes in in difficult moments you know in a situation where there's a lot of a lot of fear a lot of uncertainty and then our intuition tells us what to do where to go how to be so it is it is possible that it comes when we are not feeling at peace not feeling at peace and even then i think of examples such as Eckhart Tolle and his big realization while he was in the midst of depression even then there must be this this opening this desire or this knowing that there is something more that there is something better and when we are open in this way even when we are not at peace or even in the midst of depression our intuition can kick in and and tell us what's true what's real what's important so what matters is again the the openness the the resting and accepting everything as it is is

how do you stop the mind overriding the quiet voice of intuition i think the best way is to allow the mind to be as it is and to not fight with it to not try and change it or control it the course in miracles way of course is to ask god or ask the holy spirit please tell me what to do next please tell me what is my purpose in the next moment or in the next hour or so so that's another another way because then you kind of stop the flow of the mind and you use it to open up to receiving an answer and what's also interesting is that at first the quiet voice of intuition is in the background it is as you say quiet and more and more your thoughts just come from love and so do your actions and your behavior your feelings so what then becomes quieter is the voice of the separate mind the voice of the ego and of course it constantly tries to make its way in the mind and to take over our decision making our thoughts and actions but when we rest with it when we allow it to be when we don't fight it when we see it for what it is then it cannot do anything else but subside and then the thoughts that come are coming from inner joy another question sometimes intuition rises and sometimes my mind just overrides it and in the moment i don't seem to be able to stop it i see it later yes that that happens and that's all part of the unfolding following our intuition is a process and it can take really many years before we fully align with our most loving self so in those cases it's just allowing it not trying to stop it what helps me for example is either trying to expand the space between the thoughts or to ask who is the eye that has these thoughts and realizing that i am not the thoughts i am aware of them they appear in me but they are not me

thank you for being here with me if questions appear for you you can message me and tell me  
or also join my group here on inside timer otherwise i wish you a beautiful time  
thanks again for being here

## How to flow with life?

especially in psychology there is this concept of flow that is very  
interesting for people and so in today's meditation I'll try to demystify it a bit because  
we think that flow is somehow extraordinary that it's something that happens every now and then  
that it's hard to get to and it's something that we should strive towards. So in this meditation  
we will find that actually being in flow is our most natural and effortless state of being  
and we will also recognize that being in flow is not only good for us but it is also good for  
everyone around us. So whenever you're ready let's take a deeper breath in  
and close our eyes  
and you can begin to notice the flow of breath going in and going out  
this breathing is not something we  
do. It's automatic. It's always there.  
and with the breathing the rest of the body flows as well the heart beats  
the skin opens and closes its pores  
the airflow around the body moves  
in the same way there are sensations in our bodies that move and change  
and that just happens  
based on our past and our upbringing and what we have learned and explored  
there are also thoughts that flow through our minds  
again there is no doer here these thoughts just appear in our awareness  
and who we are awareness itself simply observes all of this unfolding  
and embraces it as it is  
it does not distinguish between  
a good thought a bad thought a good feeling and a bad feeling it simply accepts everything  
flows with everything indeed actually everything flows in it in awareness  
so the way to be in flow with life always is to remind ourselves of this  
that we are already and always in flow  
to notice that we are not the thoughts that say something needs to be changed  
that we are not the tense feelings that give rise to such thoughts  
but rather that these things effortlessly arise and fade begin and end in awareness  
being in flow means holding on to nothing  
it simply means being present  
and when we are present  
we have desires things we want to do and we can do them with presence  
so being in flow is not a unique and temporary experience that happens every now and then  
being in flow is loving all of life  
the successes as well as the more what the mind would call more mundane things such as  
cleaning or going to the shops  
being in flow is remaining present with every experience  
and that is inevitably the best thing to do for everyone else because we show them  
in every moment that every part of life is beautiful  
we show them that it's possible not to divide things into  
good and bad into success and failure into mundane and interesting  
we show them that they too can flow with life  
and are in fact flowing in life even if they don't consciously know it yet  
when there is nothing to change or fix  
there is only flow  
there is no way to be out of flow  
funnily enough then flow is stillness  
always finding the stillness that we are and within which movement appears  
and resting remaining as this stillness throughout all of our activities  
whenever you're ready you can take a few deeper breaths maybe stretch your body a bit  
and come back to the space you're in

## Allowing experience to be as it is

This is a meditation to guide you back to a more open state.

So let's begin by noticing the current experience.

All of the sounds go out.

The sensations of touch, of taste, of smell.

The thoughts running through the mind and if it's accessible the feelings in the body and the breath.

First, we can notice that the sounds when we are in a quiet environment appear in the silence and disappear in the silence.

They are effortlessly perceived by the ears and then fade back into silence.

In the same way when we put our hand on physical objects such as a table or a glass of water, the sensation of touch appears in our experience and if we move our hand away the sensation of touch dissolves.

This is how space is unaffected by the objects that appear in it.

The same is true for taste and smell, as soon as one of these can be perceived they effortlessly appear in our experience and then fade back.

Then there is the mind.

In all of these cases we like to think that there is a perceiver.

I am hearing, I am touching, I am tasting, I am thinking but actually these things appear in our experience and are known by me.

In the same way thoughts just flow through the mind.

In this case let's just allow the thoughts to flow continuously without giving any particular importance to any of them, just witnessing them, accepting them, embracing them.

The mind sometimes creates this flow of energy that needs to be allowed before we can access the body.

If we think a particular thought is important then we are stopping the flow of energy in a way, we cannot continue to the body.

So in this case we just allow the thoughts to flow.

While we do that you can also see which area of the body is ready to be relaxed, is ready to let go of tension and move your awareness there.

Take your time.

As the body opens in this way you can feel the energy spreading from the tension around to the parts that are now more open.

This way the body becomes a fully functional mechanism that shares its parts around.

So it is no longer a single area that deals with the tension but it's the whole body that is allowed to open up and let the tensions flow through it.

As the body opens in this way the breath also moves more freely.

Maybe it has deepened already but if it hasn't you can try and take a deeper breath.

As the body opens in this way you can feel the energy spreading from the tension around to the parts that are now more open.

If any feeling or emotion arises and projects fearful thoughts to the mind just be with them, accept them, keep allowing the energy to flow through you, there is no need to hold on to anything.

Just like those feelings can come one after the other but despite that keep allowing them to just speak flow through you.

The more you rest in this way and allow the body and the mind to open the more you will be able to access the awareness within which they appear and with which they are known.

You will notice that the awareness itself isn't affected by the thoughts and the feelings, it just is.

It says yes to everything that appears in experience.

Awareness, your true self, is therefore naturally fearless and also all loving.

Awareness simultaneously accepts and embraces but also lets go of all things that appear in experience, it holds on to nothing.

Notice that from the perspective of awareness nothing needs to change, to shift, to be different. Everything is perfect as it is.

When you keep resting in this way the mind and the body will continuously open until there is no thought, no feeling that can ever last in them very long because there is no attachment to those things.  
The body becomes flexible and transparent and the mind becomes accepting of all thoughts and images without judgment.  
Thank you.

## Life loves you

Life loves you.  
You see, so often we believe that somehow life is against us, that things are not fair, that we are suffering too much.  
But in fact, we will see here that life loves all of us, always, no matter what is happening.  
And all we need to do in those cases is to let go of the resistance to whatever experience we are not liking.  
So whenever you're ready, we can take a deep breath in and close our eyes.  
And just notice your experience here.  
The thoughts, the feelings, the sounds and other sense perceptions.  
All right.  
Let's take a deep breath in.  
Just accept everything as it is.  
And sometimes it's easier said than done.  
Sometimes there is a tense feeling in the body or thoughts that we find negative.  
But if we try and change those things, we are resisting them.  
We are not accepting them.  
What happens in these cases is that there is the creation of an illusory separate self that resists experience.  
And with that self comes the idea that I am in control, that somehow my feelings or my thoughts need to be different.  
And every time this occurs, the lesson is actually very simple.  
All we need to do is to go back to what is true.  
What is true?  
And what is true is something that is constant.  
Something that is changeless.  
Something that is always present and always available.  
And the only thing that fits these qualities in our experience is awareness itself.  
The fact of being aware.  
When we turn to awareness itself, we realize that no matter what thoughts and what feelings appear in our experience, our awareness embraces them, loves them as they are.  
And this is how life loves you.  
It loves you because any time you believe that an experience is

not good enough,  
it's unpleasant or even painful, which shows you  
that to your essential self, to awareness itself,  
it isn't.  
You can and you are embracing it fully from that perspective.  
So-called difficulties arise in our experience in order for  
more peace and more happiness to be experienced on the level of  
the mind and the body.  
In order for the mind to become more open, more accepting,  
more free,  
and the body to become less tense, more relaxed, more at peace.  
So that our minds and bodies can reflect our true nature on a deeper level.  
And even if we analyze the sentence, life loves you,  
it creates a sense of separation between life and you.  
What it means is that life loves the self that is resisting,  
so much so that it dissolves it within itself.  
So all that is left is pure awareness, pure love, pure acceptance.  
Life itself, which is what you are.  
You  
So know that life is never against you.  
You are life.  
So when a so-called difficulty arises,  
it is you guiding you back to you.  
And once you are here, once you know yourself,  
once you understand that thoughts, feelings, and circumstances do not  
define you, do not affect you, and that you remain whole and complete always,  
then you love life.  
And what that means is simply that you create from a place of freedom and abundance.  
That you enjoy every experience.  
That you flow effortlessly with what is.  
Your love of life is then expressed in everything that you say and that you do.  
You see everything and everyone as your self.  
You know for a fact that there is no separation.  
Then you can be with the dualities of life.  
The ups and the downs, the good and the bad, and remain neutral to them.  
But the neutral is a loving neutrality, it's an accepting and allowing neutrality.  
Thank you.  
Some like to call it a loving indifference.  
What that means is that you are indifferent to what appears in your experience by loving all of it.  
You are detached from purpose or outcome because you are happy no matter what happens.  
Then you become life itself and what that means is that you are infinite potential.  
That everything that arises in experience is a form of life, a form of you, a form of awareness.  
So life teaches us, each of us, to be present, to be accepting, to be ourselves.  
No matter what appears in our experience.  
And when we finally learn this lesson, we know our self as love itself.  
And then we can be with others, be with any situation, and love it, accept it.  
So life loves each of us as a separate leaf on the branch of a tree.  
Until we realize that we are life itself, taking the form of a separate leaf.  
There really is no separation between the life that flows through the tree, the branch, and the leaf.  
We are all this same source of life.  
And with these words, I would like to end this meditation.  
So whenever it's comfortable for you, you can take a few deeper breaths, maybe move your body  
a bit, and open your eyes to come back to the space you're in.

## **Finding abundance**

Abundance is presence.  
Presence is love.  
Love is truth.  
And truth is not tangible.  
If you try and find abundance in material possessions,



be it lots of wealth, lots of friends and followers,  
or health, or a clear mind,  
then you are giving away your freedom.  
You are giving away your freedom to these things that keep changing.  
It's the nature of the world, the mind and the body to keep changing.  
So you are automatically surrendering your happiness, your peace,  
to this ever-changing world.  
Instead you should go to that which is ever-present.  
Your self.  
Everything arises and fades in you as you.  
And because that is the case, there is nothing to do or nowhere to go to find abundance.  
It is here now. It is constant.  
Actually, if you do find the perfect state of your mind, body and world,  
then you will be happy for however long it lasts.  
But once one of these elements changes again, you are faced with the same choice.  
Do you give away your peace and happiness, trying to fix those things,  
to make them as you imagine they should be?  
Or do you instead focus back on now, on who you are,  
remembering that who you are is changeless and effortlessly abundant, effortlessly peaceful?  
This is how you find abundance.  
Don't delay your gratification by seeking it in the future.  
Find it now. It can only be found here.  
Thank you for watching.

## **Life beyond belief**

In half an hour, I'm not sure how deep I can go into this topic, but I'll do my best.  
Just a show of hands to start with, who has heard of non-duality before?  
Okay, great.  
For those that don't know, it's simply being aware of being aware.  
So it's knowing that right here and right now, we are.  
And that being is effortless. We don't need to do anything to be aware.  
And once we start exploring the spaciousness of awareness itself, the qualities that it has,  
then slowly we begin to realize that it is who we are.  
I'll do a short meditation here to start with.  
Then I will explain a bit more about my own journey and how I got to where I am now.  
And then there will be time for questions and answers if you have any.  
So I think we can just start with a meditation.  
Make yourselves comfortable.  
Breathe in.  
And on the exhale, you can close your eyes.  
And simply notice that in the current experience, there are some sensations in the body.  
There are some sounds.  
There are some thoughts going through the mind.  
There is the sensation of sitting on a chair and the feet on the floor.  
There is the experience of the breath in and out.  
But notice also that in language, you would say, I am aware of the breath.  
I am aware of the sounds. I am aware of the body. I am aware of the beliefs.  
So this I am or I am aware comes before each experience.  
It is there during each experience and it is thereafter each experience.  
When there is a sound, for example, awareness itself does not change by the sound.  
It is constant.  
So instead of looking towards the objects of awareness, we can look to awareness itself.  
For example, is there anything that awareness says no to?  
Or is it all accepting?  
That is why I like to call it the loving space of awareness because it is one with all things and yet  
untouched, unchanged by them.  
Can we have an experience without awareness?  
If the answer here is no, then isn't awareness all encompassing?

If awareness is the first fact of experience, in other words, it is who we are, then can awareness become better or improve in some way?

Can it be more than it is?

Another name for this spaciousness of no seeking, not wanting anything to change, to be better or somehow improved is happiness.

As such this happiness of peace is who we are and there is nothing to do to get to who we are.

There is nothing outside of you, awareness.

And this simple experience of being that we now have and always have is what all the spiritual and religious traditions point to.

It is so simple, so natural, so intimate that it is easy to forget that happiness is who we are.

That acceptance is effortless.

And this is also the experience of non-duality or not to.

Let's take three deeper breaths here and when you are ready you can open your eyes.

And try and maintain this awareness of being.

To say a bit more about me, I grew up in four different countries, in France, in Belgium, Bulgaria and for the last nine years here in the UK.

It was really interesting because I kept travelling especially from Belgium to Bulgaria.

In French I had one personality, in Bulgarian I had another personality, in Bulgarian I was very rough, not caring and in French I was more studious and careful, just different.

And then I came here and a third personality started forming in English.

So I naturally asked myself the question, out of all of these personalities, who am I?

And the way it was triggered, this question, was through shyness.

I was suddenly very shy and I couldn't really connect to people and then it spread to even conversations with my family.

And what helped me at the time was neuro-linguistic programming, I don't know if some of you are familiar with it.

I started noticing how the mind creates feelings and how it's not the circumstances in the world that create how I feel but I can trigger them through memory, that kind of thing.

And then because I was so fascinated with this exploration I went into mindfulness and meditation and I started noticing the patterns that I had learnt from family members, conditioning, schools, friends, etc.

And I discovered that I have this ability to change what I believe, so it's not necessary to keep holding on to a belief.

But I was still seeking, I was still trying to be better, to improve, to somehow change the current situation.

And then after a lot of other explorations, through A Course in Miracles and Way of Mastery, I got to non-duality and to me non-duality is really the final understanding.

It's the knowing that who I am fundamentally is not the mind-body, it's not the belief, it's not just the personality, it's awareness itself, it's all encompassing.

There's no distance between me and the experience, that's just imagined.

And it was just so curious to explore experience and really try and find this boundary that seemed to be there between sounds, between people, between my body and other things like that.

So slowly I got this understanding that who I am is happiness, there's no way to reach it, it's not an object, it's not a practice, it cannot really get us to a better place.

Because who we are is so, as I said in the meditation, so intimate, so natural, that we are already here now.

Yes, so what I do now is I guide people on their own spiritual journey through one-to-one sessions and online programs and talks like this one.

And I help them explore non-duality and their actual experience of what is true here now, what can we be certain of, what can we be really confident in.

And slowly this understanding, this recognition, I am awareness, is just the first stage. Afterwards there's the realigning of the mind and body, that's the realigning of all beliefs with what is actually true.

And that is an everlasting process, it just keeps going.

And it's reflected in our relationships because suddenly we're not afraid, we don't protect this personality or this body and so we can love unconditionally, we can give unconditionally.

Once I know myself as infinite eternal, what is there to not give, what is there to hide?

So I think that's a good enough introduction to the topic. If you have any questions about anything during the meditation or after, then feel free to ask.

On your journey, when did you feel that you wanted to start guiding others and why?

I wanted to start what? Guiding others.

I think I felt it since the NLP days, just because I saw that a lot of my friends and most people I met were following their conditioning.

And suddenly when I saw that my beliefs can change, that was the first instant where I was like, wait, everyone needs to know this.

So I already started sharing this then. But in those days there was still a sense of, I don't really know what I'm talking about.

There was still a sense of, I am seeking, but it feels like I'm seeking less than before so I can still share with others.

Whereas now I am certain and that's the big deal.

Someone's had an initial deal with the non-dual aspect, but then I can only really experience it when I'm on the cushion or really focusing hard on that.

How do you bring it into everyday life? I'm aware of what it is, but I find it very hard to bring it into work and diet.

Yeah, outside of just meditation. Any tips on that?

I think there's often a misinterpretation of what meditation is in our society.

So often it's just taking 10 or 20 minutes away from work or the day and then going back into it.

Whereas when you see that who you are is awareness itself, meditation is often about moving away from the objects of the world and simply being.

And then once we go back there's a sort of veiling of forgetting that happens of who we really are. I think the more, so at first it's a process, the more you keep going back to this beingness, the more it will also drive you towards itself.

So it goes from being the background of experience to being the foreground of experience.

And also later stages, so first awareness is somehow separate from the world and then when you go towards the objects of attention they become known as awareness itself.

And so then there's nothing, every sound, every person, every experience is a reminder of your true nature.

So particular moments of meditation that you have during the day, have you used particular moments that you bring to the fore to punctuate the day with certain moments of meditation?

I used to but now I know there's a phrase that I really like which is meditation is not something we do with who we are.

And so there's nothing to do to get to who we are.

Does anyone have any more questions?

Do you ever stop seeking?

Do I ever stop seeking?

I'm not seeking in the first place.

But you said you were.

Well I was, so yeah, that's a good question.

The interesting thing and what's different from non-duality with other spiritual traditions is that often there's a big emphasis on so-called enlightenment.

So this is the stage where a mind seemingly realizes its own nature.

But then the thoughts that come in that mind are now I'm enlightened, now I know.

And so that again creates separation.

So the first, the self that is looking to find itself is not awareness.

Awareness itself never seeks and has never sought anything.

So who I identified with, the mind-body, with my conditioning and the three languages and whatever, was constantly seeking.

But in the background, awareness never sought.

And once I know myself as awareness, I can recognize that.

So I propose now to tell you a bit more about what I do here and then maybe we can finish with another short meditation.

So here I'm at 10 T15 and I do five minute sessions if you have particular questions or challenges or issues that you want to ask.

And if you subscribe to my newsletter I can give you a 20% discount on the first session.

So you're welcome to come along and see me at my stand.

And I will have flyers at the end of the talk if you want to know more about what I do.

Check out my website and how every area of our life can be aligned with this understanding.

On my website there is a teaching section and I talk about relationships, other practices, the body, the mind, every aspect of life aligned with all of that.

Great, so let's do another short meditation.

Breathe in and on the exhale you can press.  
Meditation itself is a universal yes to everything.  
Because we recognize in meditation that I am here now, no matter where, when or what happens in this so called outside world, we can always recognize this I am here now.  
Breathe in and on the exhale you can press.  
So many of us are trying to find stability in the experiences, trying to find a relationship that lasts forever and fulfills us on every level.  
We try to find a job that is stable, that we like, that we love.  
We try and make the mind more positive.  
We try and make the body more healthy.  
And all of these things are great and necessary to some degree.  
But they cannot give us happiness.  
They cannot tell us anything about who we are.  
Who we are is pure acceptance and love.  
And that cannot be found in any other type of experience.  
Who we are is changeless.  
And that cannot be found in any objective experience.  
Who we are is now.  
And objective experience can come and go.  
So please put your trust in what is real, constant and worthy of your trust.  
And be know and love only awareness itself.  
Thank you for your time. When you are ready you can open your eyes.  
Thank you.

## **Staying Present in a busy world**

### **Day 1: Comfort**

Hi and welcome to day one of the course, staying present in a busy world.  
Today we will talk about the importance of comfort and I would like to share a driving story with you that happened to me several years ago.  
I received my driving license back when I was at university and it's only many years later that I got the car.  
In the meantime, I would drive when I go to visit my parents and this one time my older brother was there as well.  
He had some health issues at the time and he couldn't drive so I was to drive him to the shops.  
Because of his health issues, he wanted to make sure that nothing sudden or abrupt happened as I was driving.  
He just wanted to feel really safe.  
So as I started reversing to get out of the parking lot, he immediately said stop stop stop stop, you're going too fast, I don't feel safe.  
I stopped and I felt into my body and I wasn't feeling confident or comfortable myself.  
I was indeed going too fast.  
So I slowed way down and did it again.  
Once again he said stop stop stop, too fast still.  
I got a bit annoyed but I said okay, I will go even slower than this and I went backwards really slow and this time he was happy and I was happy because I was feeling so safe.  
And what's amazing about this is that it continued throughout our journey in the car.  
When I was getting out of the garage, I was making absolutely sure that there is no one on the left and on the right.  
I was driving at my own comfortable pace.  
If someone was behind me, rushing me and honking, I didn't pay attention to them.  
My brother also said don't pay attention to them, they're just angry, they're just in a rush.  
And so to me it felt amazing.  
I started to love driving with my brother and then on my own and I realized how this same situation and the metaphor that it gives can be applied to so many different areas of our lives.  
And what's interesting is that I have been applying these principles of being comfortable and then acting in almost all areas of my life except for driving until that point.

So this is what we'll be learning in this course.

We will learn how to stay comfortable, to express ourselves when something doesn't quite feel right.

Not to blame others but to say this is how I feel in this moment and to aim to only act and move when we are comfortable.

So I hope you are looking forward to this course and that you will enjoy it as much as I enjoy recording it.

The practice for today for you is very simple.

It is simply to think about areas in which you act when you are uncomfortable, much like I did to begin with in this driving example.

The thoughts that were running through my mind and body at that moment were, I am confident, I will show my brother that I can really do this, I am a good driver.

And other thoughts like this that were actually taking me away from this moment, that were making me go in my head and therefore not to pay enough attention to what was going on around me, in me and how I was also affecting my brother.

So just find these thoughts that are either overestimating or underestimating where you are now in this particular area.

Maybe it is around money, maybe it is in relationships, maybe it is at work, maybe it is with meditation.

Whatever it is, ultimately these resistances are taking us away from what is and they represent a lack of acceptance of where we are and it is only when we accept where we are that we can then make progress and over time expand our boundaries, our comfort zones and be able to do more things at our own natural pace, remaining present and feeling safe.

Thank you for listening.

I hope you have enjoyed today's lesson.

Have a wonderful day ahead and see you again tomorrow when we will talk about the importance of knowing our true self.

Thank you.

## **Day 2: Self**

Hi and welcome to day 2, our true self.

Yesterday we talked about being comfortable in what we do and where we are.

In order to apply that lesson, we have to know what that comfort is and where it can be found.

In non-duality, which is the main spiritual modality that I teach, we say that our self is the constant element of experience.

It remains untouched and unchanged by anything that happens.

And this self is beyond the mind, beyond the body, and beyond circumstances.

Today's practice is about letting you experience your true self directly through a series of questions.

The first question is, without reference to past or future, who are you?

If you answer me with a name, with a gender, with anything related to the body-mind in this moment, I will ask you again, are you the body-mind or are you something deeper?

Is there something more to you than the body-mind?

At this stage, and if they consider the question for long enough, people answer me with yes, there is something else to me but I can't quite put a word on it.

And then when I ask them, if you were to think of some qualities that this something has, what would these qualities be?

And here people answer, peace, presence, sometimes awareness, and these are correct.

This is who we are, this witnessing presence that watches everything unfold including time passing, the thoughts and feelings of the body-mind, the changing circumstances that we find ourselves in.

And the more we rest in and as this presence, the more we can understand the patterns in which the world evolves.

I will also talk more about this in later days.

For now what matters most is to understand where this clarity, this presence and comfort can be found.

They are right here, closer than close, the formless essence of all forms.

I hope that you have enjoyed today's practice.

In later days it will become more and more obvious how this presence relates to yesterday's

lesson and how it is the foundation out of which all the other lessons emerge and the essence that all lessons from this course point to.  
I look forward to seeing you again tomorrow when we will talk about the importance of the body on the spiritual journey.  
Have a wonderful day ahead and see you again tomorrow.

### **Day 3: the spacesuit**

Hi and welcome to day 3, the spacesuit.

The spacesuit is a name for the body, coined by Ram Dass.

And I really love it because just calling it that helps you to recognize the amazingness of the body.

It is like a suit for your soul or for your essence to experience life on earth.

It allows you to think, to have emotions, to connect with others, to evolve in your understanding of various topics, to evolve spiritually.

It has this inner intuitive guidance that shows you clearly whether what you are doing is the right path for you or not.

It shows you when you are uncomfortable.

It gives you all of these signs and signals all the time.

It has all these amazing senses that allow you to see, to hear, to touch, to smell, to taste, to feel.

So often in spiritual circles, we see the body as something negative, something that needs to be changed, fixed, transcended.

And in this audio, I just want to remind you to express gratitude for all that the body gives you.

Taking good care of the body is essential in order to feel safe, to feel comfortable, to do good work that comes from love for others and the world.

And yet so often we try to disregard it, to work despite all the signals that it gives us, to try and be more productive by sleeping five hours a night.

And in all of these ways, we are making ourselves more anxious, more tense, and less able to be in the moment and move through our day-to-day lives from a place of balance, groundedness and health.

So the practice for you today is simple.

Instead of planning ahead, make some space to ask the body, what does it want to do next?

Whether it is through a massage, going for a run, having a nap, going for a walk, give yourself the space for self-care and self-love.

Thank you for listening.

I hope you enjoyed this lesson and the timeout that you take to nurture your spacesuit.

In tomorrow's lesson, I will link day one and day four by talking about the intuition of the body as a gear stick that aims to help us navigate life at our own natural pace.

Thank you again for listening and see you again tomorrow.

See you next time.

Bye.

### **Day 4: Listening to the body**

Hi and welcome to day 4, listening to the body.

As we saw yesterday, the body is this amazing tool that allows you to experience life as a human being and it has a deep deep intelligence and intuition that is connected to everyone and everything else.

I'd like to start today's lesson by reminding you once again of all of the thoughts and feelings that I had when I started to drive with my brother.

There were thoughts such as I need to prove myself to him, I will show him how good I am at driving, I will make sure he has a great experience and of course all of these thoughts were taking me away from the present moment and from what I was doing.

The anxiety that I was feeling at the time as a result of these thoughts was my intuition's way of saying relax, calm down, slow down and my brother reflected that to me afterwards.

So in this particular situation, my internal gear stick was telling me I'm going too fast, I don't need to go that fast, I'm creating a sense of unsafety and danger where there isn't one.

And when my brother told me to slow down, first I slowed down internally, I said to myself ok, this is fun, this is new, let's relax into the moment for the first time while

driving and from then on it was a beautiful experience.

So in today's lesson, you can refer back to what you wrote down in day one and notice what your body is telling you in these different areas in which you may be feeling anxious or stressed or uncomfortable in one way or another.

And then you can think of the breath as the gear stick that allows you to slow down.

So first notice what internal speed you are on in these situations and then set the intention to consciously slow down, to breathe deeper and let your body know that everything is ok, that you are listening to it, that you appreciate its wisdom.

Once you do that, you are in the present.

And once you are in the present, your aim is no longer to get here but to stay here.

So then you are constantly listening to your body and your mind.

Your goal is to stay comfortable, to stay in the here and now.

This may mean expressing your discomfort more often when you catch that it is there.

May mean taking a holiday from work to really think about this and figure out ways to implement it in all areas of life.

In relationships, as we will see tomorrow, it may mean saying, can we pause here for a second?

My body is trying to tell me something.

And what's interesting is that at first, maybe your comfort zone is small.

So actually you start feeling discomfort quite early.

But the more you progress on the spiritual path, the more you'll be able to stay centered, balanced in the present, even in challenging situations.

I hope you have enjoyed today's lesson.

I would recommend taking at least a few minutes after the end of this recording to write down ways in which you can tune in to your body more often and to apply this metaphor of shifting gears through deep breathing and move through life at your own natural pace.

Of course, at times it is inevitable to be in difficult and challenging situations, in which cases the body adapts.

It creates all that we need to work more quickly, to be more focused.

Maybe the breath speeds up, the heart beats faster, and that's all great and important and amazing that the body can do it.

But since our aim is to stay present, once this situation is done, we can return to the body.

We can tell it, okay, it's done now.

Thank you.

You can relax.

You can return to the present moment.

You can be at peace.

Thank you for listening to today's lesson as well.

I wish you a wonderful day ahead and see you again tomorrow when we will link today's lesson in particular to relationships.

Thank you.

Thank you.

## **Day 5: Relationships**

Hi and welcome to day 5, relationships.

So far we have talked about finding presence and then aiming to maintain this presence by listening to the body and expressing our discomfort when we start feeling it.

I also mentioned yesterday that the more we progress on the spiritual path, the more we are able to remain in a clear and balanced state independent of circumstances.

But until that happens, we have to honour where we are at the moment and it is also important to have good communication skills and by that I mean to not blame the other person or people about how they make you feel by saying stop!

Your words and your actions are making me feel uncomfortable, tense and anxious.

What is really happening is that these feelings are arising within you and they are actually helping you to see them for yourself.

As such, a better way to express what you feel is simply to say, can we pause for a moment, I am feeling some discomfort and I want to feel into it and see what my body is trying to tell me, or any other phrase that is about you and what you are feeling, not about what the other person or people are doing and saying.

I am very aware that this in itself can be very uncomfortable to do, but what is amazing is that the more you do it, the more you see how it is relevant for the person or people involved as well.

The discomfort that you are experiencing is often in them as well, but they are simply not aware of it or suppressing it in order to be able to keep going.

So in this way, by expressing what you feel, you are also allowing everyone else to be with their feelings and understand what is happening behind their thoughts or actions.

Let me give you an example of how this worked out for me.

I met with a friend to have tea and we hadn't met for a few months or so, so I was very excited to meet her, but as soon as we met, she didn't like the coffee place that we had agreed upon, so it took us another 10-15 minutes to find another one.

And then when we sat down, she started asking me uncomfortable questions and telling me I don't have the right approach for my business, that I don't see clearly in my relationships and other things like that, which I knew for me in myself were not true.

And I also understood that she wasn't feeling great but was unable to see it.

So I said, I'm sorry, I'm feeling a bit of discomfort right now, is it okay if I just sit with it for a few minutes?

And at first her reaction was to be taken aback a bit, but then she said yes, of course, no problem.

When I sat for about a minute or two, and when I opened my eyes, her energy had completely shifted and she told me, I'm sorry, someone at work just angered me and they said that I'm not doing something right, I knew I was doing it right, so I got so annoyed and basically explained that she has been in a tricky situation just a few hours ago.

And I said to her, yeah, no problem, I completely understand.

And then we had our nice conversation and meeting as usual.

I'm giving you this example to show you that what you're feeling is not random.

It's probably also in other people around you.

And by expressing how you feel, you're also allowing for them to understand where they're coming from, and to feel their own feelings in the moment.

In some cases, of course, that is inappropriate to do.

If you still feel this resistance, this triggering in you, I would recommend making space later in the day to sit with it, understand what has been triggered in you, and see if there are any actions that you should take next.

As I mentioned yesterday, the more we feel our own feelings, the less resistance to what is there is in us.

And so the more we can be in challenging situations without actually being triggered.

Also, as we will see in tomorrow's lesson, these feelings of resistance are also your intuition telling you, this is where you are at in this moment.

Release it, do whatever it takes to process it, and then continue to the next step.

So there is also a wisdom in the discomfort.

It is not there randomly.

It is there to guide you, to help you change to the right gear.

Your practice for today is to think about your relationships and consider some difficult conversations and what would have happened if you had actually said, sorry, can we pause for a moment?

I am feeling a lot right now and I would like to sit with it to see what my body is trying to tell me.

You can also set the intention to do that more often in the future.

I hope you have enjoyed today's lesson.

Tomorrow we will explore integrating the shallow and the wisdom behind the arising of discomfort and ways to process our emotions.

I wish you a beautiful day ahead and I look forward to being with you again tomorrow.

Thank you.

## **Day 6: Integrating the shadow**

Hi and welcome to Day 6, Integrating the Shadow.

As I mentioned yesterday, the more we progress on the spiritual path, the more we can be in difficult situations without being affected by them.

The way this whole mind-body-world reality works is that all things are reflecting each other.



If there is some kind of resistance in you, then some relationships or everyday situations also arise within your awareness, within your experience to reflect that tension, that resistance back to you.

And the more we process this resistance, the more we can rest as our true self, this peace, this presence that we are, and flow with whatever arises.

So as such, the resistance arises because this is where we are at the moment.

This person or situation triggers us and it's important to recognize it and to be with the feelings that are triggered.

These resistances can arise from anything.

It can be as simple as someone telling you to do something that you're not ready for.

It could even be this course making you a bit uncomfortable, making you feel like you're not ready to apply what I am sharing here, and that's okay.

Be aware of it.

Be with the feeling and do the course at your own pace.

There is great wisdom in these feelings.

Once again, they're telling you where you are now, what you are ready for.

So honor that and try to create a life around you as much as possible to make space to feel those feelings and naturally go to the next level over time.

Now there are many ways to feel these resistances when they arise.

One good way of doing it is to ask yourself once again, who is the I that is experiencing this resistance, and remember that your true self is this ever-present awareness that remains untouched by experience.

Then once you know yourself, once you know that you are safe, whole, and complete no matter what, you can dive into the feeling and allow it to guide you and to gradually be released from the body-mind system.

You can do so by simply sitting with the emotion.

You can also breathe into it and let the body move in whatever way it wants to move.

And once it is released, you will often find that you don't simply return to the presence that was there before the feeling, but there are new insights, new revelations, a deeper sense of presence afterwards.

And while you are feeling it, remember to use the breath as a guiding force.

Ask the body at what speed does it want to be in this moment.

Often it is very, very slow, very deep breathing, barely moving, maybe not moving at all.

Remember it is often trying to release deep seated patterns that have been there for many years, so support it in that journey.

Appreciate what it is doing.

Make space for this process to happen as naturally and gradually as possible.

Remember that everything is always unfolding as it should.

So life has guided you through these people, these situations to experience this feeling and to release it precisely in the moment in which you are doing so.

This is the most optimal time for you and everyone else.

So don't resist.

When it happens, allow it to unfold.

Thank you for listening to today's lesson.

Tomorrow we'll talk more about how nothing is random and everything is unfolding as it should.

I wish you a wonderful day ahead and see you again tomorrow.

Thank you.

## **Day 7: Everything is unfolding as it should**

Hi and welcome to Day 7.

Everything is always unfolding as it should.

In the previous days, we have talked about the importance of finding our true self, our comfort in the moment, and aiming to maintain it throughout the day by listening to the body and all that is happening within us.

Of course, triggers are often inevitable.

So in these moments, it's important to remember that even difficult emotions and circumstances serve a purpose.

They are there to teach us something, to let us evolve to the next level of expansion, of love, of compassion, of understanding, of acceptance.

This in turn emphasizes the importance of the mind and makes us live life according to situations and circumstances that never happen.

Because of that, we are never actually in the present, we are just experiencing a theoretical future life and that is because once again we are taught that we need to balance so many things at once.

We need to be healthy, we need to be successful, have many friends, nowadays have a lot of followers on social media, be continuously better and get promoted at our job, be a loving and kind person etc.

All of this often creates too much stress and pressure on the body-mind system so there is a constant sense of anxiety which is a signal to change gear.

Having balance is once again not as difficult as you might think.

It is simply being in the moment and asking the body what do you want to do next.

It knows how to take care of itself.

It knows how much and when to eat, when to sleep, when to message people, when to work.

All of these things will be taken care of as you relax into the moment.

Somehow in our society we emphasize the importance of the mind so we disregard the signals that it gives.

Yet if we look back in history, the mind is the newcomer.

The body has kept us alive for thousands of years.

The heart, the gut, these are centers of intelligence that know exactly what is going on and because

of that the body can take care of itself.

Now a lot of people have a lot of conditioning to process before this becomes their reality.

So when they start surrendering to the present moment, first it is a gradual process and evolution towards being able to do it fully and second once they do it, it is not instantly peaceful and pleasant and easy but a lot of emotional resistance is coming up.

Again and if that happens to you, it is up to you to tune in to your intuition and see how much to process at any one time.

Thank you for listening to today's lesson, I hope you enjoyed it.

I look forward to seeing you again tomorrow when we will talk about practical ways in which you can craft your day to day life to apply the principles that I am sharing here.

Have a wonderful day and see you again tomorrow.

Thank you.

## **Day 9: A Life of Presence**

Hi and welcome to day 9, a life of presence.

So far we have explored where peace and comfort can actually be found, how to stay present and listen to the intuition of the body and how to be in the moment and not focus so much on potential futures which may never come.

I want to make today really practical and I want you to think about ways in which you can apply the principles of this course in your day to day life going forward.

In a state of peace and presence think about what will you change at work, what will you change in your relationships, what will you change in terms of daily practices.

Maybe you can set yourself reminders or meditating for 5 minutes every couple of hours.

What sticky notes can you add around your office and around your home to bring you back to listening to the intuition of the body.

Maybe one of these sticky notes could be the breath is the gear stick.

Make it fun, make it playful.

The beautiful thing about this is that as soon as we go too far into the future the body tells us we don't need to think about this right now.

Change gear, return to simplicity.

The other interesting thing is that the world is telling us what we want.

The world is telling us we will be happy when we have this much money in the bank account, when we have this many friends, when we celebrate in this way, when we get this promotion.

But in fact all we really want is peace, is happiness and that can only be found in the here and the now.

That is why the first step is to return to what we truly want which is presence, which is peace and to create from here, moment by moment.

Since this is our ultimate goal, that makes it all the more important for you to take the necessary steps to plan how to remain present.

It sounds like a paradox because I said that we shouldn't plan but this is different

because we are not planning for something else, we are planning how to keep what we already have.

Do you see the difference?

It is planning from presence for presence.

As such it is planning from ease and freedom and abundance.

It is what is unfolding in this moment and it is what we want to keep as the body-mind world keep evolving all together.

Thank you for listening to today's lesson.

I hope you enjoyed it.

I look forward to being with you again tomorrow on day 10 called the way forward.

And in the meantime, I wish you a beautiful day ahead.

Thank you.

### **Day 10: The way forward**

Hi and welcome to Day 10, The Way Forward.

I hope that this course has been powerful and transformative for you, that it has helped you think in new ways, seeing things with clarity from this present moment, understand that things evolve and move gradually and not suddenly and overnight, and that just returning to the present moment is all we need to do in order to have balance, peace, and flow through life easily and effortlessly.

And even when difficult emotions and circumstances arise, that is also meant to happen.

And it's there to help us grow in consciousness, in kindness, in compassion, and in understanding of our self and others.

On this last day of the course, I would like to share a poem with you that I wrote called Being is the Goal.

I think it summarizes beautifully the essence of all that I have shared with you over the last days.

In the spiritual realm, achievement is opposite, a mysterious discovery, for knowledge becomes obsolete.

Success is simply returning to this moment, no longer aiming for future outcomes, just slowing down and noticing, allowing what comes.

is rewarded, not doing, witnessing, neither attaching nor detaching, watching the continuous process of the body mind, aiming not to slow it down by speeding up or multitasking.

So return to the now and forget about the how, smile about who you already are.

Know that all you need is already within.

If you're already complete, why work so hard?

There's no more need to chase the elusive, find and remain in the everlasting present.

What if all you have sought after was right here, closer than close, in your very essence?

Thank you for listening.

As you can probably feel, however, this course is just a first step towards maybe even a lifelong journey of having healthy boundaries, of staying present, of listening to the body's intuition, of deepening your understanding of self, non-duality, and the way everything is interconnected.

So if you haven't already, please feel free to have a look at my other courses and content.

Each course relates to a different aspect of experience, so this course would make the most sense when it is studied in combination with all the other courses that I've created.

Thank you once again for being part of this course.

Feel free to get in touch and ask me any questions or share any comments that you may have.

I hope you have enjoyed this course as much as I enjoyed creating it.

I wish you a wonderful day ahead and I look forward to staying in touch with you.

Bye bye for now.

I'll see you next time.

you

### **Q&A**

#### **Jennipher**

Q: Pls explain non-duality a little more how the present moment doesn't affect my true self

A: Hi Jennipher, thank you for joining this course and for your question. In Non-duality, our True Self is considered to be Awareness Itself - the part of us that is witnessing the mind, body, and world. That Awareness that we are is ever-present, is simply allowing what is to be. No thought, feeling, or experience changes or has an impact on this Witnessing Presence. You can explore this Truth by asking yourself, at any given time, 'Am I aware?', and you will see that the answer is always 'Yes'. Without Awareness, we wouldn't be able to have experiences. That is how whatever is unfolding doesn't affect our True Self 🙏

### Denise

Q: Day 2. Your voice is so soothing and reassuring. Thank you for this course. I understand that my essential being is expansive and limitless, but I've been finding that I still struggle to experience that true self for very long; connecting to it only briefly. Do you have any suggestions for extending those moments?

A: Hi Denise, thank you for joining this course and for your comment - I'm glad you are enjoying it so far 🙏 You will find some ways & practices to remain as your True Self in the upcoming lessons, but for now I would recommend doing what has worked well for you in the past. Maybe it is a particular meditation that allows you to be present & mindful as you listen to it; or going for a walk in nature; or spending time with a particular person. Whatever it is for you, try to do more of it, and maybe also spend some time meditating on what makes it work - doing that could give you more ideas of ways to remain present & mindful more often and for longer periods. I hope you find this answer helpful 😊 ✨

### Live event:

Hi everybody and welcome to this Insight Timer live event on staying present in a busy world. I decided to do this event because I have a new course that is now out with that same name. It's a 10-day course with short audios and I thought I would just create this live event to tell you a bit more about it, to introduce it and maybe to go deeper in some of the topics covered as well. So as always my live events will start with a short 2-3 minute meditation followed by a talk on this topic and at the end a questions and answers session. So whenever you're ready I propose to take a breath in, close our eyes, and arrive in this moment as it is. Notice the breathing. If it is shallow, let it be shallow. If it is deep, let it be deep. Notice sensations around the body. Notice the temperature of your body, of the room that you're in, and allow everything to be exactly as it is. Notice that you are aware of all of this happening in this moment and that even though it is constantly changing and moving, the awareness with which you watch it remains changeless. This is the foundation of the non-dual understanding which I share and which is the underpinning principle or truth behind all the lessons of this new course as well. When you are ready, let's take a few deeper breaths and return to our conversation. So why did I decide to create this course, staying present in a busy world? Because in my work here on Inside Timer, from the comments and feedback I received from my work with one-to-one clients, I see that there is a struggle. There is a struggle to remain present, to remain at peace and free and open and allowing which is our true nature in a world that is so busy, so in a way out of tune with the ways our bodies are designed to operate. So this course aims to bring it all together in a simple way that helps you to listen to the body, to listen to the intuition and remain present. Know that nothing is random. Everything serves a purpose and therefore you can allow yourself to feel, to express,

to process emotions when necessary and all of this is okay despite the human experience and ultimately the aim of these feelings, these thoughts, these thoughts that we often call unwanted or we try to get rid of or push to the side, there is actually great wisdom in them and they are there for a reason.

So in terms of relationships, for example, it's interesting for us to recognize from a non-dual perspective that there is a reflection of us, so if they are loving, kind, honest and supportive, then that is a part of us being expressed through them.

Means that's how we treat ourselves and that's how it is reflected outwards and if they are unkind, unloving, judgmental and we get triggered by that, then that's a part of us that is still there, that is judgmental of ourselves, that is unloving, not fully accepting our patterns or something that we do or did in the past and that is how it's reflected.

Of course, sometimes people can be judgmental, can be angry or unloving and we are not triggered

by it because we have processed all of these emotions within us and we just see them from compassion, from love, maybe we ask them, you know, how can I help?

I see that something has been triggered in you, so we remain in this state of peace, of presence in the moment, in open and allowing and in this case we go towards them.

If instead we get triggered, then we act to the best of our ability in the moment, again trying to come from love as much as possible and then maybe later in the day we can sit with these emotions, with these feelings, see where they come from and try to understand them,

understand what has been triggered and maybe act a bit differently in the future, be more prepared, be more open and liberated within ourselves.

Another reason why I created this course is because I see that a lot of people have a disconnect from their true wants, their true desires in the moment and what they are expressing outwards and that is because we have been conditioned to act in certain ways that are seemingly more appropriate than others, we are conditioned to wear masks to some extent, to try and fit in, you know, to be accepted but sometimes there is a higher intelligence working through all of us together that is giving rise to these desires to be different, maybe a bit quirky, maybe even act in ways that we know will maybe trigger family members, friends, colleagues but it is just who we really are, it is just our true wants in the moment and in one of my courses I share this practice of putting your hands on your heart and asking what do I truly want to do next and a lot of people when they first hear this practice they say well how can I do that or I can't even connect or nothing comes to mind or I suggest living like this for a whole day or a whole week just to see what happens, they're like I can't possibly do that, it is too daring, too courageous or maybe they're afraid of what will come up but it is a beautiful way to live, it's a beautiful way to trust your intuition to connect with the body and in this new course staying present in a busy world I have several lessons on the body and how so many teachings, so many spiritual movements and modalities are trying to somehow suppress it or transcend it or call it the ego but actually the body is intuitive, it is intelligent, it is connected to everything and everyone else so it's definitely not something to be suppressed, it's something to be

honored, respected, listened to when it wants, when you feel tired, go have a rest, when you feel like something is wrong, feel into it, express it, it's there for a reason

and what is interesting is that the more we listen to our bodies the more we have healthy relationships with healthy boundaries because we are not judging others, we're not blaming others

for how we feel, we say this is what I feel in this moment and we see what happens so healthy boundaries is actually expressing what you feel and letting others express what they feel in return so that everyone feels respected, heard and valued. When that happens there is love, there is

connection, there is intimacy, there is a lack of fear, just openness and love so this is healthy boundaries, not hiding anything, not trying to avoid feelings but expressing openly, not blaming, not

judging and allowing others to do the same so again the body has an intelligence within itself that when listened to, when allowed, this naturally unfolds, it naturally happens so a key part of the

course and of the non-dual understanding is that everything is always unfolding as it should and it's beautiful just saying that and returning to the present moment, allowing it to be as it is

moment by moment, it means that so often we try to have the beautiful experiences, the expansion, the love, the openness, the time when we are motivated, when we are productive, we are healthy but everything else that the opposite end of the spectrum is also there for a reason and it also happens at the perfect time so when we feel a bit down, when we lack motivation, when we don't want to connect with people, when a project simply isn't working, that's good as in it's there for a reason, it's there to show you something, to teach you something so that's where integrating the shallow comes into play, all of these things that are triggered in us that our resistances eventually are shown to us by life and even if we try to not see them, to push them aside, they keep coming back, you've probably heard of this quote, what we resist persists so the best thing to do is to listen to the body, listen to them coming up to unwanted thoughts as well and face them or be with them just with presence, with awareness and trying to understand where they come from and why and process them, integrate them and then see how our life changes after that. In the course I talk about the breath as a gear stick that helps us navigate life so when we get stressed, when we get tense, a lot of the time we kind of don't want to think about it, we don't want to feel it so we start breathing deeper and faster when actually the stress is a signal that tells us there is nothing going wrong, everything is okay but you have the belief or the feeling that something is wrong so it is trying to help us slow down paradoxically and in a way counter-intuitively until you listen to your intuition and then you can use the breath as a guiding stick to change gear to realize wait I don't need to be on fifth gear right now because there's nothing so much going on, I can go back to three or even two and continue to be productive because sometimes when we are stressed or when there is an argument or a tricky situation then even when it's finished we continue playing it in our minds, we continue feeling it in our bodies so then again it's important to come back to what is to even tell the body I hear you, I see that situation has changed, I see that it's a new moment and so I can return back to peace, to presence and do what needs doing in this moment from a place of of quietness and of calm and you probably also know this quote no man steps in the same river twice because it is not the same man, it is not the same river, in the same way our bodies are always changing, always evolving so no breath enters the same body twice because it is not the same breath, it is not the same body so by knowing this we can be in the moment, we can allow things to change to unfold and not get stuck in the past, not get stuck in worryness, in stress and anxiety that is no longer necessary in this moment, sometimes it's necessary to have it in order to deal with a difficult situation but most of the time it is still not so this is how to stay present in a busy world to listen to the body to return to what is maybe even saying okay what is here now the breath, the room, there is nothing stressful, I am safe and then the body reacts quiets down and everything is okay Alicia you say I have trouble being alone, I get frozen because there is so much I could do but don't want to, so most of the time I don't do anything just worry about future or not feel gratitude in the moment, this will happen especially when alone, I need to figure this out reading on codependency currently and of course meditation on self-love just doesn't seem to be working okay thank you for sharing this with me, what came to me is that it's good news as in I understand where you're coming from, I understand that it's difficult that you have aims and goals and you want to achieve things and do things and there's all these feelings and thoughts coming up that stop you from doing these things it is good news because these feelings are the conditioning, are the self-imposed and also society-imposed beliefs of what you should be doing, what is right, what is good and you're not doing it in a way is that a resistance to that but also a releasing of this pattern, so it will not last forever and it is also a sign from the universe that actually you don't have to be doing these things right now you can focus on healing these patterns, on being with these feelings and letting them come and eventually you will again be able to

to do what what is required or what you want to do from a place that is a lot calmer and more peaceful, less attached to outcome than previously, so that is the lesson here you say patients are healing, yes I'm so impatient, you're welcome and I think yeah in patience, I think patience actually is a big lesson for all of us on this planet really because especially nowadays everything is so quick we just click a button we get a delivery or we click a button there's a post that reaches thousands of people, you know everything is super

quick and the more it is quick the more the mind adjusts to this pattern and wants things to be to be quick also in terms of healing also in terms of health so of course it doesn't really work that way and some of our emotions or patterns are very deep and so it takes time to to heal and that's okay. Ultimately the journey is about wanting what is and this is a deep phrase because there is a part of us which is the awareness the presence the true self that we are that already allows already accepts everything that we are going through without judgment it is loving it it is embracing it fully so the journey is to return to this self to this knowing that we are okay we are all we are complete nothing needs to happen for us to be in this moment we already are here and also what is already is so resisting it comes from this separate self or this this self that wants things to be different and the more we recognize the difference between the two the more we can remain as this awareness this true self watch the other self kind of go through its processes have emotions have resistance but be less and less affected by it we can simply be the witness be the presence and watch the healing take place because that's what it is it is a deep healing.

I got a beautiful question you say how do we cultivate intuition through our body and how do we release stuck and processed emotions from the body so I see the two as one process and life is very good at uncovering these stuck and processed emotions so we can be on a bus or an underground coming back from work and then seeing something that triggers us that is an old and processed emotions or someone says something

to us and we resist it we want to to argue back or to to fight it from a place of fear and anger that is an unprocessed emotion so if we start paying attention throughout our days there's these situations that bring something up in us so that is then our our gift in a way it's a gift from the universe to start seeing where these patterns come from and seeing the the gift that is inside them

that is simply that they are not true they're conditioning they're temporary and there is love underneath all of this so we are this love this acceptance this presence that's how to to release stuck and unprocessed emotions and the more we do that the more we are

intuitively connected to the body because there is no no layers of conditioning impairing our hearing or not allowing us to feel into the intuition in the moment and doing what we are told or what we tell ourselves we should do and what's amazing is that it affects everything you know in this talk i've been talking about relationships but it also applies to the food we eat the way we exercise how much time we spend outside how we work everything so yeah i hope this answers your question

i got that you say can you please share practices when being triggered

yes so i i would recommend i think as i said earlier in the book if you are triggered in the moment and you can't say um can we pause for a second i need to meditate on this or somehow take yourself away from the situation then i recommend as much as as possible and if there is enough awareness to ask the question what would love do and then speak from this higher perspective which is not the conditioned mind which is beyond the trigger and and just saying what comes if there is not enough awareness or space and the trigger is too big of course do whatever you do and that may create more feelings later on some feelings of regret or doubt that you've said the right thing and that is then part of the overall emotion and later on you can sit with that emotion and just um imagine the situation again be with in this moment that was triggering see what comes up and kind of go deeper into it you know ask yourself

questions such as where does this come from or how old is this feeling

or when have i experienced this again or when have i done this to someone else

things like that that will kind of give you clarity about the feeling

another beautiful practice to do is the work of baron katie because so often when we are triggered we project we judge we say they are not right i feel angry because they did this



and when we turn it around when we start questioning is this really true  
when have i done this to someone else what if it is me that made them  
angry what if it is me that hurt them just to see the situation from many different perspectives  
then the the ego the attachment the judgment fades away and we start seeing beyond our own  
patterns we see from love and we see the the broader perspective we can take their own  
position see where they came from or come from and again this is this process is the emotion  
let me know if this is helpful um i said in the first few comments that i will let you know ways  
to go deeper into these explorations so i will do that now a course that has really inspired this  
new course is my course in dowsing and i have used dowsing tools to really connect to my own  
intuition and receive guidance directly from the universe so you can have a look at that and if you  
really enjoyed today's talk and these courses and meditations  
then i also offer a six months program called applied non-duality the art of living in freedom  
you can find out more about it on my website and it contains all of my short courses as well as  
one-to-one sessions so if you're interested we can talk more about it i can give you more  
information and yeah dive deep into all of these topics and non-duality cat blue you say love  
dowsing yes it's just amazing that it's always been there that it's so easy to to access and  
that all it takes is really asking show me a yes and show me a no  
so it is really true that if we ask we are given and that's beautiful if there are no more  
questions i think i will end this live event here please feel free as i said to check out my other  
content and courses and yeah to message me and we can stay in touch thank you very much and  
see you very soon bye bye for now

## Teacher & teaching

### Advancing on the spiritual path (tables)

The table outlines 6+ levels of advancing on the spiritual path. It aims to bring clarity on the evolution of Consciousness on Earth. This could help spiritual guides and teachers understand their impact on a wider scale. **Please note that the levels are a generalised concept of what the spiritual path looks like.**

*Level 1* - the most difficult to move on from. On this level, there is little space for self-awareness and a general feeling of being a victim of life.

*Level 2* - individuals begin to explore the idea of a deeper meaning in life. There is more mental flexibility and the introduction to the possibility that change can happen.

*Level 3* - a change of thought pattern or behaviour might have been experienced in one's life. There is the beginning of a glimpse into the concept "I am not only my mind and my body" through modalities such as psychology, therapy, NLP, mindfulness etc.

*Level 4* - the spiritual path begins. Here, there is a deep desire for exploration and inner change.

*Level 5* - there is a deeper understanding of the world being a reflection of one's mind. Once this is understood more fully, the desire for control diminishes, followed by the beginning of truly letting go.

*Level 6* - the understanding that who I am is all-encompassing, ever-present, and unaffected by experiences.

*Level 6+* - the never-ending deepening of the understanding above.

For a general comparison between the life circumstances of level 6 and level 6+, please see table 2 below.

Table 1:

|                        | Focus       | Level            | Modus operandi                              | Modalities                                                        | States of mind                                   | Interest in spirituality                   |
|------------------------|-------------|------------------|---------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------|--------------------------------------------|
| Dormant spiritual      | Outer world | Level 1          | Auto-pilot                                  | None                                                              | "I am a victim and I cannot change it"           | Limited                                    |
|                        |             | Level 2          | Beginning of self-awareness                 | Introduction of the idea of a 'deeper meaning' in life            | "I can change some things"                       |                                            |
| Beginner spiritual     | Inner world | Level 3          | Openness to exploration and new experiences | Mind and body based modalities that are not necessarily spiritual | "I am beginning to understand how my mind works" | Tentative                                  |
|                        |             | Level 4          | Deep desire for inner change                | Beginner spiritual modalities                                     | "I want radical inner change"                    | Deep interest in developing self-awareness |
| Advanced spiritual     | Sharing     | Level 5          | Surrendering and acceptance                 | Advanced spiritual modalities                                     | "I am letting go of the need for change"         | Daily dedication to the spiritual path     |
|                        |             | Level 6          | I am all that there is                      | Non-duality, Advaita Vedanta, the Direct Path                     | "I am"                                           | There is nothing other than spirituality   |
| Embodied understanding | Being       | All encompassing | Guided action                               | Modalities may be spontaneously engaged with out of Love          | As required by the situation                     | Ever-deepening embodiment                  |

\*Modality here means 'theory and practice'. For a more comprehensive list of modalities, please visit ['Three stages of Awakening' \(table\)](#).

Table 2:

|                        | Physical environment | Family and friends              | Career                | Health   | Fun and creativity           | Spiritual growth                       |
|------------------------|----------------------|---------------------------------|-----------------------|----------|------------------------------|----------------------------------------|
| Advanced spiritual     | Loves nature         | Dedicated to the spiritual path | Lives his/her passion | Central  | Expressed through the career | Daily dedication to the spiritual path |
| Embodied understanding | Any                  | All                             | Received              | Flexible | As and when                  | Ever-deepening embodiment              |

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In 2020:

- Approximately 2 billion of the world's population are on levels 1 and 2
- The large majority are on levels 3 and 4
- Less than 1 billion are on levels 5 and above.

The movement of people on levels 3 and 4 upwards has the highest potential to create a shift in consciousness on Earth, since they are currently the large majority. The beauty of life on our planet is that teachers are provided on every level.

The popularity of mindfulness and yoga is already astounding, and it was definitely not the case 30 years ago. In 30 more years, I expect most people to have heard of advanced spiritual modalities such as non-duality, which would inevitably increase the number of those on levels 5 and above.

Just as the process of embodying the understanding is never-ending on a personal level, so the journey is endless on a collective level.

[Only when the majority of us are at peace will the world be peaceful](#). The current number is approximately 2% - even after people reach levels 5 and above, there is a journey to peace regardless of circumstance. In Truth, of course, the healing of the world has already happened.

To the awakening of humanity,  
Boyan (and Nicola)

**Q: what makes your particular teaching unique?**

The experience of abiding as Awareness is the same. Non-duality is the highest level of Truth. It is as close to perfection as words can get. As such, there isn't a difference between what I share and what other non-dual teachers share.

What can be seen as a difference, however, is the character through which this same Truth is expressed. My journey to Non-duality has been unique, and involved learning about politics, management, studying NLP, the law of attraction, a Course in Miracles, the work of Byron Katie, and other modalities before coming across Non-duality. Now, the totality of the previously acquired knowledge is re-aligned with the Non-dual understanding through further explorations such as dowsing or natural movement.

The minds that will be [attracted to the teaching as expressed through me](#) are those that have a similar spiritual journey.

**Q: what happens in a 1-to-1 session?**

## 2. Happiness

### Enlightenment

**Which is the greater achievement - to become enlightened or to know unconditional love toward all beings?**

Q: Which is the greater achievement - to become enlightened or to know unconditional love toward all beings? I would've hoped that these two things combined are part of enlightenment, as I believe they should be... Sadly I find more and more supposedly enlightened individuals who carry anger, hatred, and resentment in their hearts while putting on the persona of an enlightened one.

A: It depends how you define "enlightenment". To me, enlightenment refers to the understanding of our true, infinite and all-encompassing Self. However, experiencing that by itself is not sufficient to process all of the accumulated conditioning that one carries. And it is that conditioning that makes us carry anger, hatred, or resentment. As such, there is a [post-enlightenment process](#) of realigning our thoughts, feelings and behaviours with the understanding of our true Self. Then, we know unconditional love towards all beings.

**Is there an "outward-facing path" after the "inward-facing path"?**

Q: What are your thoughts about an "outward facing path" following the "inward facing path"? Does it have a place in the Direct Path approach?

A: I think it is important to clarify some concepts before answering the questions. To me, the direct path refers to "self-enquiry", and is as such part of the so-called "inward-facing path". However, when one recognises one's Self as all that there is, the pure Awareness within which all things arise and fade, there also comes the recognition that the so-called "outward-facing path" is a concession created to simplify the process of realigning one's experience with the understanding of our true nature. In the outward-facing path, the mind and the body - and therefore our actions, too - are realigned with what is true, while at the same time knowing that the mind/body/world are themselves an expression of our Self. [As such, the outward-facing path is a deepening, a continuation of the inward-facing path.](#)

# What are you looking for?

The massive difference between exploring spirituality in order to get rid of suffering instead of to find Peace

The reason for engaging on a spiritual path is often some kind of problem - a deep depression, a negative habit, destructive behaviour for oneself and others, etc. The exploration then unfolds with a desire to change, or get rid of, this initial problem. It is very important to note that this needs to be only the initial cause for walking this path, and must - at one point or another - be given up.

That is because the root cause of suffering is the belief in separation. When you constantly seek to alleviate suffering, you are constantly fostering the belief in separation. You are coming from the need to get rid of a lack that is non-existent in the first place.

If, on the other hand, you walk the spiritual path in order to find Peace, your desire is pure, and so is your exploration and its outcomes. In this case, the suffering becomes only a part of the journey, something to be curious about, maybe to understand, but certainly not something to change or get rid of. Paradoxically, when this is your approach [\*the suffering dissolves\*](#).

The sole purpose of suffering is for you to discover your True Self. By trying to get rid of suffering you are constantly perpetuating its inability to fulfil its purpose, and - as a result - it must remain. At the same time you are disregarding what is True by focusing solely on what is not.

Making this shift in your approach towards the spiritual exploration is as big while on the path as the final shift of identification from the mind/body to Awareness. If you genuinely want to find Peace out of curiosity and passion for Truth, you will. It is who you are, and as such is inevitable. If you had a destiny, that is it.

## Three stages of Awakening (table)

The table below is an attempt to provide a map for a large variety of spiritual journeys based on personal interests and challenges. Please note that the list of modalities is not comprehensive and the terms are not strictly limited to the categories in which they appear.

First, it is important to understand the differences between the three columns:

- *Conventional duality* is living with the understanding that who I am is the mind/body. From this most common perspective, the world is seen as separate from who I am, and I need to act on it in order to achieve goals based on desires and wants. Change is required, and therefore practices too. The ultimate want on this level is to find lasting happiness.
- *Non-dual Awareness* is the understanding that my essential self is pure, unlimited, boundless Awareness. Here there is no separation, no others, no world, and therefore no wants, desires, or need for change. It is called 'domain' rather than 'level' because it encompasses all phenomena.
- *Embodied understanding* is the knowing that my essential self is Awareness, and yet fully embracing the illusion of duality. Even though there are others and a world, everything is known to unfold perfectly. Practices may be spontaneously enacted out of love for the body/mind, or to perfect virtues of loving-kindness, compassion, or peaceful equanimity.

The purpose of the table is not to create separation between the columns, and divide reality into levels. On the contrary, it is to show that the differences are only perceived from the first perspective of *Conventional duality*. Each of the approaches used to 'get to' *Non-dual Awareness* would naturally lead to *Embodied understanding* if fully explored.

The list of questions is only a general overview of all the types of questions that a mind/body can have.

How to use the table:

- Contrary to traditions that focus on finding the answer, the focus here is on finding the question. What questions do you have in life at this moment? Is it about difficult emotions, health, the Universe, a relationship? Look at the sample questions and underlined keywords for inspiration.
- Once you have found your question, you are encouraged to type it into a search engine by choosing a modality from one of the first two columns. An example search can be "*what is sadness self-help*". See which modality appeals to you the most at this time, and pursue that path until you feel the desire to move on. This can take a week, a month, or many years. You can then proceed to finding your next question or modality.
- Each mind/body has preferences based on previous conditioning, and is also given challenges based on this conditioning. This table unites the preferences and challenges into one easy-to-use and practical answer machine, with the aim to decondition the mind and heal the body.

Once this process has begun, it naturally gains momentum. It is important to note that the process deepens in a spiral-like shape - all questions are asked at all levels, and the answers gradually change based on the level of Consciousness that the question is asked from. Your journey of spiritual seeking is complete once all questions have been understood from the perspective of *Non-dual Awareness*, which automatically leads to *Embodied understanding*.

|                                                | Conventional duality                                                                                                                                                                                                                                                                                                                                                                                             | Non-dual Awareness                                          | Embodied understanding                                                                          |
|------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
|                                                | The level of the mind and body                                                                                                                                                                                                                                                                                                                                                                                   | The domain of Awareness                                     | Duality is known to be an illusion                                                              |
|                                                | The body is seen as being separate from the world                                                                                                                                                                                                                                                                                                                                                                | No separation is seen                                       | The appearance of duality is fully embraced                                                     |
|                                                | Practices are required                                                                                                                                                                                                                                                                                                                                                                                           | No practices are required                                   | Practices are not necessary, but may be spontaneously enacted                                   |
|                                                | We are in the world                                                                                                                                                                                                                                                                                                                                                                                              | There is no world                                           | There is the knowing that the world is made of Awareness, but a reminder is no longer necessary |
|                                                | Free will and decision-making exist                                                                                                                                                                                                                                                                                                                                                                              | There is no free will and there are no decisions to make    | All actions are an expression of love, gratitude, and awe                                       |
| Question topics                                | Sample questions                                                                                                                                                                                                                                                                                                                                                                                                 |                                                             |                                                                                                 |
| Difficult emotions                             | how to let go of <u>anxiety, depression, anger, grief</u><br>do I need <u>therapy</u><br>how to deal with psychological <u>fear</u><br>what is <u>sadness, loneliness</u><br>how to heal <u>trauma</u><br>what to do about <u>addiction</u><br>exploring <u>difficult emotions</u>                                                                                                                               |                                                             |                                                                                                 |
| The body                                       | how to heal <u>physical pain</u><br>how to have a healthy <u>diet</u><br>how to be <u>healthy</u>                                                                                                                                                                                                                                                                                                                |                                                             |                                                                                                 |
| Mind and consciousness                         | what is the <u>soul</u><br>how to change <u>limiting beliefs</u><br>how to <u>repattern the mind</u><br>what are <u>states of consciousness</u><br>how to <u>lucid dream</u><br>did I have an <u>out of body experience</u>                                                                                                                                                                                      |                                                             |                                                                                                 |
| Relationships                                  | resolving <u>intimate, romantic, sexual relationship</u><br>how to heal <u>relationship with family and children</u><br>best way to create or maintain <u>friendship</u><br>what is the role of a <u>spiritual teacher</u><br>what to do about <u>challenging relationship</u><br>how to remove blockages around <u>money</u>                                                                                    |                                                             |                                                                                                 |
| Free will / decision making / cause and effect | what is my <u>purpose</u><br>how to make the correct <u>decision</u><br>is there <u>free will</u><br>what is <u>karma</u><br>am I living an <u>ethical life</u>                                                                                                                                                                                                                                                  |                                                             |                                                                                                 |
| Death and reincarnation                        | solution to fear of death<br>what to do about <u>suicidal thoughts</u><br>what is <u>reincarnation</u><br>dealing with <u>grief and loss</u><br>why is there so much <u>suffering</u>                                                                                                                                                                                                                            |                                                             |                                                                                                 |
| Senses and sensations                          | how do we <u>perceive</u> the world<br>what are the differences between humans and <u>animals</u><br>is the <u>world</u> physical                                                                                                                                                                                                                                                                                |                                                             |                                                                                                 |
| The Universe (time and space)                  | <u>scientific</u> advances<br>what is <u>time</u><br>matter versus consciousness model<br>is the <u>Universe</u> expanding<br>is the world an <u>illusion</u>                                                                                                                                                                                                                                                    |                                                             |                                                                                                 |
| Creativity and inspiration                     | how to be <u>inspired</u><br>how to be <u>creative</u><br>how to be in the <u>flow</u><br>what is <u>beauty</u>                                                                                                                                                                                                                                                                                                  |                                                             |                                                                                                 |
| Peace and happiness                            | finding lasting <u>happiness</u><br>how to remain at <u>peace</u> in difficult circumstances<br>how to apply <u>spirituality</u><br>what is spiritual <u>embodiment</u>                                                                                                                                                                                                                                          |                                                             |                                                                                                 |
| God / Awareness                                | who is <u>God</u><br>the purpose of <u>prayer</u><br>how to <u>forgive</u><br>how to become more <u>conscious</u><br>being present <u>here now</u><br>what is <u>awareness</u>                                                                                                                                                                                                                                   |                                                             |                                                                                                 |
| Ego                                            | what is <u>projection</u><br>letting go of <u>ego desire/fear</u><br>why am I <u>resisting</u> what is<br>how to let go of <u>conditioning</u><br>what is the <u>separate self</u><br>who is the <u>devil</u>                                                                                                                                                                                                    |                                                             |                                                                                                 |
| Enlightenment                                  | what is <u>enlightenment</u><br>the <u>impact</u> of enlightenment                                                                                                                                                                                                                                                                                                                                               |                                                             |                                                                                                 |
| Keywords to add to questions:                  | Conventional duality                                                                                                                                                                                                                                                                                                                                                                                             | Non-dual Awareness                                          | Embodied understanding                                                                          |
|                                                | <b>Mind-based modalities:</b> psychology, philosophy, name of organised religion, nlp, self-help, mindfulness, law of attraction, astrology, lucid dreaming, out of body experience, psychedelics, occultism, angels<br><br><b>Body-based modalities:</b> conventional and alternative medicine, acupuncture, homeopathy, reflexology, chiropractic, yoga, eft, reiki, chakra balancing, crystal healing, tantra | self-enquiry, non-duality, the direct path, advaita vedanta | the essence of all modalities                                                                   |

\*For a further clarification of the levels of spiritual growth, please visit ["Advancing on the spiritual path" \(table\)](#).

## **There is no self**

"The self that starts the journey is not the same as the self that finishes it"

This seemed right when I first read it a couple of weeks ago. It is synonymous to Einstein's words:  
"No problem can be solved from the same level of consciousness that created it"

In the same vein, it seems that the self that is in pain is not the self that heals  
that the self that had done wrong is not the self that is forgiven  
that the self that prays is not the self that gets the answer  
and that the self that surrenders is not the self that awakens

But in fact, there is no self that finishes the journey, since there is no journey  
There is no self that heals, since You are whole  
There is no self that is forgiven, since You are all-encompassing  
There is no self that gets an answer, since there are no questions  
There is no self that awakens, since You are ever-presently awake

If you begin believing in a self that has healed, that has forgiven or been forgiven, that has awakened, that has an answer - this is, once again, the creation of a separate self that will very soon, in turn, need to heal, forgive, pray, and surrender again. As long as there are 'levels of consciousness', there will be a journey.

So actually, the one who starts the journey is the same non-existing self that finishes it, and starts again.

In reality, there is neither a journey nor problems.

Continue your explorations by reading this post on [the importance of speaking only the ultimate Truth](#).

## **Hard problem of Consciousness**

This is probably the most important video that I've ever recorded  
And it's about the fact that all problems stem or come from the misunderstanding  
that the body creates consciousness  
This is the source of all problems  
Let me explain  
So we have all been taught that something outside of us, outside of the mind body gives us happiness  
Relationships, qualifications, jobs, money, travelling  
All of these success, personal, fulfilment, doing courses, programmes, all of these things  
And yet it is our experience, everyone's experience, this is absolutely true for everyone  
That these things that are supposed to give us happiness only give us temporary solutions  
They only give us temporary fulfilment  
And from then on it must become clear that no mind body is fulfilled, no mind body is happy  
No separate mind body is at peace with everything  
So what do we do then if everything is only but a temporary solution or a temporary relief from our struggles, our suffering?  
Well a lot of people then try to change their beliefs, change their thinking, change their environment, change the things that they thought would give them happiness  
So as to become more fulfilled or happier, to be more peaceful, kinder as a person, all of this sort of stuff  
But of course this is also not the right thing to do

And therapy, coaching, mindfulness, breathing practices, self care, self help, all of these new and old ways of coping  
Are promoting the idea that happiness is outside, that you have to do something in order to be happy, fulfil that peace and all of that  
But this is also not true  
And the problem is that when people do not see the problem for what it is, then they project it outward at one stage or another, they try and get it out  
And this leads to violence, to greed, to corruption, to terrorism, to wars, to all of these things that we see in the world today  
It's simple, it's as simple as that  
And it's simple, it's funny that it's so simple but it's also tragic that it's so simple  
You see if the body did create consciousness, then happiness would be found outside of us  
Because then happiness is a product of the body  
Happiness is then a feeling inside of the body  
Fulfillment is a feeling inside of the body, peace is a feeling inside of the body  
But that is just not true, and it's our experience that it's not true  
We keep looking, we keep seeking, so where is it, what is it?  
It's simply the other way around, it's simply the opposite of what you've been taught to believe, of what everything teaches you to believe  
It's not the body that creates consciousness, it's consciousness that creates the body  
The body is a part of, a tiny minuscule part of consciousness  
Consciousness, consciousness is who you are, consciousness is happiness, consciousness is peace  
Consciousness is love  
This is it, no object of awareness has any impact on awareness itself  
So the only way to be happy, the only way to be at peace, fulfilled and happy is to know yourself  
There is no other way, because happiness is who you are, looking for it outside of you  
Or pretending even that there is an outside of you, that something is happening outside of your awareness  
Outside of the universe, outside of consciousness  
That is immediately creating separation and suffering and seeking  
There is nothing outside of you, there is nothing that can take away your peace, there is nothing that can take away your happiness  
Because it's who you are  
So this is the way to have a peaceful world, this is heaven on earth, is knowing yourself  
And that is the only way

## Depth of Presence

And the very interesting, intriguing question that you can ask yourselves is  
Is there an end to the depth of presence?  
And what this question does is that instead of focusing on objective experience, on thoughts, on feelings, on experience  
we focus on the presence, on the spaciousness which allows all experience to be as it is  
And we ask, is there an end to that presence?  
And of course the answer changes throughout the spiritual path  
Right now maybe you are feeling a feeling of expansion, of diving deep into this presence, into this stillness  
What it does is that the first time, the first times we ask ourselves this question  
we are led from the body-mind, from the identity that we believe we are  
to something deeper, to something that is aware of the body and the mind  
Evolving, growing, changing, learning and that presence itself, that awareness itself does not move, does not change  
It simply is ever-present, knowing experience as it is  
When we catch a glimpse of this presence, a lot of things can shift  
At first maybe in a very subtle way, but we have tapped into something that is real, something that is changeless, something that is constant  
And because our thoughts and our feelings, whatever we learn, whatever we embody, whatever we aim to be on the level of the character, of the identity changes



And this remains constant, therefore the experience of it is a lot more true  
There is something that happens on the level of the body-mind that wants to know more and more about it  
So we go from exploring beliefs, trying to change them, becoming better people, becoming kinder, more loving, etc.  
To exploring what is true beyond our beliefs  
And here there are different levels of understanding of this deeper truth, something that is not knowledge, something that is not understandable by the mind  
That is why there are different levels  
And one example that I want to give in this talk is seeing  
At first when we are told you do not see what is, you see your beliefs about what is  
That is the first step of recognizing projection, recognizing that the mind is somehow twisting what you see  
To fit your perception of the world, what you believe to be there, what you believe to be true  
Then there is a second step which is seeing beyond the label, seeing what is actually there with a quiet mind  
Not knowing, not labeling, simply being with sight but also every experience, a thought, a feeling, a person  
Just being with them, being this presence, observing, watching and listening, being  
Without preconceived ideas of the situation, of the person, of who we are  
And that is another new way of perceiving reality  
And then there is also a further step which is to understand that what we see is not separate  
It is not out there and I am here, but it is actually this one awareness experiencing itself in a wide variety of forms  
So then we become closer and closer to this truth in any moment of experience because we know everything as ourself  
And then the last stage going even deeper is being one with everything  
Knowing that you are not only this body-mind but you are what you see, literally you are what you see  
You are this one being experiencing itself and then you can know that nothing is random  
That everything has a purpose, a meaning, that it is almost like a dream which unfolds and every part of that dream is you  
And it is there for a particular purpose which you can find out by doing this technique, this practice of seeing things as in a dream  
And this is actually the second phrase, the second idea that I want to share to see how it changes along the spiritual path  
Life is a dream, life is a play  
The first time I heard that it was a very nice idea, it opened me up to being more playful, to seeing things differently  
To maybe embody different characters, see what they would do in different situations  
And it was a fun, a playful exploration that allowed me to let go of my learned patterns about what I believe about myself  
To try different things, to get into acting a bit and to be more free in general  
Then the next stage of life is a dream or life is a play is that we realize that our own character  
Our given character that we are in this world, in this lifetime is also a character  
The character has beliefs, has a childhood, a history, people that led to certain discoveries, exploration, beliefs  
And so we are a character, it is actually a play, it goes from being a nice idea to being actually true, actually real  
And then it is again this next stage where we see that we are not only the character but we are every character  
Everyone that appears within our awareness is there for a reason  
And they are a part of us, they reflect something about us, not the mind-body but us as awareness, experiencing itself  
Teaching this particular character, this particular mind-body to become more open, more free, more peaceful, more present  
And seeing things from a true perspective  
Then there is also another stage where there is no separation between you and the others  
And this is a stage where the heart opens, you connect heart to heart and heart to heart, there is no distance, that is what we call love

We are knowing this one shared being intimately with another  
And there is the dissolution of other, it is simply presence, it is simply peaceful loving awareness, knowing itself through people, through individuals, in relationships  
And the last example that I will give for a phrase is the understanding that we are not trying to change what is but we are trying to remove the resistance to what is  
And again this is a very nice idea to begin with, that what is is fine but I have resistance to it and I am trying to change the resistance  
But somehow it doesn't really make sense, at least in my case I wanted the things that I was resisting to change  
So I was like ok, I will accept this feeling, I will accept these thoughts but I would like after that the things that I resist to change  
And then there is a stage, this comes after the recognition of our true self, this beingness, this presence, this awareness that is changeless  
There is a stage where we actually accept what is, it doesn't need to change anymore and there is no resistance to it  
And then again the final stage is when we see that this thing, this situation, this person, this challenge is us, it is consciousness taking form  
It is nothing to be accepted, there is no you and there is no thing that are separate things, it is all one unfolding, like one dream taking place  
And I also want to say that getting what I am saying is difficult from one event precisely because there is no end to the depth of presence  
That is why I do multiple live events, I have a group on Inside Timer which you can join and I am starting another group in October  
You can find out more about this on my website which is on my Inside Timer profile and I also offer one to one sessions  
But really the message is that the depth of presence is endless, there is no end to how deep into presence you can go  
And this understanding affects relationships, it affects mental and physical health, it affects actions and behaviors, it affects every part of life  
Precisely because this presence, this awareness is expressing itself through all of these different forms that we experience as humans

## **Enlightenment from a Non-dual perspective**

What is enlightenment from a non-dual perspective?  
All of us have heard about enlightenment and enlightened beings.  
In my case, as soon as I heard about it, I was like, what is it?  
And how can I be considered one of those enlightened beings?  
And what it actually often means is a moment of opening, a moment of realizing the true nature of reality.  
A moment where all of our past beliefs and thoughts about the future and expectations just go.  
And we fall into the present on a very, very deep level.  
But, of course, such an experience is not necessary at all.  
What is true is that this experience of so-called enlightenment is the most natural, most effortless, most common experience that all of us have constantly.  
And it is just the experience of being aware, just the experience of being here and now.  
It is very simple, yet very often we overlook it.  
We forget that we are, that we are present and we try to find peace and happiness in the future somewhere not now.  
And, of course, we can't actually go anywhere else because we are always present.  
So, enlightenment really is this recognition of I am always here now, I am always aware.  
And then, when we begin exploring awareness, we begin to also understand that everything that is coming in our experience, like thoughts, like feelings, like our circumstances, they come, so to speak, after the fact that we are aware.  
So, they appear in awareness.  
So, in this sense, our very being or awareness itself is always constant and our experience changes.  
Thoughts, feelings, circumstances, actions, behaviors, people, all of these things keep changing and moving.

But our self-awareness is always still, always the same and always constant.  
What is different about so-called enlightened beings is that they know this so deeply that they live it on a day-to-day basis.  
They know that they are whole and complete and changeless and constant.  
And that everything else in their experience is changing, is not constant, is something they are aware of.  
Of course, there is no such thing as an enlightened being because our being is shared.  
It's not like I have one awareness and you have another awareness.  
When we really explore awareness, we find that it is this infinite, vast field within which all of our bodies and all minds appear.  
As such, there is no separation between one being and another being.  
There is only one being.  
Once this is recognized, once it is known that awareness is all that there is, then every thought can be questioned.  
Every thought can be looked at from the perspective of awareness.  
And if there is a sense of lack in our actions, in our behavior, then we can question who is the I that acts in this way.  
And we find only awareness, only wholeness, only completeness.  
And then, of course, we wouldn't engage in these behaviors because the self that engages in them is not there.  
All that we find is our very own being, presence, stillness.  
So, rather than calling it enlightenment, I would rather call it embodiment or realignment.  
I think this is a more precise term of recognizing our true nature and then expressing that in the world.  
Here, non-duality talks about the inward and the outward facing paths.  
So, the inward facing path is this recognition of our essential nature.  
It is this going back before our feelings, before our circumstances, before the body, before thoughts.  
And recognizing that we are already here, we are whole and complete.  
And then the outward facing path is this going back towards our thoughts, towards our feelings.  
And seeing them as not who we are, just an expression of our being.  
They appear, they happen effortlessly.  
Slowly, we begin to act, to think and to feel out of this pure love, pure happiness that is constant, that is our true nature.  
Okay, so I think I'll start answering questions now.  
It seems there may be a stage of understanding intellectually but then just experiencing exactly, yes.  
Non-duality also talks about concessions which is accepting that there is a belief in separation, accepting that there is the appearance of separate minds and separate bodies and separate journeys  
and speaking to that idea of separation about there is no separation.  
In a way, this saying to anybody who believes that a practice has to be done in order to find our most essential self,  
just saying there is no practice, you already are, you are here and pointing them back in that direction.  
Of course, I'm not saying that practices are not useful.  
They are very useful and it's very important to keep the body healthy and the mind healthy.  
But ultimately, a very absolute statement is no practice is necessary, you are always here.  
And that helps as well to come back to where we actually are.  
How do you bring yourself back to a state of mindfulness?  
It refers back to the previous question.  
As soon as there's no more questions in the mind, then it is fully aligned with the present moment and it doesn't want to escape what is anymore.  
It knows that this, the now, is all that there is.  
And so, it no longer tries to go elsewhere because it knows that it can't.  
And even when it tries, we, awareness, are there to allow it to unfold in whatever way it wants to express itself in that moment.  
Can you explain again how everyone is connected?  
It's by analyzing awareness itself.

Right now, we are experiencing feeling, we are experiencing thinking, but it is awareness that knows these experiences.

And then there's the obvious question, well, is my awareness different than someone else's awareness?

And it seems like it is. It seems like I'm only aware of this body and this mind, which is true.

But awareness itself is a being that knows everybody's thoughts, everybody's actions, everybody.

And it is everybody because when we explore awareness, we try to find a place where there is a separation in awareness.

So, you can try it right now to see if it is your mind-body that is limited through its senses or it's awareness itself that is limited.

And you will find that it's the mind-body that is limited, like I can only hear that far, I can only see that far.

But if I could see further, awareness doesn't stop.

I would be aware of something that's further ahead. I would be able to hear something that's further out.

So, it's the mind-body that has a limitation, but not our being.

Our being is everywhere and is everything, just like the space of a room.

The walls do not end the space. Space itself goes through the walls and everywhere.

There's only one space in which this world and all universes are.

In the same way, there's only one being in which all of our minds and all of our bodies are.

And coming back to enlightenment, this is why there are no enlightened beings, because there's only one being.

Maybe you can make a concession to say there are more enlightened body-minds or more aligned body-minds, but no enlightened beings, definitely.

If there are no more questions, I think I will end this talk here.

Thank you all so much for coming. See you soon.

## **Following the breath**

Welcome to this meditation on following the breath.

This is a simple practice that will help you to be present, to let go of attachments.

And to tune your attention to the subtler realities of life.

The practice is very easy to do.

We begin simply by observing the breath.

The inhalation.

And the exhalation.

We are not trying to control or change the breathing in any way.

Simply observe it as it is.

If it is deep in this moment, let it be deep.

If it is shallow, let it be shallow.

If it is passing through the left nostril, if it is going through the right nostril, then it is going through the right nostril.

If it is passing through both the nostrils, then that is what it is doing in this moment.

Let it be.

Let it be.

Let it be.

This practice allows us to observe all of life.

Here, there is you.

Awareness, consciousness.

Observing this changing phenomena.

This inhalation and exhalation.

Both of which are coming and going.

They are temporary.

Changing.

Just like the breath is in constant flux.

So is everything else.

Just keep noticing.

And as you continue to practice, attune your attention a little more to the details of what is happening.

Notice that the air is slightly colder during the inhale and warmer during the exhale.

Let it be.

Let it be.  
Let it be.  
Let it be.  
Let it be.  
Let it be.  
Let it be.  
Let it be.  
Let it be.  
Let it be.  
Let it be.  
Let it be.  
Let it be.  
Let it be.  
Let it be.  
Let it be.  
Let it be.

By focusing in this way you are training your attention to see new details.

New details here of the breath, but also in your day to day life.

Being able to see more, hear more, experience more through your senses and in general.

Let it be.

Let it be.

This simple practice allows you to embody the non-dual understanding on a deeper level.

Knowing yourself as the awareness that is ever present always here changeless.

Aware of all changing phenomena like the breath.

And since they are changing, you can dive into them fully, fearlessly.

Embracing everything that happens, allowing it, accepting it.

Not running away.

And also not clinging, not attaching yourself to positive experiences or the parts of life that you enjoy.

Letting them come and go as they do.

Letting them come and go as they do.

This practice is direct and experiential.

Don't let your mind create theories or start wondering about what I'm sharing.

Keep your attention on your breath.

When you are inhaling, know that you are inhaling.

When you are inhaling, know that you are inhaling.

When you are exhaling, be aware that you are exhaling.

And notice the sensations changing on that area above the upper lip at the entrance of the nostrils.

Letting them come and go as they do.

Letting them come and go as they do.

Letting them come and go.

Letting them come and go as they do.

By remaining focused in this way, you are also training your mind to focus better in your day-to-day life.

We are not talking about 50, 70, or 80% of your attention on the inhale and exhale.

We are talking about 100% all of your attention fixed on that small area above the upper lip at the entrance of the nose.

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At first you may mentally say, inhale and exhale, as you remain aware.

Then let go of the thought of the conceptualization of what is happening and aim to be with the actual experience, with the sensation of breathing in and breathing out.

We are talking about 100% all of your attention fixed on that small area above the upper lip at the entrance of the nose.

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If you have been focusing on a rather large area, one or two centimeters, make it smaller, make it half a centimeter.

Just above the center of the mouth, below the center of the nose. Half a centimeter or even less.

We are talking about 100% all of your attention fixed on that small area above the upper lip at the entrance of the nose.

We are talking about 100% all of your attention fixed on that small area above the upper lip at the entrance of the nose.

We are talking about 100% all of your attention fixed on that small area above the upper lip at the entrance of the nose.

Continue feeling that area and any subtle sensations that appear there, that come and go with the breath.

We are talking about 100% all of your attention fixed on that small area above the upper lip at the entrance of the nose.

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We are talking about 100% all of your attention fixed on that small area above the upper lip at the entrance of the nose.

The more you do this practice, the more you will begin to notice the effects of the inhale and the exhale on the body.

You will notice that with each inhale, it's almost like a subtle body is created because the air goes to all the organs.

So they become more alert, more alive, more aware.

And with exhalation, this subtle body is dissolved again.

And a space is given to this presence, this awareness that you are.

Because the body is naturally less active for a moment.

We are talking about 100% all of your attention fixed on that small area above the nose at the entrance of the nose at the entrance of the nose.

Thank you for watching.

As you keep practicing, the acceptance of your breath as it is will naturally mean that the body relaxes over time.

And the breath becomes deeper, slower.

At times even stops completely, naturally, effortlessly.

Do not try to make any of this happen in your experience.

Keep being with the breath.

Keep noticing the sensations on that small part above the upper lip, below the entrance of the nostrils.

Remember the purpose is not to seek for any particular experience, but rather to let things be exactly as they are.

Thank you for listening and for practicing.

To go deeper into this practice and into these teachings, continue to maintain your awareness on your breath throughout your day.

If at times there are overwhelming amounts of thoughts or emotions, just take a few deeper breaths to recenter your attention on the breathing and slowly return to this practice again.

Remember that everything comes and goes, things are constantly changing, but your awareness is ever present and unaffected by any experience.

To go even deeper into the practice, you could create a 10-day retreat for yourself.

You can start by listening to this audio recording for 3 days in a row, keeping your awareness, your attention on the breath throughout your day and then moving on to my other one hour recording called continuous body scans and doing that for 7 days in a row. These two practices will make sure that you remain aware, present and equanimous with what is, no matter what happens throughout your days. Again, thank you for listening. I wish you a peaceful and happy day ahead.

## Continuous Body scans

welcome to this meditation continuous body scans  
if in this moment your body and mind are agitated  
start by following your breath  
being aware of the inhale being aware of the exhale for their entire duration  
it doesn't matter if they are long or short  
just be aware  
if on the other hand you are already feeling very peaceful at ease  
then you can start moving your attention slowly from the top of your head  
down through every part of the body to the tips of your toes  
aim for the ball of attention to be a circle with a diameter of five to ten centimeters  
and aim to do each single body scan for five to ten minutes  
make sure to not miss any part of the body

at first you may be experiencing  
the gross the heavy sensations  
and that's okay  
when you encounter such a sensation  
place your awareness on it  
move within it around it  
and keep going  
you  
as you will soon experientially find out  
sensations keep appearing and disappearing  
they are temporary  
and changing all the time

you  
keep moving your attention in this way with awareness and equanimity  
you  
if you are experiencing an unpleasant sensation do not resist it be with it  
it is always moving always changing

if you are experiencing a pleasant sensation  
don't get attached to it don't start clinging and wanting it to stay it will inevitably go too  
just keep moving your attention slowly through every part of the body

just observe  
nothing to do nothing to change

if you feel like you are somehow forcing your attention to find sensations  
try instead to just move your attention to a certain spot on the body  
and let the sensations appear within this spot of attention

you  
at first you may have the tendency to label sensations as pleasant unpleasant heavy big small  
light vibration  
you  
when you feel ready to do so drop these labels and just be with the sensation  
beyond conceptualization without thought  
you

remember to not get elated by the pleasant sensations that you encounter



and do not get depleted or depressed  
by the gross or heavy sensations  
you  
just keep noticing with awareness and equanimity  
you

remember once again that you are the awareness the presence observing  
ever-changing sensations appearing throughout the body  
you  
first notice that this presence itself is always here always now changeless  
ever-present  
unaffected by any of these changing sensations  
you  
you  
and second notice that the sensations are appearing effortlessly  
you  
in fact you are not doing  
moving or creating neither the sensations nor the attention that is moving

this practice is a deep surrender to the flow of life  
and it also helps you to establish yourself as awareness allowing all things to be as they are  
without resistance for the negative experiences and without clinging or holding on to the positive  
ones

notice that all you have ever really experienced has been in the realm of the body  
it is in the body that you experience resistance  
if there is something around you or outside of the body that you resist or that you like you  
experience it within the body so by working on sensations and equanimity with sensations we  
are working on equanimity with every experience that you've had in the past and that you will  
have in the future  
you  
but do not think too much about this to not try to intellectualize the process and the practice it  
is about experientially understanding directly here and now the importance of remaining  
equanimous  
The more you notice that sensations are everything and that they keep changing,  
the less you will be attached to the good ones and resistant towards the heavier, more difficult  
ones.  
The more you notice that sensations are everything and that they keep changing, the less you will  
be attached to the heavier, more difficult ones and that they keep changing, the less you will be  
attached to the heavier, more difficult ones  
all sensations are changing, changing, changing all the time.  
Thank you for listening.

As you do this practice you will also become less attached to your personality to your sense of  
self  
which is in fact a belief in separation  
because the body that so far has felt so stable, so constant, so similar day to day  
you are now experiencing as changing all the time

ask yourself genuinely  
is the body-mind that started this meditation the same as the body-mind that now is about to end  
it  
and now you know that the same is true for everyone  
so you can let go of expectations from yourself from your own body-mind and from other people  
and let them be exactly as they are moment by moment

thank you for listening and for practicing  
to go deeper into this practice and these teachings  
I recommend creating a 10-day retreat for yourself

by listening to my meditation called following the breath  
for three days in a row  
followed by this one for seven days in a row  
the first meditation will help you deepen the practice by tuning into the subtle sensations  
which you will then be able to feel all over the body  
I also recommend keeping this practice of following sensations as much as possible throughout  
your day-to-day life  
if you are walking be aware of the sensations on your feet and in your body  
if you are eating be aware of the sensations in your mouth and in your body  
if you wake up in the middle of the night again do this practice until you fall asleep again  
it is a very powerful practice which will help you to remain aware, to remain present and to remain  
equanimous and at peace with things exactly as they are  
you will remain in touch with your true changeless self independent of experiences  
as you continue to practice you will become very aware of imbalances in your system  
you will be very aware when you are clinging to a good or happy event or circumstance  
and you will also be very aware when you are resisting something or someone  
you will also notice that the two are actually the same  
when you cling to happy joyful experiences in the body-mind inevitably life will reflect that belief,  
that attachment to you at some point by giving you its opposite  
so you will have to experience heavy tense feelings at some point which are the releasing of this  
attachment  
but of course if you resist those then the attachment remains  
so that is why equanimity is of utmost importance in this practice  
so keep practicing and you will inevitably see results almost straight away in your life  
you will get less angry, less sad, less caught up in the mind, more allowing and accepting of  
yourself and others  
and your days will be underlined by a sense of peace, a silent joy  
thank you again, I wish you a happy day ahead

## **Happiness & freedom**

### **The beautiful implications of "There is no free will"**

1) Everything is always unfolding perfectly

Multiple realities are impossible. There is only this unfolding, and the pattern is moving naturally from one moment to the next. Where is it leading us? To Self, to Truth, to the Now. Form is created in order for the idea that it exists and the attachment to it to dissolve.

2) There is no 'right' and 'wrong'

The above means that dualities such as 'good' and 'bad', 'right and wrong', 'lucky' and 'unlucky' are created by the mind, and are not really applicable in reality. They arise because our personal movies (our individual lives) seemingly come into existence to let us face these beliefs in dualities, let them go, and return to equanimous Presence.

3) 'Should've', 'would've', 'could've'...

What you do in each moment is perfect, since it is the only possible option. If that is available, take the perspective of Awareness and embrace everything as it is. If doubts and 'shoulds' come up, then let that happen, and know that it is just a resistance to what is, arising in the moment.

5) Karma cannot be generated

The totality of karma has taken form as soon as the Universe appeared. From then on, things are unfolding in a pattern. That's the only cause & effect in existence, and it will cease when there are no more beliefs in separation. Until then, the pattern is unfolding and karma is being processed by all of us collectively. This means that you are constantly releasing your 'personal' karma - it is impossible for new karma to be generated, the totality of it is already within you and it is only diminishing.

4) Relationships

No one you meet is random, and whatever they bring about in you is what is meant to happen.

We are all walking each other Home, so even when judgements & arguments arise, everyone involved in the situation is healing by feeling & letting go of their beliefs in separation.

#### 5) Work, finances, etc.

Whatever your work situation is - whether you love it, worry about it, or want it to change - it is the only way it can possibly be at the moment. Since everything is unfolding perfectly, nothing is random and you are always at the right place at the right time. This applies not only to work, but also to the amount of money you have, to eating meat or not, to political views, religious beliefs, gender preferences, spiritual inclinations, etc.

#### 6) Death

The death of the body/mind cannot be prevented - that is also an inevitable part of the unfolding. One day, it will happen. There is nothing much to think about here, but again - if thoughts and worries about death arise, then it is simply your patterning in the moment to release resistance by projecting your fears onto dying.

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The above insights came to me as a result of exploring non-duality, but also feeling like I wasn't truly living the teaching every time I made a decision. About two and a half years ago, I surrendered my decision-making completely to divination tools, which led to a lot of releases of resistance to what is and this clarity of understanding. I recently created a 10-day course on [\*"Accessing your intuition through dowsing"\*](#) - have a look in case you'd like to learn a bit more about my journey and to try surrendering control for a few hours or for a day.

## Is not having free will a good or a bad thing?

Q: Is not having free will a good or a bad thing? Should one be happy or miserable understanding that there is no free will?

A: The understanding that there is no free will is the one of the most liberating realisations. It means that everything is unfolding perfectly. It means that you cannot make a wrong decision. It means you can relax and enjoy life, knowing that everything is meant to be exactly as it is.

However, it does not mean that you can stop making decisions, stop doing your best in every situation, or stop re-aligning your mind/body with Truth. On the contrary, knowing and living the message that there is no free will means that you embrace the appearance of free will ever-more fully. That happens naturally because you see your Self in every thought, every feeling, every situation, every person. You know them to be made of Love, to be an expression of Consciousness. And that is pure Happiness.

Q: I didn't understand the last few statements. In my case I feel free will is liberating at times and at times it is full of bondage.

A: Yes, the idea of free will is liberating anytime we want to remember that we are not the mind/body, and then "choose" to turn back towards our Source and recognise our True Self.

It is full of bondage any time we believe that we are separate from the Whole, and act from this belief in separation to try and find Peace and Happiness in objective experience.

Please let me know which statements you didn't understand, and I'll do my best to clarify them.

Q: I assume I have the free will to not identify with the body/mind and identify with Consciousness, or am I wrong?

The appearance of free will happens when we identify with the body/mind. Since we are then separate from others and the world, there is the appearance of a separate thinker/doer who makes decisions and acts upon them.

When we identify as Consciousness, thoughts appear effortlessly (no thinker) together with decisions and actions. There is no free will.

So, in a sense, you are right - when you identify with the body/mind, there seems to be the choice to [\*identify with Consciousness\*](#) instead. In reality, however, you never were the body/mind, and as such there isn't the choice to not be it.

## How to accept everything as it is instead of wanting what is not

Q: I am spending a lot of time wanting to be happy, to feel love, to be free from anger, anxiety and stress. And although it feels good to meditate on Love, it is also a bit exhausting. There is a feeling of having to keep up the connection to love, and to force a positivity that isn't there. Maybe it is better to just sit and let everything be as it is, without interference?

A: Yes, this is a beautiful realisation. Paradoxically, when you accept everything as it is, then you are happy. Indeed, our society conditions us to mis-understand happiness as a feeling in the body or a particular outward alignment of events and circumstances. In fact, happiness is natural and effortless - it is our very own Being. And when we sit and let everything be as it already is, we are resting as this Being, [\*this observer that is intimately one with, yet unaffected by, our experiences\*](#). On the level of objective experience (thoughts, feelings, perceptions, world), things keep changing. Trying to find lasting happiness there is therefore impossible, since there is no constant. However, when we rest as Being, we find the constant factor behind these ever-changing experiences, and that is where our happiness is found.

## 5 reasons to come back to the Now when you are resisting it

### 1. What you are currently experiencing is God's Will for you in this moment

God is all-knowing, all-encompassing, and all-loving. As such, what is unfolding now must be perfect. If you were to analyse why a certain thought or feeling occurs to you, you would need to go back to your childhood, that of your parents, that of their generation and the generations prior to that, etc. As such, no object of experience is random. Resisting what is means that you resist everything that has happened prior to that occurrence. In other words, you are taking on the entire Universe. Instead, why not accept that this is the moment that is unfolding for you, that this is God's Will for you now?

### 2. What you are experiencing is non-personal

As explained above, what occurs to you is not personal, it belongs to the entire human species. What you are doing is not suffering pointlessly on your own (as the mind sometimes likes to say) - you are actually providing a pathway for everyone to heal. Think of all the people in your situation right now that have similar thoughts, feelings, fears, and desires. Know that you are healing them, too.

### 3. What you are experiencing is personal

Even though the above is true, sometimes the ego uses this knowledge as a means to escape from what is happening by saying "it does not belong to me, and as such I want to avoid it". It does belong to you, you must be connected to it in some way. You are experiencing it, therefore it is yours, too. Most important of all, you are healing your own mind/body, and it receives the benefits most directly.

### 4. This is the Now - why resist it?

Whatever is happening is already happening. Just embrace it fully. Accept the Now for the simple reason that it is the Now. Not accepting it creates a false self. Accepting it equals peace and happiness, always.

## 5. You want this

Think of all the reasons why you want what is currently happening. What is it bringing you? What is it letting you release and let go of? What benefits will that bring to your life? Instead of passively accepting and embracing what is, here you realise you actively want it ([\*without being attached to it\*](#)).

By frequently coming back to the five points above, you will let go of resistance and realise that what you have been resisting is not really the cause of your suffering, just the trigger for an old emotion to come to the surface. By being with the emotion, embracing it, and wanting it, you allow it to return to Source and reveal your True Nature.

## The Grace is the suffering

A lot of people on the spiritual path are looking for a 'moment of Grace' that will erase all of their suffering forever onwards. The good news is, such a moment can only come from the perspective of the separate mind, and is not necessary. In fact, even if it does come, the journey has to start again exactly where it was left off. In other words, enlightenment is simply a realisation of timelessness in the midst of time. But since the mind still holds onto the belief in time, life eventually continues as before.

Stop looking for that moment of Grace. Recognise now that Grace is what allows you to have experience. Recognise now that there is nothing outside of Awareness, your true Nature. You are whole and complete, immaculate in your changelessness.

The Grace is the suffering - as Rumi puts it, "the wound is the place where the light enters you". Don't push it away. Don't judge it. Embrace it just as your true Self embraces it. Abide as that which you essentially are, and suffering is beautiful - embrace it, and it is gone.

Think about the number of people that are suffering in exactly the same way as you are. If you can see the Truth in the suffering, you inevitably pave a way for all of those people and facilitate their own healing. Isn't that Grace?

If you have realised the above and are on a journey of trying to uncover your hidden wounds, you must understand that healing is not something you can actively seek to do. There are wounds buried so deep inside of you that only God can heal them. Learn to fully trust and follow your inner guidance, and those wounds will be re-surfaced and dissolved into Truth.

Continue your exploration by reading the article [\*"stabilising as Awareness"\*](#).

## Embodied Understanding: conversations around free will

It kind of contradicts a lot of what some spiritual movements imply.

So for example, NLP says, your mind is unlimited.

You can think anything at any moment.

And law of attraction says you are, you know, this abundant manifestor of your reality.

But the more, and these movements have their place.

You know, it's important to go from the conditioned self that we think, this is the only thing

I can do, I've been conditioned this way, I can't change my beliefs, I can't change

my thinking, to actually noticing, okay, what does this thought bring me?

Can I believe something that's more helpful to me?

Can I try and feel more empowered, or more motivated?

And when we start exploring these, there's a part of the path where we can actually feel these things.

But eventually, this is still between, you know, knowing yourself as a limited self with

no free will, that cause life is just going, it's kind of a victim identity to, to finding abundance, finding a form of unlimitedness, which is on the level of the body mind. So then going to awareness, I am this infinite spaciousness within which everything arises. And then this last understanding means that actually, there's nothing to resist, because I am infinite anyway, no matter what my experience is.

So then you start from this last perspective, you, you go back and you see that actually, at every moment, every thought that occurred didn't belong to a separate thinker or doer. And it was just what unfolded in that moment, and there never really was a free will or an unlimited potential, but it's not, it's not a problem.

Now rather than being a problem, this is like the most freeing and liberating insight and realization that one can have, because it allows you to, to accept everything as it is.

Absolutely, yeah, beautiful and well, well spotted.

So yes, it is a more kind of relative level advice, because the reason why I say it is because sometimes the ego kicks in and says, Well, I have no free will.

So I can't actually deal with this emotion, or what I do doesn't matter, I can hurt people, I can do whatever I want.

And actually, this is, it's not, you know, sometimes we can actually stop sitting meditation, there's the availability of witnessing what is happening, witnessing our patterns, realigning them within ourselves, allowing feelings to come and go without projection, without hurting anyone without getting too angry.

So that's why I say to avoid this ego trap, where we just say, well, there's no free will.

So I can't do anything about it.

And of course, even the availability of, of sitting in meditation is part of the info that moment we we notice, so actually, I can, I can be with this, I don't have to engage in this pattern.

The thing is that we also try to make an intelligent God out of awareness, or, or just project another doer.

Sometimes when we hear, I have no free will, so someone else, something else has free will that is leading all of this, that is managing me and others in this crazy way that doesn't make any sense.

And there's so much suffering and who would ever choose this.

But in reality, there is no, not even a higher door, you know, it's, it's all just unfolding.

It's a moment by moment experience, I just like I have a tool in the same way I was born.

But there is no, no chooser of either of these occurrences.

Yeah.

And that's the, the amazing beauty of it.

And also, it shows how, how infinite this, this awareness that we are is to be able to, to manifest itself in all of these billions, zillions of forms, and each one is different and unique.

Yeah.

Yeah, there was an image.

I don't remember it exactly, but it said something like, it said, I have control over nothing. I can't control anything.

And one image was this sad person, you know, not liking that there is no control.

And the other person was this overjoyed, happy, jumping person, super happy, because it's, again, the words are dual, they can generate whatever emotion is generated, but really, there is no control means everything is perfect.

And also what you said about working hard, it's like, then you can trust that if you need the motivation to do something, it will be there.

And if you don't, don't have the motivation, that's what's unfolding.

Then you can relax and wait for it to come or, or just enjoy whatever is unfolding.

Yeah.

A Course in Miracles has a beautiful lesson on if I defend myself, I'm attacked, which means that if I, if I, as soon as I put a defense up, as soon as I'm resisting something, that means that I believe in a self that is separate from that thing.

And therefore I need to protect myself, but it's the acceptance of the true self that I'm awareness and there's nothing outside of me.

And therefore I don't need protection because I am already all that there is, what can I protect myself from possibly.

## Finding lasting happiness

If I believe myself to be temporary and finite, then all of my experience is that as well. Happiness is but a fleeting sensation in the body and it is inevitably followed by stress, anxiety, depression and other forms of suffering. And I get it, there's nothing in our experience that lasts. Our thoughts come and go, our feelings come and go, relationships keep changing, the world keeps evolving. So it seems like everything is chaos, it seems like we have to take control of our thoughts, control of our emotions. But we have tried that for so long now. So in this video I want to suggest trying something else. You see we are all looking for lasting peace and happiness. This is what we want because we know that it's possible, we know that it exists. So instead of trying to find it in objective experience, in our relationships, in our finances, in our homes, in our jobs, why not try it in a different way? Why not try and find it somewhere where you probably haven't looked for before? Why not look to consciousness itself for the answer? And by consciousness I simply mean that you are conscious here now. You are conscious of this experience, you are conscious of my voice, you are conscious of your surroundings, you are conscious of the sounds around you, you are conscious of your body. So take the perspective of consciousness. Ask yourself for example if an event begins and then ends and the mind says I want this to be my present again, I want this to be my experience all the time because I felt so good during the event. Your mind in that moment is resisting what is currently happening, it wants something different. But if you look to the fact of awareness, if you look to awareness itself it is just as constant, just as aware as it has always been. It is aware of this current experience now. It doesn't look to the past, it doesn't look to the future. It only knows this experience now. In the same way it doesn't get lost in any experience, it doesn't become so absorbed in one experience that it forgets about everything else, it forgets about itself. So if you put your awareness to awareness itself then you find something that is constant, something that doesn't have a beginning and doesn't have an end. This is the peace that you long for so much. And awareness doesn't say no to any experience, it allows everything to unfold exactly as it is moment by moment by moment. So just be that which is constant, be that which is ever-present. That is your happiness. That is your self. If you don't do that, you will keep looking. So this is the direct path to lasting peace and happiness. Thank you for listening.

## Presence beyond labels

presence beyond labels to begin this meditation let's close our eyes notice a sound in your environment and drop the label sound what remains notice a feeling or sensation in your body and drop the label feeling or sensation be with what remains notice a thought in your experience drop the label or the contents of that thought what remains turn your attention to the physical body and drop the labels physical and body

what is your experience of it now  
notice the space of presence or beingness within which your experience arises  
now drop the label  
this is what is your experience as it actually is  
beyond what the mind says it is  
if a movement arises from this stillness drop the labels movement and stillness and allow what  
is to be experienced as it is  
concepts to a larger or lesser degree take us away from our actual experience  
if we point to presence to beingness to awareness those labels already define our experience in a  
way they put it in a box that it isn't so any concepts should be transcended  
surrendered in order for that which they point to to be revealed  
the more we do this practice the more we will know the concept of the mind to be concept and  
not the truth and we will be able to use this concept in day-to-day life knowing them as  
temporary limited forms emerging from something formless that cannot really be spoken about  
we can appreciate these concepts these labels without becoming attached to meaning  
without putting our experience in a box  
thank you for listening I wish you a day of presence beyond the label

## **Simply being without attachment**

Hi everybody and welcome to this live event on simply being without attachments and the first thing I want to say is that it seems like there is a cycle, you know, it seems like at times we are at peace, we find this presence, we find this stillness and then at other times there's this overwhelming amount of thoughts and emotions or not necessarily overwhelming but it's not pure presence, it's not pure stillness and that is not because this presence is changing, it's not because we are losing touch with something and we have to aim to find it again but rather it's because we have beliefs that this happiness that we look for, this peace that we want is linked to some objective experience, it's either linked to being with a specific person or having a specific job, having a certain amount of money, having particular thoughts going through the mind, having particular feelings going through the body but in fact it is not, this presence is changeless and simply allows things to unfold at all times so these beliefs then need to be questioned, need to be analysed and eventually see that the belief that happiness comes from outside, comes from a person, a job, a financial situation, a status, a feeling or a thought is not true, in fact our peace is always here, it is effortless and we can only recognise that, we don't have to do anything to get to this knowing, we have to just open up the mind, stop identifying with the mind and seeing that we already are present now, of course this linking of happiness or peace with an external experience happens in the mind because of some tensions in the body so it's the whole system that believes this, that wants this so it kind of seeks that experience, that person, that job, thinking that it would bring it fulfilment but once we get the job, once we are with that person and maybe there are some arguments that start or it's just not exactly as we expected it to be, the mind starts seeking something different and instead of believing the mind, instead of going with these beliefs, with getting what it tells us to get, it is better to actually sit with it, notice the thoughts that come and go, notice the feelings, allow them to flow through the body in this presence, in this awareness that we are. At first it seems like being or awareness is fluctuating and not constant but eventually we recognise and the more we explore awareness and non-duality and the fact that there is no separate self but only one shared being which we all are, then the more we understand that reality, this objective reality, thoughts, feelings, circumstances simply unfold without a doer and we are the observing awareness which expresses itself in this way, as such there is no real separation between our being, our presence, our awareness and what unfolds, what unfolds is always an expression of awareness. The more we explore the nature of awareness, the more we test it, we try and find that we are actually not this awareness, that we are the thoughts and the minds and we challenge this assumption in the first place and we return to the knowing that the mind changes but there is something constant in experience and the more we notice that, the more we know our self as this awareness and the more we know that our true and real self cannot be impacted by any thoughts, any feelings, any circumstances, anyone telling us something and then it becomes more and more easy to be with these thoughts, to be with these feelings, to allow them to flow through exactly as they are, to not resist any part of experience and then we know more



and more with certainty that awareness is changeless and its forms which are thoughts, feelings, circumstances, they keep changing, they keep evolving and they keep evolving in a way to bring us all back to this knowing, this very knowing of our true self. Sometimes it can be challenging because all of these beliefs, we invest our energy into them, we want them to be true. I read a quote earlier today that said, when you love something more than you love yourself, that's when you get lost. You want that thing to give you happiness, to give you peace, to give you presence, to give you everything that you look for. Instead, you can only find these things in yourself, in being this awareness, in exploring this awareness. So it can be quite challenging at times to face these beliefs because we want them to be true but they are not. So at first the aim is to return to presence, to find our true self and then the aim becomes to express this presence, to express this love and share it maybe with others or while you're doing something and just allowing, not doing anything. It's just an effortless unfolding of activities. So this is simply being without attachment. It's almost like without protection as well because it feels very unsafe to just be, to let life flow in this way, to not plan, to not do unless there is a desire to do, to not message someone out of duty. You know there's all these things that come

with this human life, all these expectations, all of these conditionings that this being without attachments dissolves and of course this doesn't mean that we'll never message our friends. It means that we will only message them when we feel drawn to message them, when it comes out of love,

when there is no sense of guilt in that conversation. And that's the other thing is that often we think that we have to do more in order to find presence. We think that we have to learn something, that we are missing out on a teacher or a practice or a body movement, something, that we're missing something and once we find that thing that will lead us back to presence. But instead of it being something like an addition process of learning, it's more of a reduction, it's more of an unlearning. The more we unlearn, the more we let go, the more we return to this presence.

Debbie you say, the quote I saw said something like loneliness comes from needing more time with yourself. Oh I like that one a lot. Yeah absolutely loneliness is the mind saying I need someone, I need to be with someone to be happy, to be at peace. But that is underlying with an emotion, with a resistance that is within and it is therefore needing more time with yourself in order to feel this resistance, to uncover these unconscious patterns that keep you attached, keep your happiness attached to another person or some form of experience and returning to the knowing that actually what you look for yourself, your presence is already here.

In the there are certain places that I feel more peace outdoors in nature, is this just association? I would say it is not association because in nature and I find this very often when I just sit for five or ten minutes in my garden. First of all nature is alive, you know it has that quality of presence and it gives us oxygen. So the trees and the plants are so still and yet present and alive and vibrant that simply by being in this presence it resonates that part in us that is like this too. So it's much easier to return to stillness, to return to presence in nature but I would also say that sooner or later you will be able to return to this presence without needing any particular circumstance to be a certain way.

Emma you say loneliness is a calling for ourselves, a heartless relationship to forge is with our own self takes commitment.

Yeah and this other quote that says that no matter where you go you are always with yourself. So it's the most important relationship and of course the way we treat ourselves in day-to-day life, all the thoughts that we have, all the judgments, the blames that we're not good enough etc are also what we project onto others in the world. So then that's very good to know because as soon as someone criticizes us then you know that that's how they criticize themselves. They see in us what they see in themselves so then it's easier to forgive them and the same is true for us when we hear ourselves criticizing someone or when we simply notice thoughts of judging ourselves in any way then we can embrace that, we can forgive ourselves and knowing that

this would have an impact not only on you know our own body minds but also on the way we treat others

and also maybe the way they treat others. So forging this relationship is so important not just for us but for everybody really. So yes this heart but no matter how hard it is it's worth it because it lasts any changes that we make any feelings that we feel once they are released we are free from them forever. And also this quote can be read as

moving from small self to high self from identifying with the mind to knowing yourself as awareness  
and from the perspective of the mind it's very difficult to go to awareness because it requires letting go of our very perception of self and the mind wants to hold on to its beliefs but for awareness from your true self perspective which you always are even if the mind strongly identifies you with itself or with the body it's the easiest relationship it's not a relationship it's just you are and that's it you are awareness you notice thoughts you notice feelings and it's effortless because you always are there's no way to to not be and in meditation we see that this unfolding is effortless we see that thoughts come and go that they are not who we are we are aware of them we see that there is no doer and we just have to maintain this knowing as much as as we can at all times to know that who we are is not affected by thoughts and feelings and that we are this changeless constant limitless awareness within which everything arises  
and when things that we don't expect happen which these days on a collective level especially seem to happen quite often we can just allow them to be as they are so right now i don't know if you can hear it but there's a few kids that are being a bit loud on the street preparing for a queen jubilee party here in the uk and we'll have our street party tomorrow which will be very fun but yeah i'm sorry if the sound is disturbing in any way so if there are no more questions i think i will end the event here i want to see that if this resonates with you you can find out more on my website and if you'd like to stay in touch you can also follow me on the platform i have two courses here which you can also have a look at if you're interested and i have a group called friends of boyan middle chef that you can join as well michael you say happy bank holiday weekend to all in london uk yeah happy holidays enjoyed the jubilee celebrations and everyone else also have a beautiful end of the week and weekend and i hope to see you again very soon thank you for being with me for your presence for your comments and bye bye for now thank you

## **What is embodied spirituality?**

Hi everybody and welcome to this event on what is embodied spirituality  
Presence really is  
Undescribable  
You know, I've said in the past that awareness is  
Love because it accepts everything as it is or it is happiness because it is inherently peaceful  
but  
Even these words  
to some extent  
point to a  
positive image of awareness and  
What's important is to to let go of all labels  
embodied spirituality is  
Simply being here now with what is with whatever is  
Without trying to  
Label it as bad or negative or to look for a more positive experience  
And it's tricky because the mind often tries to take us away from the now to  
Rushes into the future  
But of course, that's not possible because the future  
When experienced will be now will be this moment  
So the future never actually comes we are always  
Present we're always here by remembering that we can just  
Focus on what is here  
even if it's not pleasant, even if it's a tense feeling or  
Negative thoughts about something. That's what is  
I've  
noticed in myself at times that I have this tendency of  
trying to  
To say that I'm feeling something negative because something positive will will come out of it  
but if I'm really honest in the moment and to fully feel what I'm  
feeling it's important to not have any

sort of  
Promises or beliefs about the future and just to be with with what is and this to me is full  
Embodied spirituality it is not seeking anything different  
moment by moment  
during the day  
and there is of course a seeming journey to reaching this point and  
And  
That journey is a journey of keep coming back keep coming back keep  
Recognizing what your mind is trying to do  
until you're able to to really be  
with with any experience and  
allow it  
To to be for as long as it as it is not trying to shorten it not trying to  
To quicken the process not trying to get anywhere. Just just being present  
And this this presence this awareness  
Is so beyond labels. It's so beyond good and bad right and wrong  
positive and negative that  
It's very hard to to talk about it with the right terms  
It is neutral. It is simply  
Here it is  
And at times it becomes, you know, very beautiful peaceful feelings of  
expansion love gratitude etc  
and at times the experience is one that is more tense less pleasant to the body and the mind and  
Both of these are this awareness  
at one point there is no longer the differentiation between  
What is pleasant and what is unpleasant both are simply  
experienced in the moment  
Whatever comes is what comes and there is no need or desire to to change  
Anything  
And then there is also this idea of not knowing which is very  
very powerful because  
You know when for example as I said when I project  
Future happiness after current tense feeling or negative thought  
It's like I can't feel it fully because I'm not fully surrendering to this  
Feeling to what is I am trying to to make it what it isn't and then hoping for a better future reality  
But when you  
Let go of concepts when you stay neutral  
Then there is no longer the need to escape what is to try and find something better  
And not knowing in this case is is more powerful because when you say I don't know  
Where this is leading me. I  
Don't know what follows  
Then you are present  
It is a surrendering and not knowing and and allowing  
more and more deeply  
experience to flow  
Even flow kind of suggests that  
It will pass  
And full embodied understanding is allowing things as they are  
Being with things as they are  
Not needing them to flow not needing them to change  
it's amazing because  
spiritual embodiment a  
Lot of the time seems like  
an idea, you know, it's like  
Finding our true self discovering what is real and constant  
And then more and more embodying that  
But really it's an experiential  
Understanding it's a moment by moment  
Experience of being with what is not trying to to change it not trying to to be anywhere else  
And then there's also

Projection so first often we we project our feelings into the world onto others onto situations  
but also as I said, we project a  
Desired outcome as a result of a tension of a negative feeling  
But when we are with what is what is is all there is for us in this moment  
so  
There is no longer the projection because there is nothing to project it onto we know  
very deep down  
That  
No other moment. No future moment or no past experience  
Is better or can bring us more than what we have now  
Because  
This is all there is our experience our current experience will always be all there is  
So then there is no longer the intention desire to  
Look for a better past experience and try to find  
More enlightened state of body-mind that we have experienced before or  
This desire for a better future getting somewhere  
becoming a more enlightened version of ourself  
beyond labels beyond words  
What is is what is beyond the mind it's beyond beliefs  
Beyond duality  
And this understanding living in this way is the full  
embodied  
Spirituality it's the end of seeking. It's simply being  
Not looking to understand anything better  
Not looking to be where we are not  
Not looking to change the state of the body and the mind  
Not looking to change what we see or hear or feel  
Alan  
You say it makes total sense, but sometimes it's hard because during meditation  
We enter that state of being what is but most of the time the mind goes  
full seeker avoider even with the very practice  
It's desperately  
Yes, and  
That is why  
Meditation is not something that  
begins or ends  
sooner or later when  
We meditate for ten fifteen minutes in the morning and then again in the evening  
We find a peace  
find a stillness that  
is beyond our experiences during the day when we are not meditating and  
sooner or later this  
Seed becomes planted in the in the mind and the body  
and  
There's an intuitive understanding that this  
piece this stillness is what  
We are aiming for  
There also comes a natural tendency to make more and more space  
for  
being this stillness and  
The more we make space for this  
beingness the more life opens to make more and more space to  
deepen our understanding to  
to fully  
Help us let go of all of our  
beliefs of  
All that we think can give us peace and happiness  
but actually doesn't  
And

The practice in itself is is very simple with it, you know, it's so simple that it's even annoying to the mind  
It's just be what with what is without trying to change it  
But that's the mind's job is to try and take us away from the now to  
Find things that are seemingly better to  
Try and not make us feel what we're feeling and change our experience  
But ultimately it is by feeling these emotions by embodying stillness that  
They they dissolve and we become more and more open  
more and more free to just be  
The end of seeking really comes when we stop believing the mind  
When we know that it comes up with thoughts  
Like a bird comes up with songs  
We're not trying to control the songs of the birds we're not trying to change the notes that they sing  
So why do we try to change the thoughts? Why do we think they're important?  
Messenger you say hard to do when family member having chronic health problem  
Again here I would I  
would I would notice and and this is quite a  
It's the last stage of the path it's embodied spirituality so  
When a family member has a health problem  
Notice bring it back to yourself notice what it triggers in you  
Notice what the mind says, you know, it might say I need to constantly be  
Engaged with this family member. I need to to help to support  
think  
And this may well be the case but often the mind adds layers layers of  
Emotionality and preparation that are unnecessary  
So it's coming back to this trust  
That whatever motivation you need will be there whatever  
Actions you need to take you will take them  
whatever  
clarity of mind you need to have will be there and  
you can remain present and  
Actually the most help you can be to another is by being present  
by knowing  
that  
Everything is as it should be every moment and conveying conveying that message through your own  
own  
Presence your own knowing  
That  
Things are are are simply unfolding  
And  
Then there is a piece that you feel and is also in in the way you you act the way you  
you move the way you talk and  
that piece is  
It's communicated and it's shared and it is also  
This piece that heals  
It heals you and it heals others  
So  
Yes, I'm not saying that it's easy I know it's hard to do  
But I would I would take it back to your own  
Feelings emotions and  
processing those  
Focusing on being with what is for yourself and the more you can fully  
Accept all the thoughts all the emotions that come within you the more you will be able to also  
accept  
those kinds of thoughts and emotions in others  
I'm glad it's helpful and I  
Wish you all the best with your family member and a quick recovery for them  
If  
There are no more questions, I think I will end this event here

If what I've shared resonated with you  
I also do one-to-one sessions and you can find out more about these on my website  
So thank you all for being with me today, and I hope to see you again soon  
Thank you everyone. Bye. Bye

## **Resting as the witness of the present moment**

Welcome to this 30 minute meditation on returning to the now.  
Whenever you're ready, we can just breathe in and close our eyes.  
And begin by noticing how just from one deeper breath the body relaxes more.  
So you can just continue taking in deeper breaths and consciously relaxing the body.  
Just moving your awareness to any tensions and with every exhale releasing those tensions.  
And as you ease into your chair or sofa or bed, we are also easing into the present moment.  
So watch your thoughts and if they drift to the past or the future, you can allow them but also bring them back.  
Ask yourself, is this relevant right now?  
You can come back to the breath, to a sensation, to the presence of being here.  
And coming back to noticing.  
So now if there is a thought about the past or the future, we just notice it, we think ourselves, ah there is a thought about the past or the future.  
But we remain present, we remain here.  
And what's also interesting is that the more we breathe deeply,  
the more pleasant it becomes to breathe deeply.  
And you can also allow your thoughts to witness what is happening now.  
With each in-breath you can say to yourself, breathing in.  
With each out-breath you can say to yourself, breathing out.  
And this may seem like a simple practice but it is actually very profound because before this meditation the mind was leading us to things in the past or in the future.  
And now it has become the tool, the servant of the present.  
So our thoughts are now aligned with what is here.  
Breathing in and breathing out.  
In this way we go beyond the mind.  
Instead of identifying with the mind and following its guidance, we are now in the present moment.  
And we witness, the mind witnessing what is happening.  
So we are now identified or resting as something larger than the mind, something that always is.  
And this part of us that is always aware, is always observing our experience, is always present.  
Even if we are not aware of it, it is aware of the mind and the body.  
And it is observing all that is happening, the thoughts in the mind, the sensations in the body, just as we are doing now.  
As such meditation is a great tool to remember and return to this ever-present witness that we are.  
When we return to the present,  
it is often experienced as an opening, a relaxation, a peace.  
Sometimes meditation can bring about some uncomfortable tensions in the body, but even then they are experienced within this peace, this stillness.  
And through this experience we can understand that peace is not necessarily in the body and the mind, but it is just the presence, just being here.  
Remembering the constant background of all experience.  
And just keep breathing in deeply.  
And noticing any changes in the body.  
Resting as the witness, embracing everything exactly as it is.  
And as with the breathing, becoming more and more pleasant the more you breathe deeply.  
It is the same with being present.  
The deeper you fall into the present moment, the more pleasant it becomes.  
You can stay in meditation for as long as you like, but for those that want to end it here, you can take just a couple more deeper breaths.  
And then whenever you are ready, you can open your eyes, stretch your body, move a bit and keep witnessing the sensation of movement.  
Enjoy the rest of your meditation and your day. And see you soon. Bye bye.

## Happiness is your destiny

hi everybody and welcome to this talk on happiness is your destiny and the first important thing to clarify here is what is happiness because we think that it is a state of the mind and the body it's positive thinking its expansion in terms of feelings its joy in the body but from a more true perspective happiness is these times when we are present when we are simply accepting what is around us when the mind is happy with the present moment and from an even more absolute perspective happiness is our true nature what do I mean by that I mean that we are all aware in this moment if I ask anyone in the world are you aware all of them will say yes so the very fact of awareness and the fact that awareness accepts every thought every feeling every circumstance that is happiness our very own presence and so often we overlook that presence and we pay too much attention to our thoughts or our feelings or our circumstances so happiness is our very own being it's that ever-present essence that is the background of all experience and so then the spiritual part is a journey of realigning the mind with this natural effortless acceptance of all that there is it is the mind that says no to some of our experiences it is the mind that wants things to be different the way life works is that the more we want things to be different the more these things expand and grow sometimes really out of control and we can learn to spot these signals from life that are trying to realign our minds trying to bring us back to presence to our natural happiness and see that everything is always unfolding perfectly knowing this that everything is always perfect is happiness experienced in the body mind and then the second part of the title is happiness is your destiny well why is it your destiny it's because it is always here your very essence your very being your true self or your awareness is always here and so by definition what is always here what is constant is inevitable and what is inevitable is your destiny so the present moment the now happiness is your your destiny it's it's always here everything flows through this moment every thought every feeling every person every interaction every circumstance happens here when we think about the past or the future we think about them from here from this moment and as I said before the the whole of our objective experience is to point us back to the present moment to our innate happiness to our very own being and until we are here every thought feeling and circumstance will keep saying to us remember what is true remember who you are remember where happiness can actually be found it can be found again in what is constant and if we focus on the qualities of awareness itself right now you will see that it is always here it does not say no to any thought any experience everything flows through awareness in that way it is infinite and timeless time appears in awareness it is constant and everything that comes in experience appears in awareness without awareness it would not be here and once we come back to the present in this way our objective experience is also changed because the source of the experience is different before we realize our true nature our own happiness the source is this idea of separation the idea that others are out there and I am here and I need to work on my happiness I need to do things that give me joy and give me happiness and once we realize that happiness is who we are it is always here then the tools change suddenly we're not seeking anymore we are just present and it is from this presence that actions arise our thoughts are more aligned with truth so when there is a tricky situation instead of fighting it we just accept it and then act accordingly there is no resistance and our actions come from from this love from this pure acceptance of everything as it is and then we recognize that acceptance is effortless happiness is effortless it is already and always here what takes effort is to resist our experience to say no to something requires the judgment of it the tension created in the body and the trying the effort of fighting it whereas when we are present when we embrace it fully then there is no resistance there is an action without resistance the spiritual part is the mind learning this and these experiences

are precisely there to help us understand what is true the intelligence the consciousness behind each experience and when we align our own minds with this intelligence suddenly life becomes more easy to embrace when we are no longer seeking happiness the world then cannot offer us much we begin to give to the world instead the world has offered us the knowing of our true nature by continuously pointing us back and now that we know it it opens up to something more something that we can give it through our character individuality etc okay so I think I'll start answering questions now any tips on getting back to the present happiness very good start is to just focus on what what is here the breath is always here maybe some sounds or notice the details of something that you're looking at all of these are good tools to bring us back to the present moment and also a slightly more advanced practice is to try and notice the space in which everything appears so not an object per se but the space itself that holds the object or the silence between sounds and then slowly the more you do this the more you can also find some space between thoughts the awareness with which you are aware of these thoughts and little by little some questions will arise what is this awareness how can I be here more often and if you follow your heart's desire to understand the answers you will attract the right teachers the right books the right tools and techniques for you to go deeper into this understanding the understanding of your true nature and where happiness actually can be found and inside timer is a really wonderful place for this because there's such a variety of teachers and meditations so you're definitely in the right place

can you explain what you mean about giving back when you realize happiness so what I mean is that objective experience and this isn't a term that comes from non-duality and it means you know circumstances we find ourselves in but also a feeling and thoughts are called objective experience because we know them with an awareness that is itself not an object it's not a thing so the purpose of all objective experience is to point us to this no thing this empty space so to speak that that is aware that is always present and once we are here once we recognize that this is our very nature then we no longer seek to get things from the world we don't seek for love from the world for happiness from the world and then everything is just its abundance itself because you know that all of objective experience comes from the same source that awareness that happiness that joy and love that that embraces everything as it is and coming from that place you give it's not necessarily even with doing something or saying something it's just your very presence is so present so joyful that other people can feel it and that is giving to me it's just this lack of seeking this being happy with things as they are this naturally results in sharing in giving I hope that that answers your question

if there are no more questions I just want to say that I've done a 10-day course that is precisely on this topic it's called redefining fulfillment as a state of being not the feeling in the body and I think if you enjoyed this talk you will also enjoy the course which has daily practices and reminders please follow me on the platform to stay up to date and you can also always message me or at me as a friend on the platform and I'll make sure to reply so thank you all for being here with me and hopefully see you again soon

## **Everything you look for is here now**

Welcome to this 30-minute meditation on everything you look for is here now.

When you're ready you can close your eyes and just notice in this moment what is happening in your body.

How deep or how shallow is your breath? No need to change it, just notice.

What is the temperature of the room in which you're in?

How busy or not busy your mind is?

And just observe these things without trying to change them, just noticing.



So often we get caught up in thinking about the past or the future.  
So now we just take some time to remain here with what is actually happening in our current experience.  
Notice that just like the breath, the sounds begin and fade into silence.  
Towards also come and go.  
Some sensations appear and then disappear.  
And notice that there is nothing to do.  
To be aware of all of these things, we are naturally aware.  
Now being happy is often perceived to be on the level of the mind with positive happy thoughts.  
The level of the body with feelings of happiness and joy and bliss.  
And that is true, those are an expression of happiness.  
But pure happiness itself is just resting here and now in the peace that is behind our thoughts, that is constant behind our feelings.  
A definition of happiness could be a place of no seeking, a place where we are happy and fulfilled with what is here now.  
And instead of waiting for the perfect circumstances, we can just become present here now.  
Seeking happiness in the future by wanting a new car or a new job or a new relationship is delaying our happiness.  
Because when that happens, we will allow ourselves to say, ah, okay, now I'm happy.  
But we don't have to wait, we can say, now I'm happy now.  
In fact, we cannot be happy anywhere else than the now because the now is all there is.  
When we are fully present, the past is a memory and the future is an imagination.  
And both of these thoughts appear here now. We can witness them just like we witness the body, the sounds, the breath.  
There's no need to become engaged with them.  
There's no need to be engaged with them.  
So ultimately what we look for is not an experience.  
It is not a person, an object or a job. It is being here, it is our own presence.  
It is accepting things as they are.  
And the mind can try continuously to try to make us involved in the past and the future.  
But we can just notice it, see what it is doing and remain present.  
And what happens slowly is that an interest about the present itself evolves in the mind.  
It begins to ask questions like, is the present really ever present?  
Is the present itself changed by thoughts or feelings?  
Has anything ever happened outside of the present?  
Can I be anywhere else than in the now?  
And in this way it is itself focused on what is actually happening.  
And then the silence becomes cherished for the peace that it brings.  
The space between thoughts, between words becomes more noticeable.  
Another question that could emerge is, is there an end to the depth of this peace?  
Can I be anywhere else than in the now?  
And this is how the present overflows into the mind.  
And when the mind rests in its source, the body inevitably follows.  
It becomes clear that the body is fine and perfectly healthy here and now.  
That if there are tensions, they belong to the past or the future, but not the now.  
They are not about the now.  
In this way the whole body-mind system is immersed.  
In peace and happiness.  
Everything is allowed to simply pass through.  
Slow through.  
By not having a name to feel a particular way or think particular thoughts, we are therefore not holding on to any thought or feeling.  
And so they are accepted and embraced.  
As such, happiness is simply the full acceptance of everything that is happening in the moment.  
And we sometimes think that we can only accept things if they are a certain way, but in meditation we experientially understand that happiness is the constant and we can accept everything exactly as it is.  
In fact, we naturally do so.  
Without effort.  
Just imagine if this experience is true.

The huge implications that it has for your life.  
Happiness is always available.  
It is always here now.  
Therefore, there is nothing for you to do to reach it or to achieve it in the world.  
Knowing this, all you have to do is to remember it and leave it.  
No one can give you what you already have.  
When you truly and fully live this, all of your actions, thoughts and feelings are an expression of this pure happiness that you know yourself to be.  
Thank you.  
Now you can slowly begin to move your hands and feet, maybe focus on the breath.  
Stretch or do whatever you need to do and then come back to the room.  
Thank you so much for being here with me.

## **Being happy is our most intimate experience**

Happiness is actually already here.  
All of us are looking only to be happy and some of us have already realized this and others haven't.  
But everything that we do, everything that we want, everything that we seek is just to be happy.  
And sometimes we get lost in trying to find happiness in the world out there, in success, in relationships, sometimes in bodily health, sometimes in followers, in money, in possessions.  
But in fact, happiness is the most intimate experience that we have. It is so close to us that we overlook it so often.  
And the purpose of this meditation is to come back to our innate happiness, our effortless happiness.  
So I would invite you to breathe in and whenever you are ready to be still and meditate, exhale and close your eyes.  
And simply notice what is already here, the fact of breathing, sounds coming and going.  
Sensations in the body, thoughts in the mind.  
And the awareness with which all of these elements of our experience are known.  
When we meditate, we take time to stop focusing outward so much and begin focusing inwards.  
Not on all of the elements around us but on the one who is observing.  
If suddenly all the elements in our experience align with what the mind believes is happiness, for example we get a birthday present or we have a very new exciting job or relationship.  
Then the body feels full of joy and the mind is present. It is simply enjoying the present experience.  
But this experience eventually fades, eventually things move and we once again have to try and realign them to experience this joy and this presence of mind.  
But that is therefore not true happiness. True happiness is lasting happiness. Happiness that does not depend on external circumstances.  
As such true happiness is not simply a joy in the body or a present and still mind. It is that which is constant in our experience.  
That which observes even this joy, even this presence.  
That which remains aware of all experience. Some call it your true self and that true self it does not change, it does not label things as good or bad.  
It simply is here and now. And it is innately peaceful.  
It is inherently accepting of all that is.  
And it is this acceptance that we seek in every moment.  
If we accept everything as it is, the body remains open and at peace and the mind remains present.  
As such what you seek is your very own being. The first, it cannot even be called the first element of experience because it is pervading every other experience.  
What takes us away from this simplicity, this pure being?  
Is the mind. And the way to remain present is to observe it as part of our experience. Is to not get drawn into the stories that it tells us.  
To accept it, not to fight it.  
Just by being present, your body relaxes, your mind quietens down, your experience becomes lighter.  
That in itself is proof that beingness or being present is what you seek.  
In fact your mind and your body are constantly trying to bring you back to this present.

This is where your health is. This is where your peace of mind is. This is where your inspiration is. The more you rest here, the more you will receive creative ideas on what to do in your life. And when your behavior is aligned with this stillness, this presence, it lasts in time. You enjoy what you do. But what you do cannot bring you happiness. Happiness comes first. And the more you rest in this beingness, the more you recognize that everything in experience, including sounds, thoughts, bodily sensations, the body itself, everything appears within, appears within you. As such, nothing can take you away from you. Nothing can take you away from this innate happiness, innate peace. And so you learn to remain at peace independent of circumstances. And that is true happiness. Thank you for being here with me. You can take a few deeper breaths. Move your fingers, stretch your body. And when you feel ready, you can open your eyes and come back.

## **Applied Non-duality: exploring free will**

Welcome to this live event on Applied Non-Duality Exploring Free Will. The event will start as usual with a short meditation followed by a talk on the topic and the questions and answer session afterwards. So let's start straight away with the meditation and take a deep breath in. Close our eyes. And notice straight away that the breath is happening automatically. The heart is beating automatically. It may be a bit harder to notice but also true that thoughts are appearing on their own. There is no thinker or doer behind these thoughts. So all that appears in our awareness simply appears on its own. It is easy to see with something like sounds for example. The sound of a bird we know we didn't create it. It is not us. It just appears. But then with other things we tend to try and claim ownership or doership. I am thinking this. I am moving the body. I am deciding what to do next. And this can be a scary idea at first that everything happens automatically because to the separate mind it leads to chaos, to lack of control, to things being able to go in any random direction. And it is when we recognize the deeper truth of ourself as this witness, as this presence. Knowing that we are ever present, untouched by experience, changeless, boundless. That we can then be with whatever arises and accept it, allow it to be exactly as it is. Let's take a few deeper breaths here. And return to our conversation. Catblue, thanks for being here and for your comment. A thought just dropped in. I love this. Exactly. It just drops. It just arrives. It just appears. And sometimes we follow it. We identify with it. We try and see where it leads. Other times we remain as this presence, this awareness. Just watching, just witnessing whatever unfolds. So yeah, as I said, this is the fifth event of a series now. And we're going deep into the topic of non-duality, of knowing ourself as awareness and embodying this knowledge now in day-to-day life. And by understanding that everything is effortlessly arising in experience, it becomes a lot easier to accept what is, to surrender to what is, but also to look back at our actions, to look back at our behaviors, our regrets, and forgive ourselves. Know that this was meant to happen. It is part of the pattern, part of the unfolding. And then once we do that with ourselves, we can see it in others. We can see that in that moment, this is what they're feeling. It is not their choice, is not their doing. It is a very complex complication of factors, family dynamics, ancestors, what's happening in the world currently, their own character, personality, all sorts of things that are happening that lead to that person behaving in this way or having behaved in that way in the past. So it really leads to a deep surrender, to deep acceptance of everything and everyone exactly as it is. And this acceptance is not passive. It is not like, okay, I will just watch the world be and not take part. No, because each of us is here for a reason. Each of us has a character, emotions, thoughts, desires, goals, aims, all of these things, which are not random as well. So when such desires, such reactions,

such actions, such thoughts occur to you, then sometimes, as I said, you stay as the witness, you watch them. Other times you engage with them and whatever happens is meant to happen. So there is no right and wrong. There is no good and bad. It's just a witnessing of this unfolding. The only thing that is different between God and you is that God has only loving thoughts. I don't know where I read that. I think either in A Course in Miracles or Way of Mastery, but this is Cadbury, you say we evolve. Yes, this is what we evolve towards. We evolve towards openness, towards freedom, towards being ourself more fully meaning, being awareness expressed in

this particular human form, knowing ourself as this changeless, ever-present, loving spaciousness,

which allows everything to be as it is. Then the mind and body slowly take on these qualities of awareness and we can express that in all of our actions, whether on our own or with others, just being who we are.

Cadbury like an open classroom. Yeah, that's what we're here to learn, to detach in a way from putting our attention outside so much, looking outside of ourself for happiness, for peace, for acceptance, for freedom, for recognition, and knowing that we are already these things.

We are everything that we are looking for. It's already here. It's an open classroom because it's an ever deepening spiral. Sometimes we forget and then we have to remember again.

There's always a deepening of this process, a self-discovery. I love there is a beautiful Bulgarian phrase which says, which means every man is a universe in himself or herself, meaning that just like our collective consciousness is evolving and growing all together, evolving and growing all together in the same way our individual consciousness is growing and we can see, you know, it's the same as the saying as within, so without, as above, so below.

Whatever is happening on our level with our bodies, with our minds is happening also collectively. So everything is mirroring everything else and it's a beautiful process of this consciousness entering or slowly realigning all the patterns of the body-mind with itself in each and every one of us. So it's like we reveal that which is still unconscious within ourselves, within the collective, and letting it become conscious, become known.

And that's why it's such a fascinating process because it's like playing hide and seek or being a detective and trying to find all of these patterns, all of these things that we cannot see yet. The mind often tries to predict the future based on the present but in the present there's so much we don't see which will be known in the future so we can't ever

accurately predict the future. Yeah, so it's a beautiful process of revelation of deeper and deeper layers of the body-mind being revealed, being realigned, and it reminds me of this beautiful quote by Michelangelo, every block of stone has a statue inside it, it is the task of the sculptor to discover it. So it's like we are already awareness, the path is already over, the seeking has already finished, but at the same time on the level of the body-mind it's still happening, it's still ongoing. So it's this balance between resting at the finish line and being continuously on the journey. Zoe, you say the potentiality of each moment and within ourselves is truly amazing. Yes, and I love that you mentioned potentiality because in the present moment anything is possible, anything can come next. Of course only one thing will come next and that's the only possible thing that can come next, but awareness itself is this field of potentiality. You know, anything can arise and as humans we only perceive a very limited amount of the expressions of awareness, but still it's an infinite

potentiality, absolutely. The journey can be amazing if when we allow and enjoy the flow.

Yeah, and I think I was talking about this last week, that the flow is actually anything that arises. So even when we feel like we are not in the flow, that's part of the flow. We are in that moment meant to feel separate, to release some resistances, some attachments and be seemingly

away from the now. But of course on a true level we are always here, we are always this presence of awareness which experiences itself in a wide variety of forms. I don't know if you've watched the movie Free Guy, but I highly recommend it. It's a very fascinating and also very timely with all the artificial intelligence development that followed afterwards, because in it it's like this character that's a non-playable character, so it's a character that it's part of the game, suddenly develops consciousness and begins having free will. And in reality, in the game that we're playing, it's very similar. It's like awareness itself is the is the game, it's the console, it's the screen, and then all the characters within it are just evolving, just unfolding. And they believe they have free will, they believe that they make choices etc, but in fact it's just this self-aware screen allowing or being each character, making all these different choices and experiencing itself from each of our seemingly separate

perspectives. And I think for so many of us this is true that when we look back five, ten years, a lot of us would say, if you had told me ten years ago that in ten years I will be doing this and this or in such and such a position, I wouldn't have believed you. It's definitely true for me and the work that I do now, and I know it's true for many people they don't work in what they have studied. Just life has these different journeys, different ways to manifest itself unpredictably. So we believe we have free will, but when we actually examine this belief, we see that it's all unfolding, it's not really in our control, we cannot predict what is next, we don't know what is inside that needs to be released, we don't know

what is our purpose, our path in life, and that's why also the best thing to do is to rest as presence, just witnessing, exploring our true self and knowing that no matter what happens we are this divine being which is simply experiencing itself temporarily as a body-mind. God blue you say yes like a river with some pebbles and big rocks and the water shapes those rocks as it flows around them softening and dissolving them. Yes I love it, exactly it's like the water is telling the rocks we are made of the same substance, come home you are not separate from me, you are within me, you are me. And so then the rocks turn into ice cubes and then the ice cubes melt into this presence of awareness. And that is really the actual journey you know when

first we believe we are a physical body-mind in a physical world that is outside of us. Slowly we begin to see that our mind our thoughts in the moment shape our perception therefore the

world is not as physical it changes it transforms based on how we feel in a way and then going further we recognize who we are and since everything happens within the same space we begin also knowing and experiencing in advanced meditations that the thoughts are made of awareness the feelings are made of awareness the body the world everything has the same substance

the same essence which is why it's called non-duality. So it's not just theory it is actual experience and that's why I call these events applied non-duality because it is it's not it's not in the words it's not in the concepts it's

knowing it here and now yeah blue a fun ride yes indeed sometimes challenging for the separate self but in general fascinating and and full of discoveries full of unexpected twists and turns yeah. So I said in the chat that I will tell you how to go deeper into this particular part of applied non-duality and the best way is through my course called accessing your intuition through dowsing and dowsing has been a big part of my path because when I learned that there is

no free will I was still making decisions in my day-to-day life so I felt like I wasn't living the teachings like something was a bit off and then I remembered a lot of practices which I also share in my courses such as putting your hand on your heart asking what do I truly desire to do next and going with this deeper flow not just with what your mind thinks you should do but with the deeper stillness deeper drives that are also there in the heart in the body and then dowsing for me was a next step just asking my actual spiritual guides what do you want me to do next so it's like a deep surrender even beyond the personal conditioning and body mind but a higher power which could be in the beginning I felt like it could be completely random lead me in any direction but when I started I already knew myself deeply as this presence of awareness so I could

fearlessly dive into any exploration and discover more about life about these spiritual guides about

other dimensions about whatever I was open to to anything just to see where it would lead me even for a day and then it just led me on on a journey which I share in this course and I also have several meditations such as letting go of the illusion of control and how to flow with life which you can also find on my profile and have a listen and see what your experience is Tanya you say

are you saying that the vibration manifests from pure awareness to guide you in a direction every time you ask a question I feel such a strong connection that I have to sit with this feeling first and then get to the answer it's very it's very nice

and thank you for being here and for your question yes absolutely it's like really everything is a vibration so a thought is a certain vibration it has a frequency a feeling as well sounds a frequency so when I do the practice what do I truly desire to do next it's like I try to let go of the surface level frequencies of my current thoughts the shoulds the ones the conditioning and go deeper to the to the deeper frequencies of of nature of life which are more

in line with this deeper flow so yes that's what I mean and then with dowsing tools it's the same except that this time I'm allowing something else to guide the body mind in a specific direction so I'm I'm letting these tools guide my attention so that they tell me what to see what to look at what to learn where to go etc Daniel that is what I'm referencing with spirit guides to dowsing yeah it's very interesting and actually I cannot even after three or more years of practice I cannot tell what guides these tools because from my limited human perspective I cannot see it I cannot feel it I just know the effects the repose of this energy moving through which guides the tools to move so yeah it's a way to go deeper and be open to the universe and at the end it's like such a deep surrender that there is no longer the questioner so any question fades away there is just the the presence if that makes sense the need to understand or the need to know fades let me know if this makes sense so to understand free will is deep awareness from within it's like a thought it's like a thought that arises and says I want spaghetti for dinner the tool itself is an expression of awareness but it also points to something separate than awareness because often the eye that wants spaghetti for dinner is the separate body mind of course it doesn't have to be but often when there is a thought like that we identify with this eye so free will kind of takes us away from what is because it creates a separate entity entity that believes in its separate existence and in its power to control outcomes thoughts feelings behaviors in the world etc whereas in fact when we question this free will when we question the separate identity we see that it's not there we see that there is just an unfolding happening so it is from coming from awareness arising in awareness but it is not a form of pure awareness pure awareness would be resting as presence knowing oneself as this presence and then any thought that arises to be a reflection of this knowing I think I want spaghetti for dinner isn't a great example because it could easily be eye awareness as boyan's body mind would like to have spaghetti for dinner but a good example is I am anxious about the future because awareness itself would never be anxious it simply is it is the the presence which allows anything to be so I am anxious about the future is not true it cannot be true it is eye awareness and witnessing body mind experiencing anxiety about the future that makes sense wonderful yeah unlimited and that again is in experience you know when we try and find a limit to awareness we see that there is no limit it is everywhere it is the body mind but it is also aware of the outside world it is aware of anything that arises within arises in awareness so the body mind has limits in terms of what it can perceive but awareness itself has no limit so that's everything for today thank you so much everyone for being here I hope that this resonates with you if you find it challenging to understand or you think that it's wrong in one way or another I love conversations like this as well please message me on the platform or send me an email via my website I would be very happy to discuss this further with you as I said it's part of my six months program applied non-duality the art of living in freedom so if you're interested I can also tell you more about this so you can ask me questions about it and yeah I'd be very happy to connect and continue these explorations with you thank you everyone and see you again next week when we will conclude the series with an event on applied non-duality have a nice week and see you soon

## Five Formulas For Happiness

### *Resting as Awareness Score:*

$$\text{Resting as Awareness Score} = \frac{\text{Time Fully Present}}{\text{Total Awake Time}} \times 100\%$$

When I used to listen to Non-dual teachers, they sometimes said 'I rest as Awareness' x per cent of the time', where x was a number around 80+%. I wondered what that meant, since resting in

Awareness is a timeless activity? This formula can help to give a bit of clarity around that statement. Still, it doesn't help in defining what 'Time Fully Present' means. A good way to think about it is to consider the time spent feeling at peace with what is, with no tension or discomfort, plus the time that you can be present with tension without projecting it outwards or suppressing it through activity.

***Recovery formula:***

$$\text{Recovery Time} \geq \frac{\text{Tough Time Intensity} \times \text{Duration}}{\text{Joy Factor}}$$

When life gets tough, the formula suggests that the time you spend recovering should be at least equal in intensity & length as the difficult periods, and ideally longer. The formula encourages you to make proactive efforts to seek out positive experiences and self-care (the Joy factor) after you have been challenged or weighed down by life.

***Relationship Harmony Index:***

$$\text{Relationship Harmony Index} = \frac{\text{Unconditional Love Factor} + \text{Support Factor} + \text{Fun Factor}}{\text{Pretending Factor} + \text{Emotional Weight}}$$

- **Unconditional Love Factor:** How much does the person love you without conditions or expectations? (Scale: 1 = conditional love, 10 = unconditional love)
- **Support Factor:** How much do they support you emotionally, mentally, and practically? (Scale: 1 = no support, 10 = highly supportive)
- **Fun Factor:** How enjoyable is your time together? (Scale: 1 = not fun, 10 = highly enjoyable).
- **Pretending Factor:** How much do you need to pretend around the person? (Scale: 1 = fully authentic, 10 = pretending a lot)
- **Emotional Weight:** How much do you feel that you take on their emotional burdens? (Scale: 1 = rarely, 10 = very frequently)

The **Relationship Harmony Index** helps assess the quality of your relationships. An index of **1** means that there is a balance between positive and negative aspects - it suggests stability but also room for improvement. A score **above 1** reflects a strong, positive relationship with more support, love, and enjoyment than challenges. A score **below 1** indicates that the negative aspects outweigh the positives, suggesting it may be time to reconsider or make changes to improve the relationship.

\*Note: please take this formula with a pinch of salt, and notice also that the formula can only be applied to relationships as they are now - any resulting Index calculated is not fixed and will change over time.

***Passion to Obligation Ratio:***

$$\text{Passion to Obligation Ratio} = \frac{\text{Time Spent on Passion Activities}}{\text{Time Spent on Obligations}}$$

Maintaining a healthy Passion to Obligation Ratio is key to happiness. If you find that obligations dominate your time & efforts, this formula invites you to work on increasing the time spent on activities you're passionate about - a balance that will help you prevent burnout and enhance your overall well-being.

***Happiness Impact:***

$$\text{Happiness Impact} = \frac{1}{|\text{Expectation} - \text{Reality}| + 1}$$

The smaller the gap between what you expect and what actually happens, the higher your happiness & presence. This formula encourages managing your expectations to align more closely with reality, thereby reducing disappointment and increasing fulfilment. It is directly linked to the Resting As Awareness Score.

\*Note: While these formulas aim to guide you towards well-being, remember that suffering and challenges are natural parts of life, closely linked to healing and growth. Embrace these experiences with compassion and understanding, and use the above tools as gentle guides rather than rigid rules on your journey to balance and peace

## 3. Spirituality

### Religion

#### Is my suffering my own doing or is it God's Will?

Q: Is my suffering my own doing or is it God's Will?

A: Suffering can be seen from the perspective of ego or the perspective of God:

From the perspective of ego, God is evil, punishing you through endless and pointless suffering, is not accepting you as you are and wants to get rid of you. Seeing suffering and God in this way,



the ego wants to avoid them at all cost and consistently comes up with new ways to not face what is arising. It tries to hold onto its short, dear life and escape the Now by all means possible.

From the perspective of God, there is no suffering, only the ever-deepening alignment of mind/bodies with Him. So-called suffering is a beautiful, unique and sacred transformation. It is not personal and will eventually serve the process of re-alignment of many others. God also sees the ego's perspective and the way it tries to prolong suffering over time, and embraces that fully, too, always aiming to help the mind turn back towards Him.

Q: Who tries to prolong suffering, the ego or God? Is God giving us suffering so that we can turn towards him and become one with Him?

A: It is important to understand that suffering never is - it comes about when we are resisting what is. That resistance itself is the ego. The ego pretends to exist and tries to survive by making us look away from God and find our solutions in objective experience. As long as we keep doing that, our suffering will remain.

God, on the other hand, does not see suffering - from His perspective, things are unfolding perfectly and are becoming ever more refined expressions of His Infinity and Divinity. Part of this unfolding is the recognition that God is all there is, or that my Being is God's Being.

Q: When I read your answer, another question arose for me: if everything is God, then how should we treat our enemies?

A: Everything is God simply means that all humans, animals, plants, and objects share the same Source. However, many human beings do not consciously know this yet, which creates a huge fear in them that they are separate and temporary. This fear is often expressed in behaviour such as anger, jealousy, hatred, etc.

Accepting this, our role remains to always come from a place of Love. That could mean something different in each situation:

- In cases where the other person is open to exploring the mind and understanding God, we should speak to them and meet them at the level they are at (without trying to impose our views on them);
- In cases where the person believes that they are right no matter what, we could decide to leave;
- In cases where the person is violent or hating and is therefore dangerous, coming from a place of Love can mean calling the police or defending ourself and others in danger.

But really, no one is an "enemy". Different people are just conscious to different extents, and are completely innocent in their actions and behaviours. No matter in what way we react, we must remain aware that they are doing the best they can, and that [everything is unfolding perfectly.](#)

## Forgive and remain happy

Forgiveness does not create anything new, it simply reminds the mind that what it sees is false.

As such, it is not something to do: since there is no sin in Truth, you are already forgiven. However, the *idea* of sin needs to be corrected, and that is where forgiveness is useful.

At first, it is believed that something external needs to be forgiven - a person or a situation. If that projection is looked into, it becomes clear that it is our own traumas or beliefs that are causing us to see that person or situation as wrong or difficult. As such, all we ever need to forgive is ourselves.

The most direct way to forgive ourself is to bring to mind a time of struggle, and question the Self that has experienced it as a struggle. When done genuinely and openly, all you find is boundless Awareness untouched by phenomena. The knowing that you are still whole and complete even

despite this incident is what allows forgiveness to happen. In fact, you falsely believed that your self is hurt, and as such couldn't move on.

As long as you do not see what is True, your false beliefs will be shown to you over and over again through repeating circumstances. Forgiveness is natural once you [know your own Being](#). In non-attachment to objective reality, your peace and happiness remain at the foreground of experience.

## I am God

For most religious people, this sentence would be blasphemous. God is something 'external' to pray to for health, wealth, and forgiveness.

Those same people often like the idea that God is within, that God is Love, or that there is nothing but God. If there is nothing but God, how can He be external?

God wants you to know your self as Him, to know that you are infinite & eternal, created 'in his image', unaffected by events and circumstances, all-loving and all-encompassing. Only then can you truly know Peace.

As long as you believe God is somewhere 'outside', you will be suffering and full of fear. Once you know yourself as God, the One Being out of which everything is made, you can only laugh at the tiny mad idea of being separate.

[All forms are expressions of God, including your mind/body](#). But you remain infinite, eternal, unbound and unaffected by appearances. All things are made of God. All things are made of You.

I am God is the most devotional statement one can make.

## God's nudges

A lot of people want their lives to flow. For many this may be expressed through having enough money and somewhere nice to live. However, in order to sustain this people often spend their days away from that nice home and, as life becomes more and more structured, there is little space for life to flow spontaneously.

For those who still have time and energy after meeting their 'essential' needs, there can grow a desire to 'follow our dreams'. However, what the mind imagines this dream to be is often very different to our true purpose in life.

No matter where you are, there are always thoughts and feelings that point you in a certain direction. Maybe you don't like your job, maybe you feel very anxious and overwhelmed, maybe all you do all year is to wait for your holidays etc. These are all signs (or 'nudges') that there is more waiting for you to discover... God has a better plan. You can choose to ignore these nudges, or dare to follow them. Following them leads to a broader understanding of life, and a depth of fulfilment that is not graspable by the mind. Ignoring them leads to an ever-deepening spiral of physical and psychological issues, and to their projection onto others and the world.

But even when you choose to follow these nudges, don't expect that everything will happen on its own. A nudge is just a pointer towards an action that you have to take yourself. Resting in nirvana and waiting for things to happen will often get you nowhere. This too, is choosing to disregard God's Will, which is for you to develop and offer your unique gifts to the world.

So, look out for the nudges, consider them thoroughly and, if your heart opens - dive into the possibilities offered. You have nothing to lose.

Continue your exploration by reading the article ["The Grace is the suffering"](#).

## **A Christmas message**

hi everybody I just thought I'd record a quick Christmas message and share with you what Christmas represents for me right now at least so you know how there is a seeming separation between the infinite the eternal the timeless presence beingness and this perception of time this objective experience things having a beginning and an end and to me Christmas is the birth of Christ or the bridge between timelessness and time suddenly these two seemingly separate realms become united through this person Jesus and of course all spiritual teachers before and after him and what is perceived to be real is suddenly seen to be false unreal an illusion which means not that it is not there but it means that its source is something that is timeless that is consciousness itself that has no beginning and no end and as such everything is made of consciousness everything is made of this timeless presence that is always there behind any thought any feeling any circumstance any situation any universe is made of the same substance and this is what Christmas represents this is what this holiday is meant to help us remember to help us remember to be present to help us remember that our true self is this endless everlasting consciousness that has no beginning and no end Merry Christmas enjoy the holidays be present stay true to who you are and I wish you all the best thank you for listening see you very soon

## **Faith from a Non-dual perspective**

Faith is simply the knowing that everything is unfolding perfectly.  
And when we rest as awareness, we know this because every thought appears in us, every sound appears in us, every sensation appears and disappears in us.  
And we embrace everything as it is.  
Furthermore, we begin to notice patterns that the world is organizing itself to show us some resistances that we have in the mind-body.  
And so faith is this understanding that nothing is random, that everything serves a so-called higher purpose and that everything is unfolding perfectly.

## **Experiencing the Presence of God**

I hope you are ready to enjoy a nice meditation, whenever you feel ready just close your eyes, take a deeper breath in, and just notice your current experience.  
Just notice your posture, any movement that is happening in your body, your thoughts, your feelings.  
And if there are any thoughts about the past or the future, just let them go and come back to the present.  
As A Course in Miracles says, the present moment is the closest possible thing to infinity and eternity that this world has to offer.  
So by being present in this way, we connect to something beyond time.  
And to experience the presence of God,  
we need to let go of our ideas about God.  
Let go of praying to a higher power, let go of concepts such as higher and lower.  
Let go of all dualities of good and bad, right and wrong, left and right, up and down, here and there, warm and cold.  
Me and other.  
And what happens when we do this is that we fall into a place unknown by the mind, a place that cannot be grasped, understood, spoken about, conceptualized.  
Let go of all dualities of good and wrong, left and right, up and down, here and there, warm and cold.  
And the mind will keep trying to seek ways of talking about it, such as labeling it as peace because of the quietening of the mind and the deepening of the breath.

Or calling it love because it embraces all of our thoughts and feelings exactly as they arise and as they are.

Let go of all dualities of good and right, up and down, here and there, warm and cold.

Or calling it happiness because we reach a place of no seeking, of desirelessness.

But ultimately the true experiencing of God's presence is beyond all labels.

It is when the mind just surrenders, lets go completely and falls into this.

That's it.

The only answer.

And then there's just silence, just beingness.

So the phrase, the kingdom of God is within.

Just means that the kingdom of God is.

And all of our experience, the body, the thoughts, the feelings, everybody else, the circumstances, planets, universes, all happen within this being.

In fact it means that there is no outside of the kingdom of God.

There is only within.

Similarly, I and my father are one, means there is no separation between God's being and our being.

It's a shared reality.

When each of us says I am, the I that we mean is a shared I, the true I is the only I of God's infinite being.

Which takes a wide variety of forms expressed as each of us.

But ultimately these phrases are so full of meaning that they aim for the separate mind to drop away, all labels, all concepts, and just fall into presence.

And you can take a few deeper breaths and maintaining this awareness of presence.

And then you can come back and open your eyes or stay in meditation if you prefer that.

## **Know only God, your True Self**

This is a short presentation to point you back to your true self.

God knows only God. He never knows anything other than himself.

But according to the separate self, there is only the mind and the body against a world in which there is no God.

At best, in critical times, God sometimes comes to help.

From the perspective of God, however, there is only light.

There are times when suffering appears to appear.

But God knows only God. So through complete acceptance of what is and knowing that seemingly separate entity as God, the entity rapidly dissolves.

This is the picture of a sound wave.

But this pattern can be seen everywhere. It can be seen in the appearance and disappearance of the world when you blink.

The appearance of thoughts and feelings in your awareness. The creation and dissolution of universes.

Know only God, your true self. That which is changeless in your experience. Like the white background in this presentation.

All that appears in the white background is made of the very substance of the white background.

## **Resting in God's Presence**

Resting in God's presence.

Understanding God is such a big part of the spiritual path, because in order to find lasting peace and happiness, we need to understand what is true and real, what is constant, and what is temporary, what is untrue or illusory.

And a big part of that is understanding what is God, and understanding that He, although God doesn't really have a gender, but let's call Him He, because religions call Him He.

Because He is always here.

And in this meditation we will find that, we will experientially understand what God is and isn't, and rest in this presence that is always here and always available.

Whenever you're ready, let's take a deeper breath in,

and close our eyes.  
And just be present here with your experience as it is.  
Notice the breath coming in and out.  
Notice sensations in your body and thoughts appearing in your mind.  
Notice that there is a presence, a being within which all of this appears.  
There is a stillness that is in the background of all of these experiences.  
The stillness is often reached in deep states of meditation and prayer.  
It is this asking of a higher will to come and help us in a specific situation or circumstance.  
In order to do that we need to know that it is possible for this to happen.  
We need to be open to this possibility and have faith that what we call God can indeed help us, and is here.  
What happens in the mind and the body when we have this faith, this knowing, this trusting in a higher being,  
is that we allow ourselves to relax, to be more present, to be more accepting,  
to trust, to let go of finding this solution ourselves.  
And the more we have faith, the more we ask in this way, the more we come to this stillness, and the more our faith grows, and the more we see results in the world.  
In this way the universe or life itself is guiding us towards the understanding of God.  
And as our faith grows, so do the moments where we reach  
this deeper stillness, this deep peace that is within all of us.  
You  
The more we rest in this stillness, this peace, the more we understand that it is the constant in all of our experience.  
God is the constant.  
Understanding this  
means that we are now looking from the perspective of the constant to the perspective of the temporary.  
So we are resting in the presence and we are looking at what is arising.  
We are looking at thoughts, feelings, circumstances, world situations, knowing that they are temporary,  
that they are an expression of this infinite and ever-present beingness.  
And then at one point in the journey there comes the question,  
is my being finite and temporary like my thoughts, my feelings?  
And we try to find a limit to our own being.  
And we do so by asking questions such as, is there anything that my being or my awareness would say no to?  
Maybe my mind will dislike something but I allow it. My awareness allows it to appear. I am aware of it.  
We ask questions such as, is my awareness different to the awareness of other people?  
And even though it seems like it is, after exploring this deeply enough we recognize that it isn't.  
My being is the same as everyone else's being.  
In other words, we share our being or the same beingness is expressed in this billions of forms, billions of minds and bodies that we are.  
And this recognition clarifies phrases such as, I and my father are one.  
There is no separation between God's being and my being, in fact it is the same beingness.  
Slowly the identification with a separate body-mind begins to fade.  
And the body-mind starts to align with the understanding that who I am, who we all are, is love, is acceptance, is freedom.  
And we begin to see nothing but God.  
In every situation, in every person, in everything, we see what is true and constant and real.  
With these words I will end the meditation here.  
So whenever you are ready, you can take a few deeper breaths in, maybe stretch your body and open your eyes.  
Thank you.

## **Remember your True Self**

Remember your true self, independent of whether you are doing this meditation in the morning, in the afternoon, in the evening or in the middle of the night. Let go of what you were previously doing. Let go of all expectations. Let go of all you need to do. And just be here present to all sensations, sounds, thoughts and experiences including the breath.

Notice that you are aware of all of these various experiences. Notice that after one breath, there comes another one. That after one sound, there comes another one. That after one sensation, there comes another one. Notice that awareness remains unchanged. No matter what objects of experiences appear within it, it remains open, empty, changeless, vulnerable, all encompassing, infinite and ever present. It does not know previous, or next. It only knows the current experience.

Notice also

that every experience appears within awareness and fades back into awareness.

Let go of what you were previously doing. Let go of what you were previously doing.

And now if you ask yourself, who am I? Are you a feeling, a thought, a sensation, a body?

Or are you rather that which is aware of those things, that which cannot be removed from experience, that which has no beginning and no end?

This experience now is what the great mystics have referred

to as know thyself and you know God. You were created in God's image. There is no outside of you. I am my Father. I am one.

This is not a theory or a belief. It is our actual felt experience. It is who you are.

It is truth.

All things arise and fade in you.

And as such, all things are made of you, awareness.

Meditation is not a practice to do for 10 or 20 minutes a day. Meditation is who you are. You are always awareness.

Be. Love. Know. Only this knowing, this presence.

Thank you.

## **A Non-dual Exploration of Adam and Eve**

This is a meditation that will help you understand the metaphor of Adam and Eve from a non-dual perspective.

Since, in truth, there is no time, the appearance of Adam, Eve, the serpent and the apple can be said to be simultaneous.

And as soon as they appear as separate entities, everything from then on is predetermined.

In other words, the apple is already beaten.

These four separate entities are really one and the same process happening all together.

The purpose of biting the apple, of seeking knowledge, is really to return to presence.

And presence is the state prior to manifestation.

In other words, the purpose of the process of biting the apple is to return back to the knowing that the apple has never been beaten, that separation has never existed.

And this process is happening on so many different levels.

It can be said that this is the process that created the entire universe, that is letting the world and time unfold.

And that it also happens on an individual level, every time we return to presence and then we lose ourselves again to our thoughts and feelings or particular situations in the world.

All of these different manifestations keep appearing and disappearing in experience.

In other words, the apple keeps getting beaten over and over again.

Who is biting the apple and why?

The answer is the one conscious being, awareness itself.

And why does it do it? In order to experience itself continuously in myriads of different forms.

Thank you for listening.

## **Modalities**

### **The balance between accepting what is and manifesting what I want**

Q: Hey there! Are you saying you don't believe in the Law of Attraction? I've been working with it for some time now while also working on surrendering to and accepting everything that comes into my awareness, as I'm going through some intense stuff, and I've wondered for some time

how to reconcile these two world views...one stating that I am not in control and only control my \*reactions\* to what happens, and the other stating that I am a powerful co-creator who has a say in \*everything\* that happens and, therefore, if I match the frequency of my desires (and feel secure, prosperous, joyful, etc.), they will come to me (Law of Attraction.) Do you have any thoughts on this? I 100% feel on a deep, soul level that I am not my thoughts but am the one observing them, and therefore, it doesn't really matter what thoughts go through my head or even what I feel or what happens in my life; I can surrender and practice radical acceptance and be 100% fulfilled...and at the same time, I know I need to make a living and want to manifest a great job and financial abundance, and in order to do that, I need to believe deeply that I am already prosperous so it will flow to me. I agree fulfilment is what I already am but I'm kind of caught between accepting what (little) work and money I have and wanting to believe I have a surplus so in turn I do... Thank you

A: Great question! Thank you for articulating it so clearly.

By accepting everything that comes into Awareness, and knowing our Self as that Awareness, there comes the recognition that there is no separation between the mind, body, and world - they all happen within. The Law of Attraction points to this same Truth by saying that our thoughts and feelings are reflected in or by the world. However, this happens effortlessly - there is no need to create a separation between the two (a self and a world), and for that self to then have to work on creating what it wants in the world. Instead, recognise that your Self is already fulfilled and all-encompassing, and effortlessly accepts and embraces all the thoughts and feelings that arise.

Instead of trying to believe in and imagine a better reality, I would suggest fully accepting the current reality, including all the underlying thoughts and feelings that are saying that you do not currently have the life you want. Recognising your innate Wholeness means that your objective experience - meaning your thoughts, feelings or situation in the world - does not matter and is always perfect as it is. Prosperity and abundance are not things you need to believe in - they are already here. Everything happens within You, Awareness, and as such there is nothing outside of You - You are literally everything.

## **The place of the conscious and the unconscious mind in non-duality**

In the very beginning of my journey, when I was still studying NLP, one morning I had this thought reverberating in my mind:

“When the unconscious becomes conscious, man will rise”.

I did not know what it meant. Actually, it took me 8 years to fully understand it. But I knew it was true - it came from somewhere different, it did not belong to my 'personal mind'.

This is how I understand it today: in psychology, we are taught that we have a conscious mind (which can pay attention to  $7 \pm 2$  bits of information), and an unconscious mind (which is informing every thought and decision of the conscious mind).

The so-called 'conscious mind' can be used to 'dive into' the unconscious mind, and in this way bring 'deeper' thought patterns to the surface. Slowly but surely, Awareness (or what some call the Super-conscious or Spirit) becomes known by the mind. Or so it seems. This is where it is useful to begin to refer to a 'small self' and a 'True Self'. It seems that the 'small self' sometimes finds the 'True Self', before making a story out of the experience and losing sight of it again.

Continuing along this journey, it becomes obvious that it is Awareness itself that dives into itself. The conscious and the unconscious are actually both unconscious, and cannot be conscious. It is Awareness/Consciousness that is conscious of itself in the form of thoughts, not the thoughts that are aware of Awareness. And this same Awareness takes the appearance of 7.7 billion 'conscious and unconscious minds'.

As such, I would today re-phrase the initial thought that came to me years ago in the following way:

“When the conscious and the unconscious mind become known as Consciousness, man recognises there is only One Being experiencing itself”.

Continue exploring by reading more about [the place of the mind in non-duality](#).

## Is there a place for self-development in non-duality?

The problem with calling the refined thoughts of the mind ‘progress’

Psychology and spirituality do not go together, they never will. On the level of the mind, it seems you can make progress, you can re-define your beliefs, ‘change’ your mind, do ‘shadow work’, follow a path, develop.

But on the level of who you are, you are changeless. There is no progress to be made. There is nowhere to go, since you are all-encompassing; there is nothing to do, since you are complete; you cannot have an outcome, since there is no ‘out’.

Knowing yourself automatically corrects your mind, and your thoughts become as ‘real’ as they can be, [expressing Truth \(their Source\) in the most precise way](#). This is not progress, this is not something you do, it just happens. As such, rather than seek therapy or coaching or self-development work, simply know your Self. All of the above methods naturally become meaningless once this happens.

Progress is a fiction of the mind. In reality, nothing is changing.

## Self-enquiry

The last judgement: Who am I?

First, write down the statement that is triggering an emotional response in you: .....

Then, genuinely ask these two questions:

Question 1): Who is the "I" that ...

- Am I a thought?
- Am I a sensation?
- Am I a feeling?
- Am I the body?

Question 2): Does the above statement affect me?

Only move to question 2) once you know and feel the inherent peaceful nature of our Self.

Continue your exploration by reading about [Love as the solution to global problems](#).

## Non-duality vs. detachment

The difference between not caring and not minding  
I was told: ‘you cannot not give a fuck about anything?!’

This is a huge misunderstanding of what I am pointing towards.  
Not giving a fuck would mean not caring. Not caring means not supporting, not loving - in other words, detaching from an issue and pretending it is not happening.



Not minding, on the other hand, is accepting what is, and acting (or not acting) from a place of Love. Our journey here is to become more and more involved in the world, yet also less and less attached to it. Paradoxically, the less attached to it you are, the more you are of service to the whole.

In order to not mind, you have to know your Self, and everything else, as Love. It is the only way.

## **Why-questions do not give the answer**

Have you heard of the metaphor that the brain works like a computer? This metaphor creates a lot of problems.

The metaphor is simply not true. And provided the context that it is generally believed that well-being is somehow happening in the brain - it has horrendous effects (and that's a euphemism). The brain working like a computer automatically means that well-being is something to be sought and - when not had - can be found with a 'quick fix' or a 'system reboot' of some sort.

Computers are ultimately math-problems - you ask 'why is this not working?', dig deep into the system, and find a bug that can be fixed. There is a simple or a complicated solution. However, the same is inapplicable to the mind/body system. It only works optimally when in line with Truth, and that can mean that it is frequently in pain and releasing tensions. As such, asking 'why is this happening?' is leading to the imagining of all sorts of non-existent problems. These problems can be fixed one by one, but the fixing would never get to the root cause, and more problems to be solved will keep being generated.

So, what is the real solution?

The real solution is fourfold:

- 1) The solution is not asking 'why questions'. Instead, it is acceptance. The solution is saying to yourself 'this is happening, and it's fine. It does not need fixing'.
- 2) If you have to question it, if you want to change it, if you cannot resist analysing it - then do not focus on the problem. Rather, focus on the one that has the problem. Find that self.
- 3) With genuine self-enquiry, you will notice that you cannot find it. The self that has a problem is itself non-existent. As such, can there really be a problem?
- 4) Know yourself as Consciousness/Awareness. To you, nothing is problematic.

## **Everybody is doing the best they can with the knowledge that they have**

This is one of the basic NLP assumptions that I learned at the beginning of my journey. It is not an assumption, however, it is true. No matter how outrageous it seems at first, why would anyone ever act sub-optimally? It makes no sense, and the mind is rational (or tries to be). Therefore, even watching TV for 6h every day, even taking drugs, even starting a fight or a war.. these are optimal behaviours based on the person's conditioning.

They simply do not know better. Having (unconsciously) considered all options, some people decide to go for these things. We shouldn't judge them or try to change them precisely because they are doing the best they can. Coming from a place of love and acceptance, we could eventually suggest better ways of living, or an upgrade to their internal software. But no hating, fighting, or judging is necessary for that. And often this same conditioning prevents the person from upgrading their system. And that's ok, too.

Continue your exploration by reading about [Love as the solution to global problems](#).

## Three Principles: who is having insights?

Hey everyone, would you agree that it's very hard to fit a river in a bottle?

Well, fitting the ocean in a bottle is even harder, no matter how much you push it or from what angles you try to add the water into the bottle.

It's never big enough to contain the entire ocean.

And if that bottle doesn't even exist, then it's even more difficult or it doesn't make any sense to try.

And that metaphor came to me when I was at the three principles conference on Sunday.

Because what I found there is that the speakers and the way that these principles were shared was not entirely clear.

And it's funny to me because I used to go to LSE lectures in psychology from a three principles perspective.

And I knew that what they're pointing towards is not right, that they are focused on the effect rather than on the cause.

And I had that same feeling now six years later at The 3 Principles of Mind, Consciousness and Thought as formulated by Sydney Banks conference

Because I felt like the speakers were saying that you, the separate you that has to wait for an insight,

to listen for a feeling that has the free will to choose again, was equalized to the you which is actually the universal mind,

which is well-being, which is clarity, which is understanding.

And the very name inside-out understanding doesn't really make much sense because it's either that everything is inside-out

and that there is an insight that has to go out or find something,

or there is understanding, the understanding that everything is already happening within you, that there is nothing to seek, that there is nothing to find because you are life itself.

And I'm not here trying to go against the principles or be smart or be cunning or any of that.

I'm saying this because it's fundamental for me to make the differentiation between the you that actually exists,

the you that is the principles, the you that is wellness, well-being, clarity, universal mind, all of that,

and the you that is seeking, the you that is pretending that he does not know about these things or does not know how to find them.

And that self is an imaginary bottle at the top of the ocean.

That self does not exist and as such it can never find well-being, happiness, or clarity, which are our natural gifts.

They are not even our gifts. They are what we are. They are our fundamental nature.

And so to me it would be much more direct to point straight to who you really are without pretending that there is a separate self that needs to find who you really are.

And if that doesn't happen, what happens is that the whole movement becomes a bit like

religions, a bit like humans creating God in their own images,

someone who knows right from wrong, who punishes people, who has a form, who is finite and who looks like a bearded man in the sky.

What happens with the principles is that the separate self says, oh, so I can use universal mind, I can use consciousness, I can use thought to create an experience.

Or it even goes, I do not know what universal mind is. I do not feel consciousness. I know that there is thoughts appearing and disappearing.

And so the whole movement becomes around thoughts. And that's not what it's about, you know.

It's never you who uses the principles. It's actually the principles that are everything, including the illusion of you as a separate self.

You are not separate from the principles and you cannot find the principles because they are all that there is.

You can either become the principles or pretend that you are seeking to find them.

And here the principles can be replaced by happiness, well-being, peace, clarity and all of that.

This is what you are. You do not need to do anything to be conscious, to be aware.

So you are awareness and everything is happening within you.

And the funny thing is that once the ego starts focusing on thought, it actually depreciates the power of thought to create meaning.

And this goes fundamentally against what Sidney Banks said that we should not be afraid of experience.

As soon as you do not like a thought or you try to change a thought or you say this is just a thought, you are automatically fighting against your experience.

And this doesn't make sense. Thought is a wonderful thing that is amazing to observe and to watch and to witness.

And the other funny thing is that once you are your true self fully, once you embrace, once you live the knowledge that everything is happening within you, then you do not have a free will.

And a lot of the speakers on Sunday said that. On the one hand they said you have the free will to choose again, to choose another tool.

And then they said, but as soon as I had my realization, I suddenly had no choice but to go and share this understanding with other people.

So how can you both have free will and not have the choice? One of these must be incorrect.

And it is the fact that we do not have free will because we are everything. Everything happens within the same space.

And as such, how can you choose? It doesn't make sense.

And the funniest thing of all, and I will finish this video with this, is that once you are fully yourself, once you are your true nature, then you realize there are no principles.

And that's the funniest thing, that all of these years or time a separate self has been seeking to find these principles, then there is the realization, oh, there are no principles.

So I hope that makes sense, that you are not separate from reality, that there is nothing to find, that there is nothing to seek for, because you are life, you are the principles, you are consciousness.

So thanks for listening and I look forward to your comments and to seeing what happens after this video.

## **Non-duality vs. Three Principles: three important differences**

This is a video to simplify the differences between non-duality and the three principles.

The first massive difference that I see is that non-duality says there's only consciousness whereas the three principles talk about universal mind, universal consciousness and universal thought.

Where are these three things?

In my experience I know that there's infinite and ever-present consciousness.

And within that consciousness there are thoughts that I consciousness know as myself.

There's no separation between universal mind, universal consciousness and universal thought.

Then further down the line what has happened in the three principles community is that the thoughts belong to a person in the world.

That's not the initial message of the principles.

The initial message is that everything is made of universal mind, universal consciousness and universal thought.

There's no people and no world.

The people and the world are themselves thoughts.

And again this is confusing because they are not thoughts, they are consciousness.

They are made of consciousness.

And the third most massive misunderstanding is that there's a personal mind that needs to have insights into the three principles to understand them more.

Again where is that personal mind?

All that I know is thoughts appearing in consciousness.

There's no thinker, there's no doer, there's no feeler, no experiencer other than consciousness.

There's no chooser, consciousness does not choose the thoughts that it would have next.

They just appear and are made of consciousness.

So it is not a personal mind, it's not a separate self that can have insights, make choices, be kind, be loving, be compassionate, no.

It is consciousness that can recognize itself in a so-called separate mind.

It is consciousness that can know its own wholeness again.

It is consciousness that stops veiling itself in a separate mind-body and knows that it is all-encompassing, infinite and ever-present.

It is not the doing of a separate self to recognize consciousness, it's impossible.

This would be saying that the body creates consciousness, that the world is an object

that can generate life, that can generate consciousness.  
It's just not true, it's the other way around.  
So the three principles say there's three things.  
Non-duality says there's not two, there's not even two things, which is clear, which is simpler.  
It's up to you to see that.

## How to practice self-love?

Hi everybody and thank you so much for joining this event on how to practice self-love. So often in our days we are just continuously going. We don't pay much attention to the thoughts and the feelings that underlie our actions. And actually it's interesting because those actions are fueled by those thoughts and feelings and what we experience as thoughts and feelings become manifest in and through our actions. So it is important, especially when we don't like something, when we don't like an outcome or a meeting with someone, to feel what is happening within us. To understand what is it that we don't like and to make a change if necessary after we have fully embraced and fully accepted those thoughts and feelings within us.

And that is one way to practice self-love. But of course it's easier said than done. So in this talk I will give a bit more information or food for thought about what is the self and what is love. So let's begin with what is the self. Because we can't practice self-love without knowing who we really are. And who we really are is not just the thoughts and the feelings and the body. It is more than that. It is the observer, the awareness with which we know these thoughts. Without the awareness, the being that knows our experience, we actually wouldn't know any experience. So our self is this pure awareness and you can get a feel for it right now. It's not just a word or something that cannot be touched. It is actually here now. If you try and think of qualities of awareness, for example, you can notice that it is effortlessly accepting all thoughts that arise within. Awareness does not fight with or go against any thought or feeling that arises. So it is all embracing. Another quality that it has is that it doesn't really have a limit. It is limitless. Again, there is no thought or feeling or thing or object of experience that arises outside of awareness. Everything that we ever experience arises within. And the body and the mind are a limitation because I cannot know what's happening in France right

now, for example. But that does not mean that awareness itself is limited. So our self is also always here, is ever present with everything that arises. Even if there is a thought about the past or the future, this thought is known here now, is experienced in this moment.

So this is some of the qualities of our self. And then love. What is love?

You know, we know love as a particular butterfly sensation in the stomach that we feel towards a particular person. But actually, love is much more than that. That sensation itself is experienced because we are aware of it. So love is actually our self. Love is this awareness that just embraces all thoughts and all feelings within it. It just allows everything to be exactly as it is. And in fact, this is a bit of a deeper statement, but it knows everything as itself. It doesn't see separation. It does not know duality.

So how to practice self-love? It is really just being here now. It is embracing everything that happens. It is knowing it as our self. And here, you can say that there's two parts.

One part is to say, I am not this, I am not this, I am not this, I am not this thought, I am not this feeling. And coming back to awareness, coming back to the being that knows our experience. And then the part of embodiment is saying, I am this, I am this thought, I am this feeling, I am this experience. I am all that there is. Everything happens within me. And self-love is going back to the knowing that we are not separate from anything or anyone else. And in our day-to-day lives, one way to practice this is to stay as close as possible to being the observer, observing the thoughts, the feelings, the movements that are happening as we speak, as we are, as we eat, as we shower, whatever it is that we do.

And not getting lost in those thoughts and those feelings, not identifying with something that is temporary, finite and limited, like a thought, like a sensation. And if we do, which inevitably happens, if we do become a bit more focused, if we do follow our thoughts and create something that

we don't want or we don't like, or have an experience that we label negative, then we can always come back to this presence, this awareness that is ourself, that embraces everything as it

is. So that is how to practice self-love. And one more thing that I want to say is that it is accepted in our society that self-love is also doing what you like, taking care of the body, going to a massage, going for a run, exercising, having a proper diet. All of these things are definitely valid and it's very important to take care of the body.

Let me know if this makes sense, if you have any questions. I'm very happy to answer them.

Angie says, coming back to the self is difficult when emotional. Yes, it is. And

at times there is so much emotion and so much feeling coming up that

we even can't come back to this peace, this love that I'm talking about. Even when we deeply know

ourselves to be that love. And in those cases, the most loving thing to do is rather than trying to resist the emotion that is arising and to change our experience by going to that peace,

it is actually the opposite. It is to fully embrace it, fully allow it. And because our

understanding is becoming deeper and deeper, we know that thoughts and feelings are inevitably temporary. So we are then able to dive more deeply into the emotions that arise and know that sooner

or later inevitably they will fade. And once again, we feel this openness, this presence, this stillness that we are. So that's the way to deal with a lot of emotions coming up.

And Mark is also right in saying it takes a lot of practice because

not resisting is difficult because our body-mind is designed in a way, it is programmed to want the nicer experiences. So the practice is to learn that both nice experiences and more difficult experiences are part of life. Once again, it is to know that both, both actually will inevitably

dissolve. And that our, our self, the observer of all experience is, is always there in the

background. And Nicolas says, there is an intermediary step between self-hatred and coming back to the self. Is there such a step? Yes. And I think that step is the, is the feeling,

the allowing of that self-hatred of those emotions to, to be, to, to come out

because they are waiting to be released. They're waiting to be felt. And it's also very interesting to see what happens after they have been felt. It's not only a return to, to peace and stillness

and love. It's actually a deepening of our understanding. It's, it's almost like a,

another veil has been lifted from our body and mind. And we understand reality. We understand

what's true on a deeper level. So there's this, this process of deepening and deepening and

revealing, as many of you have probably heard the layers of the onion, removing, feeling away the layers and, and understanding and seeing more clearly and, and also being able to feel more difficult emotions and also more, more peace.

Liz says, it's hard for me to consistently stay with self-love. And yeah, I hear that.

And it's also not, not necessary. As I said, it's, it's effortless. And I, I do know that this is

quite an annoying thing to say at times, because it feels like it takes a lot of effort and a lot of practice. What I really mean by it's effortless is that that's the constant. The constant of life

is the awareness of each moment unfolding. So knowing that it's constant,

knowing that our self, our true self is always present, always all embracing, always all accepting means that we can also forget that more. We can allow ourselves to, to feel the

so-called illusory layers of separation that which is not self-love and to let that be

experienced more and more until once again, there is this deepening of understanding that

our self is love. So Angie says, what about when emotionally you're fed up of the emotional state and want it to change, but trying isn't changing anything? Yeah, it's a tricky one because it is the

the desire to change it itself comes from not accepting it as it is. So full acceptance

includes acceptance of this desire to change it. It's like you accept both the

emotion and all the resistance to the emotion that it brings with it and you allow all the thoughts to unfold and all the emotions to unfold and you rest with that and that will inevitably

shifted, but it will shifted when there is no longer a desire to shift it.

I don't know if that makes sense. I know that sometimes these emotions can go on

for very long periods of time, but even so, they are here to teach us something. There is a lesson

and even if the emotion can seem like it's the same and it's constant, it's actually

slightly different every time. I'm sure you have experienced this that when you when you feel it, there is an opening and a releasing that comes with it. And even if there is another emotion

that comes after that, it is part of the process and it's just having that faith in this case that knowing that it's not random, that it's here for a reason and of the underlying reality of your

innate peace. Yes, Liz and once again fighting those negative feelings is what we have been conditioned to do and it's not just hundreds of years, it's thousands of years of evolution that

have led us to wanting the things that feel good. But the path of spiritual growth is

accepting everything, even those negative feelings and even the resistance to the negative feeling.

And there is also a strong part of us that holds on to these feelings really as though our life depends on it. Because we think that without this feeling, the personality, the being that being that we are will dissolve. But it is not true. We are not these thoughts and these feelings, they are temporary expressions of who we really are. And who we really are is the changeless background of all experience. So by accepting and feeling those feelings, we come back to this realization over and over again. This knowing that we are safe, that nothing can actually hurt us.

Yes, exactly. Learning to accept what is and knowing who we really are.

Because who we really are already fully accepts what is.

Yeah, Angie, I totally agree that the spiritual journey needs to be taught in education.

And it's kind of taught through philosophy and ethics. But that's so far from what's true, what real love is, what real acceptance is. And these are more like philosophical ideas love is what real acceptance is. And these are more like philosophical ideas and beliefs.

And what I like to do is look at our direct experience to know that right here, there are thoughts, there are feelings, there is a circumstance, but there is also this observer, this awareness of all that is happening.

And when we turn to this awareness, we know that it is changeless and ever present.

And that is ourself. And that is the true healing of all negative patterns of the mind and the body.

So I hope that the school system will change soon.

Well, it's been very lovely to be with everyone. Thank you so much for coming.

And actually, I have three more events scheduled. Some of them are meditations, where all that I'm talking about here, the more

maybe more theoretical side of things is brought back to our experience. So please have a look at those. And otherwise, please also follow me on the platform. Because the more my following grows, the more things I can offer, like mentoring, like one to one sessions. So please do that and spread the word. I would be very grateful to you. And yes, we can live in hope.

Thank you, everyone. And see you again very soon. Lots of love. Bye bye.

## **Raising your vibration**

Notice right now in your experience, what is it that has a vibration?

A sound is a vibration, thoughts are vibrations, emotions, feelings, sensations are all vibrations.

And all of these vibrations are perceived by the human body.

It is important to understand, however, that the human body is itself a vibration.

As such it does not understand what it perceives.

Just like a microscope doesn't understand what is observed, the body is a tool of perception.

On a relative level, all of these vibrations can be lowered and raised.

There are high pitched sounds and lower pitched sounds.

In the same way, there are tools that are vibrating a more pure form of love, like the thought I am happy.

And there are tools that are vibrating a less pure form of love, like I am sad or depressed.

This is also expressed in terms of feelings in the body, happiness being lighter, opening, pleasant and depression being tighter, heavier and slow.

So if the body is a vibration and thoughts are vibrations, what is it that understands experience?

It is that which is aware.

You say I have thoughts and feelings or I am aware of thoughts and feelings.

So now let's turn our attention to that which is aware.

You see awareness itself, your true self, it does not change because of a thought or a feeling.

Awareness itself is just as open, empty and all encompassing as it always is.

As such it does not belong to the realm of vibration.

It is that in which vibration appears.

Until you identify with the mind, you would want to feel better and to have higher frequency thoughts.

Once you identify as awareness, the mind and the feelings are allowed to do as they please.

There is no longer the need to change because whatever vibration appears in your experience, you remain whole, you remain unaffected, you remain changeless.

Until that happens, so to speak, you can and should do practices.  
Practices to open up the space between thoughts.  
Practices to remember who your true self is.  
To remember that you are not only the thoughts, that you are not only the body and the sensations in it.  
That you are not only the world that you see.  
That you are that which is aware of everything that appears.  
Once this is recognized, there still seems to be a separation between awareness and the objects of experience.  
It is a stage of I know who I am, but the world, the body, the thoughts are separate from me. They are not who I am.  
What is required then is to see what the vibration is made of, what is sound made of.  
Without silence, the sound cannot be.  
It appears from silence and silence is the constant experience within the sound.  
Such sound has to be made of silence.  
In the same way, it is the space between thoughts in which thoughts appear.  
As such the space is constant behind each thought and as such has to be made of.  
The thought has to be made of the space in which it appears.  
Finally the body is empty or transparent.  
It is free of all emotions.  
And this freedom is what allows emotions to appear in the body.  
Such emotions are made of the emptiness in which they appear.  
Raising vibrations in this sense is to recognize that all vibration, all frequency are made of the same empty non-localized.  
All encompassing awareness and dissolve them back into their source.  
When you abide as awareness, as your true nature, the frequencies, the vibrations that are around you don't matter.  
There is awareness whether a thought is positive or negative.  
There is awareness whether the body feels love or sadness.  
There is awareness if the sound is the sound of a bird or a noise that is unpleasant.  
It you.  
I don't mind.  
Love or acceptance is itself not a vibration.  
But can be expressed in a pure form which happens effortlessly when we know ourself as love.  
Thoughts become aligned with source.  
Feelings are allowed to come and go as they please.  
The body and the mind move according to a situation in the world.  
There is no resistance to what arises.  
This is the path of love or the way of beauty.  
Thank you.

## **Doing the work of Byron Katie**

This is a recording designed to help you engage in the work of Byron Katie.

This recording will guide you through the process, using the four questions and the turnaround. Start by thinking about or writing down a situation that is challenging for you. It could be a relationship, anxieties about climate change, concerns about political events, or a recurring thought or fear that has been troubling you.

Once you know what you'll be working on, begin with the first question: Is it true? Really take a moment to consider this question. Is it true all the time? Is it a fact? Is it something that cannot change, or that never changes?

Next, move on to the second question: Can you absolutely know that it's true? Here, you challenge the thought further. Can you know with certainty, with absolute certainty, that it's always true? Often, the mind begins to find flaws in the thinking at this stage.

If you find two yeses, continue to the third question: How do you feel, or what is your experience, when you believe this thought?

Then ask the fourth question: Who would you be without this thought? These two questions help you deeply feel the experience and imagine a life without that belief or fear.

Now, we come to the turnarounds. The exercise here is to find two or more statements that are opposite to the original thought. For example, if your thought is "I can't sleep," consider "I can sleep." Or if it's "My sister projects her fear onto everyone and wants them to change," try turning it around to "My sister doesn't project her anger onto everyone and doesn't want them to change," and sit with this new perspective. Allow your mind to see how this could also be true.

Alternatively, turn it around to yourself: "I am projecting my fear onto everyone and want them to change," or "I am projecting my fear onto my sister and want her to change."

Through this simple process, you can analyze and unwind any fear that has arisen within you by first challenging its assumptions with the initial four questions and then exploring new perspectives through the turnarounds.

Thank you for listening.

## 4. Experience

### The mind

#### Peeling away the onion layers

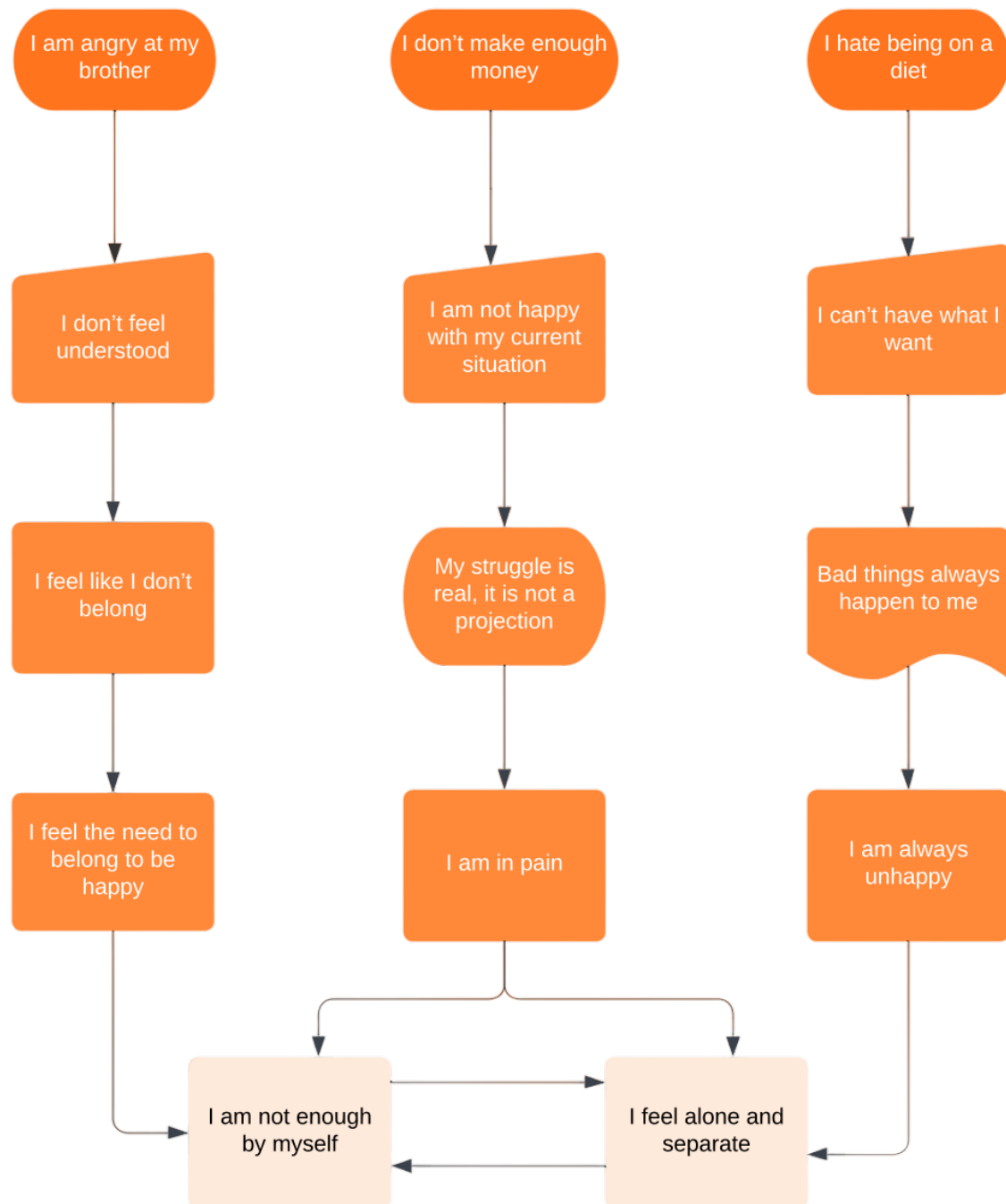
Peeling Away the Onion Layers: Unveiling the Illusion of Separation

In our journey towards Self-realisation, we often encounter various thoughts and beliefs that shape our experiences and perceptions. The technique of "peeling away the onion layers" invites us to delve deeper into these thoughts, unravel their underlying layers, and ultimately uncover the common core that lies at the heart of all our challenges. Through this exploration, we come to realise that the belief in separation is the fundamental core of all our struggles.

Understanding the layers

To illustrate this process, let us examine three examples: "I am angry at my brother," "I don't make enough money," and "I hate being on a diet". Each of these thoughts represents a surface-level projection, concealing a deeper layer of underlying beliefs and feelings:





Note that the above layers are just examples to help you get an idea of how to do the process for yourself. There are a large number of possibilities for the exact beliefs underlying the initial projection.

The common core: the beliefs in separation

As we examine these thought threads, we begin to recognise a recurring theme - the belief in separation. Whether it is in our relationships, body image, or financial situation, the illusion of a fragmented existence underlies our struggles. As we peel away the onion layers, at some point a feeling will be revealed, and it is by processing this feeling that the beliefs on top that we have just uncovered will eventually dissolve. The meditation '*How to feel your feelings*' in the section dedicated to '[the body](#)' may help you with that.

The ultimate solution: knowing our Self

The remedy for all our problems lies in knowing our True Self, beyond the illusion of separation. When we know that our Self is Awareness Itself - ever-present, changeless, inherently whole and complete, we know all of the feelings & beliefs that we have to be illusory. This knowing allows for a deep & fearless dive through the conscious/unconscious mind and the body for them to be re-aligned with Truth and for our perception to be corrected. Once we know that all problems stem from the same beliefs in separation, it is only a matter of time before these beliefs are dissolved within unconditioned Awareness.

## **What replaces the void left behind in the mind after letting go of worldly pleasures?**

Q: When the fears and dramas about the body begin to fade, the elation and pleasures of the body begin to hold less and less attraction or enjoyment, and the dream seems more and more transparent as to its meaninglessness, what replaces the void left behind in the mind? It's not really apathy, just a lack of stimulation and disinterest...

A: There is no void left behind in the mind - the (seeming) enjoyment of the (illusory) pleasures that the body and the world provide is a reflection of beliefs of separation from God, of trying to find God in objective experience. As such, they are the real void, reflecting the belief that there is something other than God. When these beliefs are seen for what they are, only Love remains.

The feeling of void and disinterest that you are experiencing is a stage in the process of recognising that [\*no false idol can replace God\*](#). It is still the separate mind trying to hold onto its beliefs in separation. Keep feeling into it and releasing the need for external stimulation and entertainment, until you recognise this Truth.

## **The difference between suppression and transcendence**

Q: What is the difference between suppression and transcendence?

A: Suppression is when we do not want to want something, so we suppress our feelings and try to avoid it, whereas transcendence is naturally not wanting that same thing, or being at a higher vibration than it. Of course, the path to healing is not straight, and we go up and down in our levels of vibration as we make progress. As such, at different times we may still engage in unwanted patterns even when most of the time these urges have been transcended.

## **Is the dream phase actually the waking phase?**

Q: Is this the dream phase and what we are dreaming is actually the waking phase?

A: The dream phase is the personal mind dreaming - all the worlds and characters in your dream are products of your own (unconscious) mind.  
The waking phase is a collective dream - all personal minds share the same relative reality. Both the waking phase and the dream phase appear in Consciousness, which is the Absolute Reality of all objective experience.

Q: But isn't the world of plurality, although it exists only within one's own mind, experienced as solid and substantial - outside the experiencer?

A: In dreams, the world of plurality seems to be experienced as solid and outside the experiencer, but in fact it is all happening in the dreamer's mind, which is itself appearing in Consciousness.

Similarly, in the waking state the world appears to be solid, but after exploring the experiencer it becomes clear that it is not the body/mind that experiences a physical outside world, but rather

Consciousness experiencing all body/minds and the world within Itself. As such, nothing is outside the True Experienter - Consciousness.

Q: Is Consciousness really the experienter? When we analyze an 'experience', we can certainly understand that in order to produce an experience, there must be an experienter and the experienced with a relationship between the two, called the 'experiencing'. The experienter of the circumstances in our life, certainly, is not an unintelligent physical body but an intelligent agent - the mind. We can say that no experience is possible in the absence of a conscious principle. Inert matter cannot experience!

A: Isn't Consciousness both the experienter and the experienced, i.e. experiencing? You seem to imply that the mind is conscious, but when explored the mind is just a stream of thoughts known by Consciousness. That is not to say that there is no intelligence behind the unfolding of the body/mind. On the contrary, on a relative level all body/minds are evolving towards the understanding that their Source is a shared Consciousness.

Q: Yes, the mind is only a good conductor of Consciousness. As written in Sri Adi Sankaracarya's "Atmabodha":

"Just as a lamp illumines a jar or a pot, so also Consciousness illumines the mind and the sense organs, etc. These material-objects by themselves cannot illumine themselves because they are inert".

A: Yes, the mind itself is an inert material object, and therefore cannot experience.

## Can thought make stillness happen?

Q: Can the mind make itself still? Is it possible for thought to be quiet? Can thought make stillness happen? Or is thought what disturbs the stillness in the first place? Is stillness something you can make happen? Or is it something that happens the instant we see the insanity of what thought has done?

A: Nothing can disturb stillness, as it already is, always. Thoughts themselves appear in stillness, and focus our attention on movement. But the more we deepen our understanding that stillness is always here, the less we get lost in thoughts. Stillness allows all movement created within it. As such, thoughts are not "an enemy" to fight against or to try and quieten. It is enough to simply recognise that the mind never actually disturbed stillness.

Q: Interesting. I'm curious... would you say recognition happens in memory, in thought? Or is recognition something beyond thought? And if so, who is it that recognises?

A: Recognition doesn't happen in memory - as you say, memory itself is thought. That would imply that the mind is doing the recognition, or in other words that the mind is aware. In our experience, it is the other way around - we are aware of the mind.

Recognition is simply 'turning back' towards Awareness itself. But it is not the mind that 'turns back', it is Awareness recognising its own presence here now. And even that is not entirely true, since Awareness itself is always aware. So, a more precise way of putting it would be that Awareness has focused itself and taken on the appearance of being a mind, and then de-focuses from that appearance to recognise that it never actually focused in that way.

A: So would you say that it's the understanding that works its magic and allows us (Consciousness) to witness, occasionally (ever increasingly) the peace within?

Yes, it's an interesting paradox: on the one hand, Consciousness knows only itself (i.e. there is no deepening of an understanding, no glimpses of what's true, no appearance of forms). On the other hand, there is the relative reality in which thought labels things and there is the appearance of a journey "back to" Consciousness. In this relative reality, the body/mind is being re-aligned with the understanding that Peace is who we are, which is (seemingly) an ever-deepening process.

## Is reality knowable by the mind?

Q: Reality is unknowable to the mind and somehow it is also known by it. The question for me is whether that idea still brings suffering or not. If it still brings suffering it is just a belief. If it puts an end to the search, the mind begins to establish itself in stillness and to go deeper into the real. How do you see it?

A: It's a great question :) It comes from the appearance that our experience is known by thought. Yet, these thoughts (and the mind) are themselves known, they do not know. As such, they are an expression of Consciousness, but not Consciousness Itself.

To believe that the mind knows reality does bring suffering, because it means that the mind knows Consciousness and not the other way around. In other words, it would mean "I am a separate mind knowing the whole" instead of "I am the whole knowing a mind". And as soon as we feel separate from our Self, we seek to find it again.

Once we become established in and are resting as Consciousness, the mind is gradually re-aligned with the knowing of who we really are. It is not the mind re-aligning itself, but rather Consciousness "bringing up" all the beliefs in separation in the mind/body. On a relative level, continuously seeing these beliefs to be illusory is what makes the (seeming) journey of going deeper into the real.

## Where does the "cloud of attention" go when I get lost in thoughts?

Q: When I meditate, when I do a body scan or while focusing on the breath in my lungs or nose, my attention is like a little cloud that moves through my body. It's very spacious, and I can definitely feel it moving, changing in shape and size and density - at times, I can almost "see" it. When you lose focus and drift off in thought, where does that little cloud go?

A: When you meditate, you are "going within", and as such your attention is expanding due to a process of de-focusing. When you are in the world, your attention is focused on a particular experience, be it working on a computer, exercising, talking with someone, or something else. So, in the first case you are mindful of what is happening in your body and mind, and in the second case - you are paying attention to what is happening in the world. What happens when you "drift off in thought" is similar to that second process - your focus becomes absorbed by thought.

## A mind cannot be enlightened

A mind cannot be awakened, it can only be re-aligned. At best, a re-aligned mind "has realisations" such as:

- Objective reality is an illusion
- The separate self is a non-existent character
- Yet, this separate self is trying to embrace that reality and live it to the fullest
- ...even though everything has already happened

From the perspective of the separate mind, what is happening here does not make any sense. How can an illusory character embrace life fully? Is it really possible for a separate self to not feel resistance or boredom when pondering upon the thought that the script has already been written?

It isn't. When one believes in separation, suffering is inevitable.

From the perspective of Awareness, however, it is all incredibly simple - it just is. I, Awareness, am one with everything yet not affected by it. Nothing else matters, nothing else exists, and embracing life is effortless.

Don't try to enlighten your mind and claim to be awake. [\*Simply rest as your True Self\*](#), and let your mind naturally re-align by experiencing it on behalf of the Whole.

## Lucid waking

As you fall asleep tonight, pay special attention to what happens in your mind and body. You will recognise that chemicals are released into the body, making it transparent, re-aligning it with Source. This process of defocusing allows thoughts and images (the mind) to come in the foreground of experience - this is what we call dreaming. Every aspect of the dream is created by, and is a reflection of, the personal mind. The personal mind divides itself into numerous people and objects, and takes the perspective of an individual separate mind in that environment.

Lucidity is the recognition that everything that happens is part of the same mind. It is not the dreaming mind that recognises this, it is Consciousness.

Once the dream is over, there is timelessness. No experience. Awareness remains, but there is nothing to be aware of. This timelessness is the reason why 8 hours of sleep pass so quickly.

Eventually, the personal mind stops dreaming and is back into the world, which is commonly known as 'waking up'. The world is a collective dream, a gathering of separate minds.

The second waking is the recognition that Consciousness is the reality behind both the world and the mind. In fact, they are made of Consciousness.

Being lucid in the world is [abiding as the Self, Consciousness](#).

## The purpose of metaphor

Speaking about the Absolute is already formulating that which cannot be given form. The more concepts we include, the further away from Truth we stray.

An assumption behind every question is the existence of a mind asking it. Since thoughts can have innumerable forms (as proven by the 7 billion minds and the 6500 languages spoken), a satisfying answer is like a key that fits perfectly into the keyhole that asks it, so that both can dissolve in the inherent emptiness of our Being.

The key cannot be too long or too short, cannot have the slightest defect, or the question would remain.

A metaphor, then, in order to be relevant for many minds, has to stay [as close to Truth as possible](#), and should barely begin to touch the world of mind, or concepts.

## Who am I? Personality beyond conditioning

Personality can only be allowed, not created

Personality is beyond the conditioned body/mind. When we act from/in the Now, without reference to past experience, our personality shines forth. The ego, on the other hand, is our conditioned self - the one that refers to past experience out of fear to get it 'wrong'. The more one recognises True Nature, the less he is bound by rules or boundaries that tie him to a particular character or personality. There is great freedom in being whatever the moment requires one to be.

It is an interesting journey to be on - to be constantly surprised by one's own words and actions.  
It is really fun :)

Explore how to know yourself as the Now through meditation.

## The limits of logic

Imagine equations being continuously and invisibly written on blank pages.

Can you, if you only saw mathematical equations being written on page after page, infer that there is a mind writing it and calculating things? It would be really difficult, since all you see is the numbers being written.

This world is like this - we only see the numbers, and the very apparatus for seeing is itself a number. So, through numbers, you would not be able to prove what is creating the numbers, or what the numbers are made of - this is what science is trying to do.

Yet, so far all that science has found is smaller and smaller numbers - it is getting closer and closer to 0 or infinity. In order to understand what is happening, you have to recognise what it is that allows you to be aware of numbers in the first place. That's where the answer is. You cannot use logic or science to know something that is not a number.

It is not suggested here that Awareness is a 'higher mind' that controls and manifests things in a particular order. Instead, there is nothing else but Awareness.

Find out more about this through the post: '[nothing is random, yet there is no purpose](#)'.

## Not-knowing vs. Knowing

The 'don't know mind' is a mind which is like a child's: open, curious, empty, playful. It has no previous experience to compare what it is experiencing now with. The world is a playground. And that is correct perception.

Yet, not-knowing is still a concession to the separate self - it is still in the realm of perception. There is a looker and something that is looked at. It can be a step in the journey to Knowing, but is not Knowing itself.

Knowing equals no separation. It means knowing that the experience and the experiencer are one and the same substance. It is no longer on the level of mind, it is the Source of mind. The mind, and every other experience, are a mere part of Knowing experiencing itself.

Not-knowing is the best a separate mind can do.

Knowing is the acknowledgment that the separate self never existed:

The heart opens  
The mind quietens  
The muscle soften  
The breath deepens

Slowly, the focus on any particular object – thoughts, feelings, sensations, sounds, sights, time – fades away. You simply are.

From a cloudy sky, you become the Sun.

Here, there is no difference between a thought, an object, a person, and God.

The body is no longer felt. It is replaced with transparent Light.

There is no separation. There never was.

Continue your exploration by reading about the non-dual perspective on [the limitations of the mind](#).

## Spiritual discipline vs. purifying the mind

Disciplining the mind implies conflict. It implies not doing what part of you wants to do, and doing something different instead.

Purifying the mind, on the other hand, means looking at why you want to do something that has some kind of negative consequences in the first place. Once you find the source of this desire, and understand that it comes from illusory fear, the mind would not come up with such desires again. The most direct way of doing this is to [genuinely ask 'who is the 'I' that ...' - and finding only Consciousness](#).

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A clear mind is a mind without contradictions, a mind that knows Source. Such a mind can only Love.

Being Truth, each thought effortlessly re-aligns with your actual experience.

Purify your mind, do not discipline it.

## The space of No thought

I feel like saying that a lot of people link meditation to a space of no thought.

But meditation really is resting as awareness, whatever happens.

So the space of no thought again is part of the journey.

It's that recognition that there is something more to me than my thoughts, which is huge.

It's a massive insight.

And then when there is no thought, the first time maybe we experience a peace, a presence, a happiness that we haven't felt before,

that is already here, that is not dependent on a person or an object or a possession.

And then because of that, we start trying to get back to this space of no thought.

And eventually when we recognize ourselves as awareness, we know that awareness remains whole and complete.

Whether there's a hundred thoughts or one thought or no thought, it's all the same.

So this is the Nondual teachings.

It doesn't even suggest to try and seek a particular state of the body-mind.

It just says you are awareness itself. The mind sometimes appears, sometimes doesn't.

It doesn't matter. And because this event is called Applied Nonduality, I want to explain how this works in day-to-day life.

In day-to-day life, by understanding that thoughts simply appear, therefore actions and behaviors and beliefs and feelings,

all of that also simply appears. There is a level of acceptance, there is a level of peace that is simply there because there is no doer,

because there is no controller, because there is a pattern that is way beyond what the mind can understand.

There is a surrendering, an acceptance, and that combined with the knowing that our true self is love, is fearless, is changeless,

leads to, in my case at least, a curiosity, a sense of openness and desire to see what will happen next by staying in the present,

witnessing.



## Embracing all thoughts

great meditation need to practice a lot to maintain the awareness for more than a nanosecond yeah and what's nice is first that with practice it becomes easier and easier and second that awareness is always here so whether we are experiencing it whether we are resting as awareness and experiencing this wholeness this pure bliss or peace or not the more we are on the path the more we understand that it doesn't matter and that it all unfolds as it should and that openness also sometimes followed by more contraction and tension so it's always the background it's always the constant and just knowing that even intellectually helps to kind of surrender a bit more to stop trying to to reach a certain place of being and then paradoxically it happens more often you use the comment that trying to stop thoughts is like throwing pebbles in a

stream can you expand on that concept how to embrace and let go thoughts yes I did say that in one of my meditations and the way I see it is that thoughts appear effortlessly in awareness one by one and when we try to change them it's like there's a thought or a self that forms and it says I don't want that thought which is itself at all it's trying to counter thinking with thinking and to me that there's a stream of thinking that is ongoing and then there is this trying to change it which is like throwing a pebble in a river it may work temporarily eventually there's a flow that is bigger than this small trial small tool trying to change the current so that's what I mean that it's easier to realize that we are not the tools realize that we are the awareness the observer of the tools and therefore this observer remains changeless independent of the the strength

of the current of tools so sometimes the current is strong and then difficult and there's overthinking and overwhelm and at the times it's quiet it is still it is barely moving and in both of these cases the observer behind the tools remains the same changeless in equanimity

with both so that's how to let go of thoughts to realize that we are not the thoughts and their content doesn't impact ourself and once again with this meditation that we did it shows that there is

a deeper space a deeper presence that is there that is constant and allows thoughts to unfold exactly as they do let me know if this makes sense so yes but I wish I had a switch to turn them off

if you and it might be annoying sometimes I'm aware that I try to talk about resting as awareness or being the observer and and it's not accessible at times but I'll just continue here to if you can to follow me on this that there is awareness and thoughts and then a thought saying I wish I have a switch to turn these thoughts off so this is itself a thought appearing in awareness and awareness remains observes watches witnesses every tool including the thought saying I don't want these thoughts and in my meditations I often say embrace everything exactly as it is including the resistance to what is and this is what I mean it's like we know that we are not the tools but then when there is another tool that comes and says I don't like these thoughts we identify with this one with the second layer of thinking and and actually we are even not that we are still the awareness behind every layer of thinking we are just watching the resistance arise and fade the thoughts come and go all of them and we remain present and change

## Healthy habits becoming addictions

At one point, do habits and hobbies become addictions?

I have seemingly healthy habits such as working out and starting businesses that often turn into addictions because of all or nothing personality. I struggle with balance.

Where does resistance come into play in those scenarios?

That's such a beautiful question and it comes from understanding that freedom, that love, that happiness does not come from objective experience.

So in one case, for example with writing a song let's say, in the first case it just comes through me, I love doing that, I love getting into the music, feeling into what text I want to write, feeling into melodies, it comes from pure love.

And then the mind attaches, it says this is my happiness, this is my bliss.

And then it says I want to make another song and another song and because the pattern is



not what generates the bliss, the happiness, eventually it comes from resistance, it comes from okay, I don't like what is, I'm going to make a song.

That's when it comes from resistance because it doesn't flow naturally, it doesn't just come from this pure consciousness, pure awareness, driving your body-mind to this music. It's about feeling into where you're coming from.

When you work out, does it come because of a natural desire in that moment, that's all you want to do?

Or does it come because there's thoughts like it's good for me, that's what I did yesterday at this time, that's what I should be doing, and other thoughts like this that do not just come kind of spontaneously in the moment.

Let me know if that makes sense.

Absolutely that's a far more joyful way to live, following our curiosities and desires in the moment.

And also what happens, or what happened for me is that by doing that, it's like you said I'm running a business and you're working out.

When you follow your desires in the moment, you don't follow the old patterns and so there's new possibilities that emerge.

So working out, for example, you don't always feel like doing cardio in the gym, so then you try yoga, then you want to try tai chi, then you want to try kung fu, then you want, I don't know, something different, boxing.

Just to feel what it feels like in the body and I think it's very exciting to keep rediscovering in a way what our desire is in each moment.

## **Understanding and letting go of addictions**

And I have talked in previous events about what I call the meta-reality of feeling because everything happens to us for a reason, everything is perfectly planned for all of us to awaken to our true nature and part of that awakening is letting go of resistance to what is.

So there are events, there are people, there are things that happen which trigger these resistances and then there's feelings coming up and then we have to face those feelings.

And addictions come when the feeling that has been triggered in us is too strong, cannot be felt all at once.

You know at times we feel a resistance, instead of reacting we sit in meditation, we feel into it, we let it unfold, we see from the eyes of love and then we can go back to the person or situation with a different perspective coming from love, not resistance.

And addictions come when the feeling is too strong so we can't really do that, we have to engage in this negative pattern and it can be anything, you know, each of us is different.

So there's the standard addictions like drugs, alcohol, sex, repeated negative behaviours, endless watching of videos and movies, sugar, gaming, you name it.

So there's so many ways in which we cope with the intensity of the feeling that has arisen.

And just understanding that, just knowing that this is resistance and this process that we're going through helps us to see more clearly, to release a blockage to presence.

Then it becomes easier to accept it, to allow it and not resist it as much and funnily enough when we don't resist it as much, it is not as painful.

It comes from a sense of avoidance, you know, I don't want this so I will engage in this pattern but ultimately it helps the releasing of the avoidance because sooner or later the pattern stops and then what happens?

Then we have to feel all that has come up, all the resistance plus the triggering, the emotions that arise from engaging with the pattern.

So that's why I say that it's more than just the first feeling, it's such a large feeling that it needs this process of addiction in order to be fully felt.

Just like thoughts, feelings simply arise in awareness.

Just like thoughts, they can be subtle, they can be easy to allow, or they can also be more tense and sometimes difficult to feel all at once.

A useful metaphor here is to think about feelings as waves.

Some waves are very small, barely noticeable on the surface.

Others are a bit bigger.

And third ones are large, even tsunamis.

What this means in experience is that in the first case, the feeling is small, it is barely

noticeable, we can focus on it or not, it kind of goes away on its own.  
The second type of feeling requires us to make space, to sit with it when we are alone.  
Requires us to make space, find time to meditate on it and process it consciously, understand where it comes from  
and realize the lessons that it is there to teach us.  
And the third types of feelings are so strong that sometimes we have to engage in unhelpful behavior, that often comes in the form of addictions in one form or another in order to process the totality of the emotion.

## **Doubting your experience**

Mary, you say, for me, it's the letting go and just being that is hard to grasp, but I continue, right?  
It sounds like you're on the right path, and I say that because you say it's hard to grasp, but I continue, so you're already doing it.  
You're already kind of going in a direction that you can't quite even understand or make sense of, and yet you keep going, and that's beautiful.  
That's exactly the path of not knowing, and it's hard for the mind to understand what is happening, but simply let go of these thoughts or let doubts appear, but continue, as you say.  
That's it.  
Just keep going.

## **Struggling to just be**

When I'm just being, I feel I should be doing something, but I'm trying.  
Just being doesn't mean endlessly sitting in meditation, because, and I would actually recommend trying that.  
If you sit for many hours in meditation, sooner or later your stomach will go whoop, and you would want to get up and eat something, or drink water, or you would just have such an inspiration to write something, a short story, a book, or search for something, or message a friend, that you won't be able to hold it back.  
Just being is also allowing all of these feelings, all of these motivations, these tools, these inspirations to flow through us, and let the body move if it wants to move.  
Doing is not wrong.  
I think that sometimes we overdo things, and that's where habit comes.  
We do not because we are motivated or inspired by life itself to do something, but we do it because we've done it yesterday, we've done it the day before, it's what happens at this time, and that's what I would challenge.

## **Who directs the mind towards objects of experience?**

It is of course consciousness that directs the mind towards the objects of experience but it would be probably very good for you to understand this experientially so I propose to do a little exercise and you can do it with eyes open or eyes closed as you prefer.  
And it is just to be aware here now of your actual experience.  
In your experience there are thoughts appearing, the sensations in the body, the sounds around you that come and go and you who are aware of all of these things.  
And now if you focus on one particular object of experience you will see that your attention takes you away from everything else and focuses on that particular thing.  
And when you expand your focus again you are once again aware of more objects of experience. But the focusing itself is exactly the same as everything else, it is just like the sounds come and go, it is just like the sensations that come and go, just like the thoughts that come and go.  
It is consciousness that does all of these things or in other words they appear in consciousness and has consciousness.

## Cartooniser effect: technique for clarity

Hi and welcome to this meditation on the cartooniser effect technique for clarity.

This technique would help you distance yourself from a situation that you find yourself in and know what comes from love, know what to do with clarity and certainty.

Whenever you're ready, take a deep breath in and close your eyes.

You have probably already seen this cartooniser effect at play or may even have used it yourself.

It is an effect that is used for photos that contain things that are very real, tangible and physical, such as buildings or people, and turn them into drawings or cartoons.

As you sit in meditation and breathe, you can imagine your body becoming like a cartoon.

And you can also imagine the same happening to things around you.

Then you can actually step out of this situation and see yourself watching this character on a screen or on a TV, as though you're watching a movie.

Now imagine pressing pause for that movie and thinking about the main character, the situation that that main character is in, and how it came about.

Now if this movie or cartoon was to have a happy, loving ending, in which everyone or most people are happy, what would the main character do?

I really consider several options here.

And pick the one that is your favourite, the one that comes from love, that is in line with the heart desires of the main character.

That's it, it is this simple to find clarity on a difficult situation.

Now you can re-enter the cinema or TV screen and re-enter the body of the main character.

You can remain as a cartoon if you like, or you can feel once again that the body becomes physical and everything around you is real and physical and solid as well.

By doing this and creating distance between yourself and the situation, you give yourself space to think, consider options, and seeing what you really want to do in this situation and what is best for others too.

Thank you so much for listening, I wish you a beautiful, playful day ahead, in which you are clear on what you want, act from love, and stay in touch with your true self.

## What are problems and how to dissolve them?

What is a problem? A problem is always over there. A problem is always a projection.

It is a separation between me over here and the problem over there.

And not only is it separation, but it's something that is not right, that needs fixing, that has to change. And with that problem comes all of the mind's ideas of how it needs to be, why it's wrong,

how to go about it, how to change it, how to fix it. And this underlying thought, this underlying belief that I will be happy when, I will be happy when this problem is gone. But of course, and you've probably had this experience many times, consciously or unconsciously, but as soon as the problem is fixed, the mind thinks of another one. As soon as

the problem with the car is gone, then there is a problem with the sink or problem with the person or something else that causes stress and anxiety. And that is because underlying all of these outside external problems, there is a feeling, a feeling to be felt, a resistance to be released.

And it is only when this resistance is fully felt and fully released that we recognize that actually there is no problem. And not only is there no problem, but you can also be grateful and thankful for the people, the situations, the circumstances that have brought about this resistance, because then you can let it go and you can see more clearly that if it weren't for the stories of your mind, everything is always unfolding perfectly. The way to deal with every problem really is to question the self that has a problem. And what you will notice when you do that is that it's just the mind saying this is wrong, this needs fixing, I cannot be happy while this is going on. But of course, we are not that mind. We are the awareness that is beyond the mind.

So it is about remembering the true self, remembering that awareness allows experience to be as it is.

And there is no problem, no resistance to what is in awareness. One way to question the self is to question the I, questioning the I that has a problem. When the thought occurs, this person needs to change, or I want and I need this person to behave differently.

Question the I, who is this I that needs the person or situation to be different?  
Are you really the mind and the body? Is that situation really outside of you? Or are you the awareness which knows this body-mind, which knows the external situation and for which everything happens within? So these two, the body-mind and the situation are reflecting each other. And your reaction, your resistance is simply there to come up, to be felt, to be released until you see once again and over and over again that there is no problem, that the person was not a problem, that objective experience, thoughts, feelings, situations do not bring your innate happiness. Because it is innate, you are already whole, you are already complete. And that is a changeless fact.

## Understanding overthinking

Hi everybody and welcome to this talk on understanding overthinking.  
And the first most important thing is to know how to embrace our thoughts.  
One way to do that is to sit in meditation and observe them and watch them come and go.  
And when we do that for long enough, sooner or later we realize that we are not these thoughts. They come and go, they keep changing.  
I remember the first time I was told that thoughts have a tempo.  
It was an insight, a revelation for me.  
You know, at different times our thoughts are slower and fewer and at other times they are more and quicker.  
And it is those latter times that we tend to not like so much.  
But what matters more here is that they keep changing.  
The flow of thoughts is not constant.  
It keeps changing both in content and in speed and in all sorts of ways.  
So it's important to understand that we are not these thoughts.  
These thoughts are something that we observe, that we are aware of.  
And we are this larger awareness that is observing both the thoughts and the feelings that come in the mind and in the body.  
So embracing our thoughts is knowing this.  
It's knowing that we are not really affected by them.  
That this awareness, our true self, is constant and it's not changed by thinking.  
No matter how many thoughts there are, you, your true self, is always there behind them, observing them, watching them.  
And the overthinking is just these thoughts, judging thoughts and thinking about thoughts.  
And also not only thoughts but so many different things in our lives that thoughts can go wrong and need fixing and need changing, etc.  
And often these big amount of thoughts are underlined by a feeling, a tense feeling in the body.  
And sometimes the feeling is too tense and so it comes up with something that we can actually feel and embrace and observe, which is the thoughts.  
But if you can, it's always good to kind of go behind the thoughts or beyond the thoughts and feel the feeling in the body that brings them up.  
And that's another way to embrace all of these overthinking thoughts.  
The problem is not so much the amount of thoughts actually.  
The problem is identifying with the thoughts and believing that they are true.  
So when there is a thought saying that a particular situation needs fixing, it is more of a problem to actually believe this thought and try and fix the situation than to sit with it, watch it and let thoughts unfold until we see that actually the situation is not that problematic at all.  
It might require some kind of action and solution from us but it is not a problem in itself, it's just our thoughts that make it a problem.  
And once again this can happen through meditation by observing the nature of thoughts and where they come from  
and especially what happens after we have released or processed these tense feelings in the body that give rise to the overthinking.  
And then we see that it's just a pattern but it's not true per se and we can remain more present no matter how many thoughts and tense feelings there are in us.

One key message of this thought that I want to emphasize is to not try to find a solution if a thought says that there is a problem.

But instead to question whether that thought is true, to question whether there really is a problem and to sit with all of the emotions and the thoughts that come around a particular situation until it is seen that there is actually no problem.

You may have noticed actually, the reason why I say this and how I know it's true is that if a particular situation is stressing me out and I try and find a solution and fix it then even when I fix it, my stress, my tension is not over, it's not done with so then it moves on to the next thing and I find another problem and another problem.

No matter how many solutions and things I fix in my life, the problem remains because the problem is the emotion, the tense feelings that project themselves onto our environment, our circumstances but also on the thoughts and the feelings themselves.

So again, we should just sit and allow these thoughts and feelings to come up until they dissolve and I promise you that this will happen eventually when we fully allow our thoughts to just unfold and when we fully feel the feelings that are there, then what is true behind them stands revealed, then we know that peace and love and happiness is our true nature and it is the constant and we can just rest with this and be and accept things more and more the more we go on this spiritual path of understanding ourselves, our thoughts and our emotions.

Maria, you said that's me. I think it's not just you, it's a lot of people including myself at times. It's actually quite difficult to see these projections because the mind is so convincing and it says this person is the issue, this situation is wrong and it's fixing and it comes up with so many reasons why that's true.

But still it is not true. All these reasons still come from this tension that has just come up in the body.

We should question all of these reasons and compare also how we see that person or that situation with previous times because maybe in the beginning we saw them more truly and there was love and connection and happiness

and then this thinking and this feeling started coming up that shifted our perspective but it's just something in us that we should sit with until we see this initial love again.

Yes, Maria, it is not easy but it also gets easier and easier and also reminders are always useful.

And actually one thing to do which is linked to reminders is that a big step in understanding overthinking and dealing with those thoughts is the recognition that it's happening.

So anytime you feel like you're overthinking something or that there is a feeling in the body, then you can tune into Inside Timer. It's a great place or YouTube video.

So something that is a reminder of what is true and that points you back to a kind, gentle and easy way for you to be with all of these thoughts and feelings.

Thomas, hi. What if the situation involves someone else and they're not willing to communicate? It does sound like a tricky situation when you see a problem with someone and they're unwilling to communicate back.

I think if they're really unwilling to communicate, the best thing you can do is to sit with what you feel needs to be said.

You can even write them a letter or an email without sending it, just to get what you want to be said out of yourself and feel like some kind of communication process has happened within you.

And even that will make it easier to accept the situation and maybe have more patience or just to make space for the other person to also go through what they're going through and the reasons why they're not communicating.

What I find sometimes is that when something doesn't happen in the world, like when I'm expecting a message from someone or when I want things to happen a certain way and they're not happening, then there is something within me that needs to shift a bit.

I need to understand something about the situation and then suddenly messages come and what I've been expecting comes and it's usually when I have no huge desire to get that message or when I've released some tension around the situation.

There's some kind of opening up that happens there.

Thomas says it's not a big deal but a close relation said they were upset after a situation. I have messaged them but they haven't replied. Seems strange because if it upset them, why don't they read my message to see what I've said?

Yeah, and in these situations where we're waiting for something, I think that's probably where overthinking happens the most because the mind begins to imagine all sorts of scenarios as to why they haven't read the message, why they're not replying.

Did I do something even more wrong than what I think I did? You know, just thoughts like this and usually, again, the funny thing is that there's a reason that we have completely not expected as to why they're not replying.

That is very simple and maybe they just apologize, you know, saying, oh, sorry, my internet connection was down so I couldn't read messages, something like that.

Yeah, so it is about feeling these things that come up and knowing that they're not necessarily true and that in this situation especially, you don't actually know why they're not replying.

So yes, just being patient is the best thing you can do and also it sounds like you have done your part, you know, you have messaged them, you have explained what you need to say and so that's it.

Your part is done in this, the ball is in their hands now and sometimes that's the best we can do, the best we can do is to be our kindest and most loving self and then even if it's not appreciated or it's not seen, that's not our issue anymore and we know that there is no fault in us, in our behavior.

That's also a way to embrace this overthinking and forgive ourselves and them.

You said earlier that you like to keep busy and push the feelings and the thoughts away and I think a lot of people do that and also I think sometimes there's no choice because the feeling is so strong and you just need to do something.

But what's also interesting is that it takes a lot of energy to do that because it takes energy both to suppress the feelings and also to do something in the world.

And when we open up to the feeling and it releases, then there's a lot of tension that is released and also a lot of extra energy that becomes available to us and this is true creative potential because it doesn't come from a feeling of I need to do something.

It comes from a feeling of I am free and I can do so much out of fun, I choose to do this. It's a very different energy to your activities and they tend to also bring more results.

Yes, some are absolutely. If not processed, they manifest as illness, stress or disease and that's the pattern.

If we don't see them early enough, then it gets kind of worse and worse because the body and the mind is trying to tell us, notice this, notice this, look at me, I'm here, don't push me down.

And once we go into the feeling, then it is allowed to dissipate, to dissolve.

And the more we are on this journey, the more aware we become of the whole body and the mind and the background thoughts and the thoughts we are more conscious of and the quicker we can see that there is something that needs attention.

And we can go into it and feel it before it turns into a bigger illness or stress.

Karen says sometimes they are overwhelming and that's true. It's sometimes very difficult to do this.

Actually a lot of people, you know, they work a lot of the time and then they have a holiday and during that holiday, the first few days, they are just sick.

It's because they have finally allowed their bodies to rest and they finally relax in their minds and in their bodies.

And the sickness then is releasing. It's the body saying thank you for finally allowing me to rest.

And often we don't like being ill on holiday, but actually it's a good thing because we are becoming more present. We are coming in the body. We are noticing what's there and allowing ourselves the rest that we need.

I think I will end the event here if there are no more questions. So thank you all for being with me.

It's been a real pleasure to talk about all of this overthinking and thank you for all your questions and for sharing what you shared.

Please do follow me on the platform because I've been doing more events recently, so just to make sure you're notified.

And if you liked this talk or any of my other meditations and talks, please feel free to share them with people that you think they're relevant to.

And one last thing, donations also help me a lot because first I know that what I've shared is relevant to you in some way.

And also I can then find you on the platform and we can continue the conversation and they help me know what is important for the Inside Timer community and to keep serving you all.

Thank you so much. Have a really beautiful day. Love to you all.

Thank you.

## **Simplicity beyond the mind**

So let's breathe in and make ourselves comfortable.  
Arrive in this moment  
with the totality of your experience.  
Which would include sensations, thoughts,  
maybe sounds, input from the senses.  
And the knowing that right now there is awareness, the awareness of all of these things.  
And the mind is one of the things that we are aware of.  
All that we are aware of is the mind.  
During deep sleep, we are aware without having an object of experience to be aware of.  
And then we wake up back into the collective dream.  
And the mind is powerful enough to say, look out, look into the world, look at the body, but don't  
look at me.  
And in this, don't look at me, it pretends to be you.  
In that sense, it projects itself onto the world.  
And all that it wants is peace and happiness.  
So it tries to find it by creating peace in the body,  
by creating perfect circumstances in the world,  
a perfect relationship, a perfect job, a perfect way to spend every day.  
But even if that perfection is achieved on the level of the body or the world, it is only temporary.  
And then something happens to shift it.  
So the mind seeks again. It's like, no, no, make it back as it was.  
You were happy then, or you will be happy in the future.  
So the mind is constantly trying to manage life, to make things better, to improve the so-called  
self through personal development,  
to improve the body through Qigong or yoga, constantly seeking a more perfect or better state.  
And of course, that is the game of the ego. It is always hiding itself and also always seeking,  
always dissatisfied.  
So non-duality comes to remind the mind that it is part of the whole.  
The mind is also an object of awareness.  
So the peace and happiness or the simplicity that the mind is looking for is actually its very  
source.  
But since it itself, the mind cannot find that source, cannot be that source, it is trying to replicate  
the peace and happiness that we effortlessly are by projecting it outwards.  
So at first we are recognizing this and becoming the observer of the mind and the body.  
The spaciousness within which they appear.  
But that is still not non-duality because there is the awareness and the objects of awareness.  
So then we can come closer to the thoughts and the sensations and recognize that since they  
appear in infinite awareness, they must be made of awareness.  
And this is pure simplicity.  
Here there is just awareness.  
No need to manage anything.  
And then the mind becomes an expression of this simplicity.  
When resting as awareness, the thoughts that come are in line with what is true.  
The ideas, the desires that come are in line with what is true.  
They are non-personal and expressing love.  
Expressing oneness, expressing the whole.  
When we abide as love, there is only one path.  
There is no right or wrong.  
There is just acting with the understanding of oneness.  
The rules that the mind has devised no longer apply.  
The behavior is not based on previous knowledge.  
It is arising spontaneously now.  
The mind will never get this, but it will always try to always try to find patterns.  
Why did the body heal?  
Did this thought manifest this?  
Did that happen because of this?  
But we cannot know.  
It is all arising in awareness, without causality, without a doer  
The best that the mind can do is to accept that it doesn't know.  
Whereas awareness effortlessly knows itself alone.

Thank you.

## **Sleep technique: you are already dreaming**

Hi and welcome to this meditation called sleep technique, you are already dreaming. Have you had the experience where you awaken within a dream and you realize that it is actually a dream?

Well in this meditation we will reverse engineer this process by imagining that you are already asleep.

Take a deep breath in and close your eyes.

Maybe you have already had this dream in which you dream that you are asleep in your bed. Imagine that this is the case right now.

You are already dreaming.

Your experience now is of the dream character sleeping in bed and everything that you have done so far.

Whether you have checked your phone, played a game or written a message, or if you have been turning around in your bed trying to sleep, whatever it is that you have just been doing, that was also part of this dream.

My voice in this meditation is the dream.

You can continue dreaming from here.

Let your imagination be free.

Any thought or feeling that you have now is part of the dream, any image that appears, any idea that comes, is free to unfold in any way it likes.

That's it, I didn't tell you anything new, except reminding you that you are already asleep.

## **Sleep technique: lotus visualisation**

Before we begin the actual visualization, please have a look at the description of this track for further suggestions.

Also, I want to emphasize that the most important part of falling asleep is to know that our true self, awareness itself,

remains aware, remains present, even in deep sleep.

Deep sleep is not the absence of awareness, but rather the absence of objective experience, the absence of thoughts, of feelings, of a body, of a world.

Knowing this deeply will help you relax the idea of needing to sleep, to let go of its importance a bit more, which would as a result help you to fall asleep.

Now let's begin.

The way this visualization works is that we create a bridge between waking life and the dream state.

Sleeping is falling from the conscious mind into the realm of the unconscious, into the realm of the body.

As such we will focus on the throat, to go into the body and out of the mind in order to fall asleep.

First take a pen and a pencil and draw the shape, that is the image of this meditation, a few times on a piece of paper.

Draw it slowly, focus carefully on the shape of the petals of the lotus and draw it all at once without pausing, just keep moving your hand.

The reason to do this is to already begin to get into the body, to let go of the mind and see what it feels like to draw this shape in particular.

When you feel ready you can get into bed and use your hand as a pencil and draw the shape in the space in front of you.

By doing this we are once more letting go of being in the mind, going into the body and also letting go of the world of form.

Your hand is now your pencil, your paper is space.

After you have done this a few times you can close your eyes and take a few deep breaths. Focus on your throat as you do so.

Now moving one step deeper into sleep. Your pencil is your imagination, your paper is your throat. You will draw the lotus around your throat, vertically as you are lying down and the center of your throat will be the center of the flower.



Start by drawing the first petal very slowly. Once again here you use your imagination without stopping, just keep drawing, keep forming that first petal and slowly moving into the second one. And as you continue drawing you will see your mind beginning to dream. Without realizing it you will be asleep without even finishing the drawing.  
Thank you for listening. I wish you a good night.

## **Understanding projections and feelings**

Hi and welcome to this meditation Understanding Projections and Feelings.

Often people have the question what comes first a thought or a feeling and the answer is definitely

feelings. Underlying all thoughts there is a feeling whether we are aware of it or not and the more we open up the mind the more we find this space between thoughts the more we can connect

to the body and feel our feelings and let them go. A projection is simply a feeling that is projected onto part of our manifest reality and all of us have different ways of processing these feelings. Some project onto relationships, on food, on sexuality, on alcohol, on drugs, on work. Whatever it is that you project on that is your way of processing the feelings that are underlying that projection. What this realization helps with is knowing that there is nothing going wrong and no one to blame. In fact blame itself or judgment is itself underlined by a feeling.

That feeling creates a thought that resists what is. So whenever you can just remember that it's only what you're experiencing in this moment. If anger arises in you then you would find something

or someone to be angry at. If anxiety arises within you then you would find reasons to be anxious. If depression arises within you then you would find reasons to be depressed. And the other

side of this is that if happiness arises within you you would find reasons to be happy. If gratitude arises within you you would find reasons to be grateful. But in reality none of these reasons matter. All that matters is what arises within you moment by moment. The more you feel your feelings the more you also get in touch with the space between feelings or knowing the body itself as transparent beingness, transparent awareness. And over time as you continue along the spiritual path you will know that the body itself is made of the same awareness, the same presence, the same field which connects everything and everyone and out of which everything is made.

To support you with this process of feeling your feelings you can listen to the talk

How to Feel Your Feelings which I have also uploaded here on Inside Timer.

Thank you for listening, I wish you a beautiful day ahead.

## **How to stop thinking**

How to stop thinking in three stages.

Let's start with stage one.

Since you have found this meditation, you already know to a large extent that thoughts are often problematic and that you are not only your thoughts.

Indeed, you have figured out, consciously or unconsciously,

that everything is okay in the present moment if it weren't for your thoughts.

Maybe you have worked on trying to observe them, control them, change them, tried a whole lot of practices that didn't really work, and are feeling a bit stuck in life.

That's perfect. It is exactly where you are meant to be.

Stage one is the stage that you will understand most fully.

It is the stage that you can remember and apply.

Notice now that you are thinking.

It

does not matter what you are thinking about. Just notice that there are thoughts appearing in your mind.

Maybe it seems to be a seamless and endless stream of thoughts going through your mind.

That's okay. Just keep noticing.

Now, choose a thought that you have just had and repeat it in your mind as a sentence.

For example, let's take the thought, the sky is, in essence, free from clouds.

Slow it down.  
Notice the space in which the thought appears.  
Notice that the space is also between the words.  
Slow it down further, expanding the space between the words.  
The sky is in essence.  
Free.  
From.  
Clouds.  
Gradually, you will be able to rest into the space.  
In stage one, this is your practice.  
Make not thinking your highest priority, more important than anything else.  
Any time you have a minute in which thinking is not required,  
focus on expanding the space between the words appearing in your mind.  
The amount of thoughts you initially have does not matter.  
It may be difficult to start with,  
but over time you will only notice one word pop up before it fades back into space.  
Be the spaciousness, not the words.  
You will begin to notice that the words appear in you and not you in the words.  
This is the true meaning of you are not your thoughts.  
This is the true meaning of you are not your thoughts.  
Stage two is resting in the spaciousness.  
It no longer makes sense to the mind.  
There is nothing to understand, to remember, or to try.  
Just do it. Just stop thinking.  
While being the spaciousness, notice the world around you.  
Isn't it peaceful?  
Isn't it effortless?  
Isn't it free from suffering?  
Notice also that no one is ever thinking.  
Without thought, what is actually seen is forms that are either static or moving.  
Here, there is no thought, no mind, nothing other than what you see and experience.  
It is not okay, or perfect, or beautiful. It just is.  
Be that isness.  
In stage two, we move from trying to do to simply being.  
Be here now, without thought.  
It is easy, isn't it?  
If you do find yourself thinking, don't worry, it does not mean that you have failed.  
On the contrary, it means that you have noticed that you are not thinking,  
and you have also noticed that a thought has appeared.  
Just go back to not thinking.  
It is very important to say at this point that there is nothing wrong with thinking.  
If it happens, that's okay.  
Your essential self is not affected by it in any positive or negative way.  
In fact, thoughts have no inherent meaning.  
They are just private sounds appearing in the mind.  
Meaning is then superimposed on those symbols, and often identified with.  
We are aiming to stop thinking, not to suppress our suffering.  
But out of curiosity about what is beyond thought.  
By accepting and loving thinking, it can stop.  
Embracing thinking for its usefulness and not usefulness  
is what creates the space for it to drop completely.  
Suppress it, and it will keep happening.  
Feeling guilty around thinking, and therefore adding thoughts to thoughts,  
is what keeps thinking alive.  
It is what is constantly creating the dualities of good and bad,  
right and wrong, beautiful and ugly, peaceful and stressful, etc.  
Blaming yourself by labeling something as a failure is a big part of the problem.  
You cannot fail.  
You are inherently not thinking.  
The natural state of your mind is to be quiet and empty of content.

It is only because of this emptiness that thoughts can appear.  
Do not engage with thoughts, simply stop thinking.  
Stage 3 is knowing yourself to be the spaciousness.  
Notice that no matter how much your world shifts and changes, you remain aware.  
Awareness itself is not bound by any thought.  
Since it is all-encompassing, thoughts appear and disappear in it, and are made of it.  
Again, this does not make sense to the mind.  
I am is far beyond what the mind can understand.  
Resting as this I am-ness, thought is no longer required.  
The I am-ness is pure peace, pure happiness, pure love, pure acceptance.  
It is the essence of all things.  
The true purpose of thought is to make this consciously known to you.  
Once this purpose has been completed, it is only required rarely for practical reasons.  
Be the I am-ness and ask yourself,  
Have I ever had a thought?  
Has the spaciousness ever become limited?  
Or am I just as aware as I always am, independent of what is experienced?  
There is no doer here.  
You are aware, and that's a fact.  
Awareness is not created. It does not have a beginning and an end.  
Just like thoughts and feelings appear in awareness without anyone doing anything,  
in the same way the whole world moves.  
You cannot stop thinking, since the you that is pretending to stop is non-existent in the first place,  
and the you that you actually are is not thinking. It simply is.  
This is what is meant by true thinkers don't think.  
Thank you.

## **Understanding addictions**

So whenever you're ready, let's take a deep breath in, close our eyes,  
and return to the present moment.  
Notice that right here, right now, everything is okay.  
There are thoughts, there are feelings, maybe sounds.  
There is a deep sense of presence.  
And when we focus on this presence, this awareness, which knows these thoughts, feelings and  
sounds,  
the awareness itself is always here, ever-present.  
Changeless, it is not affected by those thoughts, feelings, sense perceptions.  
It simply allows everything to flow through it.  
And it is key to understand this, that there is a part of our experience, our true self, which is  
always complete, always whole.  
Never affected by an experience, changeless and ever-present.  
And part of our human journey is to return to this presence, to know that it is always here, to know  
that it is who we are.  
And of course, a part of us is conditioned to believe that we are the body-mind.  
So the spiritual path is a journey of realignment of this true, pure presence awareness with the  
beliefs that we are the body-mind.  
And in order for this realignment to take place, the body-mind has to heal its perception.  
To see that our beliefs so far are not true in experience.  
That we have been seeing our self as limited and temporary, whereas in fact we are eternal and  
changeless.  
So, addictions, negative patterns and resistance to what is comes to bring up these false beliefs,  
to challenge them to question the self that we believe our self to be, and return once again to this  
presence.  
And the body-mind is an intelligent mechanism. It knows exactly how much it's ready to take on  
at any moment.  
In this way it is progressing towards its own healing. And every step is a step closer to presence,  
to truth. To a deeper realignment with what actually is.  
So this was the understanding addiction part, and now the letting go of addiction.  
It is not necessarily a letting go of the pattern. The pattern will eventually stop, by itself.

So it's not about trying to stop it, not about trying to resist it. Of course we should do our best to not engage with it as much as possible.

To stay present, to stay in love, to be mindful. But when we do engage in it, we have to be compassionate, we have to be loving, to know that for some reason this was meant to happen. Because the guilt and the shame are also part of the pattern. If we can we should embrace them and allow them, and in this way they dissolve.

When we love ourselves fully, when we allow all patterns to be as they are, then there is less shame, less guilt. We can also talk about it better, we can ask for help.

So the letting go is more on the level of being our true self, knowing that we are changeless, whole and complete at all times. Knowing that we are not affected by these patterns.

Knowing that the body mind is healing in this way, that our perception is becoming more true.

So it's more a letting go of the identification with the pattern, a letting go of the identification with the body mind. And allowing this healing process, this healing journey to take however long it takes.

And when we can, to return to presence, to awareness, to the breathing. To what is actually here now, to the present moment.

You can now take a few deeper breaths in.

And open your eyes and return to our conversation.

## **Applied Non-duality: Exploring the mind**

Hi everybody and welcome to this live event on Applied Non-Duality Exploring the Mind.

This event is the second of a series of six events that I will be doing in the next few weeks.

Last week we started with exploring self, finding who we really are and the implications of that.

This week we'll explore the mind and the fact that thoughts effortlessly arise and the implications of that.

So the event will start with a short two, three minutes meditation, followed by a talk on the topic and the questions and answer session.

So if you already have any questions or if anything arises for you as you listen, please let me know in the chat

and I'll be very happy to answer you to continue our conversations there.

So whenever you're ready, let's dive straight into the meditation.

Take a deep breath in.

Close your eyes.

Simply arrive in the here and the now.

We saw last week that awareness is the constant, that who we are is this presence within which everything unfolds.

And sometimes we forget that we are this presence which is untouched by experience, which is changeless, which has no limits.

And part of that forgetting is because of identifying with the mind or believing the thoughts that arise in the mind.

So in this meditation, let's just see experientially that when we rest as the observer of what is unfolding, thoughts arise on their own.

We are not willing them to come.

They are there. They go in all sorts of directions, some familiar, some new.

What matters for now is to see that these thoughts are happening and to also recognize that we are not the thoughts.

We are an observing presence which knows the thoughts, understands the thoughts, watches them, but remains changeless, independent of the content of these thoughts.

We are not willing them to come.

So that's it.

This simple practice is just what I wanted for all of us to experience in this introductory meditation.

So whenever you're ready, let's take a few deeper breaths in and return to our conversation.

This meditation that we just did is very basic.

In fact, when I first started meditation, that was the first thing that I learned.

I was guided to step back and observe the thoughts without trying to change them, without trying to guide them in any direction.

Just watching them like watching a train on tracks just go.

And it seems like a very simple practice, but in fact, it's quite deep.

And in this talk, I will explain why.  
So the first thing is that they are arising effortlessly.  
They are there whether we want them or not.  
They appear.  
So that means that there is no thinker, there is no doer behind the thoughts.  
And I know that some currents of spirituality encourage us to think positively, to try and control the outcomes, to try and shape our reality through our thoughts.  
And that's great.  
There is a stage of the spiritual path where that is relevant and important because later you realize it is once again a step towards this identifying with the mind.  
The first part of the spiritual path is I am the mind, I am the separate self.  
I believe almost every thought that I have and I have to follow it.  
I have to act on it.  
The second stage is there is something bigger to me, I can control my thoughts, I can guide them, I can direct my life.  
And this is where positive thinking has value, is important.  
And the third stage is recognizing I am the changeless awareness behind the thoughts.  
It doesn't matter to me if the thoughts are positive or negative.  
I am not impacted by them anyway.  
So I can just allow them to be, to unfold exactly as they are.  
And this allowing them to unfold eventually leads to the mind realigning with awareness itself.  
The thoughts become quieter, loving, kind, patient.  
There is no struggle, there is no desire to change experience.  
They just reflect that.  
And recently I was asked a question which I answered with peeling the layers of the onion.  
You have probably heard of this spiritual practice.  
And it's about finding the top level tool.  
For example, I am angry with my wife, let's say.  
And then you dive deeper, you take it from I am angry with my wife to what is behind that.  
I am unhappy with the way things are.  
I need to control my environment, I need to change the way she acts or what she says because it affects me.  
One level deeper.  
I am separate from her and my happiness depends on what she does.  
One layer deeper.  
I am unhappy and vulnerable.  
And so on and so on until we reach this belief in separation that you are not good enough.  
The world is unkind and angry and needs to be controlled, etc.  
And then of course, deeper than the mind is the knowing that who you are is awareness itself, is loving, all-embracing, all-encompassing.  
Cannot go anywhere is always in the here and the now.  
So this is how to explore the mind from a non-dual perspective.  
To explore projection, to explore where our thinking comes from, where we have learned certain thoughts and certain patterns.  
Behind our layers of thought, there is a feeling usually, a feeling of being separate and vulnerable and not good enough.  
It is when we process that feeling, which is more on the level of the body, that the thoughts that are on top of the feeling slowly begin to dissolve.  
And the other thing that is important for today's meditation and talk is to recognize that thoughts appear effortlessly in the mind.  
Therefore, there is an intelligence of life that guides the unfolding.  
Therefore, everything happens step by step in a pattern that is not random, that is here for a reason.  
Every thought, every feeling leads to a behavior, to an action.  
And everyone is doing exactly what they are meant to do.  
There is no way that things go wrong.  
Even if the separate mind likes to think it knows what is best for the body-mind, what is best for the world, in fact, it doesn't know.  
Mark, you say, does non-duality encourage following our thoughts?  
Non-duality doesn't encourage or discourage anything.

It just says we are the presence, we are the observer that witnesses the thoughts, that watches the unfolding, and everything happens at the perfect time.

So whether you follow the thoughts or not, it is all part of the unfolding.

Sometimes, as I said before, you can take a thought, explore it, see the deeper layers, etc.

Other times, you are maybe not so interested, you let it go, maybe you explore it later, maybe you don't explore it at all.

Whatever happens is what is meant to happen.

And I think the most important part is returning to this presence, to this awareness, and knowing that it is untouched by thoughts, by feelings, by circumstances.

It is always whole and complete as it is.

And Mark, I also feel like saying that when you explore your own experience, your own self, your own mind, you also begin to understand that the same is true for others.

So in this event, I always find it fascinating to remember, to recognize that everything is unfolding perfectly.

So anything that I'm feeling, saying, thinking, is as it's meant to be, as well as everyone's reactions here.

Whether they have thoughts, whether they want to comment something, but don't do it, or do it.

Whatever happens is exactly as it is meant to be.

Mark, you say thank you. Yes, it does. I've been practicing presence as taught by Eckhart Tolle.

What you're saying resonates a lot.

Yeah, wonderful.

Eckhart Tolle is a Nandu teacher, although I don't think that, or I don't know if he would call himself that.

But definitely the power of now and the now is the same as the I am-ness that we are, which is the observer, the witnessing of the thoughts.

So yeah.

I feel like saying that a lot of people link meditation to a space of no thought.

But meditation really is resting as awareness, whatever happens.

So the space of no thought, again, is part of the journey.

It's that recognition that there is something more to me than my thoughts, which is huge.

It's a massive insight.

And then when there is no thought, the first time maybe we experience a peace, a presence, a happiness that we haven't felt before,

that is already here, that is not dependent on a person or an object or a possession.

And then because of that, we start trying to get back to this space of no thought.

And eventually when we recognize ourselves as awareness, we know that awareness remains whole and complete.

Whether there's a hundred thoughts or one thought or no thought, it's all the same.

So this is the Nandu teachings.

It doesn't even suggest to try and seek a particular state of the body-mind.

It just says you are awareness itself. The mind sometimes appears, sometimes doesn't. It doesn't matter.

And because this event is called Applied Nonduality, I want to explain how this works in day-to-day life.

In day-to-day life, by understanding that thoughts simply appear, therefore actions and behaviors and beliefs and feelings, all of that also simply appears.

There is a level of acceptance. There is a level of peace that is simply there because there is no doer, because there is no controller,

because there is a pattern that is way beyond what the mind can understand.

There is a surrendering, an acceptance, and that combined with the knowing that our true self is love, is fearless, is changeless,

leads to, in my case at least, a curiosity, a sense of openness and desire to see what will happen next,

by staying in the present, just witnessing.

Let me know if all of this makes sense.

God Blue, you say yes. Wonderful.

You say, in daily life, and this may sound silly, but I feel challenged by the use of pronouns. Yes.

Because, yes, there is definitely a point where you know that every word is a concession, that silence is so pervasive and ever-present,

that any concept cannot really point to this awareness, so language begins to fail one.

And even saying I or you becomes like something that feels a bit fake, a bit not precise.

And this is beautiful what you say because love is not a deep connection with someone else.

Love is the dissolution of two.

It is when you know yourself as the other so deeply, when there is such a strong connection that, you know, as you say, you can't use pronouns.

Yeah, beautiful.

God Blue, yes. I like how Eckhart Tolle says that the words are only pointers.

Definitely.

And I love that even though they are unclear or not precise enough, they still convey a lot of meaning and information about where someone else is coming from.

So we can really look or listen to the words someone uses.

And to me as a teacher, you know, that's very important to be able to really hear where they're coming from.

And, you know, as you say, and probably everyone here knows, the words are only, what, 10, 15 percent of our communication.

So the listening, deep listening is not just listening to the word.

It's listening to the full body, the feeling, the pauses, the movements, subtle movements, everything that's going on.

And of course, the mind cannot know all of this, cannot understand all of these signals.

So it is this presence of awareness that is doing the listening and that is answering from a place that the mind cannot know and cannot predict.

Mark, you say, yes, I too struggle to convey in words my state of consciousness when I experience moments of presence.

You're doing a pretty good job of it, though.

Thanks.

And yeah, it's been part of my curious mind's journey has been to really find the most, or at least from my perspective,

the most clear and direct way of pointing to what I'm pointing to with words.

And it's been a very interesting game, a very interesting play of the mind to surrender to what's beyond it, to come back with insights, with seeming new clarity.

But of course, it doesn't ever get more clarity that the awareness is always the same.

So, yeah, it's been interesting.

Kat Blue, you say, I didn't realize until my thirties that since childhood I've used the pronoun we when referred to myself.

Yeah, it's very interesting how people, the inner dialogue, some people call themselves you.

You should have an apple for breakfast or, you know, whatever.

Some say I, of course, some say we.

Yeah, it's fascinating.

In fact, my journey started with neuro-linguistic programming, which was so interesting to see the meaning that every one of us gives to each word, how that creates certain experiences.

And then coming from a non-dual perspective, knowing that the meaning that the mind gives to its own thoughts, to the environment, to other people, to a feeling is, in fact, meaningless.

It's just part of the unfolding, but the unfolding itself is coming and going and is an expression of this awareness that we are.

So, from an absolute perspective, what is true is this awareness, this presence.

Everything else is meaningless.

Kat Blue, you say, pretty much invalidates any argument using words.

Yeah, the argument, any argument is on the level of one mind against another mind.

I am right because I believe in this thought pattern strongly and it contradicts your thought pattern.

Therefore, we must argue.

But underneath this seeming separation, seeming argument, seeming conflict, there is this shared being, there is this love.

Whether felt or not, it is there.

Winning an argument can only happen by returning to this common ground, to who we really are, and speaking from there, knowing that the other person that we are arguing with is a reflection of ourself.

So, doing the most loving thing, because that's what awareness is, love.

So, to be an embodied version of this awareness is to ask, what would love do?

And do that.

Kat Blue, you say, reflecting, yes.

It's amazing how everything reflects everything else that, you know, all of us can have the same experience at the same time in the same place, and yet all of us will project something different on it.

Because it's our own individual dream, it reflects to us something that is meaningful to us in that moment.

So, I said in the beginning that I will tell you ways to go deeper into these explorations.

I have uploaded quite a few meditations, and one of them is called How to Stop Thinking.

It is a three-stage meditation.

And, you know, I think, Mark, you were saying about putting words to the state of consciousness. It's particularly interesting to record or to think about how to record the meditation on how to stop thinking.

So, it was very enjoyable for me to think about ways and what to say to guide people to stop thinking.

And you may find it interesting, too.

And otherwise, I have other meditations like Simplicity Beyond the Mind, some other ones related to the mind, which you can have a look at.

And I also have a course called something like How to Disidentify with the Mind.

It's on my website. You can have a look.

And this course is part of the second month of my six-month program, Applied Non-Duality, The Art of Living in Freedom.

So, yeah, you can also find that on my website if you're interested.

It includes one-to-one sessions, mini courses on different topics.

The next topic is the body, which I will speak about next week.

And, yeah, I think that's everything.

Kat Blue, you say, I really like your track about the river, observing a river without a story to get involved in.

Yes, I'm not sure which one that is.

But I think what I'm saying is watching the mind as a river and that you can try and throw stones in the river.

You can try and have a massive block to stop the flow of the river, but eventually it will just keep going.

And this is what practices such as positive thinking try and do.

They try to force the flow to go in a certain direction.

But although it may work temporarily, eventually the flow keeps going where it's going, which is in a direction that it cannot understand, that it cannot know, that it cannot predict.

And I was telling this to someone as well, that it's fascinating how from our current perspective, we can try and predict our lives.

But if we engage in practices of surrender and of letting go, we can actually never predict where our lives will go

because currently we are in a state that is prior to the letting go.

So we see the future based on this current state.

Once we let go, once we surrender, once we release some beliefs and some tensions in the body, then the perspective opens.

There are new things, new possibilities, new insights that we cannot predict from our current state.

And that's why it's a completely unpredictable path to our separate body-minds.

Thank you all for being here. I hope that you have enjoyed this, that you have gotten something out of it.

And I hope to see you again next week at the same time when we will explore applied non-duality, exploring the body.

Thank you. Have a nice week and see you very soon. Bye bye for now.

## **Conscious Expression: Our Words As Doorways To Presence**

Here is a short meditation to help you be more aware of the words you use in your day-to-day life.

As you may have heard, the truth is in the middle way. It is never in extremes.

And the mind likes to divide things into dualities, into good and bad, right and wrong, comparisons. It likes to make things important, urgent, which inevitably creates a sense of stress



and anxiety and takes us away from the peace of the present moment. And there are some specific words that we use that are not in tune with our true nature. Some of these words include must. I must do this. I must have this. In awareness, there are no musts. Everything simply is. If it happens, it happens. If it doesn't, it doesn't. It's all okay. A similar word is need to or have to. Again, in truth, there are no needs. Nothing has to happen. It is all unfolding. And these words tend to create a feeling of rushing. It needs to happen now. And in truth, there is no rush. There is no need to hurry. Another thing that the mind likes to do, as I said, was to create comparisons between you and others, between different things. So if you find yourself comparing anything, making it better or worse or more or less, any type of comparisons, just think about it beforehand. Think how true it is in experience. And really, all of these words are reminders to come back to what is true. As soon as you catch yourself using them, just notice, ah, I am feeling a rush. I'm feeling the need to compare. Maybe I'm experiencing some kind of tension underneath these words. And of course, pronouns such as I, you, he, she, we, and so on, create a sense of separation between me here and another or others over there. And with these and any other words, we cannot completely stop using them, but we can use them consciously. We can say it just to point to something else, which is still within awareness. It is still here in the very presence that we are. It is just over there compared to the body. So as such, we can use all of these words, sometimes even be in a rush or compare our preferences with someone else's, but without losing oneself, without losing our presence. Thank you for listening. I hope you find this helpful. I wish you a wonderful day ahead and bye-bye for now.

## **Practice: expanding the space between thoughts**

well let's take a deep breath in and just smile at whatever thoughts arise in the mind knowing that they may appear serious or funny or be about the future or the past but when we smile at those thoughts it's like the body remains as the true self the awareness the witnessing presence which knows that in infinity time is a fleeting nothingness so of course nothing is serious and then the mind can be allowed to come up with things and then to kind of expand the the space or realign also the mind with this deeper awareness or knowing we can just grab one of these thoughts that appear maybe repeat it a few times notice the speed at which we repeat it then just taking the first word and adding a pause between this first word and the second word and then just repeating the first two words of the sentence even if they don't make sense together or incomplete the first word pause second word first word pause second one so and then maybe just taking the first word and repeating it on its own and noticing the tempo at which it repeats so and paying attention to the space between each repetition and more than the word itself kind of stripping it of meaning so and just noticing that this spaciousness within which it arises is there

before after and during its appearance  
so  
you're going even further the  
word or thought itself is made of the awareness within  
which it comes  
through this practice it becomes clear that  
no mind is the essence of mind  
or in other words silence or awareness is the  
constant behind each thought each label  
it's like a blank page of a book within which  
words emerge and then fade back into the page  
so  
we can take a few deeper breaths here and  
return to our conversation

## The Story Practice

Life is infinite.  
It only takes forms to experience itself as something.  
But no form has its real quality of being infinite.  
That is why the spiritual path exists.  
For us to recognize our own infinity, our own being.  
As the years pass, we accumulate conditioning and beliefs.  
But no belief can be an accurate representation of life itself.  
Because any thought, any belief is a form.  
In order for the body-mind to express life most fully,  
we have to continuously question our beliefs and assumptions, moment by moment.  
Even the truths that I share,  
even the non-dual teachings, however clear they are,  
they can lead us to become stuck.  
For example, the belief there is no free will.  
Yes, that is true. Everything is unfolding on its own.  
However, when the ego takes over the understanding, when it becomes a belief,  
then there can be a tendency to not act, to wait for things to happen,  
to become more passive in life.  
No free will really means things are happening.  
It is simply an explanation of how things unfold.  
It is not there to create shoulds and shouldn'ts.  
It gives no indication for how to act or when to act.  
In its pure form, what this statement leads to is being fully present,  
fully here and now, watching, observing, listening,  
being with the body, being with the mind.  
It leads to an active presence,  
not a passive surrender or letting go,  
not a detachment from life, but a full embracing of all that is.  
This is just one example to illustrate what the practice that I am about to share with you would do  
for you.  
The practice itself is very easy.  
It is just to be with the mind, be with the thoughts that unfold in the moment,  
and call each of them a story.  
It is not true.  
It is not real.  
It is a belief that you have gathered from somewhere.  
So notice how you are in this moment.  
What is present here, in terms of thoughts, in terms of sensations?  
What are you believing?  
What are you holding on to?  
How are you limiting yourself from experiencing life fully in this moment?  
Whatever is here, it is a story.

It will change.  
It is not permanent.  
I will share a few of my thoughts in the moment,  
just to show you how to practice.  
I am a spiritual being having a human experience.  
That is a story.  
In fact, I don't know what is true, and in the not knowing, I am free.  
I am a human being that has spiritual experiences from time to time.  
That is a story.  
Again, in fact, I don't know.  
Things are just unfolding and changing constantly.  
I am awareness, I am consciousness, experiencing all that is arising in the moment.  
That can become an intellectual understanding, not a felt experience.  
So it is a story in that sense.  
I have to exercise more, I have to eat healthy, I have to find the right partner, stories.  
Let them go.  
Be in the moment, as it is.  
This is freedom. This is what you truly want.  
As you practice this way, you will recognize eventually that any belief you hold is there temporarily.  
At first, maybe it is an expanding thought. It makes you feel good.  
But eventually, since it is limiting life in one way or another,  
you have to go to its opposite to recognize that that is also true.  
And then you are closer to experiencing, to being the full spectrum of life.  
Nothing is true, nothing is untrue.  
It is just stories coming up in the moment.  
For life to experience itself from one particular perspective at that particular time.  
Thank you for listening.

## **Start your day here**

What is here now?  
What do you believe about yourself?  
And what the day ahead is for?  
Let go of expectations.  
And be here now with what is as it is.  
Your true self, awareness, is equal in us with things as they are.  
Aim to maintain this equanimity throughout your day.  
Be aware of the patterns of the mind.  
To attach, to create theories, structures, plans.  
And also of the pattern of life.  
To dissolve what you are holding onto.  
To lead you back to acceptance and to presence.  
Remember that only awareness is constant.  
All other structures, beliefs, feelings, people, situations, circumstances are temporary.  
And therefore unstable.  
As such, aim to not be elated by the pleasant situations, thoughts or sensations.  
And to not get depleted or depressed by the unpleasant ones.  
Have no expectation.  
And if you have an intention, let it be to remain present, to remain equanimous.  
Of course, if it so happens that you become attached to something in one way or another.  
Or want to escape a particular experience.  
Then that's okay.  
Let it happen.  
We are all here to learn.  
Remember also that the body is always guiding you, it is always present.  
But sometimes often the mind imposes its habits, its structures onto it and onto the moment.  
But presence and planning in this way are contradictory.  
So be in the body.  
See what each moment requires.  
Maybe you want a smaller or different breakfast.

Maybe you want to keep your tea bag in your cup a little longer.  
Maybe you want to take some time and sit on the grass as you're going on your habitual walk.  
Maybe you want to greet people or be with people in a slightly different way today.  
Let the present moment and the present experience guide the way you are and what you do.  
To come back to presence, ask yourself frequently what is here now.  
Be free, be authentic, be fully you, today and every day.

## The body

### Is the body something you value?

Q: Is the body something you value?

A: The body serves two purposes: first, it is there to help us feel where we are not yet aligned with Love by bringing feelings of lack and insecurity to the surface in various situations. Once those are processed, it is through the body that we express our understanding of Truth (whatever form that takes).

I am not sure that "value" is the right word. I'd say it is always important to listen to the intuition flowing through the body.

Q: You are right - value is definitely not the right word. The question came to me after reading a quote from ACIM that someone posted. I was confused for days about 'valuing' the body. I still value a kiss... does that mean I'm not viewing the body as a temple for love? Maybe 'neutral' is a better word?

A: Yes, ACIM aims to help us remember that [\*Salvation cannot be found in the body\*](#), and can be found only in God. As such the only thing worth placing our faith and trust in for Salvation is God. The beauty of ACIM is that it speaks on so many different levels. That's why the book keeps seemingly changing as we advance on the spiritual path.

It is true that Salvation cannot be found in the body, yet the body remains a (temporary and finite) expression of God. When we see the body for what it is, we are not identified with it, but cherish the purposes that it serves.

The body is 'neutral' or an 'illusion' is a statement that comes from the Absolute understanding that there is only God. My first reply and the paragraphs above speak to a more relative level where we make the concession that there is (the appearance of) a body and a world.

## Suffering is not painful

Anytime you are resisting or projecting tension in your body, remember these five points:

1. *You are experiencing it, therefore you are ready for it*  
If you weren't ready for it, it wouldn't be happening now. You have grown enough to be able to handle it. Keep going!
2. *Be grateful, it is God opening you up to Him on a deeper level*  
Feeling pain is part of the process of understanding God on a deeper level. It is God Himself re-aligning your mind/body to experience and express deeper levels of Truth.
3. *You have suffered from this until now, the pain is the release from suffering*  
By resisting or projecting the pain, you are continuing your agony. Feeling it means you will never have to experience it again.
4. *Underneath your resistance is what you are looking for*  
You can try to find peace and happiness through projection or suppression, but you will never be satisfied - they cannot be found in objective experience. As such, once you feel the suffering, you find that what you were looking for all along was simply veiled by it.
5. *The entire Universe is feeling it*  
Once you are feeling it, the ego would say you are alone and it is difficult. In fact, it is You, Awareness, that are feeling it (i.e. the entire Universe).

You, Awareness, are never suffering. You are only experiencing an unfolding of patterns that lead the mind/body to a more aligned experience of Truth.

## **Does a dowsing tool give deeper answers than the intuition of the body?**

Q: Does a dowsing tool give deeper answers than the intuition of the body?

A: Yes, it does. At first, it is the intuition of the body that leads to the usage of dowsing tools, but intuition and guidance are two different things. Intuition is instinct that refers to all the information that you have about yourself and the world, and it uses that to make decisions. A dowsing tool is guiding you with all of the information about everyone and everything in the world, and possibly more. As such, by using a dowsing tool you are guided by a Higher Mind. Intuition knows this, and continues along with this Higher guidance as you learn to trust and surrender to Life on a deeper and deeper level.

## **The body cannot interpret sensory information**

The body is a tool, like a microscope. It allows us to see Reality in one particular way. But it is not the one that sees, nor is it aware at all.

I recently learned that in some schools, in order for children to behave better, teachers tell them that objects are animate. For example, they would ask 'how does the floor feel if you jump on it like that?', or 'how does your crayon feel if you throw it this way?'. Well, it looks like that's what we've done with the body, too!

Saying that a microscope is the one that sees, or the one that is aware, is clearly not correct. Yet, we have said that it is the body that sees, hears, tastes, touches, and even makes decisions. When identified with the body, such ideas make sense. But once our True Nature is recognised, it also becomes clear that the body allows us to see Reality from one particular perspective, but it does not know what it experiences. It is Consciousness - the only aware Being - that knows the experience of the body and all that is being perceived.

To understand the above better, explore your actual experience of the body.

## **Finding your true voice**

In addition to the physical body and the senses, another aspect of this earthly experience that makes the mind identify with the body is that, when we speak, the voice comes from the body. Since that is the case, it is very easy to say 'I am speaking', meaning the mind/body is speaking to an external world.

This identification with the body's voice happens because it seems to be a sound that comes 'from within' the body, has an 'inner vibration' in addition to the sound, and comes out of the mouth, which is itself part of the face (which many believe, as a result of societal conditioning, to be an accurate representation of themselves - see my video on this).

However, when we look at experience, we notice first that thoughts appear in Awareness, i.e. there is no thinker. Some of these thoughts are voiced, and others aren't - this is not a choice made by a separate self. The body is something that we are aware of, and - since the Self must be the part of experience that cannot be removed from it - it is not our Self. Finally, the sound of the voice is also something that we are aware of. As such, it has nothing to do with who you are, except that it is a tiny part of you.

Letting go of the notion that you are the speaker will not make you say whatever you want without caring about the consequences. On the contrary, you will know that it is the Infinite expressing itself through the body's voice. With the understanding that the voice never belonged to the body of a separate self, but to Awareness itself, your words become as true [as Truth can be expressed through human sounds](#).

## Can I live with this suffering forever?

One of the most basic human instincts is to resist suffering, to fight it, to want to get rid of it.

In reality, suffering is simply appearing to 'bring Awareness to something'. From the perspective of Awareness (if it can be said to have a perspective), [suffering is not positive or negative](#). And yet, the mind comes up with reasons to remove the suffering, and makes it 'unwanted' or 'bad'. The next step is then to try and 'transcend' the suffering, to turn it around, to reach a better physical or mental state. However, that is not how things work. In most cases, this so-called 'transcendence' of the suffering is simply its transformation into a different form.

After having done all that is necessary to alleviate the suffering, the true and only way to deal with suffering that keeps reappearing is to ask the question: 'Can I live with this forever?'. To a human mind, the answer will always be 'no'. To Awareness, the answer will always be 'yes'.

\*To clarify: physical pain is suffering of the body. Emotional pain is suffering of the mind.

## The brain cannot think

It took me several years of exploration to understand this passage from A Course in Miracles:

"You also believe the body's brain can think. If you but understood the nature of thought, you could but laugh at this insane idea. It is as if you thought you held the match that lights the sun and gives it all its warmth; or that you held the world within your hand, securely bound until you let it go. Yet this is no more foolish than to believe the body's eyes can see; the brain can think".

The brain is unaware, and as such cannot understand thought. The brain is the instrument through which Consciousness can observe itself thinking. And the thoughts are themselves generated by the brain, but made of Consciousness.

Let's look to experience - for example, hearing a sound. Our experience of the ear is one sensation that we are aware of. The experience of sound is another perception that we are aware of. If a hand blocks out the ear, the sensation around the ear becomes larger, and the sound disappears from experience. But both the ear and the sound are known by Awareness, the only dimensionless 'thing' that is aware. Being itself an object of experience, the ear does not know other objects of experience.

The same is true for sight - the body's eyes are a tool through which Consciousness observes itself taking a particular form. The eyes do not know what is seen, it is Consciousness that knows.

Finally, the same is true for all other senses, and also for the brain. The brain allows Consciousness to experience itself in the form of thought.

Saying that the brain can think and the eyes can see promotes the idea that Consciousness is a product of the body, which leads to greed, violence, terrorism, etc. - please see my video ['the hard problem of Consciousness and its tragic consequences'](#).

## **Liberate your body: Non-duality and natural movement**

I have a new course, maybe know already about it, it's called liberate your body, non-duality and natural movement, and there we explore what the body is actually made of, and we start experiencing what is as sensation, as something fluid that keeps evolving, that keeps moving, that is not as solid as the mind likes to think it is.

And already there's so many benefits just from that, when we have a pain in the body, we can imagine it, we can think it is a certain way, but then actually when we start being more playful with this pain, we see that we can open it up, we can extend it in space, we can move it around, so it's not actually as fixed in space and time as we believe it to be.

And then the course goes deeper into non-duality, into our awareness being constant, being still, being empty of experience, embracing everything exactly as it is, and then it talks a bit about movement, movement not only as movement of the body, but also movement as anything that is not pure awareness.

So when a thought arises in awareness, that's a movement, when a new sight emerges in front of us, that's a movement, when a sound appears, that's a movement.

So it's about changing your perspective to what is movement.

And then slowly from there, when you continue exploring how movement arises, you begin to notice that there is a pattern to the evolution, so-called evolution of consciousness.

So you begin seeing that everything always happens at the perfect time, that everything unfolds step by step, that there is never a rush, even when the mind thinks that something is going wrong, that's part of the unfolding, and then the options that appear in front of us and the ones we choose are also meant to happen, so everything is synchronistic.

And then, of course, to go deeper into natural movement, which is actually a movement practice, it talks a bit about the body, about how issues can be stored in the tissues, and therefore it's important to open up, to move in different ways, especially to extend the spine, and to allow all of these tensions to arise, to be processed, and to be released.

## **The body is a thought**

So, one thought appears and disappears and it takes two seconds in awareness, and it's made of awareness.

Then, if we expand that in time, we can say the body itself is a thought.

But it takes just a little longer to appear and disappear.

And if we extend that to the world, the world itself is a thought that appears and disappears in awareness.

And if we extend that to the universe, the universe itself is the same.

To me, to say that the body, like, I feel like my heart gets that the body is a thought, but my mind or brain or thoughts don't get that the body is a thought.

In my thoughts or mind, the body seems like the body is, you know, here in space and time.

It exists whether or not I'm asleep or like if I poke my knee, it's not going to go through it because it's a thought.

To me, if it was a thought, I could put my hand through my knee, but it's like a physical object.

So to say it's a thought doesn't really equate in my mind, but in my heart, I feel it.

When you identify as a body, the body is solid.

If, however, if you see the body as part of awareness, so you are aware of the body, then you are awareness and the body is here, there's sounds, there's thoughts, there's sights, whatever, all happening within awareness.

If you drop the image or the thought of the body, then what's left? And you may close your eyes to see that, but if you didn't know what the body is and you are awareness, what is there?

So, for example, when two fingers touch, one sensation appears within awareness, but you cannot, without superimposing the image of fingers, it's just one sensation.

Or if you don't superimpose the image of a hand, the hand is just like a floating sensation in awareness, right?

And if you do that with the whole body, then if your feet are on the floor, there's probably like, we can call them two sensations there, but then awareness continues below those and above the body and to the side, like everywhere.

And so, is there anything other than sensation to the body?

Wow!

Yes, and now as awareness, if you try to touch the stuff that the body is made of, is it still physical?

Oh!

That's the real body.

Wow, that's too much.

That's too much.

Okay.

I need to keep exploring that.

Cool.

## **Walking meditation - cannot take a step towards yourself**

The presence of being, stepping into the unknown, is now covering the ideas of what is here.

Every sound happening within, every step happening within.

And yet, every step cannot possibly bring me closer to who I am.

I cannot step towards myself, because I am myself.

By awareness, I am aware of all trees, all steps, all sounds, all beings.

Indeed, all of these aspects of experience are made of me.

There is nothing but I here, and the body is part of I.

This part of who I am is an object of awareness, just like the mind, just like all thoughts, just like all feelings, all sensations.

Beingness is what underlines and underlies all of this experience.

The body walks, but moves, conversations change.

And yet, if I look for a doer, I do not find such a doer, such a being doing.

There is only being, being myself.

## **Grounding meditation**

Hi everyone and welcome to this 20-day meditation program.

This time it won't be about the non-duo understanding or how life works on the level of awareness

and the mind, but this time we will go straight into the body.

And the way it's gonna work is that we'll start very gently, some methods that you've probably already tried, and as the days go forward, we will go deeper and deeper into the actual experience of the body.

And then eventually, for those of us that are ready to let go of the concept of the body, letting go of having control or trying to change the way the body feels, just embracing it as it is.

And the reason why it is important to do a program like this is because no matter how advanced we are on the spiritual journey, the way we act often is a consequence of the way we experience the body.

So when there's a feeling that has not been seen or a sensation that has not been released, the thoughts that come to us and subsequently the actions and behaviors and relationships and things that we do in the world become a reflection of this feeling.

So to avoid this and to be at peace, independent of what the body is feeling until the body itself is at peace, it is necessary to some degree to explore the body and to go deeper within.

So these meditations will be slightly longer than the previous program because exploring the body needs more time, at least in my experience.

So let's dive straight in in the first meditation by breathing in

and just easing into this moment, easing into your chair or sofa, wherever you are sitting or lying down, and letting the body relax.

From the forehead to all the muscles on the face, the muscles around the eyes or cheeks, the jaw, letting it relax but also keeping the spine straight as it does so.

Moving down to the neck, again letting the neck be relaxed but still hold the spine straight.

And relaxing the shoulders and the arms, the hands, the heart area, solar plexus area.

And with each exhale just relaxing a little bit deeper.

The reason for keeping the spine straight is not to fall asleep, it's to remain fully alert, fully aware, but with a relaxed body.

Very often alertness or vivid awareness is associated with a tense body but that is not



necessarily the case.

You can be very relaxed and very aware.

And as you reach the belly area, just take a deeper breath in and hold the breath for a couple of seconds, letting the air go all around the belly and the back and then release it.

And with the release, just relax the whole upper body.

And let's do that again, so a deeper breath in, hold for a couple of seconds, moving the air around and then exhale again.

And one more time.

And now relaxing the lower back and moving to the thighs and the calves and the feet.

And the stillness in the body here, just for a couple of breaths, noticing the difference of the movement of energy, is it more free?

Can you still feel some tension somewhere?

And if so, just breathe into that area and release the tension by letting it expand into the rest of the body.

And as the relaxation deepens, you can feel that there is a deepening of the way the body rests on the chair.

And maybe also a deepening of the way the feet rest on the floor.

This topic is grounding, so the feet are particularly important.

Let's make sure that they are fully flat on the floor and fully relaxed so that each finger, each toe, sorry, touches the floor.

And now we will begin a little visualization, which is simply to imagine that just as we have been doing with each exhale, the energy of the body moves down through the body and through the legs and into the floor.

And again, with each exhale, you can imagine that there are roots growing from your feet into the floor.

Just picture a giant tree and the way the roots can be seen even above the ground, but then they go very deep into the ground.

In the same way, with each exhale, you are rooting your energy into the ground.

And with each exhale, the roots become larger and larger, very slowly, very gradually.

You can add a cracking sound in your imagination if you want.

And just before the exhale starts, just go to the tip of the root and see it growing deeper and deeper into the ground with each exhale.

You can imagine those roots growing thicker and stronger as you become more and more present.

And there should be by now a large circuit of roots under your feet.

Just keep letting it grow as your breath deepens and as the stillness in your body intensifies.

You can now imagine that the upper part of your body or your entire body is the trunk of a tree, completely still, completely present, rooted into the ground.

And each inhale is inhaling light into the body.

You can now feel the blood gently pulsating at the tempo of the heart.

Opening up the whole body to the experience of stillness and groundedness as the roots continue to deepen as the stillness continues to become more and more present.

You can stay here and breathe for as long as you want.

I'm just gonna finish this video with a top tip.

And that is that sometimes when we are around people that are very stressed and tense, our bodies naturally feel their stress and tension.

So we take it as our own way to avoid this or to not experience it so intensely as to imagine a ray of light coming from the heart and going to the ground around the feet of the person and imagining this whole process that we just did happening for them, grounding their energy.

It is not you doing it.

You are, you are setting the intention for the earth or for nature to absorb their energy instead of you.

So this is something you can try out.

Thank you for listening and for being here and I look forward to seeing you tomorrow.

## **Emotion expansion**

Whenever you're ready, let's breathe in and close our eyes.

Make yourselves comfortable.  
And just arrive in this moment now.  
And notice that the room is a bit warmer.  
That maybe the body is more alive and the mind more active.  
And notice that the mind is a bit more active and the mind is more active.  
We can focus on the breath without trying to change it, just observing it as it is.  
And we can notice that every aspect of the body is different.  
Every aspect of our experience is showing us something.  
For example, the sounds are showing us the silence underneath.  
And the silence can be filled with any sound.  
In a similar way.  
And emotion in the body is showing us that the body can have many types of emotion.  
It's not limited to that particular one.  
And similarly, a thought shows us that  
the space in which they appear  
is not limited to that thought but can have an infinite amount of thoughts in many languages.  
We can focus on the breath without trying to change it.  
The purpose of this particular meditation is to focus on emotion.  
We can focus on the breath without trying to change it.  
Often there can be an emotion that is being held in the body.  
And unconsciously guiding our thoughts, behaviors and beliefs.  
That emotion is often held in the body by thoughts.  
The emotion projects itself on the mind in the form of thoughts.  
And by holding on to the thoughts we let the emotion remain there.  
So in this meditation we will bypass the mind  
and all that it says and just be with the emotion independent of what the mind says about it or  
about anything.  
We can focus on the breath without trying to change it.  
In this way we will not allow the emotion to project itself on the mind or on the world.  
We will not allow the emotion to project itself on the mind.  
So you can choose an emotion in the body. Maybe there is an obvious one already.  
If not you can decide whether to choose one that is intense or less intense.  
And just notice where it is in the body. How big is it? Does it have a color?  
We can focus on the breath without having any emotion. We can focus on the breath without  
having any emotion.  
And just notice where it is in the body. Maybe there is an obvious one already. How big is it in the  
body?  
And now you can take this shape and extend it millimeter by millimeter upwards in the body.  
And then beyond the limits of the body.  
And we can do the same with the emotion downwards.  
Expanding it into the body and beyond very slowly millimeter by millimeter until it touches the  
ground and goes under.  
And we can do the same to the left, taking the entire surface of the shape and expanding it to the  
left very slowly.  
It moves maybe 5 to 10 millimeters every breath at first.  
And slowly gains momentum.  
Now you can take this shape and extend it millimeter upwards in the body.  
And we do the same thing on the right side very slowly.  
There is no rush.  
And then we do the same going forward from the body extending the emotion.  
Forward very slowly.  
And then we do the same on the right side very slowly.  
And the same thing with the emotion going backwards.  
Slowly through the wall or the window.  
And extending as far as you want.  
As far as there is no more tension in the body.  
And then we do the same on the right side very slowly.  
As far as you want.  
And then we do the same on the right side very slowly.  
If you need more time with this.

You can check the different directions and extend it further if necessary.  
Now you can take this shape and extend it further if necessary.  
And now that the body is a bit freer, I would like to guide you to the experience of your hand.  
Try to experience your hand without imposing the image of a hand.  
To help with this, you can imagine being a newborn baby.  
And this is your first ever experience that you're having.  
What is the hand to a newborn baby?  
This is your first ever experience that you're having.  
With eyes closed, you probably notice that the hand is just a sensation floating in infinite spaciousness.  
Again, don't think about this. Just go directly to the experience of hand.  
And you can apply this same understanding to the entire body and see it as just a sensation that is appearing in spaciousness.  
Now, experiencing this, if you were to use a material to describe the body, the so-called body, would you use something like bones or wood or metal?  
Or would it be something more like water or feathers or air?  
I don't know if it would be possible.  
But if you were to use something like a piece of wood, you could use something like a sculpture or something like that.  
Or you could use something like water or metal or something like that.  
And we are doing this to experience directly that I am not the body.  
That the body is a superimposed concept on being.  
It's a useful one.  
But it remains a concept.  
And you can apply it directly to our body.  
You can notice that also the sensations in the body are constantly moving.  
Notice also that we didn't change anything about our experience.  
We just went deeper into it without concepts.  
The ultimate purpose of this meditation is to know through our experience that no emotion can change or affect my essential self.  
Our essential self.  
Knowing this, you can, so to speak, recreate the physical body.  
The head, the neck, the shoulders, the hands, the upper body, the lower body, the legs, the feet.  
And feel yourself back into it.  
And here again we can feel the breath, feel the warmth of the room, feel the sensations in the body, notice any thoughts.  
Maybe focus on the breath.  
And here again we can feel the temperature, feel the warmth of the room  
And in your own time you can maybe move the body a little bit and come back to the room, maybe stretch and open your eyes.  
Thank you very much.

## **Are you within the body, or is the body within you?**

Look around, it's the appearance of a world with trees, buildings, people, birds and animals.  
Now ask yourself, does this have a reality?  
Now look down, do you see a body?  
Is this body within that reality or is it separate from this reality?  
As such, now ask yourself, does it make sense that I am within the body?  
Or am I rather the reality within which all of this appears, including the body?

## **The body as a microcosm**

The body as a microcosm.  
I have often been asked about the body, Kundalini, the purpose of suffering.  
Why is there the belief in separation?  
And so many other questions that I will now try to answer by focusing on the body.

The first question to ask ourselves is, why is there movement?  
And does movement serve a purpose?  
We can know from our experience that movement arises from stillness.  
There is this presence, this awareness, that simply is, it is formless.  
And within that, there is the appearance of movement.  
The first purpose of movement is for awareness to experience itself differently,  
to know something other than itself, or to know another form of itself.  
In order to move space and time are necessities.  
And because it is infinite, there is multiple universes created with this desire for exploration.  
When we look at the universe, we see planets moving without a doer.  
Sure, there are forces at play, but there is no one doing, creating, managing the way these planets move.  
It is all simply evolving naturally and effortlessly.  
In the same way, right now, in your body, the heart is beating, blood is pulsating,  
cells are moving about, and from a quantum perspective,  
your body is just atoms with large amounts of empty space between them.  
It can be said that such movement has three purposes.  
The first one is for consciousness or awareness to explore itself.  
The second one is for the forms of consciousness or awareness to return home, to return to truth.  
And the third one is for consciousness and awareness to express itself through these forms.  
In the second case, there is a separation between consciousness and the form that it has taken.  
There is an identity that thinks that it is that form and not consciousness itself.  
With that belief in separation, come all of the realigning thoughts or beliefs that will bring it back to what is true.  
For example, Kundalini is such a form.  
It can be said that it is part of the Holy Trinity, of God, the Holy Spirit, and the separate self.  
God or consciousness knows only itself.  
The separate self believes it is separate from consciousness,  
and so the Holy Spirit or the form that takes the belief in separation back to where it came from appears.  
Suffering is a result of this identification with the separate self.  
Instead of knowing ourself as whole, complete, infinite, boundless,  
we become temporary, limited, and full of fear because of that.  
As such, suffering is the releasing of these beliefs on the level of the body and the mind,  
until we return to Source, to what is true, to the here and the now,  
to this awareness that accepts everything exactly as it is.  
Once we remember who we really are and what the true purpose of movement is,  
and once we release all identification with any of this movement, thoughts, feelings, the body, a separate self,  
then the forms are no longer a problem.  
They can remain, and we can watch things unfold, things move, without trying to change them in any way.  
We understand and know deeply that nothing is random, that everything has a purpose,  
and that resisting what is, is pointless.  
Many phenomena can happen during this move from a separate self to consciousness.  
What matters is that your true self remains changeless in the background of experience.  
Then you can simply observe the body-mind being realigned, becoming an expression of this ultimate truth.  
Thank you.

## How to feel your feelings

how to feel your feelings. First I'd like to thank you for doing this meditation because it means that to some degree you have understood that thinking about emotions, judging aspects of our experience, being sad, being angry, and projecting our feelings outside of us doesn't really help. It may temporarily help the feeling diminish but ultimately we have to be still, we have to sit with it, feel it fully before it is completely released. The first and most important step in order to do so is to know your true self, to know that your self is not the body, not the mind, it is the awareness which knows them and therefore what happens in the body and the mind does not affect or change that awareness.

This first step will not be the focus of this meditation but please see my profile and other meditations here to deepen your understanding of your true changeless self. Knowing your true self means that you can dive deep into the mind and the body and allow them to unfold, to open up, to release tensions, to become more and more free and this is the focus of this meditation. If you haven't already take a deep breath in and close your eyes.

Take a few more deep breaths just to feel the body,

relax it as much as possible and feel the breath going into the belly.

Now you may already begin to notice thoughts that are resisting this process.

Let the thoughts be there but keep focusing on the body.

What matters in this meditation is not the thoughts but the feeling underneath.

Maybe there are thoughts of being hurt, of having done the wrong thing,

of not being worthy of something.

Whatever they are it doesn't matter. Keep falling down with your awareness into your body, into the feeling that you're feeling.

You can focus in on the feeling so much that the physical body almost dissolves around it.

And when you do this the label of feeling dissolves as well.

What you start feeling is more of an energy, a sensation in awareness.

Keep breathing deeply.

Feel this ball of energy, this sensation exactly as it is.

If your body wants to move as you're doing this, let it move.

Watch the ball of energy move, change or remain as it is.

Sit with it in this way for as long as it takes.

So,

what this ball of energy really wants is your attention, your love, your acceptance of it.

And until you give it your love and your attention

it is shifting your perception, it is veiling what is true.

It is giving rise to thoughts that drive your focus, your attention in a negative way,

judgmental thoughts. So keep feeling it, keep allowing it to be. It is only passing through.

And as you feel it you can

focus on what is behind this ball of energy, the awareness which knows it,

which is infinite and changeless. That natural and innate peace is what the ball of energy temporarily

veils. But ultimately being ever-present your true self, awareness itself, will always prevail.

The stillness of the unseen is all that there is.

Thank you once again for listening.

## **Understanding and releasing emotional blockages**

Hi everybody and welcome to this live event on understanding and releasing emotional blockages.

A question that all of us have is why do we ever lose the sense of peace and presence that we find in meditation,

that we find when we recognize our true self, this pure spaciousness, pure beingness that always and already is complete and whole.

And why do we have to face difficulties in life? Why do we have to face difficult emotions?

And the more we meditate, the more we understand the answers, the more we get these reasons why things are the way they are.

And the first thing that is very important to notice in meditation is that thoughts come to us.

We are not thinking them consciously. We do not always decide, I will think about this now for 5 hours and nothing else.

That's very difficult to do. So thoughts come to us and thoughts generate feelings which generate actions.

As such there is no free will. Everything is simply unfolding moment by moment by moment in this space of beingness, this I am-ness.

So then the question is why do they unfold in the way they unfold? Is there a pattern to life?

And once again why are there difficulties? Why do I lose this sense of presence and of peace?

If we go deeper into the no free will thing, it means that there is no cause and effect.

There is an appearance of cause and effect. If I eat, my stomach is full.

But since there is no chooser and no doer, then these things are simply unfolding in the moment.

So there is one initial cause for creation and this is a very deep topic talking about all of life because really understanding our emotion requires the understanding of all of life and the acceptance of things as they are and why they are like this.

So there is this one thought that appears in this pure spaciousness of consciousness which is what if I experience something other than pure peace, pure beingness?

What if I became aware of something other than myself?

And because consciousness is infinite, this simple thought of otherness creates this massive universe or many universes and many worlds of experiences.

But of course there is something untrue in the experience of otherness because really there is no separation.

In truth there is just awareness experiencing itself in all of these millions of forms but then what happens is that each of these forms is trying or the purpose of each form is to return to self, to return to presence, to return to truth.

And this is why there is this journey, this journey of losing ourselves, finding ourselves, returning to presence, getting lost in past and future, being at peace and then losing our peace and being angry at others or dissatisfied with our situations.

It is a constant return to what is true and getting lost in what is not true.

And the more we see that this pattern is natural and it happens effortlessly and there is no one to blame for it, it's just the way things unfold.

The more we can accept our thoughts and our feelings, our behaviours, our patterns that the world and we call destructive and of course I have to emphasize here that we should always do our best to not go further than what is needed.

So as an example, if someone's partner does something that is annoying him or her, the first step is first to feel this annoyance, feel the thoughts that come up, feel the blame, the judgments that come up and try and turn them towards yourself.

There is a part of you that you don't like, that you judge, that you blame for these behaviours that the other person is doing.

At times it's possible to just feel this resistance within yourself and release it and then see that actually what the other person is doing is not wrong, they just have a different way about the way they do things or you can just talk about it in a way that comes from love, from curiosity, from fun, from joy.

Some loving way can actually contribute to strengthen your relationship once you have felt your resistance.

If that first step is not available or not possible, if the feeling is too strong, then you can probably at first try to not feel it in meditation but express it in an art form or through a physical activity or again something that helps you deal with it yourself.

And then the third step is talking about it as peacefully as possible with your partner and if none of that is possible, because sometimes emotions are very strong, then you have to just tell your partner that they are wrong, that what they do is unacceptable, etc.

But if you are in a conscious relationship, then you would know that this blaming, this judgement is just something in the moment that is coming up in you that you can't help but say.

And as soon as you can, then your job, your task should be to apologize, to say look, it was just what happened in the moment, I had no control over my emotions, I know it's just me and you're not doing anything massively wrong.

And in this way you can resolve these conflicts in a peaceful and loving way and it's true for any pattern that you have, there are stages of emotion.

At any stage you should do your best to try and feel the emotion, to bring awareness to the part of the body in which you feel it most, to bring awareness to your thoughts as much as possible and then move from there.

Something else that becomes obvious, the more you go back to presence, the more you see your patterns, the more you release those beliefs in separation, is that the universe is very intelligent.

So even when you can't face your emotions early on and you have to say something to someone that is unkind, disrespectful, blaming them, judgemental, etc.

then this what you say is generally useful for them as well to some extent, or it doesn't affect them, or it's useful for many people present in a situation.

So in a way these negative emotions are recycled in this way to help a lot of other people also release these feelings within them, again whenever necessary and very often it's not necessary to go that far and to project onto others and the world.

Another thing about patterns, things that we consider destructive or not helpful or somehow we blame ourselves for them, they arise because there is a feeling underneath and sometimes we cannot just face the feeling.

It's too strong or it's linked to some part of the body-mind that needs to be triggered externally in which the external world has to reflect it back to us in some way and in these cases this is why the pattern arises because it is there to help us digest this underlying emotion and it is the first step of this emotion coming up.

So again there is nothing really to do about it except bring presence to the situation as much as possible and whenever we're ready the emotion will come out and then we can sit with it, we can feel it, we can embrace it, we can allow it to be as it is without trying to change it in any way.

And here again I have to say that both with me and other people that I have met and helped throughout this journey, some releasing patterns are quite strange or funny, sometimes what arises is laughter or shaking or making some strange noises or going for a super fast sprint. Just things that help us process those emotions and it's important not to think that any of them are weird, it's important to allow the body to do what it does and not try to stop the process, to suppress it, to say it's wrong, that you can be smarter, that it's unhealthy.

All of these thoughts are just there to try and stop something that the body wants to naturally do, so allow that to simply happen.

And another thing that is beautiful about this initial cause and all of this being the effect of this thought, what if I experience otherness, is that everything that everyone does is a growth towards deeper presence, towards truth, towards peace.

Therefore nothing is wrong, therefore everything is always unfolding perfectly. Sometimes we blame ourselves, we think I shouldn't be eating this, I shouldn't be watching this, I shouldn't be scrolling on Facebook or just some pattern that we do to try and seemingly suppress an emotion, to seemingly not face something.

To seemingly not do what we should be doing. You know, so many thoughts come up while we do these things. But actually, as I said before, it's just the first step towards an emotion arising.

So allow it, it's okay. If that's what you're doing and if you cannot stop it, then that is your purpose in the moment. It's to allow this behavior, to feel the emotion that is coming up. Be with it, sit with it.

And with each release there is an unveiling, an insightful understanding of a different part of life, of how this process unfolds, of the beauty and the intelligence of the universe.

So don't stop the process. It will lead you to beautiful realizations, to presence, to accepting all of life, to accepting all of your patterns, all of your thoughts, all of your feelings. And that's really what we want.

My last messages are that suffering is finite. It has an end, it has a beginning. But truth, our self, this space of beingness, this space of awareness, isn't finite. It always is. It is a source of all things. It can never end.

A big part of why we are here is these two processes. Understand life more and more deeply and release our resistances to what is our beliefs in separation.

The second key message is that creation is effortless. So the more you release your resistances, the more you will find that what you really want to do, your purpose in life, what gives you most joy, will flow through you.

You will be unable to contain it. It will just happen. And you will experience this joy of creating, but also making others experience bliss, happiness, peace through these creations. And all of this will just naturally unfold more and more.

Zoe, you say, can emotional release cause pain to surface in the body?

Yeah, so pain kind of serves a dual purpose. Sometimes when we hit ourselves, let's say I hit my hand or I burn myself while cooking, then there is also an emotional attachment to this event.

So it's like, why did it happen? Maybe it brings up a memory of another time I hit myself or something. So it's both physical and emotional.

And sometimes also physical pain appears because it's a more condensed form of experience.

So it contains in a way more emotion. And the more we feel it, the more we allow it to be, then we can also release these emotions that it contains.

And of course, I would say that it's important when we feel physical pain to do whatever we can to ease it. That's the first step, and then feel the emotion behind it.

It's also that the body's purpose, you know, is to help us grow spiritually. So sometimes pain in the body, you know, like anxiety or depression or headache or problem with the throat.

All of these have different meanings and they arise. Again, there's this intelligence of the universe that makes them arise for particular reasons that's specific to us.

And the more we feel them, the more we ponder upon these reasons, the more we can release them and understand why they are there.

Mary Lou, you say, makes total sense, matter of staying in that mindset and living it. Yes, I'm glad it makes sense.

Again, the more you release your identification with the mind-body, then the more you can see that there is no choice.

You know, your mindset is as it is moment by moment, and that allows you to embrace it. And paradoxically, the more you allow your mindset to be as it is, the more it is present, the more it is peaceful and here now.

When you want to reach a certain mindset, there's many things at play. So first, it's a bit of a resistance to what is, so that's triggered.

Second, when you reach the mindset, you want to hold on to it, and then anything that is not that mindset can once again arise to the surface.

And that is again part of this duality, you know, coming back to presence and being triggered and returning to a deeper and deeper presence.

Apus, you say, thanks, Bojan. I would like to discuss, but now it's very difficult for me to open up. I don't know how to express it. Actually, expressing my emotion is very difficult.

Yeah, and sometimes that is part of the process, you know, we cannot talk about the emotion, we cannot feel it. And that's once again, it's this stage where something is coming up, but it may take a while to happen.

For me, for example, when this is the case, very often I have to, I don't know, watch YouTube videos or do something like wash the dishes, something that is useful or not useful, but not related to the emotion.

And the more I let life happen with this emotion in the background, the more it is just allowed to come up, to come up, and then when I'm ready, I can sit with it and allow it to unfold.

Thira, you say, how can I steer away from the compulsive patterns I used to suppress and block my emotions? Any tools or meditations to keep on hand?

So at first, if you feel like you can steer away from these patterns, then by all means do what you can. There's a lot of meditations on Inside Timer, there's probably a lot of teachers and online tools that can help you.

And also, I think the most important thing is to bring as much awareness to the pattern as you can. First, there is this desire to engage in this pattern, so rest with that.

Then there is maybe an action, a physical movement towards the pattern, be with that, as aware as you can. And sometimes this awareness is enough to not engage with the pattern to stop you, to allow the emotion to flow before you engage with the pattern.

And then even while you are engaging with the pattern, again, bring as much awareness to it as you can.

And eventually, one of the last stages is not blaming yourself, knowing it as part of the unfolding, knowing that it is the way that you release emotions, it's the way that you go deeper into presence, that it is related to your particular spiritual path.

And so the self-blame, the judgement, the idea that it's wrong, the idea that it's self-sabotaging will become less and less and less and less. And eventually you won't engage with those patterns anymore.

Natalia, you say, self-compassion meditations help me to feel and letting the emotions flow through.

Yeah, and self-compassion is so important. The self, once again, is this open space of awareness, of beingness within which everything arises. And we can experientially know and understand that this changeless experience doesn't affect it, it is always present, it is always here.

Then the thoughts and the feelings that arise do not matter and we can more and more allow them to flow through, to be as they are, without resisting them.

It goes back to the last point I said that creation is effortless. We remain as awareness and thoughts and feelings come to us effortlessly, naturally.

Our awareness, awareness itself does not resist any part of experience, it's like the space in a room. No matter how you place the objects in the room, the furniture, the space remains the same.

It is simply there and it says, yes, I don't mind the sofa being there, yes, I don't mind the wardrobe being there. Whatever you do with the space, it's okay with it.

It's the same with awareness, no matter what thoughts, what emotions, what circumstances flow through it, it is simply saying yes to all experience.



So our self just embraces and loves all of our thoughts, emotions, bodily sensations, circumstances, people in our lives in exactly this open, this present, this neutral way. I think I will end the event here if there are no more questions. Please do follow me on the platform to get a notification for future events and I also have a website where I offer one-to-one sessions so you can check that out on my profile. I look forward to staying in touch and seeing you all again soon. Thank you and bye bye for now.

## **Allowing the body to heal itself**

hi everybody and welcome to this live event on allowing the body to heal itself. whenever you're ready let's just breathe in and close our eyes and simply allow your experience to be exactly as it is nothing to do nothing to change just being here arriving in this moment or remembering that we already are here notice your breathing your thoughts your feelings but also the space of being in which they appear this space of presence always is it's changeless independent of what's going on through your mind and through your body it is always happening within this presence of being it is through this here and now that all things come and go and the here and now effortlessly allows for all things to appear and to dissolve exactly as they do the body and the mind are allowed to be exactly as they are and it is their natural tendency to go towards wholeness and health and by sometimes trying to fix them or change them we stop this process this natural process of them healing effortlessly just by remaining present with all of our experience the breath can also serve as a tool of bringing further awareness into the body by breathing more deeply we can notice areas of tension that we didn't see before and we can also let go of this tension with every exhale deeper breathing also allows deeper relaxation of the body and a deeper allowing of things to move more freely through it and it's also important to say that breathing more deeply is not something that you do it's something that happens naturally when you simply rest and allow things to be as they are it is part of this allowing process and you can continue sitting in this way for as long as you want continue to breathe in more deeply and allow your experience ever more fully to simply unfold for those that want to end it here you can take just a couple more deeper breaths and then whenever you're ready you can open your eyes enjoy the rest of your meditation and your day and see you soon bye-bye

## **Anxiety is your friend**

hi everybody and welcome to this live session on anxiety is your friend you've probably heard things like this before that there is a message behind every feeling that it's all for a reason that it is all unfolding perfectly that we just need to learn the lessons that are there and that's true absolutely a hundred percent but it's not it's not easy to to understand and it's not easy to to apply especially when when life is so so busy and there's so many things to do and sometimes things probably go a bit out of hand so that's what this talk is about to to help you understand what it actually means the first step to make anxiety your friend is to create distance actually between you and the anxiety so to recognize that it is just a temporary feeling that is appearing but it is not you doing that is just a feeling sometimes it has many thoughts that come with the feeling but if we step back and notice who is it that is aware of all of these feelings and all of these thoughts then we can recognize that there is a part of

us that is actually not affected by this anxiety so there is a part of us that is already free from it and actually I recorded a meditation called letting go of and coming back to the elements of our experience and what the meditation does is that it slowly helps us surrender so to speak concepts like time like space and slowly also letting go of our thoughts of our feelings and just becoming this observer of everything that unfolds and then we know our self as that observer as that constant presence that simply allows everything to be as it is no need to change it to alter our experience in any way and once we know this true self this higher self then we can go back to our thoughts and our feelings knowing that they don't really affect us and this knowing actually allows us to embrace them more fully to really explore them to really understand why they appear from this higher perspective and yes this is step two is once you know that you are safe whole and complete at all times then you can face these feelings not only face them but also understand them and know that the feeling comes often with thoughts with thoughts as a desire to change another person to change ourself to change our circumstances our lives and the thing to do then is to stay with this stay with these thoughts let them come let them appear let them happen without if possible without taking action and simply notice that this higher self that you know yourself to be will emerge and it is always there veiled by these thoughts and these feelings so it's actually a constant message that they bring up and the message is that you are always safe whole and complete that no thought and no feeling can change that and by staying with your thoughts and your feelings and allowing them to come and go which they inevitably do you understand deeper and deeper that there is a changeless reality that there is a self an observer a witness that is always constant always safe always all embracing all loving and it doesn't need to change anything so it's a bit paradoxical because it seems like these anxieties come up because we need to change something and sometimes we do but often they just come up to point us back to the present moment to point us back to who we really are so so that's that's my message to you and it's also a spiral it's an ongoing and deepening spiral of understanding of knowing our true self our true nature more and more deeply and also allowing more and more of the anxieties and believes that we are somehow incomplete and we don't deserve happiness and all of these things to come up to rest with them and embrace them until they they shift and the second message that I want to pass on today is to try all of us we should try to do our best to act from this love and this wholeness I know it's difficult at times because the feelings and the thoughts are so overwhelming that there's no it's really no way to change them or to not act on them but even when we do that we should aim to come back to who we really are to act from love beyond these thoughts and these feelings that usually happens when we reach a place of clarity and stillness within us and then we know what is true in what the thoughts and the anxieties tell us often we see that not a lot if anything of what they say is true it's just worry coming up it's just anxiety coming up but that does not mean it's true and we can learn that every day and we can deepen our understanding of that every day Thomas asks so anxiety is a message from our higher self yes absolutely it's a message from our higher self to get to know it the higher self better to go back in touch with what's beyond the anxiety to understand it and see what it's pointing us to that that safety that wholeness that I talked about earlier and when we take this perspective of the higher self then the anxiety can even no longer be seen as anxiety we also understand that the label anxiety is just a label that the mind uses to point to a sensation in the body but it's not it's tension it's body tension but it doesn't need to be labeled anxiety and to be linked to things that's the mind's game it likes to do that too to try and continue this feeling of anxiety but from the perspective of the higher self we can just rest with that and in a way wait for the mind to get tired just to observe it allow it and rest with it

Ruth says fear seems related to anxiety for me and yeah that's absolutely true I think that if we were to label things I would say that fear is the underlying cause of anxiety so there is always a some kind of fear some kind of feeling of not being worthy of something or feeling like life is incomplete and all of these fears to go a bit deeper are actually our beliefs in separation so we believe that we are separate from each other we are separate from the world and we are separate from this higher being or God but in truth we are not separate so when we come back to being the the weakness we also notice that this belief in separation that these fears are just temporary and illusory even though at times they can be very very strong it's very interesting to watch this process as it unfolds because on the one hand we experience anxiety then boom our higher self points us back to itself so then we rest as this higher self and we know that the anxiety is temporary and we allow it to flow through and come and go without resisting it and also the more we rest as the higher self the more we can get lost in anxieties and then fully allow all that that needs to go through our particular body minds and embrace it all and again forget this higher self but of course the more we come back to who we really are the first the more difficult it is to forget and second the more there is a sense of stillness and peace that surrounds our experience no matter how how strong how tense how how difficult it is

Rishabh says I heard a teacher here say that one way of dealing with the anxieties to grab the bull by the horn I understand the meaning and it definitely helped me and still does but I'm curious what other methods are there so first yeah I grabbed the bull by the horn is is a great way because in a way that already means that you know there is a deeper reality a deeper stillness that is behind the anxiety and so this is the step two is yes face it embrace it accept it allow it fully and what other methods are there I would say that what works for me is to come back to the body especially the the spine and and realign the the positioning of the body because so often when there's a lot of tension and a lot of anxiety first the body kind of tenses tenses up and second there is it's like there is a desire to avoid it so I don't know if you've seen photos that are slightly you know the person taking them has moved and so it seems like there's a part there's an energy that's not in the body so I feel like that's what's happening some of the time when we have strong anxieties we kind of want to escape the body and and not feel it kind of go away so recentering on the body allows us to accept it more fully and to trust that the body has the the capacity to deal with it to allow it to flow through anything that that works really does you can do breathing you know breathing deeply and consciously you can focus on what's around you notice what is happening in this moment without trying to avoid it bringing the mind back yes grounding grounding as well praying yeah exactly I think especially praying in moments where it's it's very difficult and very tense is great because it's like in prayer I don't know if you have specific guides or you believe in God but in entrusting something higher than yourself you you were able to surrender it more and to get in touch with this this higher self get in touch with something much larger than the worrying mind-body and yeah I think recentering using breathing can be called a practice you can you can do it for 5-10 minutes or another way to do it is to have sticky notes to remind you or have a timer every hour to just take a few a couple or more deep breaths in and once again focusing on on the body and and all the different parts and the structure of the spine

Carlos says I remember creators says fear not rhyme with you yeah definitely and that's this this opening a course in miracles says if you knew who was walking with you you would never be afraid this goes back to to fear being the underlying cause of anxiety it's about getting back in touch with with something larger than ourselves and letting this this higher spiritual force or forces help us through difficult times

Fiora says it's so complicated anxiety is constant in your life especially when you have beautiful things to enjoy and share yes I I totally understand and I had a period of two to three years where I was feeling so much stress and

anxiety almost constantly and I can assure you that even though it's it's constant it is temporary meaning that even though it has been constant for many years it will go inevitably because there is a higher truth and the more you you get in touch with this higher truth that is more still that is peaceful that is always there then you will see it at one point it will start fluctuating it will start appearing then disappearing then appearing then disappearing and eventually you understand that the very fact that it appears and disappears means that it is untrue that there is this higher truth that I'm speaking about and I know it can take many years but I I'm with you and I'm sure everyone here is is with you and and knows where you're coming from but it will it will pass and this as well changing fears in positivity it's definitely very important make the best out of out of everything and and keep I think it's important to never give up to keep you know finding new approaches to keep deepening our understanding exploring different ways and and and what they do to to the anxiety seeing it shift even if it's for a second or a minute even those little you know glimpses of a shift mean a lot because they mean that it's not so constant as the mind thinks it is yes please reach out to me here on the platform if you're or or anyone else that this talk speaks to and that they feel something maybe it's it's the moment for for things to shift for you how does one know what's triggering the anxiety I remember that when I felt a lot of anxiety I kept doing my best to to embrace it to allow it and and thoughts would kind of unwind so there's one thought about maybe it's caused by this food or maybe it's this person or maybe this job and as I stayed with the thoughts there's there's layers and layers being revealed until there's there's some kind of point where it's like oh yes that's it and the next day though it would be there again so what what causes the the anxiety is it's it's it's deep fears really but every time it shifts every time you recognize something that's causing some kind of anxiety it lessens and it lessens and it lessens so all of these thoughts that you stay with that you be with and allow they shift it because it is a combination would you in my case at least it's a it was a combination of many different things and I had to keep being present to keep witnessing it to keep allowing you to try different approaches until it it was gone and I think that each anxiety is different in that sense because all of us have different lessons to learn so maybe it's actually just just one thing that you need to kind of understand and then it will go maybe it's a few things maybe it's it's many things so it's it's your your path to to sit with it to to learn to embrace it as fully as you can and then you will know what is causing the anxiety but as I said in the in the talk before the message is always the same actually and it is that you your higher self is always safe always whole and always complete that's it keep coming back to to this message and it will it will go with worship yes Thomas says in theory the anxiety could be part of your intuition telling you to listen and that it that is it the intuition it's it's almost like it's more intelligent than the mind because it's more it has evolved over longer periods of time and also it's it's the whole the whole body is the intuition not just the brain so learning to tune into these messages helps us understand our own lives better and also follow this path of reaching health root yeah news and world events definitely I think we all need breaks from those at the moment and the kind of the collective anxiety isn't isn't helping but as you say we can also choose to to tune away from it and and find peace in nature or or in exercise or reading a book whatever something that that doesn't connect us with so much collective fear yes I do know that that fear that something bad is going to happen but it's also important to see that often it's not the case nothing bad is actually happening and also that this may be advice that's difficult to follow but when we are in a difficult situation in a stressful situation or just feel anxiety the best thing to do is to breathe in more deeply and tell ourselves relax relax everything is fine everything is fine rather than creating more worry and worry about worrying so that again happens naturally when we become more present when we actually focus on the sensation in the body

rather than the mind and and rest with it okay I want so this last question by Thomas if we didn't feel any anxiety at any time how would life be the thing is that anxiety is not necessary to face challenges or do hard things so what this means is that even without anxiety there's difficult situations and difficult things that that happen in life that need our our reaction that need us to to do something and that's what I suggested in the talker day that we should always do our best to react or act from from love from this place of peace and stillness even if we disagree with something even if we see that something is not quite right we can aim to to make a change from a place of peace and that is that's what life without anxiety looks like it's just seeing what comes and acting and reacting from love it doesn't mean that there's no challenges important to to stop because part of the message is to allow this anxiety to to flow to be without acting on it so it's to to be still be present see it appear let it be and once it's gone then to to act because there's there's a message behind the anxiety that that it veils and often that message is what to do in a particular situation and without the anxiety once it's gone our actions become clearer and clearer we know what is right because we don't come from from fear we don't come from wanting to change the situation at all cost we just come from love so I think I will end this talk here once again feel free to to reach out and check out my other talks and meditations join my group spread the word with your friends thank you so much for all of your questions for being here with me and for being on this journey because even though it's difficult it's also very exciting it's also full of so many realizations and so much hope so much love so much you know new new acquaintances it's an adventure and we should embrace it as fully as we can and and know that it's leading us somewhere beautiful thank you very much thank you everyone have a beautiful day or evening and see you soon

## **Facing difficult emotions**

facing our difficult emotions from a non-dual perspective.  
The way to begin for me is always to understand  
who we actually are.  
Understand that even though the mind has different thoughts  
and the body has different emotions,  
who we actually are remains changeless,  
remains constant, remains here now at all times.  
And knowing this, knowing that our essential self  
doesn't actually become impacted by what we experience  
means that we can embrace all of our experience fearlessly.  
We can be with it, we can love it,  
we can allow it exactly as it is.  
A feeling is only fearful because we think  
that it actually has an impact on our essential self.  
And that's why it's important to question,  
well, does it actually have an impact?  
It has an impact on the mind-body, definitely,  
but it doesn't impact our essential self.  
We remain whole and complete,  
independent of the state of the body-mind.  
And we can actually explore that right now.  
We can see that if there is a sound in our experience,  
the sound arises in silence  
and then it fades back into silence.  
We are not impacted by this sound.  
We are not changed by this sound.  
Awareness isn't changed by the sound.  
Silence isn't changed by the sound.  
In the same way, if there is a thought

that passes through the mind,  
the mind isn't changed by the thought  
and awareness isn't changed by the thought.  
We can have many more thoughts.  
We can have an infinite number of thoughts  
and still remain whole and complete.  
That is because thoughts come and go,  
but we, our essential self-awareness, doesn't come and go.  
It remains here, it remains changeless and whole.  
And the same is true for feelings.  
Even if there is a strong feeling that arises in the body,  
the body itself can, afterwards and before this feeling,  
feel other feelings and awareness itself,  
the awareness with which we know these feelings,  
isn't changed by any of them.  
It embraces everything, it allows it to flow through it.  
When we see that this is our experience,  
then we become less scared of these feelings  
and we can just be with them.  
Also, with this knowing comes the understanding  
that whatever arises in this moment  
is what we are ready for.  
There is an intelligence behind the mind and the body  
that guides how much we can experience at one time.  
We can trust this intelligence.  
We know that the body will not suddenly feel  
all of our beliefs of separation and doubts, et cetera,  
at once, it will be, one by one,  
it will be a slow, progressive experience.  
In the same way, not all of our thoughts  
that we fear will come at once, they will come one by one.  
In fact, they cannot, we cannot have more  
than one or several thoughts at a time.  
We cannot have more than one feeling at a time.  
So there is this intelligence that guides this process  
and we can trust it and the more we trust it,  
the less we resist our experience,  
the less we try and fight our feelings,  
the less there is guilt or judgment or shame.  
We just allow everything to be as it is.  
If these things arise, they are also embraced  
as part of the feeling.  
In fact, it is feelings that give rise to thoughts.  
And we can simply be with these feelings  
and in a way almost disregard the thoughts  
because they are what is trying to keep us away  
from feeling the feelings.  
The more we feel our feelings in this way,  
the more we recognize the source of all things  
to be this awareness, this spaciousness  
within which they arise.  
The more we understand this,  
the more feelings are also allowed to come up.  
It's a simultaneous process.  
The feelings themselves, as I said,  
are an expression of a temporary belief in separation,  
a temporary belief that there is something outside of us.  
And when we see that everything happens within,  
then there is this embracing of experience,  
this allowance, knowing that everything

is a reflection of ourself.  
Another thing that sometimes happens  
when we feel our feelings is that we believe  
that we are on our own, we are suffering,  
we are alone and there is no help.  
But in fact, what is true is that it is awareness itself.  
It's our shared being that experiences each of our emotions  
and what we feel is not personal.  
What we feel is also there in other people  
so what we understand once we feel our feelings  
is what they are going through,  
which allows for more compassion, more forgiveness,  
and if that is our path, to help a wider array of people.  
It's really beautiful to see that we are never alone.  
What we do is never for our own body-mind alone.  
It is really for everybody.  
And finally, the last thing I wanted to say  
and then I will move on to questions and answers  
is that the raw feeling of what we are experiencing itself  
is not what the mind labels it to be.  
So the raw feeling itself isn't painful.  
It isn't sad, it isn't depressed, it isn't heavy.  
It just is.  
It is a temporary contraction within awareness.  
And the more we learn to quieten the mind,  
the more we sit in meditation,  
the more we also can feel those feelings  
as they actually are without the added-on thoughts  
about the feeling, without the labels.  
And then it becomes a lot easier as well, the whole journey.  
There's no more suffering, it's just experiencing.  
So the message is just know yourself,  
rest in your own wholeness, in your own completeness,  
and allow the body-mind to be exactly as it is.  
And that's it.  
This is about taking back control of our lives.  
I don't think that control is the right word here.  
I would say it's about deepening our understanding of life,  
deepening our understanding of feelings, of projections,  
like externalizing those feelings onto our environments  
and people around us, and then taking back this projection  
and just feeling the raw feeling  
and allowing it to be released from our experience  
so that we don't have to face the same situations  
over and over again.  
And so that we can be more and more free,  
more and more happy in our body-mind,  
but also know that the state of the body-mind  
doesn't affect our innate happiness.  
This reminds me of something I heard recently,  
the higher self doesn't give you more than you can handle.  
Yes, exactly, it's beautiful.  
When you see the process for what it is,  
there's such an intelligence behind it  
that nothing is random, everything happens perfectly.  
The moments of peace that we have are perfectly timed  
and the moments of more difficult emotions  
are also perfectly timed for us to understand ourself better.  
I keep having dreams of my grandma  
who passed away 10 years ago.

I think I'm not ready to let her go and grieve.  
Appreciate your thoughts, I'm very attached to her.  
Yes, I totally understand,  
she was probably a very important person for you  
and losing someone we love is always difficult.  
There's always a process of accepting that  
and sometimes that process can take many months  
or even years.  
The way to let go is once again to understand  
that we are complete within ourselves  
and that nothing is random.  
So your experiences you've had with your grandma  
and all of your dreams, everything you've learned from her,  
everything that you've gained from that relationship  
has been perfect and will always stay with you.  
You keep those memories, you keep her in your heart.  
There is no way that that would be gone.  
So it's about understanding that she has already given you  
everything you needed from her and that is always with you.  
In this way, she is always alive,  
she is always here with you  
and knowing this, you can then let her go.  
So how often should you meditate to help feel better  
and rewire our brain to quit bad habits?  
One tool I had that I used for a while  
was to have a counter.  
It's like a lap counter used for sports in general  
but I used it every time I engaged in a negative habit  
and stopped myself.  
I put a one and I was very proud of adding those numbers.  
So it's about creating some kind of even fun exercise  
or activity that you reward yourself with  
every time you break the negative habit  
or you don't engage in it and you engage in something else  
or you just sit in meditation with the feeling  
that is driving that bad habit,  
then that's a great way to do it.  
The thing about bad habits is that at any one point  
we can stop the pattern.  
So once the thoughts occur, we can already notice that,  
be with that and feel it and let it go.  
If we can't do that, we feel the feeling.  
If we engage in the bad habit, that's okay as well.  
While we engage with it, we can again bring in awareness  
and stop if we can, if we can't continue.  
And after that, we can be with all the thoughts that arise  
and accept and forgive ourselves, et cetera.  
So at any point in these four periods,  
you can bring awareness and meditate  
and accept and embrace what is arising.  
As for how often to meditate, what I like saying is that  
you should meditate anytime you feel  
that it's difficult to meditate.  
So anytime you're anxious during the day  
or you're too busy or you're angry about something,  
that's a signal to come back to the present.  
So anytime you feel any of these,  
meditate for a minute or two.  
In addition to that, you can have a practice  
in the morning or in the evening, whatever feels good.



What's important is also to feel good,  
to bring playfulness and fun into this because it is fun.  
It is a journey of continuous spiritual growth  
and learning to love all aspects of ourself.  
So yeah, whatever helps you do that,  
understand yourself better, love yourself,  
embrace every aspect of yourself, do that.  
And it can be in the form of meditation  
or it can be also drawing or dancing, music,  
whatever way works for you.  
Another question, do you regularly do a specific meditation  
that engages your senses so you will focus  
on each individual sense?  
I used to do a meditation like that,  
which was more letting go of each element of experience,  
like sight, sound, taste, then thoughts, feelings, the body  
and going back to pure awareness  
and then coming back to these elements,  
to the senses, to the body, to the mind  
with the awareness of awareness itself.  
I think that's very helpful, definitely.  
Right now, what I do more is to realize,  
to recognize that I am here now,  
that everything is already appearing within me,  
including the breath, the body, the room,  
everything in my experience already is.  
Until you can be quickly aware of beingness itself  
and everything that happens within,  
it is helpful to go element by element,  
just to be aware, like, oh, now I have thoughts,  
oh, I have sensation, I have taste, I have hearing.  
That's also a very nice way of coming back to what is here.  
Eventually you can say, oh, now I'm aware of taste,  
I'm aware of touch and then say, I'm aware of awareness.  
I am aware that right now I am aware or simply I am.  
How do we attract abundance?  
I will give a rather long answer here.  
So law of attraction, for example, says be happy now  
and the things you desire most will come your way.  
Or also it says visualize what you want  
and that way you attract it.  
I would say the first part is true, be happy now  
and what you desire most will come.  
And that is because happiness itself  
is not just the state of the body-mind,  
it is awareness itself and it is awareness itself  
because awareness just allows everything  
to appear to happen.  
And when there is no desire for anything  
to be different than it is, that is happiness.  
So by being here now, by allowing everything to be as it is,  
then that means that we don't actually want more money,  
we don't want more friends, we don't want a new partner,  
we don't want a new job.  
It means that we are whole and complete within ourself  
and it is this not desiring things to be different  
that is abundance itself.  
So abundance then is not something we attract,  
it's something we experience directly, it is already here.  
Right now I'm feeling differently and not content

as I want a new job, new friends  
and my relationship with my husband isn't so good.  
Yes, I can totally understand where you're coming from.  
I would say if you can just feel the present moment  
beyond your mind and your feelings  
and your desires, your thoughts,  
knowing that in this moment you are complete,  
everything is fine as it is, you are safe, you are held  
and slowly as you become present,  
you will also realize that all of these ones  
are actually a desire to be present.  
It is a desire for happiness,  
but the very desire to be happy  
is coming from your wholeness.  
It is appearing here now,  
so it is actually a desire to feel your innate happiness.  
It is a desire to come back to the present  
where there is no longing and no desire  
for more than what is.  
I don't know if that answers your question,  
but if not, I'm very happy to message you here.  
And also, I have a program on the platform  
precisely about contentment or fulfillment.  
It's called Redefining Fulfillment as a State of Being,  
Not a Feeling in the Body.  
And this course brings out all of the elements  
in which we believe we can find fulfillment  
and brings us back.  
It's a constant reminder to just be,  
to just come back here.  
So maybe that, I hope, would also be helpful.  
How can we sit with emotions that feel overwhelming  
like they are too much?  
There are different levels of emotion, I would say.  
Sometimes it's just an emotion  
and then it's easy to just be with what is.  
Sometimes it's emotion and thoughts  
and then you have to allow the thoughts to be as they are  
because they already are or do your best to.  
Sometimes it's emotion, thoughts and behavior  
and again, then you just embrace what is arising.  
You know that at that moment, you have done your best  
to not engage so profoundly in the behavior  
but despite your biggest efforts, it happens.  
And so, as I said before, then you forgive yourself.  
You allow it, whatever happened to be as it is, it happened.  
So there's no point in feeling guilty or ashamed  
or whatever feelings arise.  
Just allowing and also the intelligence  
that guides this whole process knows what we are capable  
of experiencing at every moment.  
So there is never actually too much.  
The mind says it's too much  
but we are ready for what is arising, always.  
So that would be all for today.  
Thank you all for being here,  
for your questions, for your presence.  
I'm always amazed by how beautiful this community is  
and how when I don't know something  
or when someone asks a question,

everyone just chips in and helps  
and supports everyone else.  
thank you

## Experiencing the body beyond the physical

Welcome to this meditation on experiencing the body beyond the physical I chose this topic because

so often in our day-to-day lives it feels like the body is separate from the rest of the world and that is because the world is perceived through the body and so we identify with our bodies when we say I am even if we have meditated for many years we still refer or think that the I that we refer to is in some ways physical and of course it is but that is not the totality of the eye so in this meditation we will explore this our actual experience of the body  
make yourselves comfortable

you can breathe in a bit deeper and whenever you're ready you can close your eyes  
and just notice what is happening here now for you

notice the sensations in your body notice the sounds around you the temperature of the room the amount of thoughts running through your mind the speed at which they move without trying to change anything everything is perfect as it is we are just noticing  
and now take some time to connect to your body

maybe focus on the breath

maybe notice areas of tension

and let the tension go as much as you can with every exhale

maybe focus on the sensation under your feet or

of sitting on a chair or lying on a bed the weight of your body on those

and now focus more on the detail

on the temperature of the breath as it goes in on the temperature of the breath as it goes out

on the space between inhale and exhale and exhale and inhale

and then focus on an area of tension and

and neutrally just notice

how big an area does it cover

is it light is it heavy

does it come and go is it constant

if you had to give it a color what color would you give it

and if it changes as you notice it change with it stay with it

the body is incredibly intelligent and it knows how to

auto correct itself it knows when it is in balance and when it is not in balance

so it constantly seeks that balance

and just by being with it by accepting things as they pass through it it naturally finds that balance

now so far in this meditation we have used the mind to create a picture of the body and

its sensations so now we're going to try to let go of what the mind knows of the body

and a way to do that is to imagine that you are a newborn baby

and your current experience is the first ever experience that you've had

and i will use a concept here but stay with me focus on

one of your hands and lift it so that it doesn't touch anything

now go back to being a newborn baby and

feel this hand this experience for the first time ever let go of what the mind thinks about it

we are going to the raw experience of hand

without a superimposed image of physicality

and what is your experience here

to me it is just like a sensation

an energy that floats in emptiness

once again let go of what you know of hand and just be with the raw experience

and do the same with your other hand

lift it so that it doesn't touch anything

remove all labels that the mind has given on this experience

and feel it as it is

we can continue this exploration by going to what we call feet

and noticing that

feet and floor are also concepts superimposed on our actual experience

in our actual experience there's just two sensations one on each so-called side  
but there is no flow and no feet it's just one sensation  
and this is the experience when you let go of the image of a foot on the floor  
when you stay with the raw experience  
and you can continue this up the legs and up the arms  
and recognize the whole body as a sensation  
as an energy floating  
without superimposed concepts the lips the eyes the upper body  
the arms and the legs are just sensations that we are aware of  
you can notice that the sensation of breathing  
the breath coming in and out is even stronger than the sensation of hand  
so some call this the light body or the energy body  
and it is the actual experience of the body beyond what the mind labels it  
so of course it is very useful to label different parts of the body  
and even to experience it as physical and solid  
but it is important to know  
that the true body is not physical and most important of all that our true self  
is not limited to the body  
that our true self does not share the limits and the destiny of the body  
in fact every sensation in the body is pointing to this state of pure being  
which lies behind it often veiled  
and when we are simply with what is  
then there is no separation  
between our body and the world everything happens here in me in my awareness  
such an experience is the first step towards realigning the body and the mind  
with truth with your true self  
our essential self is unaffected by our thoughts and emotions and sensations  
it remains constant  
it is itself pure peace pure bliss  
and it resists no experience  
let's slowly begin to come back by refocusing on the breath  
on the arms the legs the body  
so it's apparent physicality  
but remaining aware of what is true  
what is real beyond the appearances  
so and whenever you are ready you can open your eyes and come back to the room

## **Breathing love through the body**

Today's meditation is on breathing love through the body.  
To be in the body we need to let go of concepts, let go of theories and just experience the body  
as it actually is, beyond what the mind thinks about it.  
This is what we'll do in today's meditation.  
So whenever you're ready, let's take a deep breath in.  
And close our eyes.  
And just be with your experience exactly as it is.  
There is no need to change anything, any thinking, any feeling, any sounds around you. Just  
embrace everything exactly as it is.  
With eyes closed we can imagine that we are sitting or lying down in pure light.  
So your body is surrounded by a source of light.  
And on every inhale you are breathing in that light.  
And on every exhale you let go of anything within the body that isn't light.  
So any tension, any resistance, you pour it out of you.  
So on every exhale you can feel your body become more and more like this light that surrounds it.  
And the light itself, it is all accepting.  
It is embracing, it is transparent, allowing.  
So feel your body become these things to take on these qualities as well.  
If a lot of thoughts arise in the mind, just go back to the feeling, the sensations in the body.  
That way we bypass the thoughts and we go straight to where they originate.  
Take away the projections that result from tensions.

And we allow it to be as it is and dissolve into that which we are, our true nature.  
This light of awareness that accepts everything as it is.  
And you can imagine the body as it becomes more and more transparent,  
more and more empty and allowing. You can imagine it extending upwards and downwards,  
expanding to the sides, expanding to the front and the back.  
And no matter how much the body expands, you will notice that the light that surrounds it is  
always there.  
You can try and expand the body in any direction to reach a limit of this light, this love within  
which it appears.  
But the love is boundless.  
And when seen truly, so is the physical body.  
When you let go of the concepts of the mind, the body is a sensation appearing in your  
awareness.  
As such, the body is in you. You are not in the body.  
Or more precisely, you are everywhere, including in the body.  
And awareness itself is untouched, unchanged by any feeling or any shape that the body  
seemingly has or takes.  
So you, your essence, remains whole and complete, always.  
With each breath, your body dissolves a bit more in your experience, but you remain whole.  
In fact, your wholeness is, on a relative level, less veiled.  
The more your experience of the body becomes transparent and full of light.  
So let this light, your light, touch every part of your body.  
Let it permeate through it.  
Feel the love that you breathe in.  
That gives life to your heart. That gives life to every cell in your body.  
A life-ness beating through the body is itself a miracle.  
Hearing, seeing, tasting, feeling, all of these are miracles.  
But the true miracle is the beingness, the awareness, the wholeness that is always here.  
That expresses itself in this form.  
That is endless, that is all-accepting and all-encompassing.  
And that permeates every form that it manifests itself as.  
Love, our true nature, when it is experienced through the body, there is such an opening, such a  
joy in the heart.  
.  
When we know and feel our true self in this way, we are no longer confined to the limits and the  
destiny of the body.  
The body appears within, and it becomes a tool to share this love and this joy that is so natural,  
so effortless to all of us.  
You can continue breathing in this love and this light and exhaling any tension that may have  
remained in the body for as long as you want.  
Thank you.

## **Finding true strength**

Okay, so let's start by breathing in, closing our eyes, finding a comfortable seat or lying  
position  
and seeing what is happening now in the body and the mind  
Let's drop all of our intentions, desires, hopes to get something, hopes to deepen an  
understanding, letting go of the past and future, just being in the present  
Strength is often associated with  
willpower, the power to create something, to have a daily practice, to achieve  
something in the future  
The willpower is actually a thought, probably a feeling, that we engage with and by  
engaging with it, we give it momentum and by continuously doing so, we may or may  
not arrive at the result that we want  
The problem with this is that society conditions the mind and the body to have unhelpful  
patterns and build momentums that are actually not serving our greatest interest  
So if we continue in the same vein, we will achieve some of the things we want, but others  
won't be our desired outcomes  
So true strength is including the power of choice, the power of choice whether to choose

a certain pattern or to just notice it and let it go  
And this power of choice comes by abiding as the aware presence  
Noticing the thoughts, the feelings, the actions, the words we say  
Noticing our reactions to events and circumstances  
And looking into them, is that the best way to respond?  
Is that really the best that I can do?  
Is there a better way?  
And all of these questions appear by going deeper into the pattern, by resting with it  
and just waiting to see what else comes up  
What other options are available?  
What thought would occur to me if I did not act in any way?  
At this stage we are still dealing with the personal mind, we are taking a thought and  
going deeper towards Source, seeing the structure that the thought has and where the structure  
comes from  
And eventually we reach the end of the pattern, we reach the Source that it comes from  
which is awareness itself  
At any stage of the pattern we can always turn back to awareness  
Simply because it is all encompassing and always here, always the field within which  
everything arises  
A more direct way is to simply be the field  
Seeing that which is aware of any thought and any pattern  
In this present moment, there is nothing rehearsed, it is always new  
So if we remain this awareness our thoughts will be new, our body will be  
new  
In fact our thoughts will not only be new, they will be aligned with our deepest desires  
And that happens because awareness is all encompassing, therefore both the mind and  
the body and that which is desired appear in the same field  
By knowing them as the same it is very easy for them to come together in the same space  
and time  
All it takes is noticing that every circumstance, every event, every other person is happening  
within your awareness  
You cannot want something outside of your awareness because then you wouldn't be aware  
of it  
And here we come to the understanding that everything has already happened  
First it has already happened because awareness knows all things  
So all things appear in awareness, awareness itself is ever present and past and future  
therefore happen now  
And it has already happened as well because from an absolute perspective nothing is actually  
happening, it is just awareness perceiving itself in different forms  
So true strength is not doing, it is simply being  
Being is all encompassing  
It includes the conventional understanding of strength  
Which to some degree always involves separation or a doer  
In truth doing is a part of being, an effortless part of being  
And not the other way around, not being a part of doing  
Thank you

## **Liberate your body: Non-duality and natural movement**

### **Intro**

Hi and welcome to the course Liberate Your Body Non-duality and Natural Movement.  
My name is Bojan and it is my pleasure to offer you this course  
I hope you are ready to dive deeply into life and to experience the natural freedom and intelligence  
of your body. As you will soon find out, combining non-duality and natural movement is a great  
way of  
liberating the body spiritually and physically. The spiritual liberation comes from experientially  
understanding that everything, including the body, is an expression of and made of awareness  
itself.  
It also comes from acceptance and realigning the mind with what is, which is a direct result of  
understanding that everything always happens at the perfect time. The physical liberation comes

from letting go of the ideas of right and wrong movements, from surrendering the notion of a dedicated practice and practicing at any moment in time instead, and from allowing the body to naturally heal itself. By doing this course you will explore and experientially understand what non-duality is and the non-dual nature of reality, what is natural movement and how it can help the body to become more transparent, open and free, the link between simplicity and creativity

and complexity actually leading to inefficiency, how the body is a self-healing mechanism and know with certainty that everything is always unfolding perfectly. The course is for you if you're ready to dive fully into life, to let go of your attachments to what the body is, what movement is and what it should look like, and if you are looking to live the embodied non-dual understanding in your day-to-day life. It is my pleasure to be your guide throughout this course. As part of the course there is a course classroom where you can share your experiences, write comments and ask me questions. Thank you for your willingness to dive into these

deep explorations and I look forward to connecting with you very soon.

## **Day 1: The infinite body**

Hi and welcome to day 1, the infinite body.

This longer, advanced and very special meditation will help you to experience the body as it actually is, beyond the labels of the mind.

You will understand that who you are is awareness itself and everything else appears in and is made of that same awareness.

Take a deep breath in and close your eyes.

Place your experience as it is right now.

There are tools in the mind, the body meditating while sitting or lying down, other sense perceptions

such as sounds and the space of awareness within which all of this happens.

This meditation will focus on the experience of the body.

Let's turn our attention to the experience of hand.

Lift your left or right hand in mid-air.

Notice your actual experience of hand with eyes closed.

Go beyond the image, go beyond the label, go beyond the way you are used to thinking and feeling about hand.

Feel it as it actually is.

Is it really solid, made of bones and skin?

Or is it rather a sensation appearing within awareness?

If you had to use a material to create this sensation, would it be something solid like rock?

Or rather something light like feather or cloud?

Notice your hand in this way, you can move it and see how this cloud of vibration changes and yet awareness remains exactly the same.

Now the way that this meditation works is that you will choose a part of your body just like we did with hand and dissolve it from experience.

You can choose any part of the body, for example arm, leg, upper body.

Or you can be more specific and simply focus on ears, eyes, head, face, root, whatever it is that you want to explore right now.

You can of course also do it with the whole body at once.

Before we begin exploring the part of your choice in this way, I just want to guide you if you are sitting to the place where your body touches what you sit on and if your feet touch the floor to your feet and if you are lying down to the place your whole body touches the surface you are on.

Notice that in our actual experience, the body and what it touches are not two things.

This is a projected image on our current experience.

In fact, it is one sensation appearing in awareness.

Now put your attention on the body part that you have chosen to explore.

Once again, remove the label body, any sense of physicality and any images that your mind associates with this area of focus.

Feel it as a sensation.

Let the breath guide your attention there.  
Head into it.  
Now try to find the boundary of this sensation.  
Where does it start and where does it end?  
In particular, focus on the end, on the seeming limits of the sensation.  
See if there is an actual limit there in awareness.  
Check whether it is true all around the sensation.  
You will notice that the sensation extends continuously in awareness and at some point there is no longer a sensation, just pure awareness.  
Let the breath guide your attention to this area of focus, any sense of physicality and any images that your mind associates with this area of focus.  
Return to the part of the sensation where there seems to be the most tension.  
Let the breath guide your attention to this area of focus.  
Now imagine the entire frontal surface of this sensation and very slowly, millimeter by millimeter, begin elongating this sensation forwards in space.  
What we are doing with this practice is removing the belief in locality, in being somewhere in particular in awareness.  
Keep going very slowly, you are probably now at one centimeter.  
Keep going.  
When it feels right, you can start going a little faster, 5 millimeters at a time.  
By doing this practice often, it will help your body be less tense and more free over time.  
Now go even faster, one centimeter at a time, moving the sensation forward into space.  
Let the breath guide your attention to this area of focus, any sense of physicality and any images that you have.  
When the sensation is extended about 30 centimeters in front of you, go a little faster.  
If this makes it easier, you can imagine an invisible hand holding the sensation and slowly pulling it towards the empty but aware spaciousness in front of it.  
Until you reach one meter.  
Two meters.  
Five meters.  
Keep going until you reach pure awareness and until the sensation is less tense and more free.  
Take a few deep breaths to focus your attention back on where the sensation feels the most tense, now less tense than before.  
Once again, you will elongate the sensation backwards in the space behind you.  
Focus on the back of this sensation and millimeter by millimeter, watch it extend in the space behind you.  
When you reach one centimeter.  
You can go a little faster.  
Once again, you can imagine an invisible hand made of awareness, pulling the sensation backwards towards empty but aware space.  
Once again, you can go a little faster.  
When it reaches 10 centimeters, keep going.  
Once again, it becomes easier the more you do this.  
Which is why you can slowly go a bit faster.  
The more you do this practice, the more you will understand that the space of awareness is bringing everything towards itself.  
This is not really a sensation reaching towards pure awareness, but pure awareness reaching towards the sensation, making it like itself.  
Keep going in this way until you reach one meter.  
Two meters.  
Until you reach a space where there is only pure awareness and no sensation.  
Once again, take a few deep breaths to focus your attention back on this sensation, ever more free, ever more loose in awareness.  
We will now use the same process to extend the sensation towards the left.  
Start slowly once again, millimeter by millimeter.  
You are more used to the process now, but don't rush.  
Keep your awareness on the left side of the sensation and watch it extend.



When you reach one centimeter, you can start going a little faster.  
What you are doing is observing how this sensation takes its natural pure and true form.  
Transparent awareness, transparent knowing.  
Keep going in this way until you reach 30 centimeters and then go a little faster.  
Until you reach one meter.  
Two meters.  
Until, once again, the whole left side of the sensation becomes pure awareness.  
Taking a few deeper breaths now, feeling the breath as sensation, not projecting a body onto experience, we focus a fourth time on the sensation.  
Begin extending the right side of the sensation in the same way.  
Millimeter by millimeter.  
When you reach one centimeter, you can start going a little faster.  
When you reach one centimeter, go a little faster.  
Watch the sensation merge with awareness.  
As it reaches towards a space of pure emptiness, pure awareness.  
When you reach 10 centimeters, go a little faster.  
Keep going in this way.  
Until you reach 30 centimeters and then go a little faster.  
Until you reach one meter.  
Two meters.  
Keep going until the sensation has purely become one with the empty, aware space in which it seemingly appears.  
Take a few deep breaths again.  
Focus on what's left of this sensation.  
Feel into the top side of it and slowly begin extending the sensation upwards.  
One millimeter at a time to start with.  
Do not project the body onto experience. It is going up in awareness.  
Keep watching it elongate in this way until it reaches one centimeter.  
And keep going a little bit faster.  
When you reach 10 centimeters, keep going a little faster.  
Keep going a little bit faster.  
30 centimeters into the space, so-called above. Keep going.  
From your experience, you now know that directions, physicality, locality, all of these things are projections onto experience.  
They are useful terms to understand each other and what we are talking about, but in reality they are not really there.  
Keep extending this sensation upwards.  
Of course, if your mind says that you've reached the ceiling or any sort of limit, check in your experience, is that true? Is there such a thing as a limit anywhere?  
When you reach pure, empty awareness and the entire sensation becomes the space which it is made of, take a few deeper breaths one last time.  
Focus on what is left from this initial sensation.  
It is now only the bottom part of it.  
And extend it downwards, millimeter by millimeter.  
When you reach one centimeter, keep going a little faster now.  
The sensation is not going through anything, it is the space of awareness that is calling it back to itself, to take its true form.  
Once you reach 10 centimeters, keep going a little faster.  
When you reach 30 centimeters once again, go a bit faster.  
Until you reach one meter.  
Two meters.  
Five meters.  
Ten meters and beyond.  
Take a few deep breaths now and feel the freedom in this part of the body or the full body where there used to be tension.  
Thank you for doing this practice, for liberating your body from concepts of the mind, from tensions.  
Keep practicing and watch the body morph back into formless awareness over time.

Now that we have experienced the true body, we can dive into movement, understanding movement as not just physical movement, but also thoughts, feelings, relationships, everything that appears within awareness is a movement.  
If any questions or comments arose for you after today's meditation, please share them in the course classroom and I will be there to support you.  
Thank you for listening and see you again tomorrow.

## **Day 2: what is movement?**

Hi and welcome to Day 2 of the course, Liberate Your Body, Non-duality and Natural Movement. Today we will explore the question, what is movement?

As you experienced yesterday, there is a stillness that is beyond all movement, even beyond the body that the body is made of.

And this is the starting point because by knowing what this stillness is, that awareness comes before anything, then it is very easy to understand movement.

And movement is not just movement of the body, although this will be the focus of this course, but it is movement of anything that isn't the stillness of awareness, which includes thoughts, feelings, other people, the world, the body.

Everything that is an expression of this beingness, this presence, is movement.

As such, it is an activity of awareness.

Having said this, today is also more about stillness than movement, but this time it is applied to the relative level of experience to the so-called body.

I will gradually introduce more and more movement as the course progresses, to liberate our ideas of what it means, what it should look like, what feels good and what doesn't, and so on.

So to begin with, I want to talk a bit more about the body.

The body can be found in four main states.

The first one is tense and moving, which is the most common state of the body.

The second one is still and tense.

The third one is transparent and still, which you probably experienced in yesterday's meditation.

And the fourth one is moving and transparent.

This course aims towards this last state, being completely free while the body is moving.

To begin going towards this goal, I would like to give you three practices that are interlinked and that you can start doing straight away.

The first one is to be as still as possible during the day.

Make it a name to not have any unconscious movements.

That means keeping the body still, and when it moves, to be aware that it is moving, even when you are on the computer, even when you move the mouse.

Don't just move it unconsciously while you try to reach an icon.

Take the direct path, double click, and that's it.

There's no need for three or four or five clicks and a lot of movement.

Just double click, move it back.

And be very aware of your whole body as you are working, as you are doing the dishes, as you are eating, whatever it is that you're doing during the day.

Just be as still as possible and be aware of every movement that the body does.

Of course, at times you will not be able to do this, and that's completely fine.

Just return to stillness as often as you can.

The second practice is to let go of the visual element of our experience.

That is because a lot of our focus, a lot of our projecting outwards is done through the eyes.

So by letting go of the visual aspect of experience, we are instantly focused inwards.

We become aware of the body, of sounds, of breath, of everything that is going on.

To do this, you can have a scarf near you to use as a blindfold, and anytime you feel a bit of tension, a bit of stress, just put the scarf around your eyes.

Use it to return to stillness, to return to presence.

And the third practice, which is also related to the other two, is to take a deeper breath in every time you stand up and while you stand up and while you sit down to breathe out.

That's it.

It's very simple, but it's challenging because usually when we sit down, there is something to focus on in front of us and we lose our presence.

And when we stand up, it's the same.

We stand up in order to go somewhere without thinking very much about presence, about the body, about what's actually going on.

So this practice helps you stay connected, stay centered, not rush, and to focus on your breathing.

As part of this course, I have created several videos to help you with your practices.

In order to get access to the videos, please message me directly here on Insight Timer or email me through the get in touch button on my website.

That's it for today.

I will expand on some of these practices in the days to come.

I hope that you enjoy them and that you have fun with them.

If any questions or comments have a reason for you as you listen to today's lesson, please let me know in the course classroom and I will be there to support you.

Thank you for listening and I look forward to seeing you again tomorrow when we will talk about comfort zones.

Have a wonderful day ahead and see you very soon.

### **Day 3: comfort zones**

Hi and welcome to Day 3, Comfort Zones.

Comfort zones are something that we have to let go of in order to be completely free because as soon as you have a comfort zone, then you have an uncomfort zone as well. The idea of freedom is to be accepting, to be allowing, to be free to do anything and anything that the body wants to do.

If you have a comfort zone, if the body is used to doing some patterns of movement and not others, then it's not completely free because as soon as you do a movement that is slightly out of this comfort zone, you feel uncomfortable.

So it's about breaking those limitations, finding new ways of moving, listening to the body, moving in the way it wants to move in this moment.

It's not about practicing learned patterns and it's also not about looking cool because so much of movement nowadays is focused on aesthetics, on how it looks, on how good someone

is at performing the same movement over and over again.

And here in this course, we are breaking these structures.

We are actually aiming to find the entire scope of movement that the body has.

So it's not about repeating movement, but it's about asking yourself, how can I do this differently?

How does my body want to move in this moment?

And it can be weird, it can be uncool, it can be strange to look at, it can feel different, but that's the new comfort zone.

By expanding your comfort zone, you let go completely of this idea, of this notion.

And this is where we are going.

I'm sure you have already seen the benefits of this in something that you've done before.

For example, in acting classes, the warm-up exercises are quite strange and yet they give a lot more flexibility to the whole body, to your way of thinking, to your way of moving, to your way of connecting with other people.

Or for example, in choir singing or just singing in general, the warm-up practices are about making weird sounds, opening up the throat, opening up the core and the body, and just experiencing this freedom, this opening, this lack of limitation.

Going beyond the comfort zone, going beyond what's accepted into something new that has an effect on the body that is beneficial, that is opening it up and liberating it.

But once again, here and throughout the course and throughout everything that you do, you have to check in with what comes from ego and what comes from love.

Because even this idea of going out of your comfort zone can become a bit of a compulsion to always want to break your boundaries, to subtly not be okay with where you are now.

And it's actually about embracing where you are now and coming from this moment, from what you're currently able to do and experience, towards more and more, step by step.

So I want to emphasize that there is no rush at all with this course or with anything in life.

It should be a natural, gradual process, going from where you are now to a place where you

are more free, more able to express yourself in new ways that were inaccessible to you before these explorations, all the while remaining present, at peace and happy with where you are.

So that's it for today.

I didn't give a practice per se, but we are just getting ready for what I will share with you in the days to come.

If any questions or comments arose for you as you listen to today's lesson, please let me know in the course classroom and I'll be there to answer you.

Thank you for listening and have a beautiful day ahead.

Bye.

#### **Day 4: having a practice**

Hi and welcome to day 4, having a practice.

So many of our activities nowadays are practice based, meditation, yoga, any type of sport. It's like we dedicate a certain period of time to that activity, and when it's done, it's done.

What we are doing here is the opposite, it is breaking that idea of a practice.

You probably know that we get good at something when we do it long hours, when we practice consistently.

So, what better way to be in the body, to find health, to find our own natural movement, than by practicing consistently on a day-to-day basis, whenever an opportunity presents itself. A practice can be absolutely anything.

It can be climbing stairs, it can be unloading the dishwasher, it can be having a dedicated time for movement, it can be exploring a particular idea that you have and seeing how far you can take it, it can be just walking, sitting, it really can be anything that involves the movement of the body.

By practicing in this new way, we are breaking old habitual patterns of movement.

Here again, I want to emphasize that there is nothing wrong with our habits.

It's just about naturally going beyond them, finding more freedom in the body, being our self more, finding our own authentic movement, day in and day out.

It is going back to the question that I told you yesterday, how can I do this differently, and seeing what happens.

Some natural movement teachers say, the issues are in the tissues, and by moving in new ways, by opening up, then there's tensions in the body that can come up and be released to liberate the body evermore.

One practice that I would like to recommend today, which has stayed with me ever since I discovered it, is one to do with breathing, and it is linked to one of the practices that I gave you on day three.

Rather than have a dedicated time for a yoga class, what if you can take the principle of yoga and apply it throughout your day.

This principle of yoga is just breathing in when you move in a certain way, and breathing out when you continue the movement.

So for example, you can do it with standing up and sitting down.

You can do it when you open the fridge door, and when you close it.

You can do it when you take a dish to wash, hold the breath as you're washing it, and exhale when you put it away, et cetera, et cetera.

Create your own practices.

What you will notice is that your days will become slower, and you will see a massive difference as soon as the whole body is filled with oxygen.

Because the mind quiets, you are much more present.

Everything is more enjoyable, and there is really no place for stress to even appear in your life.

So that's one practice, and I've also recorded a few videos of ways which you can practice more.

To receive those videos, please message me directly or email me via the get in touch button on my website.

My hope with this course is that the concepts that I'm giving you here open your mind to

what's possible, and you take them with you and create your own practices and go way beyond. On day eight, I will give you ideas to play with, which you can expand on and find the freedom and the joy of simply being, simply moving.

What's amazing is that when movement becomes the focus, any activity becomes pleasant, becomes enjoyable, because it's not about the activity anymore, even if it's something that you didn't like doing before.

Now when you move, when you are in the body, when you are exploring possibilities, it becomes enjoyable and fun, and you look forward to doing it.

So that's an amazing byproduct of exploring movement in this way.

That's everything for today.

I hope you enjoy not having a practice and transcending your comfort zone step by step.

If any questions or comments arose for you after today's lesson, please let me know in the course classroom, and I will be there to support you.

Thank you for listening.

Have a beautiful day, and see you again tomorrow.

## **Day 5: elongating the spine**

Hi and welcome to Day 5, Elongating the Spine.

The purpose of this course is for you to find your own natural movement, your own practice, and I don't want to give too many suggestions of ways in which you can move.

However, elongating the spine is really a base that anyone can use and that is useful for any type of movement.

And of course, when I talk about natural movement, I have to mention the name of the person who coined the phrase, Ido Portal.

He has created two challenges precisely to elongate the spine.

The first one is the squat challenge and the second one is the hanging challenge.

You can find both of them online.

I won't say too much about Ido just yet because there's other things I want you to be aware of to do with natural movement before telling you a bit more about him and recommending more of his work.

So the first challenge is about the squatting position, which is actually a very natural position to be in.

It's just that we're not used to it anymore.

Apparently many people in Asia and Africa work in this position, so it's about getting reaccustomed to using it in our day-to-day life and it's very handy because at times you need to take something from a low shelf or you need to look at something that's closer to the ground.

And so in this way, it's a useful posture.

It also elongates the spine, which allows you to have more flexibility of movement and to be more aware of the body in general.

For me, this challenge was quite easy to do and actually I didn't finish it.

After 27 days of squatting for 30 minutes a day, I decided that my way of continuing the challenge would be simply to not sit on a chair anymore or really limit the amount of sitting on a chair that I do.

So now I work from my laptop closer to the ground and as a result, everything that I do involves more movement and allows me to have a more consistent practice, but that's just me.

It might not be your case.

Maybe you won't like the challenge.

Once again, don't push yourself too hard and let your movement evolve naturally.

The second challenge is the hanging challenge.

I found this one a lot more difficult because I used to have a shoulder injury from snowboarding and it came up after just a few days of hanging.

Then I had to look into injury and recovery and figure out how to move my arm as much as possible without making it worse and to really listen to my body to decide how much hanging I should do every day, what is too much, and also finding a way to implement it in my daily routine so that it's a seamless activity.

What's amazing about injury is just how good the body is at recovering.

So often we think that the best thing to do is to keep the shoulder still and not moving, but actually it's much better to find what movements the arm can and cannot make, to keep it still, but also to listen very closely to the body, to what is painful and what isn't, and finding that balance that keeps the arm moving a little bit so that it's not completely inactive and so that the muscles around the injury can still function and still help in this recovery process.

So once again, the message here is be careful with this challenge, do it slowly.

It's a long-term process and there is no rush.

Let your body naturally open up, extend the spine, become more flexible and more free.

As I mentioned, I have also created a few videos as part of this course, which you can access by messaging me directly here on Insight Timer, or by emailing me through the Get In Touch button on my website.

That's everything for today, I hope you enjoyed the lesson.

As always, if any questions or comments arose for you, please let me know in the course classroom and I'll be there to support you.

Tomorrow we will talk about the importance of simplicity.

Have a beautiful day, and see you again then.

## **Day 6: simplicity**

Welcome to Day 6, Simplicity.

Once again, today I want to emphasize that there is no rush, that everything is gradual, that you can really feel into your body and become one with the movement slowly and over time.

And the second thing is that it doesn't have to be complex at all.

In today's world we have all of these equipments and technology to keep us fit, but none of it is really necessary.

In fact, these tools and machines stop our creativity and make us practice the same movements over and over again.

So here what we are talking about is simplicity, is finding ways to move with a wall, with stairs or with nothing at all, using the body itself as the tool that we are moving.

There is so much you can do with what's already available to you.

So keep being creative, keep being in the moment, finding what you want to do, how you want to move, where you want to go and then finding a way to do that with what you already have.

There's no need to buy new equipment, although of course if you strongly feel drawn to buying something, then feel free to do so.

All I want to say is that it's called natural movement because it's about moving away from all of these tools and technology and advanced methods of repeating similar movements.

It's about going back to how the human body is meant to move, coming back to more basic movements such as crawling, squatting, lifting, catching, all of these things that we have done for millions of years of evolution.

And it's a bit paradoxical because at first it feels unnatural, but once you start seeing your body getting stronger, once you start really feeling that it is designed to make these kinds of movements, then you will see the benefits straight away and that will keep you going.

So that's everything for today.

It's a very short, sweet and simple lesson that I hope you have enjoyed.

Tomorrow we will explore ideas that we can play with without any equipment, just to bring us back to the ever-present body, being with what is, exploring movement, finding all the potentiality of what's available, of what we can do and how far we want to go.

Thank you so much for listening again today.

If any questions or comments have a reason for you, please let me know in the court classroom and I'll be there to answer you.

Have a beautiful day and see you again tomorrow.

## **Day 7: ideas to play with**

Hi and welcome to day 7, ideas to play with.

Today I will give you a few ideas that you can think about, implement, and you can see how your body feels when you consider them.

And most of all, I want you to remember what I said in day 3, that we are going towards the body becoming more and more transparent as you move.

So we are also coming back to non-duality and letting go of the doer of the movement, of the thinker behind the movement.

The first idea is to let the object move you.

So for example if you are playing with a stick, let the stick guide your movement, not you guiding the movement of the stick.

You can take that further.

For example if you want to switch the light on, you can imagine that it's the light switch moving your body, not you reaching the light switch.

In this sense we are removing, once again, locality.

We are removing the idea of a person doing a movement.

It's more like the movement is automatically happening on its own.

Another idea to play with is breathing.

We have already talked about inhaling and exhaling as you do a movement.

You can also do, for example, inhaling three times, exhaling one time, playing with different varieties of breath forms.

You can also hold the breath after the inhale or after the exhale.

You can try the Wim Hof method and experiment with coach hours to see how your body reacts, how your temperature adapts, see how your immune system gets stronger as you breathe deeper and put the body in more challenging situations gradually.

You can play with posture as you are speaking with someone, as you are feeling a tense feeling, trying to really embody the feeling, let it take over the entire body.

See what it feels like to enact it and feel it and release it in that way.

You can play with contracted movements, with expansive movements, with speed, something very fast and sudden or something very slow or alternate the two.

You can play with rhythm, moving to a song, dancing without having a name, without having the idea of what looks good and what doesn't.

You can put rules in place to see how that impacts your movement.

For example, say you can't move your right leg, then move around that idea.

At one point, I was curious about how opera singers make this amazing, strong, powerful sound and I found a course on that.

One of the exercises that I really liked was that in order to find balance, we have to find what is not balance.

So for example, to find balance in your neck, you have to let your head drop in no directions and then just let it naturally stay where it stands with as little effort as possible.

You can do the same with the shoulders, experience what is the unbalanced position, moving them

forward, sideways, up, tensing them, then relaxing them so that they naturally fall into place.

You can do that with your whole body and move in a way that is as relaxed as possible.

Just seeing how effortless a movement that you previously taught required tension can actually be.

These are just a few ideas to play around with.

Of course, you can have your own list.

You can develop your own techniques, your own tools, but once again, be careful even with the word technique because that means that you'll get stuck on that particular movement pattern.

So go beyond, just explore it for a bit, move on to something else so that you keep the body flexible, present and free.

As we are reaching the end of this course, I want to remind you of what I said in day three, which is that any movement is leading towards a more transparent body.

So every movement is a step closer to dissolving the experience of movement within awareness.

Keep that in mind until tomorrow when I will talk more about non-duality.

I hope you have fun with all of these ideas, these suggestions that I've given and with developing your own.

If any questions or comments have a reason for you today, please let me know in the course

classroom and I'll be there to support you.  
Have a nice day and see you again tomorrow.

## **Day 8: Non-duality and natural movement**

Hi and welcome to Day 8, Non-duality and Natural Movement.

How does everything that I've shared so far fit in the modality of non-duality?

Non-duality says that there is only one pose, and that is awareness itself.

Everything else is an expression of that awareness, happening within it.

And this is the last stage.

This is when you can move without thinking, where you can know in your experience that there is no doer and movement is simply happening, thoughts and feelings are simply occurring effortlessly, and then you don't know what you're gonna do next.

What's fun is to balance the two, when you kind of explore the potentiality of the body, where you learn new movements, where you go beyond your limits constantly, and then you completely let go of this, and you let the body move in any way that it wants to move, so that even you don't know what it's gonna do next.

This is the whole purpose of this course, to find this freedom where you are simply present, you are allowing everything to be exactly as it is, any movement to occur exactly as it does.

And even if you decide to learn a movement, so-called decide, that is just unfolding in awareness.

So there is no doer, there is no thinker, just movement occurring within you.

That is how natural movement fits within non-duality.

Most importantly, there is non-attachment to the movement.

You know, I said before in the course that some movements maybe feel good, others feel a bit less good, less comfortable, and there is a tendency of the mind to attach to the good ones, to what looks good, to what feels good.

But to awareness itself, to our true self, there is no such attachment.

Everything is accepted exactly as it is.

So whether you're moving, whether you're lying in bed processing emotions, whether you're feeling ill, everything is accepted, everything is movement, everything is seen with equanimity, and there is no desire for something that isn't.

As such, through this course, you are exploring the body, you are seeing what is possible, you're also finding the limits, the injuries, letting them go, and slowly making the body more and more transparent, more and more free from ideas, from beliefs, from limitations, and you can rest as awareness as the body is naturally healing itself in this way.

The body-mind is a self-healing mechanism in the sense that as soon as it perceives separation, illusion, shoulds, wants, desires, then it is also naturally moving towards the letting go of these very same things.

And here it's also very interesting to see that as soon as there is a form that appears within awareness, awareness is aiming to make it like itself.

It's a bit like gravity.

When you throw an object, gravity is slowing it down and making it still.

In the same way, when a feeling, a perception appears in awareness, awareness is aiming to make it like itself again, to make it return to source.

So every movement is this coming and going back and forth until it is clear again that there is only awareness, like a sound appearing within silence.

The silence is there before, during, and after the sound.

In the same way, awareness is there before, during, and after each movement.

In fact, the very movement is made of awareness itself.

And that is why everything is always unfolding perfectly.

That's everything I wanted to share with you today.

I hope you have fun and that you continue your explorations from this non-dual perspective.

If any questions or comments have a reason for you after today's lesson, please let me know in the course classroom and I'll be there to support you.

Tomorrow we'll talk about no free will and how that fits with natural movement.

Thank you for listening and see you again then.



## Day 9: no free will

Hi and welcome to day 9. No free will. As I said in day 2, the body can be found in 4 states. Still and tense. Moving and tense. Transparent and still. Transparent and moving. And these states alternate naturally, effortlessly in awareness. So there is no doer. Whatever movement happens or doesn't happen, it's just the natural unfolding of phenomena within awareness. And here I would like to link this course to another one of my courses which is also on Inside Timer. The one on accessing your intuition through dowsing. Dowsing allows you to go beyond your own body-mind and look for clarity, answers, guidance from a source that is beyond. In this way, it fits with no free will because you can surrender your own decision making, you can let go of your own ideas about what you can do, how you can move or can't move and simply ask those tools for ideas, for guidance, for suggestions in the moment and seeing what they tell you. I can assure you that the answers will surprise you. You will find new ways of thinking, new ways of being and most of all you will know when to do what, when to move in what way or not to move in what way. Dowsing tools can also help you with emotions, with processing past events and many other things. They can really be used in all areas of life. So what I want to say is that it doesn't matter if you cannot move a certain way at a certain point in time. It's okay. If it doesn't happen, then that's what's meant to be. Maybe there's a reason for it. Maybe it will help you process some emotions around lack of freedom or wanting what you can't have. So it's always useful. There's always a healing process which would in turn once again lead the body to more transparency, to more presence and there is always a use, there is always a deeper meaning behind everything that happens. Now that we are almost at the end of the course, I would like to say a bit more about Idil Portal who is the founder of Natural Movement. The reason why I haven't talked about him so far is because when I watched his videos, when I practiced what he teaches, there is this sense in him that he is still identified with the body and in particular the spine. He says things like, why move? Move because you can, which kind of implies free will. He's aiming to move out of a desire to escape death or at least slow it down. So underlying that to me, feels like there is a sense of lack. The real reason for movement is simply because it's already occurring. There is no doer. It is what's happening. And for me, Natural Movement was a way in which the body became more and more free, more and more open and flexible. It is a way to embody the nature of awareness which is precisely open, allowing, free, happy, peaceful and to let these qualities be expressed through the body. Of course, I do encourage you to see Idil Portal's work because there's a lot to learn from him. But as you listen, be careful with how much you take on. Look at the beliefs that he has behind what he's teaching. He is an amazing teacher. He has explored physical movement more than anyone probably. So of course, you will benefit a lot from listening to him. So this is really the last day of this course. The course will end tomorrow with a four-minute meditation which summarizes everything that we have talked about and to which you can move and see what the body does. To receive a video version of the meditation which will give you more ideas of practices that you can try out, please message me either here or through the get in touch button on my website. I hope you have gotten a lot out of this course. If you would like to know more about what I do and my work, please visit my website where I offer another seven short courses similar to this one, one-to-one sessions and the longer six months program called Applied Non-Duality The Art of Living in Freedom. As always, let me know if you have any questions or comments in the course classroom and I will be there to support you further. It has been a pleasure for me to create this course to help you begin to explore movement and what's possible in new ways. I hope you enjoy tomorrow's meditation as well and I look forward to staying in touch with you in the future. Thank you very much and bye bye for now.

## Day 10: freedom

Life is a continuous stretch.

Going beyond the comfort zone.  
Going beyond having a practice and practicing at any moment of time.  
Understanding that movement is not just a movement of the body, but it's everything.  
Thoughts, feelings, sounds, sights.  
Everything is a movement within the stillness of awareness.  
The more you understand this, the more you know that the true nature of the body is transparent being.  
And with every movement you go closer, you go closer to this knowing.  
Let go of ideas, of cool and uncool, of right and wrong, of good and bad.  
Keep going in the direction of freedom, flexibility, openness, allowing.  
Keep playing with dualities until you reach non-duality.  
There is only this moment now.  
There is only this movement now.  
Don't set yourself limitations in what you can and cannot do, of what is possible and impossible.  
For it is not up to you to decide.  
Let movement happen effortlessly within you.  
You are all that there is.  
Nothing is outside of you.  
So keep playing.  
Keep exploring.  
Keep finding new possibilities and letting them go.  
Freedom is not something to seek.  
Freedom is who you are.

Q&A

**Anne**

Q: That the body is energy. I must do this again. Thank you

A: Indeed, Anne - if that! Glad the meditation resonated with you 🙏✨

**Danielle**

Q: Hello Boyan, what exactly is non duality? I imagine its concentrating on one concept?

A: Thank you for joining this course and for your question, Danielle. When we explore experience through meditation and practices such as Self-enquiry, we find that we are not the body or the mind, but the Awareness that knows all thoughts, feelings and circumstances. When we explore this Awareness further, we see experientially that it doesn't have a limit, is ever-present, and allows everything to be exactly as it is. This Truth is what I refer to through the words 'Non-duality'. I hope that's helpful! 😊🙏

**Kaley**

Q: I practice Non-dual Shaiva Tantra (Kashmiri Tantra) and this course is right up my alley. Thank you so much for sharing this wonderful offer! I had a beautiful first session. 💖🙏

A: Wonderful to hear, Kaley! Yes, if you practice Kashmiri Tantra, then this course would definitely resonate with you 🙏 If you haven't heard of Natural movement before, maybe you'll find that part of the course more intriguing!

**Catherine**

Q: Thank you for this course. I have a physical pain condition which is often difficult to be with and I often have to distract myself by focusing on other things. I am familiar with non dual teachings but what come up for me on this session was a sort of fear and resistance.

Do we need to label our emotions as they come up or move beyond labels completely and just be with the movement of feeling. I feel this is my time to heal 🥰

A: Thank you for your question, Catherine! Yes, it's completely understandable that dealing with physical pain can be difficult and distracting at times. Hopefully the guidance that this course provides - that the body is not as physical as we might think & the various natural movement exercises - will help you deal with the pain and explore the fears/resistances that arise with a sense of playfulness and curiosity. Regarding your question around labelling emotions, I would say that labelling them is a first step to help us become more conscious of what feelings are present, and the second step would be to let go of the labels and to feel these feeling as they are - being with the movement of feeling as you say. Great to hear that you feel that this is your time to heal! You are definitely well on your way if you are already familiar with Non-dual teachings and resonate with this course 😊🙏

### **Oda**

Q: Beautiful practice. Movement is time, right? So, in the expanded awareness does time simply move?

A: Hi Oda, Thank you for your question. Yes, when we rest as Awareness, we are the witnessing Presence behind all movement - thoughts, feelings, bodily sensations and movements, others & the world. As such, we remain as Timelessness, watching time unfold within us 🙏

### **Mary**

Q: I saw myself as a shining light in this meditation, PROFOUND, considering how much stress and ruminating thoughts which I've been dealing with. Thank you teacher for your guidance with this practice! I'm looking forward towards tomorrow's lesson! Peace...

A: Wonderful to hear, Mary 😊🙏 Yes, this shining light is what you are in Truth! ✨

### **Sharon**

Q: Hi Boyan, dissolving the body is a new concept for me and everyday I am trying to notice/remember this. I have listened to the True body meditation 2x and I am having a difficult time with extending the sensation.

One morning getting ready for work the thought appeared to listen to music (not in my normal morning routine). So I put on one of my Pandora stations and after 5 songs or so I just started dancing around the kitchen almost in a whirling type of movement. I was watching from awareness and began laughing when my mind registered the song – “We are Spirits in a Material World” by the Police. I just had this sense of understanding that none of this happened because of me (Sharon identity). It was a wonderful lesson of being in the flow and allowing life/movement to happen.

I continue to play around with this idea of movement occurring naturally without the mind directing the show. Sometimes when I am going somewhere in the car I will see which route I go without making the decision beforehand. For example, if there are 3 different routes I can take – I don't decide with my mind, I just see how it goes and watch my

hands turn the wheel. Then I think “ok I am going this way today”. I am seeing more that things happen without having to figure out what to do or decide something. I have a reminder on my fitbit watch that goes off every few hours with the message BE AWARE. I try to become aware of what I am doing, what my mind is thinking and to realise that I am the awareness of that experience. I am amazed at how easily and quickly I go back into being identified with this small I. I need constant reminders to become aware.

A: Thank you for your comment, Sharon! I love your experiences of letting movement happen while listening to the Police song, and letting your hands turn the wheel as you drive without knowing where you will go next! 😊🧘 This is exactly what this course is about! As for resting as Awareness more of the time - yes, reminders are great, and it becomes easier with practice & as the understanding of our True Self settles in the body/mind system 🙏

### Sharon

Q: I have just googled Ido Portal and I see that he is interviewed by Andrew Huberman who is one of the very few people I subscribe to on YouTube and follow on twitter so I have started to listen to this interview this morning. I am not completely clear on how his ideas relate to Non-duality BUT many “coincidental” (lol) things are showing up for me around movement so I am going with it trusting that everything is unfolding as it should.

A: Thank you, Sharon - great that you found this interview, I really enjoyed watching it, too 😊 I have a few comments on it and how it relates to Non-duality. There are a few things in particular in the interview that fit within Non-dual explorations:

- Ido talks about movement being everything (body, thoughts, emotions, sense perceptions), not just movement of the body;
- At one point they talk about free will, although they don't come to any clear conclusions whether there is free will or not;
- Ido aims to not repeat the same thoughts / movements, which is a practice that is in line with the nature of Awareness – always present, new, in the moment;
- Natural movement is one way of embodying the Non-dual understanding by letting the body move as it does without trying to control it or change it; it also opens up the body/mind to seeing things from a new perspective and to move in new ways, which helps in the releasing of more stored tensions; similarly to meditation being the constant on the level of Awareness, on the level of the body movement is the constant.

Here are some things to be careful of:

- Linking natural movement and non-duality: natural movement is my interest and, to me, it is a way of liberating the body and being more free and allowing. However, it is not everyone's path – for example, I highly doubt that someone like Rupert Spira would be particularly interested in trying out Natural movement! Yet, I imagine that his experience of the body is very well aligned with Non-duality.
- At one point Ido starts talking about yogis not being enlightened because they can't balance a stick for 10minutes. There and on other occasions, he is linking objective experience to Awakening or Being Aware. As we know, Awareness comes first or is ever-present, and everything else is an expression of It.
- Using movement as a way of escaping what is, desiring to move more, be more fit & flexible, achieving results fast etc. - all of these are a resistance. It is of course ok to

have such resistances, but please be aware of them when they happen. Our aim is for movement to happen effortlessly in the moment. As you say in your previous post – movement happens, and then the thought appears ‘ah, it looks like I’m moving in this way now’. In other words, our (long-term) aim is movement without attachment, or letting everything unfold as it does.

- In this course, days 1, 2, 8, 9 & 10 are relevant to Non-duality. The rest speak to the relative level of experience.

I hope this makes sense or will make sense soon! 🙏 🧘

### **Mary**

Q: I’m curious. For some time, during yoga and or my meditation, I find myself holding my breath at the end of my exhalation. I've asked a yoga teacher, but she didn't know exactly why this happens. It seems like a natural and instinctive thing for me. I gain a sense of peacefulness. Your program instructions to link breath holding with chores etc. made me think of this. Do you have any insight as to why I like this?

A: Hi Mary, thank you for your comment. It sounds like it happens when you are feeling present & at peace - maybe it is a way for the body to relax consciously and for the breath to deepen naturally? You could also turn this into a practice if it feels right - at various times during the day, you could consciously exhale and pause at the end of the exhalation until the in-breath comes in smoothly and effortlessly 😊 🌿

### **Christy**

Q: I have been drawn to , investigating and practicing non dual teachings for almost a decade but it still remains an elusive concept to me, not my reality. Any tips for one who does the work but may be challenged by significant trauma? Thank you!

A: Hi Christy, thank you for joining this course and for your question. Glad to hear that you have explored the Non-dual teachings for almost a decade. If significant trauma comes up as you aim to meditate & rest as Awareness, then I would recommend approaches that focus more on the body, such as natural movement, somatic experiencing, qi gong, or other. Since we are talking about the relative level experience, what would work best for each individual depends on their interests and the way their particular body/mind works. I would be able to give you more personalised recommendations if we meet 1-to-1 so that I can know a bit more about you, your life story, and exactly what happens when you apply the Non-dual teachings. I hope that makes sense and is helpful 🙏

### **Jeannie**

Q: I am learning so much! Thank you for this course. The 4 states of the body is a new concept for me and I look forward to learning and practicing these four states with the goal of optimising time in the aware active mode - I have had glimpses of a flow state... Is that the same? When absorbed in a creative activity and time is distorted?

Thank you for your sharing of this work.

A: Hi Jeannie, thank you for your comment & for joining the course - I'm glad it resonates with

you 😊 ✨ Yes, the flow state is the fourth state in which the body is transparent & moving.

It could also be said that the first state in which the body is tense and moving is also a flow state in case there isn't the identification with the body/mind even despite the tensions

experienced. Ultimately Life is one big synchronicity and everything is always in flow & meant to happen exactly as it does 🙏 ✨

## Enlightening the root chakra

Hi and welcome to the course Enlightening the Root Chakra.

My spiritual path has been closely linked to the root chakra and kundalini which I have been exploring for the last 13 years.

This course approaches kundalini and enlightening the root chakra from a non-dual perspective. It is a map explaining how to work with kundalini and its role and its purpose in opening up the body and releasing stored tensions.

Over time and as we release blockages in the body and beliefs in separation, we become more and more like awareness itself.

Present, open, effortlessly free, allowing everything to be as it is.

Not having attachments or desires for particular outcomes, just being here now.

These qualities of awareness can also be expressed in and through the root chakra.

The course tells you how to do that and also focuses on what to do when the kundalini energy is overpowering or overwhelming.

And also reminds you that everything is always unfolding as it should.

Ultimately, the spiritual path is a journey without distance to a goal that has never changed.

I hope you find the course useful and that it gives you a new perspective on the body, on tensions and blockages, on kundalini and on the spiritual path as a whole.

As part of this course, there is also a course classroom where you can share your experiences, questions or comments.

I'll be there to read what you write and support you on this journey.

Thank you for being interested in exploring spiritual embodiment and for your curiosity to become a kinder, more open and more loving human being.

I look forward to connecting with you very soon.

### Day 1: Moving energy

Hi and welcome to day one of the course Enlightening the Root Chakra.

Today we will begin exploring and noticing that energy that we think is stuck or blocked is actually a lot more flexible and open to change than we think.

At one point on the spiritual path, I met with a Reiki teacher and she said something that completely changed my perspective.

She told me that when a chakra center is fully opened, we do not experience it.

It becomes transparent and it is not at the foreground of awareness.

But it is rather when there is a tension, when there is a blockage, that we begin to experience the body as physical in order for our attention and awareness to go there.

So today's meditation will be a guided practice which will help you to notice an area of tension and to open it up, to see that it is actually not so local and physical as you might believe that it is.

So whenever you're ready, take a deep breath in and close your eyes.

Let the breath guide you deeper into the body.

Feel the weight moves into the third eye to the crown chakra and then back down through the throat, the heart, the solar plexus, the stomach and the root.

Notice already how you experience some parts of your body more than others.

The areas that are free from tension are open, transparent and at peace.

Now choose an area in your body where you feel a slight tension.

If there is a place in your body where you feel rather intense pain, I would not recommend starting with that.

Instead choose a part of your body in which you feel slight tension.

You can gently put your finger on it and if that helps, visualize the sensation.

How big is it?

What color does it have?

If it rotates, in which direction does it rotate?

And now gently move your finger in the direction in which you want the sensation to go.

Up, down, left or right.

And notice that same sensation, that same ball of energy move to another part of your

body.

Notice how it shifts and changes if it does.

Now move your finger in the direction in which you want the sensation to go.

And when you feel complete, you can hold the sensation whenever you want it to end and let your hand again rest at your side.

Feel the path of your breath again from your nose all the way to the root and back.

You can take a few deeper breaths here and open your eyes.

Isn't that amazing that the tensions that we think are stored in the body, that are so physical, so dense, so localized, are in fact able to move around, to be shifted around.

And remember that this is just day one, so we will definitely continue these explorations in the days to come and tomorrow we will talk more about Kundalini, what it is, how it moves through the body and how it supports spiritual growth.

Thank you for listening, I hope you have enjoyed today and if any questions or comments have a reason for you, please share them in the course classroom and I'll be there to help you.

Have a wonderful day and see you again tomorrow.

## **Day 2: Understanding Kundalini**

Welcome to day 2. Understanding Kundalini.

There's a lot of confusion around Kundalini energy, what it means, what its purpose is.

Is it real? What Kundalini awakening is?

So in today's lesson I will demystify the term Kundalini and help you experientially understand what it is and its purpose. Kundalini is an energy within the body which originates at the root and has a circuit that goes up the spine all the way to the crown and back down again through all the chakras.

In non-duality we say that our true self is awareness itself which is ever-present, all-allowing, all-embracing and changeless. It is not impacted by any experience.

On the level of the body this completeness, this freedom is expressed through Kundalini. The more freely this energy flows through the body the more freedom is experienced in day-to-day life. As such it can be said that the entire spiritual path is about letting this energy flow through the body as effortlessly as possible. The nature of this energy is to find the tensions within the body and to open them up to release them from the body mind system. If it had a purpose that would be it, to find the tensions stored in the body and let them go. Today's meditation will help you experience Kundalini by slowly raising it from the root all the way to the top and back.

So whenever you're ready let's take a deep breath in and close our eyes.

Move your attention all the way to the bottom of your spine.

Take a deep full breath.

And as you exhale, relax your body as much as possible.

You probably already feel some movement of energy in your root.

Keep your attention there for a bit. And on the next inhale let this energy rise to the second chakra through the spine.

Keep your attention there now.

Even if you're not feeling anything at first, with practice you will know that something is definitely moving and rising up.

Let's keep going. On the next inhale, move this energy from the second chakra to the solar plexus.

If that makes it easier you can imagine an elevator going up floors.

When it reaches the third floor, stop there.

Keep your awareness on this chakra.

On the next inhale, keep going up, this time to the heart.

If the body wants to move or shake, let that happen.

Keep going now on the next inhale up to the throat.

Keep going once again to the third eye spot.

At the back of your head through the spine.

And let the energy go all the way up to the top of your head or the crown.

Let the energy move to the middle of your forehead, just above your eyes.

As you exhale, let the energy move down to the throat.

Here it is helpful to put your tongue right behind your upper teeth to let the energy flow through it.



Keep your attention there for a bit.  
And on the next exhale, let this energy flow down to your heart.  
With your next breath, let it keep falling to the solar plexus.  
Keep your attention there for a bit.  
And let it go down to your stomach.  
This is where the Kundalini energy is stored.  
By doing this practice frequently, you will begin to notice that you are a lot more alive, a lot more energetic in your day to day life.  
It is not random that Kundalini is also called a life force.  
You can take a few deeper breaths here and open your eyes.  
How do you feel now? More balanced? Maybe somehow more free?  
If you don't feel any different or didn't experience the Kundalini energy, don't worry, this is normal in the beginning.  
It takes a while to first be able to get in touch with this energy and second to move it all the way up and back down.  
With time and with practice, it will definitely happen.  
Thank you for listening. Tomorrow we will talk about different ways in which to manage the Kundalini energy, especially when it is too strong or overwhelming.  
If any questions or comments have a reason for you as a result of today's lesson, please let me know in the course classroom and I'll be there to support you.  
Have a wonderful day and see you again tomorrow.  
Thank you for listening.

### **Day 3: Navigating the power of Kundalini**

Hi and welcome to Day 3, Navigating the Power of Kundalini.  
First and foremost, I want to emphasize the importance of taking your time with these practices and being kind to yourself.  
It has taken me 13 years of exploring this energy before being able to create this course to summarize my experience.  
At times, raising Kundalini energy in this way can be challenging.  
Our society conditions us from a young age to believe in letting go and releasing this life force instead of keeping it in and letting it work through the body.  
So through this Kundalini journey we are turning inwards again.  
Through it, we are becoming more conscious of our tensions and blockages and allowing them to be released.  
And this process can be overwhelming at times.  
So in today's lesson, I will give you tips to manage this strong current of energy.  
You can look at the body as composed of four elements, earth, water, air and fire.  
The Kundalini would be the fire element.  
So to balance it out, you can add more of the other three elements to make sure that the body is in equilibrium.  
You can drink water.  
You can have cold showers.  
You can take deep breaths in the style of Wim Hof.  
You can walk barefoot on the earth.  
You can move more during the day to become more flexible.  
I talk more about this new approach to movement in my course, Liberate Your Body, Non-duality and Natural Movement, which you can have a look at if you're interested.  
As you will also find out in day five, the more you release your tensions from the body, the more you find practices, approaches, diets and ways to become ever more present and allowing  
and to embody the qualities that awareness, your true self, has.  
If and when you have to engage with this vital energy to release it from the body, which will inevitably happen, do so in the most mindful way possible.  
If you have a partner, make sure you communicate with them.  
Keep this root chakra communication channel open between you.  
You can use scents.  
You can use blindfolds.



Just once again, be as present and mindful as possible because that is the true desire of the root chakra.

It is presence.

The root chakra is also strongly linked to creativity and intuition, so I'm sure that you will find and develop your own practices over time.

At this stage, you may be surprised by how your body feels and how engaging intimately with another changes, but I will tell you more about this tomorrow.

To summarize today, be kind to yourself, be patient, be mindful as much as possible and aim to maintain this energy within the body while you remain present.

If any questions or comments have a reason for you as a result of today's lesson, please let me know in the course classroom and I'll be there to read and answer them.

Have a beautiful day, and see you again tomorrow.

#### **Day 4: Everything is unfolding as it should**

Hi and welcome to day 4.

Everything is unfolding as it should.

Today we will do a meditation that will help you to accept everything as it arises.

To know that there is only one way in which things can unfold, that nothing can ever go wrong and that right and wrong are just ideas, and that you are always where you are meant to be.

So whenever you are ready, take a deep breath in and close your eyes.

When we rest with our experience, we see that there is a stream of thoughts effortlessly occurring in the mind.

There is no thinker behind those thoughts.

They just happen by themselves.

The same is true for feelings in the body.

As such, everything is simply unfolding according to a pattern that evolves naturally, step by step.

The same is true for Kundalini and the way it opens up the body.

When we look at awareness itself, we know that it is ever-present.

It accepts every thought, every feeling, every experience exactly as it is.

It is in equanimity with all things, and it is not attached to one form or another.

As such, having the aim to be as mindful and present as possible when engaging with the root and Kundalini energies means that we are aiming to rest as awareness, to be as true as possible to our true self, by expressing those same qualities on the level of the body-mind.

Yet each of us is at a different distance from this presence, and the further away we are from it, the more our manifest reality is an expression of this sense of separation and distance from what is, from pure presence.

By seeing our beliefs being manifested, we can become more conscious of what is actually going on within the body-mind system, and slowly and over time move towards this presence of awareness.

And whatever happens on this journey back to the here and now is what is meant to happen and is inevitable.

Sometimes it is pleasant, opening, beautiful.

At other times it is challenging and helps us become conscious of our tensions and resistances.

Whatever your journey is, and as I said yesterday, remember to be kind to yourself, patient, and to let this realignment process happen in the most loving way possible for you.

Take a few deeper breaths here, and open your eyes.

One way in which I really learned that everything is unfolding as it should is through dowsing.

I have another course on dowsing specifically which you can also look up if you're interested.

But through the practice of dowsing, it was fascinating for me to find out that there is also no duality on the level of our relative experience.

What is happening in my body-mind is reflected outwards, and it cannot be any other way.

Knowing this removes judgement, because I know for certain that everyone is exactly where they are meant to be, and they are doing their best, or in other words the only thing they can do, moment by moment.

I hope you enjoyed today's meditation.

Let me know if any questions or comments have a reason for you, and share them in the course

classroom, and I'll be there to support you further.  
For now, I wish you a beautiful day, and see you again tomorrow.

### **Day 5: Consciously slowing down**

Hi and welcome to day 5, consciously slowing down.

Through this process of letting kundalini flow through the body, you are inviting consciousness into your body-mind system.

The more you do so, the easier it becomes, and the more the body becomes like consciousness itself, ever-present, still, not seeking, allowing everything to be as it is, not affected by experience, and effortlessly free.

The way this manifests in practice is through discovering methods to become more mindful and slower when engaging in self-pleasure, love-making, and other intimate practices.

Over time, all judgments, desire for a particular experience, the importance of how something or someone looks, all these things fall away.

You become able to be slow, curious, noticing every detail of what changes in the body.

Being with another person without expectations, not seeking an end but enjoying every moment, and so on.

The more you continue on this journey, the more you come across people and practices to help you precisely in this process of becoming more conscious, mindful and present as you engage with the root chakra.

Let me know if any questions or comments have a reason for you as a result of today's lesson, and share them in the course classroom.

I'll be there to support you.

Thank you once again for listening.

Have a beautiful day, and see you again tomorrow.

### **Day 6: Divine masculine & feminine**

Hi and welcome to Day 6, Divine Masculine and Feminine.

The spiritual path is a journey without distance to a goal that has never changed.

It is a return to what already is and who we already are, awareness itself.

With non-dual explorations of the body, such as the ones that I have shared in my Liberate Your Body, Non-duality and Natural Movement course, it becomes clear that awareness is all there is.

Attention is a temporary focusing of awareness, which over time inevitably expands and returns back to its source.

Kundalini supports this process on the level of our bodies.

There is often talk about Divine Masculine and Divine Feminine, and what it really means is that it is this life force, this Divine energy opening up our body minds, releasing our beliefs in separation and letting us return to God, to self, to awareness, to presence.

And the more this happens, the more this awareness expresses itself through the mind-body and the human being by becoming more loving, more compassionate, more patient, kinder, more understanding towards others, and more open, more free, more flexible and more fearless as a person.

Of course, since our very being is shared, no one is more divine than another.

We are simply at different stages of embodiment of this divinity.

I hope you have enjoyed this portal into Kundalini and sexuality and the root chakra, and that you will keep exploring this, keep understanding it deeper and deeper as you continue along the spiritual path.

It has been my pleasure to be your guide throughout this course, and as I said before, if there is something you want to share or ask, please do so in the course classroom.

I wish you a day and a life full of presence, deeper embodiment, deeper understanding, ever more kindness and compassion towards yourself and others, and most of all, love and presence.

Thank you for listening, and bye-bye for now.

### **Q&A**

**Shane**

Q: Is consistently showing up and doing the work the best way of keeping focus on everything? My mind drifts off so often it feels like it never ends but I feel happier when I maintain it on what you and others are saying.

A: Hi Shane, thank you for your question. Yes, it takes time, practice & understanding for the mind to settle and drift off less. An important part of this understanding is acceptance, letting the mind be as it is, which comes naturally once we understand who we really are - not the body/mind and our thoughts & feelings, but rather the Awareness within which they arise. This Awareness that we are remains constant and changeless independent of experience. I hope this makes sense 😊🙏

### **Emma**

Q: Hi Thank you for beautiful lesson. I am in great pain because of 4 cysts in my spine. It was fantastic that I could affect the pain. Thank you for inspiring me ❤️

A: Thank you for your comment, Emma 🙏 I am sorry to hear that you are in great pain, but I am very glad that you could feel that this pain can be affected & changed, and is not as physical and localised as the mind may think ✨

### **Cat**

Q: How important is it to express our feelings and experiences out loud?

A: Thank you for your question. Since nothing is random, what we are experiencing is part of the unfolding and therefore has a purpose to play. It is definitely important to express our feelings and experiences, however my advice would be to - whenever possible - take time to process & gain clarity around what you are feeling and wanting to express before sharing it with others. That way, your communication will come from a place of Love, groundedness, authenticity & feeling whole and complete within yourself, which in turn would mean that you are not expecting a particular reaction, seeking approval or wanting understanding from the other person or people. You are then simply expressing what is arising within you 🙏

### **Lily**

Q: There was a time in my life when I started suddenly experiencing a very intense fear of death combined with physical pain and suffering. Is this related to the root chakra / the unconscious coming to the conscious mind?

A: Thank you for your question, Lily, and I'm sorry you've had to go through this. These fears can indeed arise when we explore the root chakra and kundalini energy, but they don't necessarily have to be related to this part of the body. Depending on our past experiences and our body's particular ways of processing emotions, this fear of death can also be linked to other chakras & organs in the body. When such experiences happen, it is good to remember that our True Self is ever-present and changeless Awareness, and that once this fear is released (in a safe space, surrounded by family, friends or professionals if needed), our energy flow will move better through the meridians of the body and we will reach deeper levels of clarity, Peace and understanding.

## **Eliza**

Q: I did the first two meditations and am not sure whether what the movement of energy that I experience is true or if I'm making it up in my mind?

A: Thank you for your comment, Eliza. Yes, this is very common when beginning to explore kundalini. At first you may only barely feel a tingling sensation, and wonder whether it is really there or not. As you continue doing the meditations, you will notice that the same sensation arises each time, which would over time prove that it is not just an experience that you are making up in your mind. And the more you notice and practice moving the energy around, the better it will flow throughout your whole body 🙏

## **Learning to Love the human experience**

### **Introduction**

Hi, and welcome to this 10-day course on Learn to Love the Human Experience.

As you can tell from the title, the course will explore our true self, the fact that we are beyond our mind, beyond our bodies, that we are something way larger than what we experience.

And then, from knowing our true self, we will dive deep into the human experience, allowing it to be exactly as it is.

We will learn that nothing is random, that we are always at the right place at the right time, that this game of life that we are playing has certain rules in order to help us learn the lessons that we are here to learn, and embrace everything fully, be it finances, relationships, healthy boundaries, sexuality, work and purpose, you name it.

You will learn to say yes to all aspects of life, while knowing your own value and self-worth, and not letting others and situations cross your boundaries.

Each recording will contain both theory and practice, and lead you deeper and deeper into understanding why you are here, how to come from love in every situation, and playing your unique part in the world.

As part of the course, there will be a course classroom where you can connect with other students and ask any questions that may arise for you, and I will be there to support you throughout this journey.

Thank you for listening and for your willingness to explore all of life in this way, and for listening to your intuition, your inner knowing, that there is something more to learn, to explore, and that there is fuller ways of living and loving this human experience.

### **Day 1: Return to Self**

Hi and welcome to day one of the course Learn to Love the Human Experience.

The title of today's lesson is Return to Self.

In order to fully embrace all of life, we have to know our true self.

Because our true self is not the body-mind that judges, has preferences, resists some experiences and prefers others.

But our true self is the space of presence, of awareness, which simply allows things to unfold.

This is the foundation of any true exploration because it allows you to dive into any experience fearlessly, to understand it better, knowing that you are not affected by it, that you are changeless and ever-present.

Whenever you are ready, let's take a deep breath in and close your eyes.

Notice your experience, here and now.

There are probably thoughts arising in the mind.

Some parts of the body are tense, others are open and free.

There's probably sense perceptions like sounds around you.

The breath coming in and out.

And most importantly, there is a space of presence, of awareness, within which all of

these experiences arise.  
Now if you ask yourself, who am I?  
Are you a thought arising in the moment?  
Are you a temporary feeling in the body?  
Are you the body?  
Are you your senses and what you perceive?  
Or are you the awareness which knows all of these experiences?  
Notice that the awareness is changeless, no matter what thoughts, feelings and sense perceptions arise within it.  
It remains present-allowing.  
It has no boundaries, no limits.  
In this way it is loving, because it says no to nothing.  
This awareness is who you really are.  
Whenever you're ready, you can take a few deeper breaths in.  
And open your eyes.  
Your true self is always this ever-present awareness, even when the mind and the body tell you otherwise.  
Once again, knowing this is fundamental to any exploration, because it leads to a fearlessness, to a deep knowing that you are okay, at peace, happy and loving, independent of what your experience is.  
It allows you to play the game of life fully, without trying to escape it, but being this open, empty and allowing observer that watches it unfold.  
From tomorrow onwards, we will begin learning how to embody this understanding in our day-to-day life.  
Tomorrow, we will explore the fact that nothing is random, that everything serves a purpose, and therefore our personality, our body-mind, our character, our conditioning are also perfect as they are, because they determine our spiritual path and our unique role to play in the world.  
Thank you for listening.  
If any questions have a reason for you, please share them in the course classroom and I will be there to support you.  
Have a wonderful day, and see you again tomorrow.  
Thank you.

## **Day 2: Exploring personality**

Hi and welcome to Day 2, Exploring Personality.  
Yesterday we recognized our true self, this presence of awareness that is changeless. So it is very easy to know on an absolute level that everything is love, peace, happiness, changeless, boundless.  
But it is more difficult to see that in our day-to-day life, to bring that knowing to the relative level of experience.  
The separate mind says, I want to be in that space forever. I don't want to return to this body and to this mind.  
Such thoughts occur because the knowing that everything is unfolding perfectly is still not clear yet.  
When that is the case, the conditioning, the personality, the human being, the character become something to resist, something unwanted.  
But of course from the perspective of awareness, nothing is unwanted, everything is embraced fully.  
So today we will bring these two levels together with a simple practice that will show you that there is a deeper knowing, a deeper intuition that knows clearly what your role to play in the world is.  
And we will learn to trust this intuition more and more fully.  
Whenever you're ready, take a deep breath in and close your eyes.  
We will begin the practice straight away.  
Put your hands on your heart and ask yourself, what would I love to do after this meditation?  
Stay with the question, what would I really love to do next?  
When you have two or three things in mind, write them down on a list.

Then repeat the practice once again.

Put your hands on your heart and ask yourself, what would I really love to do next?

And once you have another one or two things, write them down on the list.

This practice is amazing because it brings the love that you are, your true self, into your human experience.

The more you do it, the more you will know that everything is unfolding perfectly, that there is no rush, that what comes to you in the moment, the deeper layers, the deeper desires that you have are perfect for you and everyone around you.

And you will notice that at first there are a lot of thoughts around what you should do, what is right to do next, what you really should focus on.

But as you stay with the question, they slowly begin to fade and the deeper, truer desire arises.

Often it's simple things like going for a walk or messaging a friend. It really doesn't have to be anything big.

And what is also amazing is that what comes to you during this meditation is your personality shining through, is your true wants beginning to manifest one activity after another.

And you can do this practice once or twice a day or you can do it every hour, just receiving what you really want to do in the next hour and living in complete surrender in this way, knowing that your intuition is guiding you, knowing that nothing is random, that every thought, every want is perfectly placed and it is the best thing for you to be doing at that time.

Thank you for listening. Tomorrow we will explore self-esteem and know that our role in the world is truly important and invaluable.

Once again, if you have any questions, let me know in the course classroom and I will make sure to answer them very soon.

Have a wonderful day and see you again tomorrow.

Thank you.

### **Day 3: Self-esteem**

Hi and welcome to day 3.

Self-esteem.

Now that we have explored your true self, that is ever-present, has no boundaries and effortlessly accepts everything exactly as it is, and we have recognized that nothing is random and everything serves a purpose, there is a higher intelligence working through your body that knows exactly what is best for you to do next, it is easier already to begin to see your true value.

So many of us wonder, why am I here, what is my purpose, do I really add anything to the world, or am I just taking, am I out of place?

And once again these questions come from a resistance to what is, and a desire to return to our innate peace, our innate happiness.

Each of us has immeasurable value and the uniqueness, unnecessary presence that we bring to everyone around us and the world.

In today's practice we will explore this directly.

Whenever you're ready, take a deep breath in and close your eyes.

This meditation will be about imagining life without you.

Remember some things that you have done and do for others, that show you your purpose clearly.

Think about your family, what would their lives be like without you?

Think of all the happy and joyful memories that you have.

Think of someone that you have helped in a difficult situation.

Think of all the times you have made people laugh, that you have had fun.

All of these occasions would definitely not have been the same without you.

Think of all the people you have said, I love you, too.

Think of all the contributions to a work that you have done.

Think of all the unique knowledge and experiences that you have.

Think of all the stories that you have told.

Think of all the money that you have gained, saved and spent.

Think of all that you have given, that you have shared, all the value that your unique presence brings to this world.

Sometimes we ask ourselves what is my purpose, when actually it has been obvious all along and we have been fulfilling it effortlessly.

When you are ready, take a deep breath in, and open your eyes.  
Now you know with more certainty, with more clarity, what the love and the joy that you bring to this world are, and that your purpose isn't one thing, but it is everything that you do, day in and day out.  
Of course there is also value that we bring when we trigger other people, when we do something that is so-called wrong, and we will talk about this in the next few days as well.  
Tomorrow we will talk about work and purpose, and begin exploring the topic of boundaries.  
Thank you for listening, and once again if any questions have a reason for you, after listening to today's lesson, please write them in the course classroom, and I will be there to answer them.  
Have a wonderful day, and see you again tomorrow.

#### **Day 4: Work & purpose**

Hi and welcome to day 4.

So far we have explored our true self.

The fact that it is ever-present, changeless, boundless.

Then we have started exploring the more relative level of experience.

And the fact that everything is always unfolding perfectly.

We have looked back at our life to see our own value.

The fact that the world would have been a very different place without you.

And that you are irreplaceable.

It can be a bit difficult to grasp at first that our true self is boundless.

Yet the more we embody this understanding, the more healthy our boundaries become.

And that is actually because we trust our intuition.

We listen to the body.

We are aware and present in the moment.

We are aware of our thoughts, of our feelings.

And so we can say with more certainty and clarity when a boundary has been crossed.

This is particularly important in the area of work and purpose.

Because when you look at the world today, a lot of people give a lot of time for little return.

Because they don't value themselves, they do not see how important they are, how irreplaceable they are.

And because they do not see this, because they do not know their true self, they believe that their value is somehow determined by the world, by others, by their status, by what they own.

But of course, their value is way beyond that.

It is their true self, it is changeless, it cannot be affected by what others think.

The more we know this, and the more we know that we cannot actually be hurt by others, that our true self remains whole and complete at all times, then we can stand our ground better.

Then we know what is actually good for us, what we are worth, and we can say it fearlessly.

We can also know that it is good for the others to know that they have crossed a boundary, because it means that they probably often do that with themselves as well.

As such, this is helpful, because we allow them to feel these insecurities within them, and let them go when they are ready.

Let's dive into the practice for today.

Take a deep breath in, and close your eyes.

Now that you know your value,

now that you know how much you have to give,

think of the perfect job,

think of the perfect work for you,

the one that you would enjoy the most.

And the one in which you would be able to give the most.

And then think in terms of salary.

How much would you like to earn?

How much is your service actually worth?

How much is your service actually worth?

Remember that your entire life so far has led you to want to do this particular work.

Remember that your entire life has trained you perfectly for this particular job.  
Now anything that isn't this job and this salary  
is therefore crossing your boundary.  
Through this practice you now know what to do  
in your current job or in a future job that you are looking for.  
You know what your true worth is right now.  
And of course the more you progress, the more you learn, the more you grow,  
the more your skills develop and the more your worth increases on a relative level.  
Because it means that you embody this absolute awareness, lovingness, openness  
in your day to day life.  
This is how you become a better person.  
This is how you become a better person.  
This is how you become a better person.  
Whenever you are ready, take a deep breath in  
and open your eyes.  
Once again through today's practice we have embodied  
the absolute understanding that we are pure awareness into our body, mind and the world  
by discovering our unique value, our unique purpose  
and what crosses our boundaries and what doesn't.  
Tomorrow we will focus more specifically on boundaries.  
Thank you for listening. Once again if you have any questions or comments  
please write them in the course classroom and I will make sure to read them and answer them.  
Have a wonderful day and see you again tomorrow.

### **Day 5: Healthy boundaries**

Hi and welcome to day 5, healthy boundaries.  
As we have seen, life is a game with particular rules and limitations.  
Often we want to not play by these rules, we want to find another route or escape the  
game altogether by returning to a piece, a stillness that lies beyond our objective experience.  
What we are doing in this course is the opposite.  
It is to dive deep into life, accept all of these rules and limitations, find our unique  
value and purpose and as a result, love all aspects of the human experience.  
Maintaining healthy boundaries is a big topic and all over the world boundaries are crossed  
all the time.  
Once again, this is a result of people not knowing their true self and not knowing their  
unique value in the world.  
Of course, this is part of the game and this is part of the healing, so anytime boundaries  
are crossed, there is a resistance and it is an opportunity to bring our awareness to  
that resistance.  
The fundamental underlying belief of unhealthy boundaries is that we are the body-mind and  
therefore our worth is determined by others and the world.  
Of course, as we have seen in day one and later, this is not true.  
Our true self is infinite, boundless awareness, unchanged by experience, ever-present and  
saying yes to all of life.  
Let's do a meditation here to help us embody this understanding more and more in our day-to-  
day  
life.  
Take a deep breath in and close your eyes.  
Notice once again that here you experience thoughts, feelings, sense perceptions and  
a presence within which all of this unfolds.  
This presence is your true self.  
As soon as an experience arises within this presence, this awareness, it is allowed, it  
is accepted.  
If the mind says, I don't like this, the thought is allowed within awareness, if there  
is resistance in the body, that resistance is allowed within awareness.  
This is how your true self says yes to all of life.  
So how to embody this in practice?  
The way to do it is simply to walk through life and let people say things, ask questions,  
do things and feel what is right for you in this moment.  
In this way you say yes to all experience, to their demands, their questions, their behaviors



and your own thoughts and feelings and reactions.  
Whether you say yes or no to what they say or do, doesn't really matter.  
What matters is that you say yes to your own intuition, to your own feelings, to what is happening in the moment.  
You allow it.  
Over time you will find that by honoring this wisdom of the body-mind, you will say yes and no without meaning it less and less frequently.  
You will only say yes and no when you actually mean these answers, when it is your truth in the moment.  
Because once again you know your own value, you know your true self.  
You know that no one else can hurt you because you are changeless.  
You know that no one can give you love because you are love.  
Because of this natural, innate confidence and the knowing that everything is always unfolding perfectly, you can say without a doubt and without fear what your answer truly is moment by moment.  
When there is no resistance in you, you simply walk through life open to anything and anyone.  
And of course open to your own intuition, to your own true answers in the moment.  
When you feel ready, take a deep breath in and open your eyes.  
Once more today through this practice, we are not resisting what is.  
We are embodying the truth of our self more and more in day to day life and in practice.  
By honoring the wisdom of the body-mind and knowing that nothing is random and that everything that appears in experience is perfectly placed.  
Tomorrow we will continue this topic of healthy boundaries and focus more specifically on relationships.  
Thank you for listening.  
If any comments or questions have a reason for you, please let me know in the course classroom and I will make sure to read and answer them.  
Have a wonderful day and see you again tomorrow.

## **Day 6: Relationships**

Hi and welcome to Day 6, Relationships.  
When we talk about work and purpose and healthy boundaries, of course these imply relationships.  
And our role to play when we are with another or many other people.  
Very often a crossing of boundaries happens when we are afraid to hurt someone else.  
So then we diminish our own self-worth and we accept something that actually we are unwilling to say or do.  
Or the mirror image of this situation is when we abuse our power.  
When we ask for too much and the other person gives it to us.  
Because both of us have weak boundaries.  
And here once again it is important to remind us of this famous quote from Ram Dass.  
That we are all walking each other at home.  
Everything is unfolding perfectly.  
Means that this crossing of boundaries that happens everywhere is also meant to happen.  
Precisely in order for us to embody this presence, this awareness, our true self more and more.  
It feels like a complicated topic because right and wrong is different for each of us.  
We perceive the same situation from our own unique perspective.  
And therefore it has a different meaning.  
It symbolizes something different for each of us.  
So in today's meditation we will find our way in this seeming complexity.  
Take a deep breath in.  
And close your eyes.  
Remember once again your true self.  
This presence of awareness within which everything unfolds.  
Remember that it embraces every thought, every feeling, every person, every situation fully.  
This is one of its innate qualities.  
What is loving for one person or for one culture is not loving in another.

As such we cannot really judge whether a person is right or wrong, kind or unkind, through their actions.

It is more about where they are coming from in that moment.

Do they come from resistance or do they come from love and acceptance?

This is all that matters.

And once again here, a beautiful practice that you can try anytime you are in a difficult situation.

Anytime you are not sure what comes from love.

Anytime you are not sure about what to say or what to do.

Simply ask, what would love do?

What happens when you ask this question?

Is that you let go of ego, you let go of the separate identity, you let go of beliefs of right and wrong, good and bad, shoulds and shouldn'ts.

And you ask a higher intelligence, your true self, what would love do?

Love doesn't judge, it is iniquanimity with all things.

Whatever comes through you when you ask that question is the right thing to do.

Because it is the thing that you are meant to do in that moment.

Love doesn't know right and wrong and good and bad.

So even defending yourself, even telling the other person that your boundaries have been crossed, even getting angry, can come from love.

By doing this practice often, you will know this to be true and you will let go of your judgments of what you think love looks like.

Then, once again, you can be more true to yourself when you are with others.

When you are ready, take a deep breath in and open your eyes.

Every one of us is exactly where we are meant to be.

By deepening your trust in the fact that everything is always unfolding perfectly, you will know that it cannot be otherwise.

Therefore, all that comes through you and others is what should happen and what should have happened in the past.

And this is not a should that is in opposition to shouldn't. It is a neutral should.

Because it has happened, it is allowed by awareness. Therefore, it is part of the unfolding, part of the game of life, and is perfect as it is.

Thank you for listening. If any questions have a reason for you, please let me know in the course classroom and I will make sure to answer them soon.

Have a wonderful day and see you again tomorrow.

Thank you for listening.

## **Day 7: Money & finances**

Hi and welcome to day 7.

Today we will talk about the big topic of money.

We already touched upon this subject a bit in day 3 when we talked about self-esteem.

But today we will talk about it in more depth, exploring how money is a reflection of how we value ourself, whether we are buying or selling.

Many people are compulsive buyers and they want to have a lot of possessions in order to fill an insecurity within them, that they are not worthy.

Other people express this same insecurity by having very little, which is an expression of their inner lack.

Of course as we saw yesterday, these behaviors can also come from love, and serve a purpose higher than the personal.

Again this can be a very complex topic because money doesn't inherently have any value, and the way we perceive it once again depends on our conditioning, on how we grew up, on where we grew up, and so many different factors.

So in our practice today, once again, we will find a deeper clarity around money and finances.

Whenever you are ready, take a deep breath in, and close your eyes.

Remember once again here your true value, your true self, and your unique role in the world, that you are already playing.

Remember that everything is perfect as it is right now, and that you are where you are meant to be.

From the practice we did in day 4, you already know your worth, and what type of job you would like to do the most.

Today we explore receiving and spending this money.  
And once again here giving and receiving are part of the same coin.  
Whether someone is giving you too much money, and being overly caring and supportive when you actually don't need that much help, or whether you are spending too much, giving too much away, the underlying beliefs are similar, and just expressed in these two very different but also same ways.  
Whether you are buying or selling, and whether it is something big or small.  
When you know your own self-worth, when you know what you are looking for, when you know how much you are willing to give or get in the moment, everything becomes very clear.  
From then on, the yes or the no is simple.  
Once these three things are clear, your self-worth, what you are looking for, and how much you are willing to receive or to spend, your boundaries are clear, and the decision is easy.  
And you can apply this in any moment in time.  
Let's do it right now.  
Think of something that you would like to buy or to sell.  
Know your own value, know your true self.  
Know who or what you are looking for.  
And how much you are willing to receive for it or spend on it.  
It is as simple as that.  
When you are ready, take a deep breath in and open your eyes.  
This simple practice will help you find clarity around how much to receive, how much to ask for, how much to give, and in many life situations from now on.  
As you may have noticed, a big part of this course is to embody the understanding of our true self on the level of the root chakra.  
And that is why tomorrow we will be talking about sexuality.  
Thank you for listening.  
If any questions have a reason for you, please write them in the course classroom and I will make sure to answer them very soon.  
Have a wonderful day and see you again tomorrow.

## **Day 8: Sexuality**

Hi and welcome to day 8, sexuality.  
We can't really talk about boundaries, finances, self-worth and relationships without talking about sexuality.  
This is probably the area in our world that is the most projected onto, that is the least understood, that seems the most complex and in which people are the most lost.  
Just like everything else, it is actually very simple.  
Once again today we will do a short meditation practice which will help you to understand this area better.  
Whenever you are ready, take a deep breath in and close your eyes.  
The practice is simply to see what is true here and now.  
Once again notice that there is a presence, an awareness that simply allows everything to unfold within it.  
It is not changed by experience. It is not dependent on anything or anyone. It simply is.  
It cannot be more fulfilled than it already is.  
It cannot expand or contract or change in any way.  
It is complete within itself.  
On the level of the world there are some requirements, some rules of the game that we have to respect.  
One of these rules is thirst and hunger, the requirement for food, the need for relationships and the need for intimate contact.  
In this last area, the mind seems to play a very important role in terms of determining what we want, how we want it, who with, and many more similar projections are made onto experience.  
These desires come from a resistance to what is.  
And of course if these resistances, if these desires arise, then it is okay to express them in the most loving and true way that you can find within yourself at the time.  
What you will find as you progress on the spiritual path is that these needs will be revealed to be beliefs, that they are not necessary to the extent to which the mind believes them to be necessary.

Over time the root and your whole body will become more and more aligned with this understanding that who you are doesn't have any needs, is always complete, is ever-present. And you will find that intimate relationships and sexuality become more and more simple, more and more aligned.

You will not be thinking about and seeking for them to happen so much.

And enjoy a simple, guiltless, loving connection and interaction while they are happening.

The practice here is the same as yesterday.

By knowing your own self-worth, what you want and with whom, and what you are willing to give or receive, your boundaries become clear and you do not accept anything more or less than what you actually want in the moment.

Whenever you are ready, take a deep breath in and open your eyes.

Here again, there is no right and wrong. It is about what comes from love, what comes from your sense of wholeness, of your knowing of your true self, and expressing that.

Over time you are able to be in the body a lot more and let the body move in whatever way it wants to move, without attachment to a particular state.

Thank you for listening.

Tomorrow we will further explore the balance between being and doing by focusing on acceptance.

If any questions have a reason for you, please let me know in the course classroom and I will make sure to answer them very soon.

Have a wonderful day and see you again tomorrow.

Thank you.

## **Day 9: Acceptance**

Hi and welcome to day 9, acceptance.

Sometimes there is a confusion between actively seeking to change our experience or accepting it as it is.

And of course the solution is in the reminder that everything is always unfolding perfectly.

So whether you find yourself doing a lot or return to accepting what is, this is what is meant to happen.

As such, whether we are talking about relationships or work and purpose or finances or sexuality, whatever is unfolding in the moment is perfect as it is.

Sometimes that is a desire to plan ahead, to change an aspect of experience, to put more focus and energy into one area of our lives.

And at other times it is being present, at peace, witnessing and enjoying all that is happening.

Every part of the human game that we are playing is designed to help us reach deeper presence and awareness.

That being the case, even resistances in the form of thoughts or feelings are allowed to arise and to be released from the body-mind system.

Let's do a simple meditation here to remind ourselves once again that acceptance is our most natural state.

Take a deep breath in and close your eyes.

Notice that thoughts are effortlessly appearing in the mind, that there may already be some tensions in the body, that there are sounds around you, that all of this already is.

If a desire to do something, to change something, arises in awareness, that already is.

It is accepted, it is part of the unfolding.

And once that desire is enacted, once you are doing it, that is accepted.

And here you can find the balance between doing and being.

Doing always is, it is the background of all experience, this constant changeless ever present.

Doing sometimes arises and sometimes doesn't.

Whether it arises or not, being remains the same.

Whether you make some changes based on what you have heard in this course, in your relationships,

in your finances, in your work or in the way you approach sexuality, or not, is also perfect as it is.

This is the true meaning of there is no right and wrong.

Everything is allowed to be exactly as it is.

Whenever you feel ready, you can take a deeper breath in and open your eyes. Based on what I have said in this course, even though I try to be as open, honest and create a sense of freedom and ease in you, there could be some judgments that arise in the mind, some should and shouldn't.

Hopefully this meditation will lead you back to the knowing that everything is perfect as it is.

Thank you for listening.

Tomorrow is the last day of this course and we will talk about freedom.

Let me know if any questions have a reason for you as a result of listening to today's lesson and write them in the course classroom.

I will make sure to answer you very soon.

I wish you a wonderful day and see you again tomorrow.

## **Day 10: Freedom**

Hi and welcome to day 10. Freedom. This is the last day of this course in which we will bring everything together. First and foremost, knowing yourself, knowing that presence, awareness, acceptance, allowing, boundless spaciousness is your true nature, is the foundation for living a good, honest, free, loving, compassionate, understanding life. It is also the key to finding healthy boundaries, to being true to yourself, to listen to and respect your intuition and what your body-mind says moment to moment. It is also key for understanding that everything is always unfolding perfectly, that there is no right and wrong in truth. Every one of us is where we are meant to be, and we are walking each other home. Knowing this helps us to make clear decisions in terms of finances, relationships, sexuality, work and purpose, and in every area of our lives. Even though who we are is not human, it is the knowing that we are awareness itself that allows us to embody and to fully live and love this human experience. It allows us to understand why some rules and limitations are in place, to play within them, to appreciate them, to know our own value and purpose within those rules, and to freely express it moment by moment

in our day to day lives. I would like to give you one last simple practice through which you can apply these understandings more fully. Whenever you are ready, take a deep breath in, and close your eyes. The practice is simply to say, you are welcome, thank you, to anything that arises in experience. If there is a thought or a feeling, say to it, you are welcome, thank you. If there is a challenge that you are currently facing, once again say, you are welcome, thank you.

If there is a sound that appears in your awareness, you are welcome, thank you.

If there is a resistance that arises in the body or the mind, say, you are welcome, thank you.

Just by saying these simple words, instantly the resistance diminishes, and you can see the purpose that something has by thanking it, by saying you are welcome. It is like you say to it, I know why you are here, maybe I don't see it yet, but I thank you for being here.

This practice reflects our true nature, reflects the awareness that we are, which says this innately, naturally, to everything that arises in experience.

When you are ready, you can once again take a deep breath in, and open your eyes.

Thank you for being part of this course. I have really enjoyed recording it, and I hope that you have enjoyed listening to it, and that you have gotten a lot out of it.

Once again, if any questions have a reason for you throughout the course, please let me know in the course classroom, and I'll be there to support you.

Please have a look at my profile, the other courses that I have, and my website, to see all the offerings that I have. It has been a pleasure to be with you, and I hope to stay in touch.

Have a wonderful day, and I look forward to hearing from you.

Thank you.

## **Q&A**

**Mina**

Q: Hi Boyan I have a question, what if you did the first part of the meditation and the meditation did not reveal any true self? What would you do if it was silence the whole time? Looking forward to your thoughts! Thanks!

A: Hi Mina, It sounds like you had a profound experience! That is the True Self - it cannot really be felt or talked about because it is who you are 🙏 The concepts I am using are there to point precisely to this space, this Presence beyond labels.

**Karen**

Q: I am enjoying this course so much! The quote “true success is knowing your true self.” So simple, but so helpful. Thank you for creating this course.

A: Thank you, Karen - I'm glad you find the course helpful. Yes, from an early age we are conditioned to seek and find success in objective experience - school grades, then social status, finances, amount of friends and followers etc. But true success is not resisting what is, which is a natural consequence of knowing our true self

**Izaiah**

Q: Hi Boyan, I loved this meditation about self worth, and the meditations around boundaries and money were very helpful, too. Right now in my life I've been presented with a business opportunity that is outside my original career path. I have been going back and forth on if I should do it or not. I'm wondering, how does one know if this path is right for me? I can see how it can fit into my life and help create the future I want for myself and ways I can better help people. Although I also see a risk in how it will shape my mindset.

A: Hi Izaiah, thank you for your comment. From your words here, it sounds like it is something new and exciting for you, so - based on what you have written - I would say that it is an opportunity that you should probably go for. However, I would encourage you to ask yourself “what would Love do?”, feel into the answer intuitively, and follow what aligns most with your path and happiness 🙏

Q: Thank you, I ended up declining the offer because I don't feel it aligns with my path of work and fulfilment 🙏

A: I'm glad these explorations have been helpful for you, and it does sound like you have felt into it and seen the situation from a Higher, more detached perspective before making this decision, so I trust that it is the right one for you 😊 🙏

**Jose**

Q: Hi Boyan, I've been struggling with finances recently. I have all the trainings and qualifications necessary for the job I'm looking to do but am having difficulties finding a professional breakthrough. Do you have any recommendations for me?

A: Hi Jose, thank you for your question and sorry to hear about your financial and other struggles related to finding a job / professional breakthrough. My recommendations would be to: 1) explore the understanding that the situations we find ourselves in reflect our inner beliefs. As such, I would encourage you to meditate on your beliefs around work/money/opportunities/making connections/asking for support, and to see what

comes up; 2) rest as Awareness as much as possible. By that I don't just mean meditating, but also putting the body/mind in enjoyable environments & situations in which it feels safe, loved, held, supported. This will send out a deep message that there is nothing to worry about, which will then attract the people & opportunities that you are looking for; 3) remember that from a True perspective, everything is always unfolding as it should. Aim to embrace your situation & your resistance to it exactly as it is, and eventually it will inevitably shift 🙏

### **Laura**

A: Hi Boyan, I struggle with planification for the future, it takes me out of the present moment and I doubt and feel struggle. Do you have any advice?

Q: Hi Laura, thank you for your question. What is happening here is that part of you is present, and another part of you projects itself into the future. It says "this is what I would like to do and I don't want things to go any other way". It is completely fine to plan for things and have goals and aims, it is the second part of the sentence that creates the tensions and struggles. In Truth, we don't actually know what will unfold. As such, I would recommend planning with a sense of Freedom, aiming for a particular outcome but also being open to the possibility that it doesn't happen. This openness comes from knowing our True Self and trusting that there is a Higher Intelligence that guides the unfolding and knows what is best for us better than our own separate minds. So plan by writing down ideas of what you would love to do, but also love anything else that might happen instead



### **Maggie**

Q: Hi Boyan, I'm listening to this lesson highlights our uniqueness. I'm having trouble including that in my exploration of 'there is no separate self'.

It feels like when I resisted taking a Modern Dance Class because I thought it would mess up my ballet training. Of course that's ridiculous. It enhanced it. Omg did I just answer my own question? Albeit still naively. What would you say?

A: Haha, in many ways you did answer your own question, Maggie! 😊 Thank you for asking it.

On a True and Absolute level, who we are is Awareness itself. It is not unique, because it is all that there is. In that way, it is alone - One - but certainly not lonely. This One Being expresses Itself through each of us on a relative level - we are all unique expressions of It. Our body/minds, conditioning, history, interests, and so many different factors contribute to us having a unique and irreplaceable perspective of Awareness.

In your metaphor with ballet & modern dance - it seems like the two are incompatible, that from the perspective of ballet, modern dance doesn't exist or is completely different. Yet, as you beautifully said, doing modern dancing actually enhanced your ballet dancing. Taking it back to Non-duality - knowing our True Self means that we can more fully and fearlessly embody the separate character and embrace its uniqueness.

### **Maggie**

Q: New thought: If Everything is Unfolding Exactly as it Should: are you saying it's predestined? Already in the plan somewhere? Can we predict the future?

Or is it because we really have no control over anything that we just need to be okay with whatever to walk with acceptance in this human existence?

A: Thank you for your questions, Maggie. Everything is unfolding exactly as it should really means three things:

- 1) As can be experienced in meditation, thoughts arise effortlessly in Awareness without a thinker or doer. These lead to actions and behaviours, and this Truth applies to everyone and everything. As such, there is only one possible unfolding, one pattern that continues to unravel based on what happened in the past. Because of the immense complexity of this pattern and our limited human perspectives, it is impossible to really predict the future. Sometimes, there may be people that temporarily have glimpses of what will happen, but that's probably as far as predicting the future goes. So it is predestined, but unpredictable.
- 2) The other meaning of 'everything is unfolding exactly as it should' is that everything arises in Awareness and is immediately accepted and embraced by it. Our True Self resists nothing, therefore everything is perfect as it is.
- 3) Lastly, knowing the nature of Reality and that everything appears in Awareness and is made of it means that the return to Source is inevitable both on an individual and collective level. That's the third meaning of the phrase :)

### **Amanda**

Q: I'm currently meditating on the idea that all beings (e.g. me, my (loving) partner, my (difficult for me) mother, my allies, and even the world's homophobic haters) are all part of the same fold...the same cloth...the same awareness. And I'm noticing/playing with how that thought impacts me...to remember that all of us are just activities/explorations of one, ever-present awareness. Initially, realising this made me feel sad/lonely as I realised I have to "give up" my own attachment to my "self"/individual identity to truly embrace this idea but I am now seeing that the benefits of this – more love, more connection, less charge/trigger when I consider/encounter "difficult" people – far outweighs the habitual comfort of that old familiar thought of "I am me" and "they are them".

A: Hi Amanda, that's beautiful! Yes, at first it seems like the individual identity has to be given up in order to experience / be the ever-present Awareness, but actually you already are it. Then, your character becomes an expression of that True Self, and its uniqueness is seen and appreciated more and more - the personality, interests, body, past, moods & tendencies, environment etc. are cherished as part of a larger cohesive Whole. And also more love, connection, and acceptance of others is experienced, because there is a knowing that everything is as it is meant to be, there is no real separation, and we are all walking each other Home 🙏 It is a bit like the phrase 'there is no free will' - in fact, there never was free will, even when we believed that there was. Knowing that there is no free will doesn't actually change anything - the body/mind continues to have similar thoughts and to act out similar patterns, just like it used to when it believed in free will. What changes is the identification with the body/mind - there is now a deeper knowing that the True Self is the Witnessing Awareness. To the separate mind, it feels like a sudden and new realisation, but from the perspective of Awareness, this recognition and opening of the body/mind to a higher Truth is itself part of the unfolding - it means that the separate character was ready for it when it happened, probably after many years involving various



explorations. And then, the journey of re-alignment continues, one day at a time, and over time this (seemingly) new knowing permeates all aspects of life.

Q: Hi Boyan,

I'm a member of a team creating a video game and although at present there is no financial exchange i.e., not getting a salary, in the next couple of months this will change. However the gut and heart no longer feel comfortable in creating a game where the player goes around shooting other players to win matches.

I am not working at the moment as I went into treatment and then a dry house for alcohol addiction. Over 3.5 years clean and sober now and the things which used to drive me no longer do. The money from the game will help me move out of the dry house and then I can look at what I really want to do but the motivation is waning in continuing as part of the gaming company.

I trust the universe (God) to provide as all the evidence leading up to this point has shown. Perhaps I really need to let go and follow the heart rather than the financial wealth and the fear which the mind creates from giving the gaming job up...

Thank you

A: Hi Bhavesh,

Thank you for your message - it's great that you have been clean from the alcohol addiction & sober for 3.5 years!

Yes, in this case the message from the Universe seems to be quite clear. Although there could potentially be benefits in staying at the gaming company, it does sound like you would need to be there for the longer term in order to gain a salary and be financially stable. If you are already feeling in your gut & heart that the motivation to stay is waning, then it is probably best to let it go and find an alternative solution. Of course, this also depends on how you feel at the dry house, how soon you think you'll be able to find another job that aligns better with what you want to do, etc. Ultimately it is up to you to feel into what comes most from Love at this time 🙏 I hope this is helpful.

Warmly,  
Boyan

Q: Yes, staying with the gaming project would mean committing to an employment contract. Perhaps the best course of action is to have an honest and open conversation with the CEO and go from there.

I am about to start a qualification to teach meditation next week through the British School of Meditation as that aligns with what I'd like to do 🙏

## **Metilde**

Q: Hello Boyan. Thank you so much for this great course. My question is about the notion that we are exactly where we are supposed to be and every life experience is part of what brings us closer to our purpose. How can the many people suffering for many years because of wars, disease, death of a child, etc. think about being exactly where they're supposed to be. Why are so many journeys so painful? Thank you for your answer.

A: Hi Metilde, Thank you for your question. Yes, it's definitely not easy to witness & accept that there is so much suffering in the world. What is helpful is to notice that we can only work with our own experience, and that the collective Consciousness is reflected in each of us. As such, it is up to each of us, when ready, to explore our own suffering and find the lessons that it is there to teach us individually and potentially collectively if there is draw to help others in one way or another. It is also useful to notice that amidst the pain in the world there is also joy, love, connection, and opening. In that way, the expansion and contraction that we experience go together, and - going back in time - there is less suffering / atrocious killings & deaths now than thousands of years ago, so our collective level of Consciousness is (slowly) rising. Let me know if this resonates with you and if you have further questions - I know how difficult it is to understand & find a way to accept the amount of painful journeys that people go through 🙏

### **Metilde**

Q: Hi Boyan, I just listened to day 7 about money. It all makes sense. With good self esteem, you ask for the right amount of money for your work and can spend the same level of money to get what you want. However my issue with money is anxiety about the future and mainly what if I don't have enough money left for my old days as we don't have any control on what the «money market » does in countries like the US where I live. Thank you for your input.

A: Hi Matilde, Thank you for your question, I'm glad that what I share makes sense to you. This question, in a way, is also about being an individual within the collective, and you are right that the collective patterns are 'an unknown' and difficult to predict. However, you can focus on your own money management - ideally you would find ways of earning money that are aligned, flowing and easy for you, and you would spend less than you earn which would allow you to both enjoy the present and also to save for & secure your future. I've found that the more I sit with and process my anxieties, the better my self-esteem & boundaries become, and the more life flows easily and naturally also from a financial perspective. Let me know if this makes sense, too 😊🙏

### **Metilde**

Q: Hi Boyan, there's something about the acceptance of everything that happens as meant to be that is disturbing in the sense that this would mean we don't have power over our life because everything has been already decided by a higher power. Could you please explain what your input is on this? Thanks

A: Hi Metilde, thank you for your question, I understand where you're coming from. "Everything is unfolding as it should" means that nothing is random, including us being here, our thoughts & emotions, and the desires to act and change some circumstances that we find ourselves in. As a result of exploring this deeply, rather than becoming detached, powerless, and letting things unfold without interfering, we start to actively be in tune with our bodies & minds, we watch the world carefully and in awe knowing that nothing is random, and we take intuitive action when it feels right & when we know that it comes from Love 🙏 As such, our understanding becomes embodied and we take even more action than before to take good care of ourselves & to honour our boundaries. Let me know if this answers your question.

### **Karen**

Q: I notice that you say something to the effect of love not saying “no” to anything, but I’ve also heard that sometimes the loving answer is “no”. Can you clarify if “no” is ever a loving response?

A: Hi Karen, thank you for your question 😊 It is related to the one just above by Metilde - please have a look at that one, too. Otherwise you are right, Love says "no" to nothing is related to the Self that we are, the absolute level of Awareness on which everything is allowed to be exactly as it is. However, that allowing expressed on & through the relative level of the body/mind is often a loving "no". On the level of Awareness, we are letting everything be as it is - including our thoughts and feelings of resistance to a person or situation. As such, the most loving thing to do is not to suppress those feelings and pretend that they are not there in order to please others, but rather expressing what we feel, knowing that it is not random and part of the unfolding. Of course, it is best to express these feelings after processing them on our own for a bit instead of instantly reacting, and aim to convey our concerns in the calmest and most considerate possible way. Let me know if this makes sense 🙏

### **Karen**

Q: I am struggling with knowing what love would do in my blended family as a stepmother. While I try to selflessly act, thinking it's for the benefit of my stepkids, a part of me feels that it is unloving to not consider my own needs as well. How does one balance the needs of everyone when it seems one person will inevitably be lost in this effort to choose love? I suppose there must be a win-win, but sometimes that can be hard to tease out when past scripts and trauma emerge.

A: Hi Karen, thank you for your question. Since you are Love itself and everything is always unfolding as it should, that means that taking the loving action is effortless and that on a deeper level everything that happens is a 'win' for everyone. When difficult emotions and trauma emerge, or - in others words - when we begin resisting what is, the best thing to do is to sit with those until the loving thing to do for you & others becomes crystal clear 🙏 As you practice this often when dilemmas seem to occur, you will find that there is always an optimal solution that eventually clarifies itself for you and that you can then act upon. Let me know if that makes sense 😊

## **Dissolving the body in Awareness**

Let's take a deep breath in, and close our eyes, and just noticing the breath and how it already takes us through the body.

The inhale brings us deeper into the body and the exhale leads us back, maybe we can say leads us back to the mind or to the upper chakras.

And I remember when I started exploring the body, there were different types of meditations and some were leading to lightness, experiencing the body in a light way or finding where it is free, where there is less tension.

And other meditations were focusing on the more so-called heavy things, the more tense parts of the body.

And very soon I noticed that sometimes an area is light, sometimes it is tense, and this keeps moving.

So the body is not a static thing, instead of calling it the body, maybe it is better to call it bodying, something in movement.

And just seeing it in this way already removes the desire of the mind for the body to be a certain way.

It is constantly moving, constantly changing, constantly evolving.

So wanting it to be fixed, to have one feeling, to have one state is like looking at the sky and wanting it to always have the same clouds in it that are still and that don't move.

That is not the nature of the sky and clouds, clouds appear and dissolve and move.

No state of the sky is a problem or better than another, it is simply different.

And still in these meditations that I did, there is always this assumption that the body is physical, it is only when I came across non-duality and recognized my true self as awareness itself.

And seeing that awareness has no limits, that everything happens within it, that every thought, every sound, every so-called physical object is made of that empty presence of awareness, that I could begin to experience the body as not a physical thing.

And one way to experience this is to lift your hand in mid-air and notice your direct experience of hand.

The mind might project physicality, bones, skin onto it, but if you go beyond, if you just stay with your direct experience, you would notice that it is a sensation moving in awareness.

And being with your experience now, if you had to choose some kind of material to create this sensation, imagine what you would choose.

Is it something heavy and solid like a rock, or is it something lighter like a feather or cloud or cotton maybe?

And then when you compare this sensation to the awareness that is in the background, then you can actually begin to experience that it is made of awareness, that there is nothing there but the awareness with which you know it.

And then you can touch your thumb and your index finger and see that a sensation, somethingness, appears in awareness.

And then when you let go of this, it disappears.

And what's interesting here is that it's not two sensations but one sensation when we explore our direct experience.

In the same way, the sensation of sitting on a chair is not a body and a chair, it is just one sensation in awareness.

And the same is true for feet on the floor.

You can explore this, see if it's two separate sensations or one sensation.

Where is it exactly?

Can you pinpoint it, localize it, or is it rather vague?

We can do the same thing we did with hand to the legs, just noticing them as sensations in awareness.

And then when we explore this sensation, when we try to find where is it exactly, where does it start, where does it end, all we find there is awareness.

And then the breath.

It's a sensation that seems to happen in the nose area most strongly, but when that is explored as a sensation once again, all we find is awareness.

And we let go of the labels breath, nose, head.

And the same is true for the upper body, no matter how tense it seems to be.

In fact when this tension is explored, when the assumptions about it, about its physicality, about its locality, about what it actually is, are questioned, then the deeper truth that lies behind the body becomes revealed to also be in the body.

And in this way the body begins to dissolve or completely dissolves from experience.

And with it all the beliefs in separation, in consciousness being created by the mind-body, the beliefs in duality and something happening outside of awareness or consciousness, all of these ideas also dissolve.

And with this experience the truth of non-duality becomes obvious, unquestionable, certain.

And it is no longer an intellectual understanding but an actual lived experience.

And here it also makes sense that in order for the so-called body to keep changing, keep evolving, its nature must be empty of feeling, empty of tensions, and it is this emptiness that allows all forms to appear sometimes and temporarily within the body.

It is the recognition that what is true about silence and sound, the fact that all sound emerges from silence and fades back into silence, and what is true about the mind, the fact

that the nature of the mind is to have no thoughts, and that's how all thoughts emerge in the mind, is also true for the body.  
All feelings, all tensions, all lightness, all heaviness that is experienced in the body is there because the true nature of the body is transparent, free, open, allowing.  
It is the same as the nature of awareness.  
And sometimes I like to say you can remain in meditation for as long as feels comfortable, but in fact you're always in meditation.  
Whether the mind agrees with this statement or not is another matter.  
In any case, when you feel ready you can open your eyes and return to our conversation.

## **Embodied Awareness: living the Non-dual teachings**

### **Unveiling the deeper patterns**

At some point on the spiritual path, exploring the mind naturally leads to descending further - into the realm of the body - to shine a light on the deeper and often unconscious drives behind our patterns and behaviours.

The body itself can be likened to a self-contained brain, with pathways moving in all sorts of directions, directing our actions and decision-making processes. By bringing Awareness to, and as a result untangling & releasing these deep-seated patterns within the body, we liberate ourselves from so-called "negative" behaviours over time.

### **The Source of the body**

As Awareness begins to permeate the body/mind, the human form becomes like Awareness Itself —more free, present, loving, and accepting. And just as emptiness underlies all sights and silence is the essence of all sounds, we come to recognise that the Source of the body is transparent Awareness.

### **Embodied Awareness**

By knowing our true nature as Awareness, we can fearlessly dive into the realm of the body/mind, allowing all patterns and experiences to unfold exactly as they do, and becoming free from resistance or judgment. In this way, we start to apply and live the Non-dual teachings in day-to-day life, seamlessly letting our understanding of Self become embodied in and shared through the body/mind system. As this process of realignment unfolds, Awareness gradually permeates and transforms every aspect of our lives.

## **Non-dual meditation: letting go of allergies**

Ever since I was a teenager, I've been struggling with pollen allergy for a few months every year. Since I've lived most of my life in cities, it didn't affect me that much, so taking a few medications was enough for me.

Last year, I moved to the countryside and experienced the hay fever quite severely.

This year, I decided to take measures, and for the first time, I haven't taken any medications and experienced it mildly.

In this recording, I will tell you the steps that I took and focus especially on the third one.

Since all allergies have the same core, anyone with an allergy will find this recording helpful.

The first step that I took was to make sure that I physically do everything that I can to ease the symptoms.

The second step was to follow a diet that will once again diminish these symptoms.

And the third one is to listen to a meditation that helped me re-pattern my body-mind so that it changes its reaction to this external stimuli.

Let me share this third step with you.

Take a deep breath in.

And close your eyes.

Non-duality teaches that our true self is awareness.

And this awareness is ever-present, allows everything to be exactly as it is, and is changeless, therefore untouched by experience.

The more we recognize this about our true self, the more this knowing descends and permeates the body-mind so that it also begins having the same qualities as awareness.

An allergy is a fearful reaction, a strong identification with the body-mind and with the sense of being unsafe.

What we will do in this meditation is remind the body-mind that it is actually safe.

Take a few deep breaths.

And then imagine the very thing that you are allergic to, to be around you, to touch your body.

Or if it's anything like pollen, to enter your body.

Relax your body from the top of your head all the way down to the tip of your toe.

There is nothing to be fearful of here.

This very relaxation is what we are now teaching the body to do in these same circumstances.

Just breathe and relax, even as the substance that you are allergic to is around you and on your body.

Imagine radiating peace and relaxation even as that is happening.

Let the nature of awareness and the qualities of awareness become embodied in your body-mind.

You are fearless, open, free, relaxed, at peace.

You allow everything to be exactly as it is.

That's it. You have now created a new pattern for the body-mind to follow.

In the past it would have reacted with fear, but now it knows that there is nothing to be afraid of.

It can remain at peace, present and relaxed, independent of circumstances.

Thank you for listening.

## **Applied Non-duality: Freedom in day-to-day life**

Hi everybody and welcome to this live event on applied non-duality, freedom in day-to-day life.

This is now the last event of a series of six that I have been doing over the last six weeks.

And yeah, I hope that you have enjoyed it. I hope that many of you have seen a lot, if not all of them.

And today we will bring it all together by talking about the human experience

and how to embrace everything that we experience in day-to-day life.

So let's start as usual with the three-four minute meditation,

then I will do a talk on the topic and there will be space for questions and answers afterwards.

So yeah, let's dive straight into the meditation.

Take a deep breath in.

Close your eyes.

And just be here with this current experience.

First and foremost there is this presence, this awareness.

And it is witnessing thoughts, feelings, sounds.

There is a rising in experience.

And this awareness allows it to be exactly as it is.

It doesn't resist any part of experience.

Sometimes the mind starts to say, I am not present enough.

I don't like what I am experiencing.

And other thoughts that try to take us away from the present moment, but in fact we are the witness even of that.

And when this awareness is expressed through the body-mind we feel openness, we feel expansion, love, connection, thoughts of freedom, acceptance, liking what is, being happy, being joyful.

But of course ultimately everything is an expression of this same presence.

So whatever unfolds is actually an expression of our being.

Okay, let's take a few deeper breaths again and return to our conversation.

Thank you already for your hearts on the side.

I can see them and I appreciate your presence and your gratitude.

And so far we have talked about self, about mind, relationships, free will and now this applied non-duality.

So the first step is kind of not applied non-duality because it takes us back to a presence which can be perceived to be outside of the world.

So it's like we go back to our true self, but in the meantime let go of our day-to-day experience, of our minds, of our bodies to reach that space.

And then applied non-duality is realizing there is not the awareness and the objective experience, but actually they are one and the same thing.

They are the same essence expressing itself in different forms.

And when we recognize this, life becomes a lot easier because first we know that this awareness is always here, ever-present, changeless.

It is peace itself, it is love itself.

There is nothing to seek, the seeking stops.

We cannot get this peace, this love, this happiness, this freedom from the outside world.

It is inherent to us and so we can just watch things unfold.

We become more of a witness, accepting everything that arises because we become like awareness itself.

Or in fact we are awareness itself and the body-mind becomes like awareness, taking on its qualities of love, acceptance, openness, non-resistance, etc.

And often that takes time.

That takes time to process all in us that feels unsafe, unlovable, not worthy.

So all of these things are brought to the surface as we go through this process of returning to awareness, returning to presence.

We are awareness itself on the one hand, but there is also the human form and it is very fascinating to compare the two.

To compare pure awareness which is empty of experience, just open, just free, just welcoming, timeless, not a thing, not a form.

And then the human experience in which there is a mind, there is time, there is limitations, you can't just teleport from one place to another or at least not yet.

So there are things that we have to process, to be with, to learn patience, to learn otherness, to learn that we are not or seemingly separate from others and therefore we have to learn to interact, to be loving, to be kind, understanding, compassionate.

So all of this dream that we are living, all of this reality that we are experiencing is this journey of both returning to awareness but also learning to express our true self in the world.

And what's also interesting is to compare or to watch how this awareness expresses itself through the human form.

So some non-dual teachers call awareness knowing because it's the only thing we can really know for certain. We can know I am aware.

Thoughts come and go, sometimes there is no thoughts. The body, even the body disappears in experience sometimes like in deep sleep.

So all we can know is knowing, awareness itself. And then what happens within that knowing is an unknown.

So this knowing, this awareness, this presence expressed on the level of the mind is actually not knowing, if that makes sense.

So the mind is open, it is here, it is witnessing, it is watching, it is observing. It doesn't make assumptions, it doesn't make projections.

It is simply a tool for awareness to observe itself. And similarly on the level of the body, it becomes more free, more open, more flexible, more open in the heart, the chakra centers, etc.

So it's a fascinating journey to see how this awareness descends and permeates the body-mind over time.

At some point on this spiritual journey, it kind of makes sense that we cannot base our self-worth, our happiness, our freedom on the outside world.

Because everyone has different opinions, we can never please everybody, no matter how much we try because everyone is pleased in different ways.

So someone might find one thing beautiful, another person another, or creative or strong, all of these things are concepts that we cannot fit into.

So because of that, we cannot expect the world to satisfy our self-worth. It is inherent to us.

This is again a process, for example, a lot of people in general determine in a way their self-worth based on how the body looks.

But if we look back in time, beauty has changed so much since, I mean, every 20-30 years the concept of beauty and what it looks like changes.

So if we try to fit into society, it doesn't work. As soon as we fit, the concept will change and we will no longer fit.

So because of that, it's much more important to feel into what feels good for us. What is beauty for us?

What do I want to look like? What do I want to feel like? How much do I want to exercise or not exercise?

And just do what feels good, what feels right, what comes out of love for us.

And the funny thing is that if everyone of us does that, that's when we will find balance in the world.

And another thing that I have written down here and then I will go to the chat is that sometimes it seems like when we are processing, when we are releasing these resistances to presence, to happiness,

we are somehow wrong or something is off the path, we are not doing what is most loving.

But even that is not true. In fact, I think I mentioned it last week when there is a path and society is right and wrong and good and bad, but an enlightened person just sees success, success, success, success.

In the same way, actually, when we reach these deeper feelings, deeper emotions within us of lack of self-worth, of anger, of wanting to rebel, things like that, that's success.

That's a good thing because when they are released, then we are more free, deeper into presence, more open, more loving, more kind, more compassionate.

So it's actually a very important part of the journey to go there and to feel all of these things, to see where they come from, which is also a fascinating journey, and to explore our minds and bodies deeply.

Tamara used to say, today I was doing exactly that, exploring what is holding me back.

Said it is the last event.

I mean, there will be more in the future, so don't worry about it. This is just the last of this series.

And absolutely, you know, I think we should do it every day, if not more than once a day, just seeing, because everything that happens in our day is reflecting something in us.

So if something triggers us, if someone or a situation triggers us, then the best thing we can do is when we can just find time to look back at the emotion, look back at our reactivity that arises from within, maybe at things we've said and done that we regret.

See where it comes from and just, yeah, out of curiosity, out of exploration, out of freedom, out of a sense of peace and love within us, explore this pattern that seems to be something other than love, other than peace.

Yes, you say, thank you, will you consider repeating this series?

Yes, I think I will actually, because this structure follows my six months program.

So yeah, if you've experienced, even in one event, something deep, something dramatic that you keep wondering about later on for the next days, then I would really encourage you to get in touch.

And then I can tell you more about this program, which is a much more in-depth analysis study delving into all of these different aspects of experience.

And yes, I'm doing this series now, and I'm sure I will do them in the future because I will keep this program running for a while, probably.

So yeah, there will be more. Laura, you say, do you make decisions from awareness?

Always, I found hard to make choices being disciplined, except things go different to what I won't expect.

I think here the key is to see what you mean by making decisions from awareness.

So I try to, you know, just like now, if there is something that I'm not sure about or something that I want to consider more deeply, I tend to do my best to find time, think about it, and then come back to the situation, the person, whatever needs attention.

But sometimes, of course, that's not possible because life puts us in those situations to trigger all in us that is separate self.

So sometimes it feels like you make decisions which don't come out of awareness.

But of course, as I said, ultimately, everything is an expression of awareness. Everything is unfolding as it should.

So even in these cases, you are making the right choice or the choice that you're meant to make, the only possible choice.

I don't know if you were here last week when we talked about pre-will, but I talked a bit about dowsing as well, because just like you, I felt like I knew myself as awareness.

I knew that thoughts just unfold, but I felt like I'm making decisions in my day-to-day life, and somehow that's not fully living the teachings, not fully surrendering to life.

So then I remembered I can actually use dowsing tools to ask yes and no questions.



And because my mind is quite extreme, I just decided, OK, I'm going to fully surrender for a day to these dowsing tools and see what happens.

And yeah, so that's a way to surrender to a higher power and to make decisions that are in line with something that the mind doesn't understand, doesn't even see, but that intuitively you will feel whether it's right or wrong for you.

So I also have a course on this access to intuition through dowsing, which you can have a look at. I said in the chat that I will let you know ways of going deeper into this particular part of the exploration on applied non-duality and freedom in day-to-day life.

And I have two courses that are specifically around this sixth week of exploration.

The first one is called Learning to Love the Human Experience.

Again, seeing the differences between awareness and being human and the limitations and embracing all of it, knowing that it's a journey, that we are here to learn, that there's lessons everywhere, and that the purpose of this unfolding also is to return to presence, to awareness.

And the second one is Enlightening the Root Chakra, because in my journey and from looking at the world, I know that a lot of our tensions, insecurities, all sorts of things that are stored in this first chakra, so I felt like it's important to bring our awareness there from a non-judgmental and loving perspective through this course.

And in terms of meditations, I have one on understanding projections, knowing that the thoughts of resistance that come up are just a projection.

Actually, any time there is something negative in your thinking, it is not because it's true, it's not because a person is wrong or the world is going in a wrong direction or whatever it is that you project onto.

It is because there's a feeling of resistance arising in you, and as soon as you let go of that feeling, the exact same person, the exact same situation will not be problematic anymore.

You may still act, you may still change it, but it comes out of acceptance, out of freedom.

So yeah, that's a very interesting exploration. I have a new meditation on deep listening, one on addictions, several on sleep techniques, so all of these more practical aspects of living a day-to-day life.

You can also find some meditations on those. Laura, you say, I do meditations every day, it really helps, but I'm still learning so much.

Amazing, you know, I'm glad that it's helpful and there's always stuff to learn, even though on the level of awareness we are whole and complete and free.

On the level of the body-mind, there is an ongoing process of evolution, of evolving towards this freedom, and because of that there's just a continuous stream of insights, of revelations, of learning that keep us engaged, keep us present.

And yeah, it's a curious and fascinating journey to witness. And I always say, thank you, it continues to be a journey, going deeper into awareness. Beautiful.

Yeah, and you know, it may sound weird to say, but it's also a journey for me. Every day I'm discovering new things, I'm seeing things from a new perspective.

The thing that I've decided to teach, to teach non-duality is because it's changeless, it is ever-present, it is constant, so there's no way to go wrong.

And it's also my anchor point. Because I know that this is true, when I'm in doubt, when I'm exploring anything new, I keep this perspective that is true, that is real, and look at things from it.

And that makes it a lot easier to also know who to follow, who to trust, what to learn, what to do, and yeah, it's an ongoing journey on the level of the body-mind.

Laura, you asked who is or who are your teachers?

So, I haven't had teachers except my direct spiritual guides through Dowsing for the last three, three years, maybe three, four years, because I felt a need to kind of dissociate, to stop listening to others.

Just find, again it's this process of asking myself, what is true for me right now, what is here, what is true in this moment for me?

And it's this process of keep returning, keep finding your own uniqueness, your background, you know, what I've studied, NLP, Law of Attraction, Course in Miracles, Way of Mastery, all sorts of modalities in form also, the way I am, the way I teach, the fact that I'm Bulgarian with speaking French influences my accent, all of that.

So, it's all coming together in this way as you continue with this process, as you discover your uniqueness, your unique expression of your true self.

So, that's what's happening. Otherwise, before I used to follow Rupert Spira, who is a great teacher, very clear, keeps going to the self, doesn't go down to the relative level as much as I do.

But because of that, I feel sometimes that his answers are not complete, like there's a mismatch between the questions that he's asked and his answers.

But that's just my own opinion. He's an amazing teacher and it's also a hugely important part of the process to keep returning to self, keep asking what is true here, who am I, who is the I that is experiencing this?

And you say, I feel so much peace with non-duality. Beautiful. Yeah, non-duality is peace itself.

So, of course, it is on the level of the body-mind there is a relaxation, an openness, a freedom when truth is experienced.

Because the mind is no longer seeking for something outside. It's just returning, anchoring itself in this presence, in this awareness.

And then, of course, there is peace because we have found finally what we have been looking for.

Laura, you say, found the need to let go. Can you speak on that?

Can you say more about what you mean by found the need to let go? Let go of some material things.

So, two things come to mind. The first one is that in some retreat places and in teachings, they teach that not having a lot of possessions leads to happiness.

Because life becomes more simple and they say what you own owns you and that doesn't happen anymore and stuff like that.

But actually, if we rest as awareness, whatever happens is embraced fully.

So, when I have too many possessions, a house full of boxes and not enough space or nothing at all, I am awareness.

I am the space which allows everything to be exactly as it is.

So, in fact, from this perspective, it doesn't matter how much you own, but you say the need to let go of an old life.

And I mostly like what you are saying because sometimes when we process a lot of what we hold on to, of our beliefs, of our attachments, then there is a natural letting go of the objects related to this attachment.

And it can also work backwards by letting go of an object, then we feel the remaining attachments and we let go of them.

The only thing I would question is the word need, the need to let go.

If there is a need, it means that there is some kind of not-satisfaction, lack of freedom.

So, actually, I would encourage you to feel that first before letting go because the act of letting go of material things should be an expression of freedom.

So, yeah, when you are ready, it will just happen.

I mean, you can also work backwards, let go first and then feel this need to let go of where it comes from.

But, yeah.

And it's amazing how the body changes every seven years or so, everything in the body.

It's completely different.

And in a similar way, the old life, the old possessions, the old connections at times also fade away as we grow, as we change, as we evolve, as we take particular life paths that others cannot follow us on

that's not theirs.

Yeah, so that's also part of this unfolding.

Laura, I don't really know because I'm only seeing messages.

So, I can only guess what you're saying and where you're coming from, but, of course, it's up to you to feel into it and see what it would bring you.

And instead of it bringing you something, focus on you already have everything you need.

You are everything that you're looking for.

You are inherently whole, inherently complete.

And from this space of clarity, of freedom, look at what you want to do out of love.

So, yeah, I think that's everything I wanted to share today.

I just want to say once again that this program that I've created is very powerful.

It has a structure with courses, one-to-one sessions, ongoing support.

Yeah, it really leads to deep transformations and insights.

As you know, before sharing something, I really process, think a lot, make sure that it is the essence only that I share, only what's necessary.

So, all of my courses are like that in one-to-one sessions as well.

We tailor what I'm sharing to your experience.

Also, what happens when you let go of a lot of separate self is that you can then see the separate self in others without judgment, but you can see it coming up. You can see the blind spots and that's very helpful to have someone lovingly guide you to release a bit of resistance, a bit of illusion from your body-mind system. So, thank you all very much. I hope you have a beautiful summer, that you have enjoyed this series and I look forward to staying in touch with you. Thank you and bye-bye for now.

## **The link between Presence and nervous system health**

Hi everybody and welcome to this live event on the link between presence and having a balanced nervous system. So I've been excited to do this talk for a while now. I have been exploring this through somatic experiencing and today I will be sharing the link between non-duality, resting as awareness, presence and this balanced nervous system. And as always my event starts with a short meditation followed by a talk on the topic and the question and answer session at the end. So please prepare your questions. If you have them already you can already put them in the chat and

I will look at them later or if anything comes up as I'm speaking then you can write it in the chat as well. Whenever you're ready I propose to dive straight into the two three minute meditation by taking a deep breath, closing our eyes and just arriving in this moment as it is.

With our current thoughts, current feelings, current state of the body, current rate of breathing, just witnessing all of these things.

And remembering also that who we are is this presence, this awareness which knows every element of experience including thoughts, feelings, the body, the environment, the sounds, the weightiness that is in our awareness.

And this awareness is the constant element of experience. It does not change independent of what comes and goes within it. It remains ever-present, open, allowing, free, embraces everything exactly as it is. It has no motivations or desires in any way shape or form. It just is.

This event will be talking about the link between this presence, this awareness that we are and the body-mind.

And how being in the moment, being in the now, helps the body-mind relax, become more coherent,

more open and become ultimately an expression of this awareness which can be called love because

it allows every experience, every thought, every feeling to be as it is unconditionally.

So let's take a few deeper breaths here.

Open our eyes and return to the conversation of course.

If that feels better, you can keep your eyes closed and feel into how what I say resonates with you. And the first thing I want to say is that at first it seems like this awareness, this presence that we are, seems to be separate from experience. It's like we let go of the mind, of the body. We say we are not the mind, we are not the body, but we are this presence of awareness. And the more we rest as this presence, the more the journey becomes coming back into the

world, embodying the personality that we are, sharing our love, our joy in whatever way that is most true to us. And so it is about becoming more fully human. And this is how the presence links to nervous system help. So what happens throughout our lives as we grow up and as adults as well, is that at times things can happen that make the body-mind system jump or suddenly kind

of skip a moment. And this can happen when we fall off a bicycle as kids or when there is a sudden

earthquake in some places on this planet or when someone scares us in all sorts of ways. And if that

experience isn't then looked at consciously, if it's not brought back to the awareness, then the body kind of stays in that tense state to some degree. And little by little what happens is that there's little tensions forming in the body. And so it doesn't act as a coherent system anymore. But it's more like each part works on its own. And the more we rest as presence, there's two things that happen. First of all, we can be with such an experience, we don't have to escape it in any way or try to resist it or walk away from it. We can be in it fearlessly,

stay there and be okay. Of course, if it's something that we need to run away from, instead of freezing, we would just run away. And the second thing that happens is that as we rest as presence, then we can, and we understand that our true self is untouched by experience, always whole, always complete. You know, all of these beautiful qualities that all of us share, then we can also dive fearlessly into different parts of the body and explore the different tensions and where they come from. And a good practice that I will probably soon share is when there is a feeling coming up, to ask, for example, how old is this feeling? And sometimes, of course, no answer comes, which is okay. But at times, you will see yourself as a kid and something happens, or as a teenager. And it's very clear what you are processing in that moment. And so by releasing these resistances, slowly, the body mind again, starts functioning optimally in the present moment, coherently, so all the different so called parts kind of connect together and work together. So there is a lot less fear in difficult situations and circumstances. And yeah, you can you can be present, you can also hold a lot more emotion, therefore you can support people better. So yeah, this is the link between presence and nervous system health, because it just starts once again, working as it is meant to work without the fear, without those experiences that haven't been looked at. And of course, here, I want to say that there is nothing wrong with those experiences. And we live in a society in which we're kind of taught to move on from things to not look at things, not take time to stop to not slow down, but rather speed up, do more and more as we grow up, multitask, listen to maybe three sources of news at the same time. So all of these things contribute to this lack of presence lack of awareness to what is actually going on in this moment in the body in the mind. And this also allows us to dive into the unconscious mind and then uncover all of these memories or triggers that no longer service. And of course, in the moment when those reactions happen, this is a perfect reaction of the body. And, and it's, it's very useful. But it's when we don't look back at it and tell the body, you know, now you are okay, now you are safe, you no longer need to stay in this resistance mode, that's called fight, flight or freeze, often, and that that the body slowly kind of relaxes back into the present moment. So let me know if this makes sense so far, if it resonates with you, if you have any questions on this as well, I'll be very happy to answer them. I think something that I want to add to it is how before I've had some people say that there is kind of a fear in them with resting as awareness, because it seems like the personality is suppressed, or somehow not them. And they have held on to that personality for a long time. But actually, what happens is, as we recognize our true self, and as we release all of these resistances, the more we embody the personality and the more true to our self, we can be the more our boundaries are clear, the more our likes, dislike, ability to tune into our intuition, being in the moment with the full body experience and not just the mind. All of this is a result of this. So actually, the more you explore this, the more fully you will be yourself and find your uniqueness, find what you fully have to contribute to this world. In a way you can say find your purpose. So yeah, it's a beautiful journey. It is not always easy, but it is very rewarding. It is there's an intuitive knowing that it's going in the right direction that the body is healing in this way. So yeah, Ravesh, nice to see you here. You say, makes sense to go through and process those moments which the heart remembers rather than dismissing them. What you resist persists, lots of love. Yes, I love it. And it's not, I think, yeah, you're right often it's the heart, especially in relationships or old partners or exits. Then maybe the heart closes if it's a difficult breakup or even throughout the relationship if there's difficult moments, but it cannot also be other parts of the body. It can be the gut, can be, you know, lungs, whatever, anything. It depends on our conditioning, our family, and where it's like the so-called weakest part of the body is what closes first. And yeah, so every one of us kind of draw tensions in different parts and in different ways. So that's also very interesting to notice and to know about. And what's amazing is that just by sitting with yourself in your own room away from everyone else, you learn so much about the body-mind, about the connection with your family, with your past, about other people. You can then suddenly kind of see someone. When you

look at them, you can see where there's still maybe some tensions, where they're open, where they're a bit more closed. So yeah, it's fascinating to explore this and how we're all connected, how we're all human, how by understanding your own thought patterns you can understand so many

other people. And I love what you said, what resist persists. Yeah, absolutely. And when we don't do that, when we don't return to presence and rest as awareness and explore those tensions,

the universe kind of conspires to make sure we do. And this happens by repeating the same situations over and over again. Like we attract similar types of partners or we have similar boundary issues that the jobs we do. And yeah, so that's what is meant by what you resist persists.

It just keeps manifesting. It keeps being there in one form or another. So yeah, I would say it's just very important if not, if not the top priority to do this work. Because first of all, you feel more free, more open, happier, more at peace. And then that you also express into the world. And also the world again then reflects back to you that peace, that presence, that openness,

that love, things can then shift. And that process also is kind of unique and different for each of us. You know, the practices that we find, the people that we resonate with, the different spiritual movements or even religions, that we find all of this is also reflecting how we store tensions, what resonates with our particular body-mind field. Yeah, Blue, you say kind of like a meal left on the table for us by a parent.

What do you mean by that? I don't fully get it. But just because you mentioned parent, I want to talk a bit about self-parenting. And, you know, often, and when we learn about this work, we can kind of feel into our own body-mind, how we were treated maybe even as babies or as

kids by our parents. And there is the mind or the ego wants to kind of blame them to say, you know, why did you do this? Couldn't you have done this better? Wasn't there a kinder, more loving way of doing things? But of course, the tensions that they had at the time made it so that they had to kind of do these things. And maybe their parents did something similar to them. So that's also what you resist persists can also be across generations and generations and centuries until someone in the family finally turns inwards and starts to process their stuff and to kind of understand the family dynamics. And then what results is not blame. It's not that they've done something wrong, but it's compassion,

it's understanding, it's knowing that there was suffering like there is in everyone and in every family. And that's okay. It's part of the journey. It's part of understanding our self and the collective better sooths they were doing the best at the time, generation of trauma passed on. Yeah, exactly. And that's a beautiful thing to remember that everyone is doing the best they can from moment to moment. And it allows for compassion, it allows for understanding, that there's nothing wrong. Everyone is tending towards the best thing that they can do in the moment. And sometimes it's not, it doesn't look like the most loving thing, but from their perspective, it's the only option. It's what they can do at that moment. So yeah, Ben, you say lessons return until we learn. Yeah. And ultimately every lesson is in experience.

What happened is let's say we rest as awareness. We are present. We are fully here. We are at peace.

Then there is some kind of external trigger. And then we feel into our resistance and we return to presence. So ultimately every lesson is, is just that it's a temporarily and seeming escape from the present moment only to inevitably return to what is because that's, what's true.

That's who we are. Everything else is just temporary. It's mind patterns, body patterns, but yeah, it will inevitably shift one day or another. As soon as you say, yes, I'm learning not to blame seeing my parents with empathy and compassion.

And I'll begin with myself. It's hard with a capital hard, but so necessary for growth.

Self parenting is what I do now. Yes. It's hard. Definitely.

Especially knowing that they do their best. And sometimes when you don't see that, maybe a lot of emotions and blame can, can come up. But yeah, what you're doing is beautiful to begin with yourself. And as we work with ourself, then also the relationship with the parents changes because what happens over time is that we are no longer seeing ourselves as the kid and

them as the parents. We are not expecting so much from them. We are not expecting compassion or

understanding or anything. So by doing that, that the relationship can be more as equals, more loving, flowing, supportive. But yeah, not, not trying to get something from them because we are whole in ourself. We are complete in ourself. So as you say, thank you for talking on this subject. So important. Yeah. Yeah, definitely. I agree that it's very important and it's fascinating to, to explore so many different facets of presence. Those of you that have followed me for a long time now know that I talk about the mind, the body relationships, freewill, and a lot of different topics. And this particular topic feeds very well with the explorations of the body. And it kind of goes deeper. I've been talking about movement, different practices to be present. And this is now very, even you can call it scientific, you know, with the actual nervous system, with the actual body, with the breathing right here, the structure, how the body moves, how different movements of the body then change other bits of the body, how it's all interrelated. And yeah, that's one beautiful part of it is that the breathing deepens. As you release resistances, you can breathe a lot more fully and therefore the the blood flows better, the heart is more open and the flow of life just starts flowing through you. So as you say, trying to sustain momentum in my healing journey with parenting, meditation, breathwork, et cetera, any advice on how to sustain a practice? So I think what you've said so far is already great. You know, seeing your parents with empathy and compassion, working on yourself, meditation, breathwork, all of these things are really beautiful. I think I would have to know more about your journey and more particularly what you're exploring to give you more personalized advice. So if you want to can message me and I'd be happy to continue this conversation with you by a message and give you some tips for practices. Grace, I don't see my mom as my mom. I see her as a human being and I know just like I have my journey, she does too. Exactly. Yeah. And it comes back to this phrase, we are all walking each other home. I find this really beautiful, including our parents, including us as children, walking them home, you know? Yeah, absolutely. Yeah. You say a human parent or tries to attempt to feed us what we need, like source and our refusal to take it like us as humans until we realize it's good for us, then we can move on from there. Yeah, I see. Yeah, yeah, yeah. Yeah, that's a beautiful example how we at first maybe resist what we are given, what we are offered until we realize it's good for us, or it's a reflection of us, or it is us. And then when we, when that realization lands, that it is us, then we can work with it, through it, and also see our parents with new eyes, see that maybe they still carry the same thing. So that means more compassion, more love, less desire to fix them, less expectations from them. And they feel that, and maybe they return that to us as well. Eric, like parents trying to feed a spiritual broccoli. Yeah, broccoli is a funny one. And I think I watched the video where they say that kids don't like it because their bodies don't need it. But then as adults, birds and what the body needs changes. So then we start actually liking it. And maybe that is linked to the journey of becoming more aware, more able to consciously dive into different aspects of experience. And yeah, embrace this that we used to not like. Yeah, it's good. Now I love broccoli. Exactly. Same. Maybe I should do an event called spiritual broccoli for the soul. Thank you so much for being here. I really enjoy doing these events. I've missed doing them, have been absent for a month, or maybe even more. I will be doing another one next week on Wednesday on enlightening the root chakra. So it is kind of related to all that I've talked about today, because it's about going into different parts of the body, reducing resistance is becoming more present and open. But in particular, focusing on the root chakra, because if you if you look at the nervous system, actually, the vagus nerve is central to the body, but there's so much around the gut and the root that it feels like we are storing quite a lot of tensions in these parts, actually. And I think it is also linked to the experience of Kundalini, which is raising the energy up and becoming conscious of these tensions. But yeah, I will talk more about this next Wednesday. And the same time as this event. So hopefully, I will see some of you there. Thank you all for being here. Have a wonderful weekend. And see you again very, very soon. Thank you.

## **Enlightening the root chakra**

you

Hi everybody, and welcome to this live event on enlightening the root chakra.

Thank you all for being here and I'm very excited to share, um, my knowledge on this topic and how it links to non-duality.

What is Kundalini demystifying a bit, the meaning of all of this and yeah, linking it also to the topic we explored last week, which was the link between presence and nervous

system health.

So I hope you're also excited about all of this and the way this event will go is as usual, there will be a short meditation to begin with and then a talk on this topic and then the questions and answer sessions at the end.

So if anything comes up for you as I'm speaking, or if you already have a question related to this topic, then please let me know in the chat.

So when you're ready, let's just dive into the meditation.

Let's take a deep breath in, close our eyes.

And just be with our current experience with the breath coming in and out and any thoughts and feelings that are here in this moment.

And here we can recognize once again that we are this presence, this awareness, which knows these thoughts, knows these feelings is aware of the breath.

And even though these things seem to change, to come and go, our true self awareness itself remains constant, does not change.

And just notice that in your experience, that when a thought arises and changes, if you say who is aware of this thought, you would always come to, I am aware of it.

And this I am aware also the next thought and the next thought.

So the I doesn't change the mind continues to come up with thoughts.

But who we are is ever present and touched by these thoughts and changed by experience.

This of course also applies to the breath, the feelings in the body, any external experience or situation, body mind world can change, but awareness itself remains constant.

It is the field within which this unfolding arises.

And we can take a few deeper breaths here and return to the conversation.

Of course, you can keep your eyes closed if you prefer this.

And just as I was speaking, a few things occurred to me.

The first one is the circular nature of the breath.

Really this movement from roots to top and from top back to root and stomach is also the movement of this what we call Kundalini energy.

And of course, since it is true that there is something ever present in our experience, which is this awareness that we are, then this knowing has to be there before, during and after the body arises in experience.

So there is a part of the body that knows this clearly.

And this part of the body can be called Kundalini, it can be called spirit, it can be called life force.

And it is the part of the body that can then, as we make progress on the spiritual path, become active from dormant, become more active as we turn within, as we turn towards our thoughts, towards our feelings and stop looking at the world so much for who we are, for happiness,

for whatever we look for, then this force activates and it starts finding our tensions within the body, our beliefs in separation, our ways in which we don't perceive reality clearly.

And this is how this is related to last week's event, because as we release these resistances, as we find them, as we continue along this path of returning to this presence, which is open, which is allowing, which is embracing, then the more the body is free, it's open, it's in the moment.

And the more we embody the character, the more we become fully ourselves, express our desires fearlessly, have great boundaries, no one to say yes, and when to say no, no, when we are overspending money can listen to our intuition and feed into, um, what is coming from love, what is coming from fear and take more of the actions that come from love.

So this is what this energy is here to show us and to, to open us up to.

So let me know if this makes sense so far.

If you have had experiences with Kundalini energy, if you know what I'm, what I'm talking about and if, if you, you understand it or resonate with it and say, I will say a bit more about this.

And this, this topic has been part of humanity forever.

You know, this is how we continue life onwards.

There is a deep association, identification with the masculine, with the feminine that is currently being challenged, looked at again, looked at in new ways.

So yeah, it's a really fascinating exploration and it's also so interesting again, as I was

saying on Friday last week to be able to just sit in your room with your own feelings, with your own pensions and explorations in this area and see how they are reflected in society, understand what is going on better, know your own masculinity, femininity, not suppress any of them.

And yeah, just embody once again, embody this, this body, mind, this, um, perspective of awareness fully, knowing that nothing is random, knowing that everything is there for a reason, knowing that the evolution of consciousness is an ongoing process on the level of the body-mind world.

So everything serves a purpose.

Everything has meaning.

Everything is unfolding as it should.

And yeah, it leads to a deeper acceptance of yourself and of course also of others.

Elisa, you say, I've heard of it, but don't think I felt it yet.

If I have, I didn't know.

Yeah, to be honest, in the beginning with Kundalini, it's very difficult to actually feel it.

You maybe think that you felt something, but you're not sure.

And of course, as you continue those explorations, you will know that you actually felt something.

It was not just in your mind.

It wasn't just imagined, but the more you explore this, the more you will feel this same feeling.

Ah, did I sense something?

Was that real?

Was it my imagination?

And the more you continue exploring these moments where you think you felt something, the more you will know that, that it keeps happening.

It is consistent and the more it will change and be able to flow throughout the whole body as well.

Ben, you say yes.

Yes, of energy of love and fear.

Can you say more about this and how in particular it relates to the, to the current topic, otherwise great that you have experienced it and yeah, it's so, so important to, to tune into what comes from love, what comes from fear and to know for ourselves is different for everyone.

And so often we, we think that we know what comes from fear in another.

So we project our own fears onto them, but maybe in that moment, the person comes from such a, a huge sense of openness and love and we can't see it.

So yeah, it's interesting again, that there is no right and wrong on the level of objective experience.

Yeah.

Coming from, from within for each of us at blue, he shared a serpent and fire definitely two symbols associated with Kundalini energy.

And it's, it's very interesting as you learn about the body-mind system, then you also come across the Vagus nerve and the Vagus nerve has a lot of nerve endings exactly in the first and second chakra area.

And it also comes up.

So it can also be said that Kundalini is the activation of this Vagus nerve.

And also what happens is that as we find tensions in the body, it's like they come up to become released.

So they become conscious in a way through the brain, through the conscious mind, and then we let them go.

So there is this process of exploring the unconscious, letting things arise, letting things come up, seeing where our fears come up, where our associations come from.

Yeah.

I will sit for a bit and see if anything else comes up.

Yes.

So this energy is often also associated with divine masculine and divine feminine.

And as you probably know, I really like to take such concepts and make them practical, make them real, make them experiential.

So to me, what this means is actually what I was talking about the releasing of everything that is separate in us, that is ego in us, and then embodying fully our masculine or



feminine or both, because each of us have both and yeah, expressing that fearlessly into the world.

And what it means is simply knowing who we are, knowing our, our place, knowing when to say yes and when to say no, and that does not come from past experience.

It does not come from conditioning comes from being in the moment feeling into in this moment, what is yes.

And what is no for me right now.

And saying our full truth, explaining if it says saying, yes, that sounds like a great idea.

And this is why, if it is no thing, no, I'm not willing to go there.

And this is why.

And this, this clarity, this knowing this intuition is just coming clearly and across anyone we communicate with and speak to Lily, you say, I started experiencing a very intense fear of that physical pain and suffering is this related to the root chakra, the unconscious coming to the conscious mind first, thank you for, for sharing and yes, this can happen.

Was there a gradual process before hands, or was it kind of sudden, would you say?

And otherwise, yes, it can happen.

It's not necessarily related to the root.

It can be, you know, some energy stored in the heart or, or somewhere else in the body.

Um, often there is certain experiences in our past that can become stored in this way in different parts of the body.

And then as we, again, turn inwards, we see where they come from.

We see why we have them.

And again, here, what's, what's very helpful is, um, at least on my journey, it has been to, to know that this awareness that we are just presence is changeless is ever present.

So in my experience, this allows for, for letting these experiences flow through us, letting the, the, the mind be afraid, of course, in a very safe space is as safe as possible.

Especially with friends or family members around you if needed.

Um, but yeah, just to, to allow this, to, to be felt, you say pretty sudden, and was it related to something you were doing or exploring at the time, or just, just happened one day out of, out of nowhere, cat blue, you say how important is to our experience is to express out loud.

Great question.

Um, personally, my way of doing things is to really take time to process, gain clarity around what I'm feeling, um, and then share what I want to say with the other person that I want to share something with as calmly and as, um, as much coming from love as possible.

So I think it's important.

It's definitely important to voice what we feel, what we desire, what we need, um, but also to do so as much as possible from a place of, of love and groundedness, not just reacting or expressing old things coming up.

Let me know if this makes sense.

Yes. Process first.

Thank you.

And I feel like also adding once again here that I know how difficult these experiences can be really, especially what you said, a very intense fear of, of that and physical pain.

Um, and yeah, I'm sorry that you've had to go through this.

Um, I also want to add that once released, so what happens is, you know, that the body has these, um, energy currents moving through it in different ways.

And there are over time as we grow up, as we gain experience, we store some tensions, which make the energy kind of not flow through the body and, and not flow as well as it could.

So then when we turn inwards in this way, when there is more space around us to, to meditate, to be with our experience, to, to be safe, to know that we are held by the universe, to know that everything is unfolding as it should.

Then also what is unsafe in us or all of these stored blockages can sometimes arise.

And the result of it is that once they are released from the body, then the energy kind of flows back again.

So yeah, the life force flows more and more openly and freely through the body.

So even though it can seem and is very intense and the mind can say, it's pointless, why is this necessary, um, the universe is unloving and all of these things that is actually,

once we have released all of these tensions, then we can come to a deeper place of peace, of knowing that we are loved, held safe, and, um, that everything is okay.  
You're welcome.

And I know that this is a tricky topic to explore and there's a lot of, um, maybe things to unveil or, or lack of clarity around it in our society.

But that's also why I love doing events on these topics, just to, to convey that the spiritual path is first, not always easy.

And second, I am, I want to explore everything.

You know, I'm curious about every aspect of experience and I don't want to leave any stone unturned, any veil, uplifted.

So yeah, that's why I, I love doing these topics and I really enjoy, um, everyone here on the inside timer as an audience and your, your comments are always right on point and beautiful. So yeah. Thank you.

I think I shared in the event description, um, practices that you can try to help this energy flow better to the body.

And one very simple and maybe obvious practice is just to deepen the breath, just as you breathe, making sure that the breath flows through the lungs, through the stomach, through the root, maybe through the legs, all the way to go down to the feet and making it very, very deep.

And then as you exhale the same, exhale fully, maybe pause at the end of your exhale and just the simple process of slow breathing helps once again, the body recognize, okay, in this moment, I am safe in this moment.

There are no things to take care of in a rush.

Everything is okay.

Everything is fine.

And yeah, the body can relax in the moment more.

And I also have a course on this topic, which is available on my website in which I share different, more advanced, maybe practices specifically to engage with the root chakra.

And, um, the main intention is always slowing down, trying not to, to project too much.

Um, if possible, you know, having a blindfold, um, when you engage with this energy center, maybe add some, some sense, something just to, to be as present as possible.

And, and there's nothing to rush.

Yeah.

If all of this makes sense.

Nice.

I've just joined.

Can you summarize

I think in summary, what I said is that there is a Kundalini energy that can rise through the body, which is also called life force or spirit force.

And it is linked to our true nature or this ever presence.

We have a present awareness that we are, that is changeless and embraces experience exactly as it is.

Yes.

You say sexual energy.

It can be called sexual energy, um, or just Kundalini, uh, or life force.

I think even just calling it sexual really puts a label onto it and it's, it's better to, to stay as neutral as possible.

Um, and yeah, as this energy then flows to the body, it opens up different areas of tension and slowly allows the body to, to be more open, to flow more freely.

And for these tensions, which are really false beliefs or stored or all the experiences that no longer serve us to be freed up.

Great.

That this resonates with you is to say, I feel very connected to my root after this breathing retreat, which was Kundalini.

Amazing.

Yeah.

I just shared the practice just before you came about just slowing down the breath and breathing deeply, which is, of course, also the breath can be called life force because it allows the body to, to

feel alive, the heart to pump better, the organs to function better.

So, yes.

Beautiful.

You say I am in total surrender and earlier this year you were in your ego.

Beautiful.

And yeah, once again, this, this energy can, um, helps release the ego and find our, what some call divine self.

I just like to call it true self and express it in the world.

And what's also amazing is that as we release these pensions, these energies, then we find our boundaries.

We find what is good for us.

Maybe we find the right partners.

We know what to say to them. We know when a boundary has been crossed. We are more in tune with our intuition, all of these beautiful side effects from exploring this.

Wonderful Krishna. Thank you.

Great to hear.

You're welcome. Thank you and thank everyone here.

It's been great to speak on this topic with you.

Let me know if you have any further questions, and if not, I think I will end the event here.

Thank you all. Have a very nice day or evening ahead.

## **Healing The Inner Child By Asking "How Old Is This Feeling"?**

In many of my meditations, I talk about feelings, projections of the mind, the sense of separation, and so on.

In this meditation, I want to talk more about projections and feelings, because so often it is unclear why or how we project.

So anytime you get triggered by something or someone in your day-to-day life, you can then make space to process what happened in that moment.

And as you sit with the emotion, you can ask yourself, how old is this feeling that I'm processing?

Sometimes you will not get any answer, but more often than not, you will see a specific occurrence from your childhood or teenage life or later that has arisen again in the moment of reaction and projection.

And by doing so, by feeling that feeling, by understanding where it comes from, you can see clearly that it's not about the other person.

It is about what you are feeling in that moment, about what they have triggered in you from your past.

It is a beautiful practice that can help you reconnect with your inner child and also help your relationship with parents or with extended family, friends, and colleagues by helping you see what happened clearly, understand where the other person came from at the time, understand that you couldn't see everything back then,

and that this feeling that you are now processing has taught you all that it had to teach you, so you can now let it go.

It is a great way to rest as awareness or to re-parent your inner child, to show it love, compassion, understanding, to show that you are there for your younger self.

That what he or she did was perfect, that your love is unconditional, and that this past occurrence didn't affect or change who you are in essence.

You remain whole, complete, all allowing and all embracing.

When you do this practice of asking how old is this feeling often, you will see your relationship with yourself and as a result your relationship with others, change, grow, and evolve for the better.

Thank you for listening.

## **Sloth technique: experiencing life in slow motion**

this is a recording that complements my meditation transcending the body three stages to emotional freedom and more specifically stage one one of my favorite quotes is by Lao Tzu he says nature does not hurry yet everything is accomplished yet our modern societies expect us to use our bodies at a much faster pace that they can actually manage which leads to all the stress anxieties and

problems that we see in the world today a useful way to think about this is to imagine that the body is a car and it can reach great speeds and it is necessary to do so when we are on the highway however our modern societies also try to force us to use these same speeds in a city environment and of course that is inefficient and counterproductive so today I will share a practice with you that I call the sloth technique experiencing life in slow motion I would encourage you to just watch a few videos of sloths and how slowly they experience life use that example as your inspiration to slow down and then really slow down your body breathe very deeply and any movement that arises just imagine being a sloth make it extremely slow you and smile those animals seem to have an eternal smile on their faces you notice how your body changes how it reacts to this slowing down you maybe there is a feeling which says something like ah finally I can move at the slower pace I can relax into the moment you finally I can recognize that there is no rush that everything is taken care of you you that's it just continue moving at this low pace for as long as you like and set reminders during the day to return to this practice to return to the knowing that there is no rush in truth in nature it is just that we have somehow forgotten this and through this practice we remember it thank you you

## **Transcending the body: 3 stages to emotional freedom**

Welcome to this meditation, Transcending the Body, Three Stages to Emotional Freedom. You may have already listened to my meditation, How to Stop Thinking. This is the equivalent of that meditation, but applied to the level of the body. In the How to Stop Thinking meditation, I share a practice which is to expand the space between thoughts and experience a state of no mind. What really happens when we do this practice is that we slow down time so that the same amount of thought is experienced in a much larger amount of time. You can picture a sky full of grey clouds. What we are doing by expanding the space between each thought is that we let one cloud form in the sky at any one time. The equivalent on the level of the body is to slow down the functions of the body. And you can start doing that by making the breath deeper and slower. As you do this, the heart rate falls. The amount of thinking slows down. If there was any tension before you started this practice, it starts being spread through time. So there is more capacity for the body to hold it, which means it does not experience this tension anymore. And there is a natural opening, a falling into presence, into is-ness. The second stage to emotional freedom is to focus not so much on the experience of the body, but on the spaciousness which arises once the body becomes less tense. So as you breathe, when you reach the end of the inhale, pause. Make the body as still as possible. Notice the spaciousness within which the breath appears. And then exhale, and at the end of the exhale, do the same, pause. And witness the spaciousness within which the body appears. Notice now that the body is more of a sensation, appearing within this spaciousness. It is less tense, less physical. Movement appears within this presence.

But the presence itself is unaffected, unchanged by the movement.

It is there before, during, and after it.

And if you try and find what this sensation is made of, you would find only the presence, the awareness within which it appears.

As such, the so-called body can completely dissolve within experience.

To reveal the true transparent nature of the body, and the truth of non-duality, the fact that we are this awareness, this presence, which remains always here, unchanged by experience.

Free from tension and any form of suffering.

The third stage to emotional freedom, which I call the enlightened state, is returning to this presence often.

Until the certainty that this is who we are is constant.

So no matter in what shape or form the body is experienced, whether it is transparent and free, or more tense and less comfortable, or very physical and painful, we allow it to be as it is, because it doesn't change our essence.

Who we are is whole, complete, ever-present, always like the blue sky which can hold any amount of clouds without being affected or changed by them.

Who you are is by nature, open, free, at peace, allowing anything that is to just be. So we allow the body to unfold as it does, remaining as the witness behind the processes of contraction and expansion and all the practices that the body does to return to a more present and balanced state.

Thank you for listening. I wish you a wonderful day ahead.

## **Embodied Wholeness: Unraveling the Sense of Separation**

In this recording I would like to combine and in this way clarify several elements that I have talked about previously:

- 1) Enlightenment is letting the part of you that is Whole (Our True Self - Presence, Awareness) re-align the part of you that still believes it is separate
- 2) Identifying with the body creates tensions, in other words it is a focusing of Awareness within itself
- 3) The body functions optimally when it is not experienced
- 4) The body is a tool for experiencing the totality of our sense of separation by unwinding beliefs & tensions one after another, in waves
- 5) After each release, there is a deeper understanding of the Wholeness that you are. The Whole is expressed better or flows better through the body/mind system

## **What is Nature Tempering?**

hi everybody and welcome to this live event on what is nature tempering this is a topic that I have been exploring lately I hope you find it interesting as well and the way this event is going to go is a short meditation to introduce topic and then a talk and then questions and answers at the end let's start straight away with the meditation actually like a deep breath in let's close our eyes and arrive in this moment as it is however you are is perfect

there is nothing to change nothing to

do about your experience just let it be as it is be aware

what is interesting is even here we can notice there is this awareness this

presence that witnesses our experience

to see motions sounds sensations

and this changing experience that is constantly evolving constantly new

you

a nature tempering as we will see is about balancing these two the presence of awareness and the continuous evolution of the body-mind

you

you

more than anything everything is unfolding effortlessly on its own always

at the right time so by taking the perspective of awareness we are being in

the moment and witnessing this natural change

you

so after this very brief introduction let's take a few deeper breaths in come back to our conversation hi Indy hi everyone nice to see you so my talk today will be organized in two parts the first part will be a bit about life force energy and sources of life force energy and the second part on nature tempering and how to practice it and in my own journey I have felt that the more I release my sense of separation from awareness which in some modalities is God itself the more this separation is released the more there is a tendency to return to the natural world and because of this it seems like it's a good thing here to introduce the metaphor of Adam and Eve and the Garden of Eden it feels like so much of our human life is about knowledge about creating about understanding about conceptualizing and once we go beyond the mind beyond all of these desires to do these things then we return back to simplicity to nature to being who we are kind of meant to be in our bodies how we are meant to use them in a way so sources of life force energy one that I will not talk about a lot is Kundalini there's many ways to activate the microcosmic orbit to make sure that it keeps flowing that it's free a second source is light and I will talk about this natural light later on but here I just briefly want to mention red light therapy I don't know if you've come across it but it's a good way to receive the light that we would normally receive if we spend a lot of time outside which is how our ancestors used to live and which is natural for the body so it's worth exploring and I will also share additional resources with you towards the end some of them are related to red light therapy the breath is a source of life force energy and here it's very interesting to notice the link between the mind and the breathing or the tensions in the body and the breathing and how when we are stressed the physiology changes when we are happy it again opens relaxes and changes and there's different approaches to breathing like for example the Wim Hof method emphasizes breathing a lot taking a lot of life force energy in the boutique on method on the other hand emphasizes reducing the breath the breath so that there is more co2 in the body and I've explored both as well as Vipassana especially in the last month and to me the balance is just letting the breath be natural just witnessing it nothing to change nothing to try and control let it happen naturally of course sometimes these practices will will happen out of joy in the moment out of wanting to explore what happens so yeah that's another source of life force energy food diet of course as well I will not share too much here about diets except just maybe as a general guidance to say eating locally and eating seasonally is the best for the body because I will keep saying this in this talk that our bodies are intelligent mechanisms that are constantly looking at our environments to try and figure out what process is to activate so by eating seasonally and locally we are telling our bodies this is where we are this is what is happening around us and they know they know what to do they know how to how to how to be and if we constantly kind of confuse them by giving them foods that are winter foods in the summer or summer foods in the winter then there's a bit of maybe this balance that happens over time and so it's again about returning to to simplicity to easiness and letting the body know what is happening around and the last source of life force energy dimension is hurting or grounding and at first I thought that it's just a practice something to do to connect to root down into the earth but actually it's it's a physical process it's a lot more than that anytime we connect to the earth for example it being barefoot or just touching plants with our head hands or touching the ground there is a process of grounding that happens in the body the earth is like a magnet with North Pole South Pole and like a battery so when we connect to it our bodies automatically recharge it's quite amazing to learn about this and there is a documentary called I think the hurting movie or something simple like that which you can find on YouTube I recommend having a look at that so let me know if this makes sense so far if you find it interesting what your initial thoughts are hi Laura nice to see you here okay so let's get into what is nature tempering so nature tempering to put it simply is a way to connect with the four elements of air earth water and fire in our day to day life so that we are not separate from nature but

we let it in we become one with it over time and I will share a few practices that you can try out with each element both indoors and outdoors but the most important thing is to never go too far it is not something to prove yourself that you can do it is not it is best to not have a name and just do it out of love out of joy and see what feels good again your body is intelligent it knows its current limits but we can always try and slowly and gradually make it go to the next level

so starting with the first element of air this is a very soft element compared to the other so it's a good one to start with and the practice indoors is very simple it's just to keep the windows open and so often we are in closed environments we are surrounded by unnatural material like plastic and so the body doesn't know actually what is outside what is around by opening the windows for example now that it's getting into the spring and the summer there is a lot of pollen around and I'm allergic to pollen so it is interesting to see how the body reacts and to gradually introduce this element and letting the body adapt to the environment and outdoors also indoors what is interesting with air is to remove clothes to let yourself be exposed to more and more air in this case so for example if you are sitting in the room but you are warm at the top but your legs are cold then you can remove your top and put more layers on your legs or just gradually and always being in the moment feeling what your body is doing and adapting accordingly and aiming to go to the next level so starting very simply with five seconds or ten seconds or however many seconds you can do and slowly building to one minute two minutes etc

and you say I do barefoot grounding often it makes the source of my feet tingle this normal great that you do it often already and yeah I think feel into it see if they always do it if there are specific circumstances in which they do it I will get into grounding in a little bit but yeah you can let me know then what I share makes sense

so let's go to the second element which is earth so indoors with earth you can do planting just without gloves touching the earth connecting with the plants maybe even asking what do they want how frequently do they need water when do they want to be outside if you are taking them outside eventually and also barefoot walking again both inside and outside and again this is an amazing process of letting your body connect to the earth and just yeah I don't know if it's just me but when I connect to the grass and to the earth it's it's just such a feeling of relaxation and ease that kind of takes me over every time you say they always do it builds up over about five minutes yeah maybe what's happening it is because it's an electromagnetic field literally the earth so maybe it's something to do with your circuit with your energy being starting to move in this way so maybe if you keep doing it or if you keep balancing your energy maybe with qigong and other practices like that then it will they will start tingling less but also it's okay if it's not too uncomfortable yeah you can keep keep exploring that you

okay you say I have a huge terrarium indoors in my apartment and plants love the smell the soil and nurturing the plants to grow yeah I think it's amazing that the oxygen that we breathe in is so energizing for us and the oxygen that we breathe out is energizing for them and I think also the same is true for our emotions so I don't know if you've tried to connect with the tree tree hugging and practices like that that's already amazing to try out especially when you're feeling a lot of tension and seeing how the

how the tree absorbs that that tension and helps you relax and ease into presence and why not even try climbing a tree barefoot I found this to be really amazing because our feet are really like our hands so they are gathering information about everything that's around and when they connect with the tree there is just such a natural element of of even gaining gaining information from the tree knowing exactly how to climb it safely and and things like that that are just very curious and interesting to to witness in the you say I love connecting to trees they all have such different energy yeah that's also interesting to see the connection with human and the connection with trees that are so massive some of them so old it's like they can really hold the space and I think

yeah for me even being in nature is a bit like going to a church but in a way God's church the way that we are meant to be where we are meant to go in a way sandy feet on the grounding sheet great yes that's what the documentary talks about I also have grounding sheets yeah it's a it's a great idea because it constantly keeps you connected to nature even when you're indoors I'm continuing out to the element of fire so here indoors it's again keeping the windows open exposing your skin to the sun of course within your own limits so again you can try and yeah stay for five minutes or even less even one minute two minutes see if you react if you have a strong reaction of course put suntan lotion on and make sure you take care of yourself and gradually increase the time once again I think we are conditioned to not be present again the mind kicks in and says this is how you do it this is what you do when you go to the beach you have a hat on you have sunglasses you have some time option but what if we stay present before that and we ask what does my body need what does my body feel and the body always has its ways of telling us when we have overdone or underdone something so with the sun it's rashes it is getting red and when that happens of course go back to the shade or put some time motion on but not before why why do it before and the last element is water and here there is a lot you can do indoors of course you can have cold showers every now and then and I think this timing is a beautiful time to start exploring with all of this because the seasons are changing it's getting warmer and then once winter comes again you can check your progress you can see how your body is different and people that have practiced this a lot say that you can even start wearing the same clothes across all seasons meaning you can be in shorts and t-shirts in winter because your body can adapt and is you know the immune system is active and there's no issues there so indoors you can try cold showers if that is too much you can just put cold water on your hand and feet maybe have a towel to put across your torso and your head and once you get used to that then you can go to a full shower you can also use ice on your face that's very refreshing especially when you feel tired or when you've spent a lot of time on the computer it's yeah it's just so invigorating and outdoors if you live near a stream or a lake that's a great place to again put your feet in or go for a swim and things like that or in the winter if you have snow go into the snow barefoot or with your whole body if you're ready um yeah Sloan you say you have to take shrooms and wake up with no car but you got some taco bell that sounds like a weird experience I don't take shrooms myself but yeah strange Nora um when I recently moved Nikki you say when I miss recently moved to a different state and I have my garden I made you with making the large terrarium yeah nice trees have souls yeah I think I think they're just very different beings they are more present less thinking and they are pattern unfolding and of course very aware of their environment but I think it's nice that we can actually communicate with them and receive answers in thought form in the say I had a grounding sheet but it was too strong even just under my feet the electrical feeling was overwhelming which was a shame and I had such high hopes yeah I think it with grounding sheets again do your research but sometimes there is what they call dirty electricity in the house especially if it's a big house with many apartments so maybe that's what happened or yeah something like that you Nikki you say used to go to the beach beach and now live near a stream and love taking straws near it and have my terrarium has no miniature pond or fountain amazing yeah I think just being near water already you know the senses activate your nose is telling you your eyes are telling you everything is telling you you are near water and maybe the body opens up somehow to to receive that new energy and going in makes that process the senses even stronger so this is how you can practice with the four elements and make sure you stay connected with them even while you are indoors I just want to emphasize a few points first the most important thing here is presence not attachment to outcomes so when we try to push ourselves too hard too fast that's when things go wrong it's like we are asking for trouble



so make sure you know where you are you you know your limits maybe even you know use a timer

and gradually go from there again it's not about changing your experience but it's about again it's not about changing your experience but more about letting joy and happiness and refreshment come naturally so do what feels good and comes from joy not what comes from fear and trying to change the current experience and of course rebalance whenever necessary so if you go into the cold for too long and your body takes a while to to rebuild the heat then you can have a tea you can have a hot shower you can stand near a fire etc so yeah there's always ways to come back to balance and it's a beautiful way to stay in the body to stay with experience and keep challenging yourself gradually to let your immune system function naturally as it

is meant to so I think that's all I had to say let me know what you think and if you have any other comments or questions

elora yes you can have indoor indoor plants

indoor garden and connect with nature in that way

as nikki says you can start small

i'm just checking my notes and some things that i wanted to say that i didn't are

i mean now it's here in the uk at least it's very early and very late the sunrise and the sunset

but it's a great idea to even now go out first thing in the morning maybe say hi to the day

some people do yoga outside to to start their day that's a great

way of connecting with nature connecting with the body and start positively and actively

and that also reshapes the circadian rhythms to be in tune with the natural rhythms of the universe

so that's a great thing to do and also if you have access to a sauna or a steam room

these are great places again to challenge your immune system gradually to go from hot to cold

to go for longer and yeah just to be in the body be present and let that presence of awareness

that we are be reflected through the body mind

all right say i'm thinking maybe that's why i feel better in the beach healthier

water air sun in my skin yeah definitely it's like because it's almost like the belief in separation

which is a key teaching of non-duality has brought us in our closed off houses offices cars

and we are disconnected from these elements so by reintroducing them by being with them the body

naturally kind of it's not alone anymore it's it connects deeply to the surrounding and it is held by nature itself which it is it belongs to

in the you say all these things sound like a good way to reduce the stress hormones in the

body and let it come back into balance yes exactly

okay

student death you say do you think if i stand briefly on my acupressure mat

the effect is similar to a grounding mat experience

um i'm not sure what you mean by acupressure mat i have a mat with spikes maybe that's what you mean

and in this case i think both are great i actually use this acupressure mat currently to

to train my feet to be stronger so that i can walk in the forest barefoot and not be hurt by the

spiky sticks and whatnot that are on the floor um so it's a great thing to practice and to do but

the grounding mat experience is different because the grounding mats they are plugged into the

plugs of your house and the plugs are connected to the to the ground so there is a process of grounding and of connection that you don't get with the acupressure mat

nikki you say i feel if moral society reconnected in nature there would be a positive shift

in general and i would even say uh it's kind of the other way around so if i were to say that

i know it comes from from a resistance in me it's like society isn't awakened enough yet it's not

connecting to nature enough it should do better um but the reconnecting to nature is actually a

reflection of one's inner journey or of society as a whole once it happens more of returning to

to nature returning to what's natural so yes it is a positive shift because there is a readiness

a readiness to um even you know how i said awareness in some modalities is god the father

in christianity so in a way the mind returns to the father the body returns to mother earth so

that's the the true presence

indeed great that you like the perspective yes i'm sure that eckhart talks about it too

it is part of the collective i think more and more so

it's nice that science backs it up now i can have the the proof of the processes that happen

internally when we are connecting with the elements in this way and most of all we can just feel it even just having a one minute cold shower and then you're so much more alive or one minute of putting your feet in a stream yeah it's it's wonderful  
so claire you say especially cold water on my face in the mornings night at this time of year this bedroom window open look at my sky candles lights fire i'm calling gratitude for it all wonderful it sounds like you're already doing a lot of these practices  
um yeah hopefully that will bring kind of consciousness about what it does and how the elements interact with your body and interact together but yeah it's beautiful that you do all of this  
michelle you say it's traditionally mexican mother's day today  
good to know i don't know if they practice uh nature tempering in mexico  
maybe they do from what i've read and heard and explored these practices are done a lot in scandinavian countries and also in russia i think in poland germany but i haven't met many people that talk about them so maybe they're getting lost or they're just specific to these countries  
in any case it's it feels important to to bring it back to life and  
yeah to to share how it opened my my mind  
so  
indeed are there any authors you recommend talk about this presence and nature connection  
so yes my the three things that i would recommend after this talk is first red light therapy  
uh just to explore what it does and see if it's right for you the hurting documentary and  
there is a book called the four season solution which is very interesting because  
it talks about movement diet light and all sorts of things together to change and adapt to the seasons so that we live again in tune with nature so that's a book that i would recommend  
if any of you are interested in these resources you want the specific links if you can't find them then feel free to share your email here or send me a private message i'll be very happy to send them to you so that's everything for today i will be away now until the end of may  
but after that i will be more active in my group friends of boyan minutia if you're not a member feel free to join and there's also two one hour long vipassana meditations coming up  
that will soon be on the platform and two other powerful practices to do  
if they resonate with you  
thank you thank you all great that what i shared resonated with you  
and see you very soon and keep in touch thank you bye bye for now

## **A Non-Dual Understanding of Kundalini**

From the moment of our birth, there is a subtle presence within each of us, a 'coiled serpent' lying dormant at the base of our spine. This serpent, often referred to as kundalini, is both the embodiment of our ego and the essence of our deepest lessons in this lifetime. Like the ego, it is what we are here to understand, learn from, and ultimately transcend. This serpent's presence can be felt in our bodies in various forms, such as inexplicable blockages or various ailments. These are subtle indications of kundalini's existence, waiting to be recognised and consciously understood.

### **The Serpent Awakens: Adolescence**

During our early years, the serpent remains mostly dormant, shaping itself as the ego—our sense of separateness and individuality. It lies in wait, subtly influencing our development. As we enter adolescence, the serpent begins to stir more noticeably. Hormones like testosterone surge, and with them come heightened emotions, desires, and a stronger sense of self. This awakening often corresponds with a root chakra that is increasingly tensing up, which can manifest as concerns about self-esteem, a fixation on what others think of us, feelings of insecurity, and a pervasive sense of being unsafe or unsupported. The ego-serpent becomes more active and assertive, influencing our thoughts and actions. This period is marked by a profound interplay of extremes—intense highs and deep lows—mirroring the serpent's rising energy and the dualistic nature of the ego.

### **The Garden of Eden and the Knowledge of the Serpent**

The ancient story of the Garden of Eden symbolises this fundamental choice we all face: the serpent offers us the knowledge of good and evil, the dualistic mind, and the egoic sense of self. This knowledge, while necessary for the development of individuality and discernment, also binds us to a cycle of dualities—pleasure and pain, gain and loss, right and wrong. In coming to this Earth, we have already bitten from the apple; we have entered into the world of duality and separation, and our journey here is to unwind the false beliefs that keep us bound to this cycle. To accept the serpent's knowledge is to engage in the world of form and separation, forgetting our true nature of presence and unity.

Yet, the serpent also represents the potential for awakening. As we become more conscious through practices like meditation, we begin to see the serpent for what it truly is: a force that guards the threshold to our deeper awareness. In meditation, as our consciousness expands, the serpent becomes visible; it rises to the surface, often becoming defensive. This is the ego's last stand, as it clings to its identity and its perception of reality. The serpent's visibility marks the beginning of the kundalini energy awakening—the journey of seeing through the illusory dualities, unwinding the false beliefs that we are here to transcend, and remembering our innate wholeness.

### **Transcending the Serpent: Paths to Liberation**

The serpent's influence is strong, but there are ways to transcend its grasp and return to our True Self. Here are some paths that can help in transcending its hold:

1. **Meditation:** Meditation is the practice of turning our attention inward, away from the distractions of the ego and the external world. As we become more conscious and aware, the serpent rises, revealing itself in our thoughts, emotions, and sensations. This rising is not to be feared but embraced as a natural part of our awakening. By witnessing the serpent's dance without attachment, we begin to let go of the attachments to highs and lows, joy and sorrow. Equanimity emerges as we recognise the transient nature of all experiences.
2. **Dowsing:** Dowsing is an ancient practice of tuning into the guidance of those who have transcended this realm. By connecting with these higher beings, we align ourselves with a wisdom that is beyond the limitations of the ego and leads us back to the all-embracing Awareness that we are on all levels.
3. **Being in Nature:** Nature is the great teacher, the original mirror reflecting our true state of Being. In its pure presence and natural cycles, nature stands untouched by the mind's fears and complexities. The serpent represents the tree of knowledge, which seeks to lead us away from this purity into tensions, beliefs, and cycles of opposites. However, when we immerse ourselves in the natural world, we reconnect with the essence of life beyond the serpent's grasp - we are reminded of our innate state of pure Awareness and are gently guided away from the mind's endless chatter and conflicts.
4. **Abstinence from Sex:** Sexual energy is kundalini itself. It is the life force that drives creation and passion. By choosing to abstain from sex & self-pleasure, even temporarily, we redirect this potent energy inward, using it to fuel our spiritual awakening and to let go of blockages rather than dissipating it through physical release. This conscious redirection can help us rise above the serpent's allure and connect more deeply with our true nature, which ultimately leads to actions & creations that are more aligned with Truth, and of course to having more energy and improved overall well-being.

### **The Path of Equanimity and the Transcendence of Duality**

As we walk these paths, we begin to understand that the serpent is not an enemy but a necessary aspect of our journey. The highest highs and the lowest lows we experience are reflections of the serpent's movement through our consciousness, highlighting the dualistic nature of the ego. It is through these experiences that we learn to cultivate equanimity, embracing all things without attachment or aversion.

The journey of kundalini is the journey of self-transcendence. As the serpent rises, it reveals the layers of our conditioning and the false beliefs that keep us bound to the ego. Our task is not to fight the serpent as it whispers its un-truths, but to understand its nature and overcome its influence.

In this awakening, we return to the Garden—not as naive beings unaware of knowledge, but as conscious individuals who have integrated the serpent and found peace in the eternal presence of being. The serpent's knowledge has served its purpose - all that it had to say has been processed - and the transfiguration process has been completed to reveal the Body of Christ. We are now free to live in the peace and simplicity that is our true essence.

## The world

### How to find Peace when others are suffering?

Q: Hi Boyan, I'm good to use what I have learned so far to help ease suffering of my own - gratitude for pointing the way to something unhealed in myself, noticing it is "just" another experience of awareness, etc - but am finding it difficult to apply with ease to situations where I see others suffering with very difficult realities (e.g. the animal that is being abused or grossly neglected; the homeless teenagers who will overdose on the streets or, literally, freeze to death out there this winter; the woman being beaten and humiliated by her husband...). I'd like to understand how you find peace when encountering these types of situations.

A: Thank you for your question. The suffering or contraction that Awareness experiences is deep. What helps me find peace when considering these situations is:

1) The model of reality that I believe to be true: within Infinite Awareness arose the question 'what if I experience something other than this?', which led to manifest reality. Since then - [\*the beginning of time\*](#) - there has been a releasing of contraction. As such, new karma cannot be generated, and everything that happens is a deeper return to Peace and Presence. Going back in time, this theory seems to be correct - there is less suffering / atrocious killings & deaths now than thousands of years ago, and the collective level of Consciousness is rising.

2) We are all walking each other Home - such events and experiences trigger doubts & insecurities in all of us. From an individual perspective, our top priority is to come from Love as much as possible, which includes allowing & fully feeling these resistances until we return to the knowing that our Self always remains in its pristine, untouched, peaceful condition. Then, we can also be of service to others better by letting actions spontaneously arise in us to support them.

3) I remember that I do not know. Somehow, from a different, less limited, Higher perspective, what happens here makes sense and is the only option. I don't know how the model works or why things happen, but I know that it is way beyond what I can comprehend from this human perspective. As such, the best thing to do is re-connect with the Self that allows things to be as they are and unfold as they do, to know that none of my thoughts & feelings are random, and to let Love move the body/mind, moment-by-moment.

I hope that resonates with you. It is definitely not easy to consider & accept that so much suffering is happening on this planet

## Structurally supporting the Awakening of all beings and the resulting world peace

Only when the majority of us know our True Nature will there be world peace. The question, then, is: how to get to this in the quickest possible way and minimise overall suffering over time?

The short answer is: by making sure that all religions and spiritual organisations, governments, companies and other organisations, and schools and universities point people towards the understanding of our shared Being.

This has already begun:

- Some religions are allowing their members to come in and out at will, which in turn leads to more openness to exploring other religions and spiritual perspectives, instead of creating division and conflict.
- International organisations such as the United Nations (UN) or the European Union are already in place, allowing for differences between countries while also aiming to maintain the peace.
- Companies are beginning to see the humanity of their employees and invest more in their happiness.
- Many schools and universities have introduced mindfulness and are paying more attention to the mental health of their students.

But more can be done:

- It should be known that spiritual growth is gradual, and that with each stage a new understanding is required. [\*As people progress on the path of spiritual development\*](#), they need to be supported by society through flexible structures that allow them to move at their own pace.
- We should aim to move one step beyond the UN and have a global organisation that unites and coordinates the world. UN-like organisations, national governments and local governments will still handle affairs at their own level, united in the understanding of our shared Being and common habitat.
- Individual companies should support the structures put in place by the above.
- In schools and universities, knowledge around our True Nature should be gradually shared and integrated into all subject areas.

It is important to understand that world peace is not the aim. It is the outcome of the knowing of our essential Self by the majority of the global population.

To the awakening of all beings,  
Boyan

## Moral correctness

Q: I find it difficult to live in this world and do things in the morally correct way. The fear is that I will somehow get punished if I know something is morally wrong but I do it anyway. It's hard going against the norm so much and so often, when everybody is going in another direction. Even though I know it's right, it's difficult to always do it.

What are your thoughts on this?

A: It sounds to me like you are saying that what the world expects from you is "morally correct". Yet, the world is functioning in large part in accordance to separate selves that operate based on fear. As such, a lot of the norms and beliefs that the world promotes are not morally correct.

Also, in the world, punishment comes in the form of prison or somehow hurting the body. Jesus and other such teachers taught us very clearly that this type of punishment is irrelevant to Truth and ascension. The only possible 'true' punishment would be some kind of punishment by God, but as we know God is all-loving, all-embracing, all-accepting. The ego can project its suffering on Him, but it's not true.

Having said this, I just want to emphasise that today's world is very open and accepting, and as such it is not necessary to go against its laws to go deeper in the direction of Truth.

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To continue your exploration, read the article ["How will the world end?"](#)

## Should I wear a mask or not?

Coronavirus is a manifestation of our collective fears of sickness and death. In Truth, there is no sickness, suffering, nor death.

The above statement is absolute and true. However, this absolute Truth cannot be applied as such to the relative levels of mind, body, and world. The attempt to apply it in that way results in confusion and meaningless debates such as the one on wearing masks:

1. Example arguments for wearing a mask may include the beliefs that we have to protect ourselves against viruses, protect the parts of the population that are most at risk, trust that our medical staff know what they do and suggest, and - if we disagree with those - wear it in order to not arise fear in those that think we should wear a mask;
2. Example arguments against wearing a mask may include various conspiracy theories, the belief that one is healthy enough and the virus won't have an effect, or trying to apply the absolute statements that there is no sickness and death. Therefore, wearing a mask is untrue and promotes the illusion of separation and adds to the already high amount of fear.

But what if there were a third option - that wearing/not wearing a mask is neutral? In that case, all of the above statements are both correct and incorrect. And that is because they all refer to the relative level of experience, to the realm of dualities.

Questions and conversations like these are the reason for my article and table outlining [three stages of Awakening](#). It explains clearly what statement can be applied to each 'level' of understanding.

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Comment: Of course from an absolute perspective everything could be argued to be neutral which is Truth. However we are playing the game and therefore these differences can make a difference to the reality that unfolds. The reality that unfolds affects the collective consciousness of humanity. Yes we are the game. However the majority are not at the level of a god mode state of consciousness therefore this is more theory based.

Reply: All I'm saying here is that there is no right or wrong behaviour. Instead of right or wrong, we should think more about what action comes from Love and what action comes from fear. And that varies depending on each person's conditioning. Saying that there is a correct way of playing the game implies that one can know what actions will lead to the greatest good for all beings. It is important to trust the intuition that comes to you in terms of correct behaviour, because that comes to you for a reason. But it is just as important to accept that the same intuition can manifest itself differently in others for the same reason.

Comment: Wouldn't you say that wearing a mask is stemmed from fear + conditioning? The correct way of playing from a higher level is as you say going with intuition but raising awareness and consciousness of others through your own actions so we definitely agree there.

Reply: The same can be said for not wearing a mask through statements such as: "I am healthy and I don't need one"; "I choose to go against society's rules"; "I don't believe there is a virus". And yes, these same statements can also be coming from Love. We shouldn't look at such statements or behaviours to find Truth. We shouldn't even be concerned about others - instead of raising Awareness, we should aim to Be It. Then, we accept everything that unfolds without resistance, and act in accordance with the knowing of our shared Being as expressed through us.

## Global solution: there is only Love

Most people believe, and live their lives, as though fear is bigger than love. That is why we see so much violence, terrorism, hatred, and unacceptance in the world today. If we look at it as a

mathematical equation, it seems like fear only multiplies and increases fear, whereas love has a tiny tiny effect, and remains unnoticed.

But fear can never be bigger than love. Love is infinite, the source of all things, everlasting. Yes, even fear is a very condensed and confused form of love. As such, fear can never be bigger than infinity. It is simply loud, but has no effect.

Love knows only Love. Fear knows only fear. There is no point at which the two meet. There is only the potential for fear to be recognised as Love.

Continue your exploration by watching the video 'the hard problem of Consciousness and its tragic consequences'.

## **Does Consciousness create suffering?**

Of course it is Consciousness that is the source of all wars, suffering, hatred, violence, terrorism, greed, etc. There is nothing else!

However, it is incredibly important to point out that Consciousness in its pure form will NEVER knowingly lead to the doings of such atrocities. It is Consciousness veiled in the form of a limited, temporary, fearful, illusory idea that acts that way.

And those actions have no effect on Consciousness - it is like an actor taking the role of a really broken, fed up, tired, trauma-filled character, and pretends to be that. It is not that, and never was that, nor will ever be that.

Consciousness is Consciousness - pure infinite and eternal Love. Find out more about [the nature of Consciousness in this post](#).

## **Preventing natural disasters**

COVID and other natural disasters will keep happening as long as we don't learn the lessons we need to learn as a humanity. These are some of the main ones:

1. We need to understand that we are one whole, and every part is impacted by the actions of other parts. For example, over indulgence in one part of the world causes poverty in others; confining and torturing animals leads to meat-related pandemics, etc.
2. Using up and disrespecting the Earth is the same as trying to use Life for selfish purposes. Since we are a part of nature, we need to know our place in it - we are not smarter or more intelligent, but should be respectful of it and honour its powers.
3. Understanding sexuality, its true purpose, and the role of men and women is key. Instead of coming from a place of lack and wasting these divine energies, we need to learn to embrace this sacred act for its healing capability.
4. Knowing that our Being is shared - as long as we believe that we are separate from each other, greed and selfishness will pervade our school and university systems, behaviour at work, and relationships between nations. This shift is only possible once it becomes clear that the each mind/body appears in Consciousness, and not the other way around.

Unfortunately, these lessons will take a long time to learn - probably more time than we have. The majority of us need to know this before the world can fully heal. There is no other way.

Keep exploring by watching this video on ["The hard problem of Consciousness and its tragic consequences"](#).



## Giving and receiving

Just like everything else (thoughts, sensations, perceptions), money needs to flow. There is no need to hold onto any financials, as holding onto it and planning is a sign of mistrust, a placing of your safety and security onto a particular number in a bank account or material possession.

Safety and security cannot be found in the [ever-changing world](#). They can only be found in that which is changeless - your Self. By your 'Self', I do not mean your ever-changing body, feelings, and thoughts - I mean that which is aware of them.

Many understand this intellectually, but do not apply it on a day-to-day basis. As such, they do not live the Truth of who they are, they believe it. Belief is a trap that can only lead to suffering.

You can only lose that which you hold onto. Hold onto nothing, no-thing. Be liberated. Be free. Be yourself. Live a peaceful and happy life by placing your trust in that which is worthy of it. Do not let your value be determined by societal gains, material possessions, or what others say about you. Your value is inherent in your Being, in the fact that you are.

Do not be afraid of loss, as loss is only possible if you believe in scarcity. And it is this belief in scarcity that creates it in the world. It generates greediness, which leads to inequality and poverty.

If humanity is One, how can someone's greed on one side of the planet not have an impact on those on the other side? Of course they would. Your actions do not only affect you. They affect everyone. As such, be giving, caring, and kind. You are only being generous towards yourself.

Giving is a natural expression of knowing the abundance that is You. Do not hold back. Give what you can. Your reward is the giving itself, not the return may come back to you.

Be the change you want to see in the world. The human world, made of individuals, cannot change unless all work together towards the creation of a new, more truthful, more honest world.

Do not let norms dictate your behaviour. They keep changing. Follow your heart instead - it will always be right.

## How will the world end?

The world will end just as it began - with the fading away of the belief in time and space.

Time and space emerged simultaneously with the idea of separation. In order to experience this idea, Infinity divided itself into an ever-expanding field (space) within which objects appear and disappear in time.

One of these objects is the world as it is today known through the human mind. The world is a simulation of projection, through which we can see all of our thoughts, feelings, and actions that are based on the illusory belief in separation. As such, we are 'actors' playing our parts in the play, or - as Ram Das says - we are walking each other Home.

Once Home is recognised, the world cannot remain our Home. The concept of the world is gone, and the Reality of it is clearly seen. Now, there is only Beauty. The Earth is known as the home of the body. Consciousness is known as the Home of the mind. Both return to their Sources respectively.

The end of the world is the end of humanity's belief in separation. The end of the Earth will come at a time way beyond the timeline of the existence of human species. Home can be found only Now.

Read more on the importance of understanding there is only [One Consciousness and no separate human beings](#).



## Letting go of attachments to material things

Hi everybody and welcome to this insight timer live event on letting go of attachments to material things and the structure of the event will be a short 2-3 minute meditation to bring us back to presence to the now and then I will do a talk on the topic and there will be space for questions and answers at the end.

So whenever you're ready let's take a deep breath in, close our eyes and return to presence, return to the here and the now.

There may be thoughts, expectations, something to do with the past or the future but just witness them from the perspective of the observer, the one that is present, that knows the tools.

Same for feelings, same for sounds, just allow your experience to be as it is right now.

This is meditation and this event will be

about surrendering to what is but accepting what is, not wanting something else, letting go of our attachments to how reality should be, how we think it should be and returning to how it actually is.

Now that we are a bit more present, a bit more allowing and open, I propose to take a few deeper breaths in and return to our conversation.

And the thing about attachments to material things is that underlying these attachments there is the belief that we know what reality should look like and we want it to be a certain way.

We want to either keep what we have or have more or in some way we are afraid to let go.

And here it's very interesting to notice that letting go of attachments to material things doesn't necessarily mean removing material things or having less but it means, it points to the feeling of being attached.

It points to I want more of this or I want to hold on to this, you know, the feeling of attachment and once we let go of the feeling what happens is that we are okay with things exactly as they are.

So we don't want more, we don't want less.

We are just in equanimity, we are here now, we don't want things to change.

We allow change to happen if it happens but it's not something that we force onto our experience.

Also we are not only okay with what we currently have but we are also okay with what happened in the past and we also don't mind what happens in the future.

So it is just a present allowing of things to flow in and out of experience as they do.

And the way to do this, at least for me, the way to really let go in this way is to recognize my true self, to recognize that I'm not this body-mind with its plans and ideas and desires but I am the awareness which allows by default its nature to allow things as they are.

And by knowing this, by knowing that this awareness allows thoughts, feelings, sounds and every experience to be as it is, then it is a natural surrender.

We surrender the separate self, we surrender who we think we were to who we really are.

We fall back into this presence, this unfolding, letting things flow as they do.

And as I said, I have a few people around me who are moving house and to me that represents a big inner shift, a big opening, a big change and it's sometimes difficult in these situations to let go of our attachments, to start living a bit differently, to figure out what to live, where, and in some cases, again, in people around me, there's a breakup or a divorce and it's this situation in a relationship that leads to this letting go.

So let me know in the comments if this is also your case, if it's your experience and I can speak more directly also about your situation.

What's interesting and what I love about non-duality in particular is that it calls everything objective experience and at first I was confused by this because to me objective experience means objects, you know, physical, world, material things, but it actually calls thoughts and feelings also objective experience and I really like that because it brings the projections closer.

All of these objects that we have, that we project onto are a physical manifestation of an inner projection.

We are projecting onto the body-mind, we have desires for other things and we want our thoughts to be different, we want our feelings to be different, our experience to be different.

So it is really letting go of these ideas of how the state of the body-mind should be and just allowing it to be as it is, this by definition would therefore also reflect in the way you are in the world, in the way you see possessions, in the way you allow

things to be as they are, you will see maybe some thoughts of resistance coming sometimes but allow these as well, you know, from the perspective of awareness, this is also allowed to just be and to unfold.

So it is about remembering that everything, from a higher perspective, everything is always unfolding perfectly and if you are moving house, maybe sometimes there is difficult relationships that change but also know that it is meant to be the way it is for everyone involved and they are on their path and they don't know the path that people are on, we cannot really influence it, we can try, we can do the most loving thing moment by moment but in the end of the day it is their path and we have to allow for that, yeah, so it is a returning to presence, to acceptance and it's also about learning to let go of the illusion of control and control is an illusion because when we question the self that tries to control something or someone, there is no such self.

So for example if I want to hold on to a material possession and I say I hear the thought I don't want to get rid of this, it has a lot of value for me, then when I question the self, it's like who is the self that is speaking, it is the mind projecting an idea onto this object and instead I can return to who I really am, this open presence and awareness and see the object for what it is, it is an object and of course I can feel into how it feels like to let it go, to keep it, how it affects others etc and do the most loving thing, it is not a personal possession, it's at the end of the day nothing belongs to anyone, things are just continuously flowing over time and change hands all the time, it's just in our limited human perspective that sees this lifetime that we are like this is mine, this is the money I make, this is the house that I have, but really nothing belongs to anyone, it's just changing perspectives over time and again here it helps to and in many situations it helps to have a broader perspective to see things not just from our limited perspective but also how it involves others, what would happen in several lifetimes and this can also help with decision making because we see things in a more detached way, we see them less personally and then we can also make the best decision, the most optimal decisions, Monica, hola, love all the hearts that you sent, it feels like Christmas is very near, thank you for being here and from your comment I take it that this resonates with you, I think the topic speaking of Christmas is relevant, you know with all the presents and getting more stuff to remind us to be careful what we ask for, is it really necessary, why do we want it and yeah just be considerate when we also ask for things and give things to others of course as well, Kelly you said it helps with decision making just because of the non-attachment, yes because sometimes when we are attached to something whether it is a house or a particular object, maybe even a person, then we see it from a, there is a tension there, it's like this creates happiness in me or this creates unhappiness in me but whatever is the attachment, it leads to a tension and this tension also can reflect in the mind as a cloudiness, as lack of clarity and not seeing things as they are in the moment, so that's why it helps with decision making, when this attachment is released, we can actually see from a selfless perspective, what is this object, what is its value, who does it benefit most, do I really need it, no questions like that, that they are selfless, less personal and then it helps with decision making because we see things not just from our perspective but also from other perspectives and also can project it in time and see then what is best for everyone. Monica, you say, all I want from my family and friends is good health and new experiences like travel, hiking, not material things. Yeah, sounds beautiful and sometimes these presents that are actually experiences create the best memories, so yeah I think that's a great idea. Alan, it feels like attachment to objects is nothing but an extension of our attachment to identity, it's the identity that is fearful of not having, right, beautiful, yeah, as always your comments are right on point and exactly as I said in the talk, it's the attachment to the body-mind that gets projected outwards towards attachment to possessions and the more we let go of this identity, the more we, and I don't mean letting go of identity as a negative thing, but letting go of wanting to have a particular experience, to have a fixed self, to do things a certain way, the more we become open and flexible and allowing and also the parts of the identity that are left are the ones that are loving, that are kind, that are excited, that are compassionate, so all the good qualities remain, so it's not the letting go of identity, it's the letting go of believing the mind, the letting go of identifying with the body and then as you say beautifully, it's the fear of not having, it's like we think that these objects or the body-mind and particular thoughts and feelings feel some kind of whole in us, a lack in us, but when we question this lack, when we question who we really are and we find that this awareness that is

here is whole, is complete, is full, is peaceful, is at ease, it allows things to be as they are, it flows with everything that comes, it doesn't resist any experience, then all of this fear of not having dissolves because we have infinity, you know, we are infinity, we are love, so we cannot seek for it outside of us because this is what we are and no object, no material possession and no person can give us the love that we are looking for because it is who we are. Kelly, I love this question too, we're talking about non-essentials though, right? It depends, you know, food obviously is essential in order to survive and water and having a bed, having a house, somewhere to sleep, things like that are obviously maybe not essential but quite good to have, but then sometimes the mind comes up with the label essential for things that are really not essential, so we can also check what is it that the mind calls essential and challenge these assumptions. Marcy says trouble letting go of my parents collectibles artwork since they passed but I just downsize after taking care of them and selling house, I let go of a lot but no paintings, photos, have to let go more, suggestions, such intimate things, I miss them. Yeah, that is difficult to let go of. I feel like always when I'm able to let go of something that has been in my past for a long time, it also means that there is a process that has happened that I know that the value of this thing is not really the thing itself, it is in me. It's like these artworks and photos, of course they are valuable and they're great reminders and it's nice to look at them but in your case it sounds like you have had to sell them and correct me if I'm wrong. So it's about knowing that your parents are still here, they are in your heart, they are in your memories, all that they have passed on is in you or a lot of what they have passed on is in you and other people that they have met throughout their lives. So just knowing that and feeling that, you know that you can instantly connect with them just by thinking about a beautiful memory that you have with them,

you know that if you have a question to ask them you can also ask them, imagine speaking with them.

So in this way also letting go of attachments to these material things can almost mean that there is a deeper connection that is within you, you can know that the things themselves cannot bring what you already have, what you already carry in your heart, so all the beautiful memories that you carry in your heart. I see you had my brothers and family took what they wanted, yes so some gave away a ton, but not my mom's paintings, yes memories are beautiful deeper connection you can bring. And here it gets interesting because an object is a symbol and different minds perceive the same object differently and some are more attached than others and some see them differently. So then there's also a lot of dynamics especially when as in your situation someone has passed away and then you have to decide who gets what. And again here I would say and this is something I have recently been exploring and I'm currently creating a course on it, but it's about boundaries. The more you know your true self has awareness as I said the more kind and loving and open you become which means also however that

when someone crosses your boundary when someone asks you for more than you feel is right to give

or even when you feel like you're over giving or overtaking whatever it is you will you know strongly like your whole body tells you this so then you can actually say look I think this was unfair I think I deserve more because of these and these and these reasons this happened in the past

and it led to this you know you can once again it's a selfless thing that it's just the right thing in the moment based on the the situation. So I don't know if this is helpful but just wanted to share it with you and everyone else you say things can't bring them back still hard sentimental like my mom but I want to change my life and clutter and holding on to stuff is harmful yeah and you can also feel into which one is the most precious for you which one almost contains some of the other things within it so then just by looking at it you can also remember the other things or at least the energy and the connection that that you're looking for through this particular thing I'll just go back to a previous comment Jerry say Marcy I feel you some collectibles may be donated or loaned to a museum so that so many others can enjoy them for

a while you can also always retain digital memories of such wonderful things and memories yeah that's a beautiful suggestion

digital memories I would like to think others enjoy them as well

Kelly you say boy and you should do decluttering talks

yeah I I could try why not it's a good idea I myself don't have a lot of possessions and I'm

quite happy with that because I feel like attachments and having too much is somehow it's making me carry my past with me and I like to let go of things more and I'm also lucky because I travel a lot so every few years I change place and that allows for this decluttering to naturally take place I want to go to Alan's comment getting rid of objects won't change the attachment it's also a fascinating topic I think it helps to some degree to not have it there like to me if it's if the object is there you see it constantly and there's a constant reminder of the attachment I feel like also it would start a process just letting go of the object would trigger this attachment would bring it up and then it's easier to feel it and let it go release it keep what brings you joy no one can tell you to give them away follow your heart yes this is a beautiful one you know feel into each each object that you don't want to throw away and then see what it brings up in you and if it's joy then I won't say definitely keep it but consider keeping it and prioritize keeping it compared to other objects that don't bring you so much joy Monica sorry to hear that your mother has cancer great to hear that she's in recovery and I hope that she recovers from it quickly and I wish you and your family the the best and dealing with it um with love with kindness with with compassion towards yourselves and everyone affected Jerry you say my past is a very poor childhood where we sometimes didn't even have food my present is a life where I feel I have way more than I need or deserve terrified of ever being poor again but I want to shed some of the excesses I've acquired fear is what's holding me back I know this poverty scars us in many different ways yeah and here it's an interesting balance between having what you have currently being grateful for it and also seeing where the the fear is coming from seeing what comes from avoiding being poor again and of course there is a balance there there is a place where you are happy with what you have and nothing of what you have comes from a fear of being poor it comes from the joy of being alive from the joy of having and yeah it's it's what you actually want nothing more nothing less wonderful to be with you all once again thank you for all of your comments and as I said in the beginning I just want to share ways in which you can go deeper into these explorations another way is to have a look at my website where I offer one-to-one sessions and different courses and the big new six months course so if anyone is interesting to have a look please do Jerry and anyone else here I would be very happy very grateful if I have the opportunity to support you with this more letting go of attachment to material things and also the questions of the life situations that you're currently facing so please send me a message from my website wonderful to be with you all and hopefully see you again very soon if not Merry Christmas Happy New Year and happy letting go of attachments attachments to material possessions attachments to the body mind being a particular way and any other attachments that you may have thank you all bye bye for now

## **Love as your guide in a divided world**

Everything comes from love and is love in itself.

And that's something very difficult to feel at the moment, because there is so much going on in the world that seems to be completely unloving, in fact, the opposite of love.

The question is very clearly, how is this loving?

How is this useful from a spiritual perspective?

And the answer is that, for example, through the forgiveness practice, if there is a particular person, maybe political leader, maybe someone that you really resist or even hate, you would be able to see that it is a part of you that is being projected onto this experience that you are seeing, that you are reading about, and that you find unloving, that you haven't fully accepted yet.

It doesn't mean that you will not take action once you recognize that everything is love, because then you are drawn to return the balance, to return the whole back to the whole, to remove separations, beliefs, ideologies, differences, bring them back to unity.

But it would not come from a resistance.

It would come from an understanding, from an acceptance, from a peace inside of you.

So that is how even such difficult, horrendous experiences are here to bring us back, bring us back to love, to presence, to wholeness.

The other thing that I have been exploring recently, again around this theme, is how everyone is not to blame for their actions.

They are just part of the unfolding.

As I said in the meditation, everything that happens in this present moment is a result of all the other moments that come before it.

As such, because everything is connected as well, no one is to blame for what they do, for how they feel, for how they think, it is just what is unfolding.

The more we know that deeply in ourselves, the more we can see others not as their behaviors, not as their thoughts, not as their bodies, but as a pattern that is unfolding.

That allows for a deeper sense of forgiveness, of acceptance, of knowing that there is no other choice.

So again, for oneself, feeling a sense of peace.

And when someone is expressing something challenging, for example, on a more personal level, my

own tendency is to detach a bit, to not go into the feeling, but to start analyzing, trying to find solutions, trying to say that things are okay.

But sometimes people who just want to be seen, for someone to know their experience, to know their feeling in the moment, the most helpful thing is for us to also feel with them, to not go into thinking, to not go into solving, but to just be there with them.

And that is a great practice to not try and change someone's negative experience, to not try and change someone's complaining, but to be there fully present in the moment.

I mentioned in the beginning that I will tell you how to go deeper into these teachings, into these practices.

Maybe the first and easiest and free option is my introductory course, which is on the top of my website, contains five powerful talks and meditations on many topics such as self, the mind, relationships, embodied understanding, and more.

So that's a good starting point.

And then a good way to also dive deeper into these explorations is my six month program applied non-duality, the art of living in freedom, which you can find out more about also on my website.

## Sensations and perceptions

### Doesn't direct experience sometimes deceive us?

Q: The non-dual teachings mention again and again that we should only explore our "direct experience" to arrive at Truth, and I agree with that. But don't you think that experience can deceive us sometimes? Like when we are seeing a mirage or watching a magic show?

A: The direct experience of a 'mirage' or 'magic show' is that it is happening within Awareness. Then, instead of looking at the labels of what you are perceiving (i.e. 'mirage' or 'magic show'), go beyond, to the Seeing Itself. When you explore Seeing or perception directly, you understand that [it is not the body that sees something outside of it](#), but Awareness experiencing Itself in both of these forms at once - the body and what it perceives, i.e. not-two. Then you can also look at the experience of seeing through the eyes more directly, too, and notice that:

1. Perception happens within the open empty retina of the eye, which effortlessly allows all images to appear within it without judgement & infinitely close to you. The retina of the eye is a 'physical' metaphor of Awareness - that open empty perceiving Presence is who you are;
2. When you close your eyes, the world dissolves - a pointer that it is not really there as we imagine it in the first place. The deeper reality of the world is empty Awareness;
3. Both perceiver and perceived are an expression of, and made of, Awareness Itself.

The combination of these four explorations is the direct experience of Seeing. It lies beyond understanding.

Perceiving without a perceiver

Effect without a cause

Duality without duality

- these are the real magic tricks!

## **One Consciousness: all mind/bodies are made of You**

Non-duality doesn't say something that different, actually.

It says, like many other movements out there, that there is Consciousness, the mind, and the body.

The only difference is that it proves, through experience, that the mind/body is not the Self.

Only Consciousness is the Self. And there is only One Consciousness out of which all mind/bodies are made.

## **Self-perception: everything is a reflection of you**

Some martial arts teachers teach that when you have a weapon, you become one with the weapon. For example - a knife - your hand is suddenly not a hand, because it can cut. When you drive a car, you become the vehicle. If you have anxious thoughts, the car moves anxiously. If you have a quiet mind, the car is 'relaxed'.

In a similar way, when there is a sound, your ears become the sound. It is infinitely close to you, even though thought says there is distance between you and the sound. Sights, smells, tastes, sensations, are the same.

In other words, you are your direct environment. It is made of you. And even though objects within it shift, you remain changeless.

Explore the above in relation to intimacy.

## **A selfless conversation**

As we sit here meditating and talking, you attending an event, me leading the event, the obvious question is who is talking to who, if there is no self, if there is no undoing this experience, who is talking to who?

And the answer is simply that there is one awareness that is boundless, infinite, and takes many forms.

One of these forms is this body-mind, called boyan, and other forms are you the attendance of the event, but our true self, for all of us, is this shared awareness.

So what happens is that the body-minds, all body-minds, are harps of awareness that it is playing, that it is driving, it is moving, and in this case, it is moving this mind-body to speak to the parts of you that still believe in the reality of separation.

But of course, separation isn't real, it is just a belief, just a thought that appears, that says I am here, you are over there.

And when we explore awareness, when we try and find a boundary to awareness, we see that in our experience, the body-mind is limited, the eyes see only that much, the ears can hear only that far, but awareness itself does not have a limit.

And as such, the destiny that awareness has, if we can even say that, is not shared with the destiny of the body-mind.

The body-mind evolves, grows, speaks, shares, learns, whereas awareness remains constant, always now, ever present, the eternal destination for the body-mind.

That is why all of these reminders to come back to presence are so useful.

Ultimately they remind us that we are already here, that every activity is the activity of the one being experiencing itself alone.

Thank you.

## Exploring sound and silence

Hi everyone, let's see what today's meditation will bring.

Let's straight away breathe in and close your eyes.

Release all the elements in your experience now, thoughts, feelings, sounds, sensations of sitting.

Notice that all of them are happening within your awareness.

There is nothing that can be experienced outside of awareness.

Yesterday we explored sensations.

Today let's explore sounds.

Notice that there is silence.

It is out of the silence and within the silence that the sound appears.

As such the sound is not outside of the silence.

It is emerging out of and fades back into silence.

And since silence is there before, during and after a sound, can't it be said that the sound is a modulation of the silence or a form, a vibration that the silence takes in order to experience itself as something.

Now let's turn to silence itself.

Is it moving?

Is it changing?

Does it have a dimension?

Does it have a size?

You can listen to the silence because listening itself, the ability to hear appears within silence.

Hearing is itself made of silence in this sense.

It is the instrument through which silence experiences itself as sound, as movement.

So know yourself as the silence and know that hearing and sounds both appear within you and outside of the silence.

You can go to a sound, so to speak, bring it as close to yourself as possible, knowing that it is already infinitely close to you.

It is happening here now and so there's nowhere to go to hear the sound.

It is one with you and notice if the substance of the sound is anything in particular.

If you take a sample or analyze the space in which the sound appears before, during and after the sound, will it change in any way or does it remain exactly the same?

That silence that we talked about.

The sensations are to awareness exactly what sound is to silence and sensing is to awareness exactly what hearing is to silence.

So know yourself as this dimensionless and empty, aware field within which all experience arises.

When you are abiding as awareness, every object of experience is a test to see whether you will lose yourself in it and when you believe yourself to be separate from the world, every object of awareness is there to help you find your true self back.

So rest as awareness and don't let any objective experience take this knowing, this peace and happiness away.

Of course, that can only seemingly happen.

It can never happen in reality, but stay present.

Thank you for being here and I look forward to seeing you again tomorrow.

## How to know when to make a change

Hi and welcome to this meditation on how to know when to make a change.

Notice in this moment how everything is unfolding naturally and effortlessly.

The breath is slowly coming in and out.

Thoughts are occurring one after the other.

Everything in you and around you is moving gradually, step by step.

Notice that in this way it is already changing.

What happens sometimes is that some changes are seemingly more sudden than others.

In some cases, situations around us evolve in ways that we gradually begin to resist.

Because as we evolve, our perception of things also changes.  
And with it, our desires of where we want to be also change.  
And so sometimes, whether it is at work, in a relationship, or we're changing home,  
as we stay in the same situation, we begin to feel that it is no longer right for us.  
The more we stay, the more we feel this.  
No matter how much we know about managing emotions, releasing resistance, being in the present,  
for some mysterious reason, these thoughts and feelings remain when it comes to this particular situation.  
And often, at some point, life gives us an extra nudge.  
It could be a new argument, being given extra tasks at the job, a problem with the apartment or house.  
And this is what tips us over the edge.  
And we can no longer remain in that situation. We have to make a change.  
So just as it is best to wait before making decisions until the decision to be made is 100% clear.  
In such situations, it is also best to stay until we can no longer stay.  
Then, it is very easy to know that all that is happening is meant to happen, and to rest as the witnessing presence,  
watching the body-mind take action to make the necessary changes.  
Thank you for listening.

## Space and time

### The birth of separation

Within infinity appeared the seed of separation, precisely because Consciousness is infinite. That seed was a belief that something other than / outside pure Consciousness can be experienced. This belief leads to the simultaneous formations of 'time' and 'a tension' - the opposite of Consciousness, which is timeless 'spaciousness'. Then, there is [an identification with this tension](#), and the inevitable desire to return to Consciousness. This return is expressed in the form of 'time', because there is a separation between 'time' and 'Eternity', and all of the created layers between these seemingly separate realities now need to be seen as false. The false identity / tension is seemingly the agent that does this undoing, or to whom the undoing happens. Of course, Consciousness is the only conscious agent experiencing Itself alone. When this is fully recognised, time and the illusion of separation dissolve from experience.

### How can effect take place without a reason?

Q: Hello, Namaste! I'd love to hear your thoughts on Supreme Consciousness' nature, mainly on its lack of causality. The reason why I'm so intrigued by this is simply because I cannot grasp how effect can take place without a reason. So the answer 'It's just within Its nature to do so!' does not really satisfy me. I had a little research into it and quantum physics explained it only up to one point, but not entirely.

A: The 'effect' that you talk about is only perception, it is the mind dividing Consciousness in a body/mind with thoughts, feelings, and sense perceptions. In fact, all of these are made of the Consciousness within which they arise - not-two. And all of these so-called divisions happen effortlessly, without a doer, just like thoughts appear without a thinker.

Q: Thanks for your insights, I agree with you. I am just trying to find the reason for manifestation (at either quantum level, spiritual or both); If "The Screen" must localise itself in a finite mind in order to know something other than just knowing Its Infinite potential, would it then be correct to draw a potential obvious conclusion and say the reason for manifestation is the mystic natural intrinsic desire of Awareness to see what's within Its own "awareness"? Otherwise I don't see why It would manifest at all. And when I say desire, I don't mean that "It wants to know if It is (as



It is already aware) but to see what it already knows It Is. Maybe curiosity, love? Hence the sacrifice which clearly had to be made.

A: Yes, from the perspective of a localised self, manifestation is a fact. But when the existence of the localised self is questioned (self-enquiry), the idea of the manifestation as separate from Awareness dissolves as well, & its illusory nature is revealed. So, if one had to come up with a reason for manifestation, it would be - "to return to the knowing that there is only Awareness". Since Awareness is infinite, it also goes infinitely in the direction of what it isn't - i.e. form or contraction - if that makes sense? And as soon as form appears within Awareness, its movement back to Source begins.

Q: Why would I assume that the reason would be to return Home? Why did I leave Home to begin with? Haha, you get what I mean?

A: Looking for reasons is tricky - *it is just an unfolding, no one is really doing anything*. You, Awareness, cannot 'leave Home'. And when you are identified with the mind/body, your only true desire is to return Home. So then the question becomes 'why does Awareness seemingly identify with the mind/body at times?' - because it is infinite, and a way to express that infinity is to become finite. If it weren't finite, it also wouldn't be infinite. But as soon as it is finite, the temporary form that it assumes has to eventually return back to being Infinite, since that is its True



Nature. Let me know if this makes sense

Q: Perfect sense! :) Deeply grateful

## Do multiple realities exist?

Q: I've come up with a list of questions:

- Do unlimited possibilities exist ?
- Is the mind susceptible to programming ?
- Rather than a reactive mind, is it possible to expand my awareness ?
- Does an awakened, enlightened mind give me the possibilities to live whatever reality I want?

A: I think all of your questions are related. Here are my answers:

- No, reality can unfold in only one way
- Yes, the patterns of the mind can change and become more or less aligned with its Source (Awareness)
- Awareness itself cannot expand, but you can switch from identifying with the mind to identifying with Awareness. When this happens, your thoughts and behaviours change to be an expression of this True Self, which is always present and at peace.
- An *enlightened mind* is simply a mind that accepts and allows things to be as they are.

## The West's looking outward through science vs. the East's looking inward toward the Self

Q: What is the Self that I Am? I can say it is all, the Whole, Brahman and from this ask no further. But how does the West's looking outward through science and the East's looking inward toward the Self, come together? Astrophysicists have seen the universe expanding at ever greater speed with not enough mass to pull it back and dark matter being it's catalyst. On this cosmic scale, all life, especially all human life is an unimaginably small blip on the spectrum and eventually, on a scale of trillions upon trillions of years, when the last photon's energy goes out, all comparable measurement, all relativity, time itself dissolves into a cold void.

A: Your question implies that the Whole, Brahman, your Self, is limited to what you know and experience through the mind/body - hence your question! Consciousness veils itself as each of us, and seemingly limits itself to the thoughts and perceptions of a body - but when this experience is questioned, we can experientially understand that Consciousness itself is non-localised and empty. As such, all forms appear in it and as it. This includes the experience of being in a body and thinking with a mind, but also an infinite number of other worlds/universes/forms that we cannot imagine from this perspective (but we can still know that - just like our experience of the mind/body - [all these forms are made of Consciousness itself](#)).

## **There is One Consciousness and no separate human beings**

Any time you are dismissive of something, you are in illusion. Truth is all encompassing, all-inclusive, all knowing.

Having said this, many people tell me that there is both Consciousness and the human level. And I say this is not true, there is only Consciousness.

Imagine an ocean with fish that are made of ice. In order to create them, the ocean condenses its water and takes the form of physical fish made of ice. If I say there is ocean with fish in it, I have created separation - I have said there is an ocean plus the fish. If I say there is just the ocean, that includes the fish that are made of it.

That's what I mean when I say there is only Consciousness. The seemingly human forms are made of Consciousness, they are not outside of it.

Explore how and why [this is important on a global scale](#).

## **1 divided by Infinity**

1 divided by infinity gives a number ever closer to 0 (which is an error, because it never reaches 0 - think about the Large Hadron Collider). 1 divided by 0 gives an error.

Infinity divided by 1 is infinity. 0 divided by 1 is 0.

The whole world focuses around understanding the error. How can you divide a finite object by Infinity? Of course that is an error. Yet, that is what we are trying to do when we say the body (a finite object) is creating Consciousness (the infinite). It only gives an error - which is shown in the amount of suffering there is in the world.

If we go the other way around - Consciousness creating the objective world, everything falls into place. No matter how many objects there are, they are always made from Consciousness. The answer is then clear - despite the appearance of separation and limitation, everything is Consciousness.

Keep exploring by reading about [the limits of logic](#).

## **There is no edge to the Universe**

Trying to find an edge to the Universe is one of the most pointless activities humans have ever undertaken

The Universe is not an object in space and time. This is only so from the perspective of a separate self. The Universe is dimensionless, eternal and infinite. Good luck trying to find the edge!

Actually, trying to find the edge of the Universe comes from exactly the same limitedness as the people that used to say that the world is flat. Previous generations used to be afraid that they would find an edge to the world, and would fall over once they reach it. The same implication is true for the exploration of the 'end of the Universe' - it implies that there is something outside of it. It is based on a fearful and limited assumption that everything has a start and end point.

In just the same way as you (mind/body) would never fall if you keep walking around the Earth, it would be impossible to find the edge of the Universe no matter how many light years you (mind/body in a rocket) travel within it.

Let's imagine we are looking into each other's eyes. I see the reflection of my body in your eyes, and you see the reflection of your body in my eyes, infinitely. Let's now imagine that we can jump into each other's eye, and become what used to be the reflection. Let's imagine we can do this an infinite number of times - it would seem like we are moving towards something, that we are getting somewhere, that we are 'going deeper' or travelling, wouldn't it? But of course, with this image it is very clear that it can go on forever, and we will never get anywhere different than where we already are.

That's the Universe. Dimensionless, limitless, timeless, all-encompassing. From the perspective of a body that believes itself to be separate from it, though, it can seem like there is something finite to explore and go deeper into.

The Universe is Consciousness. All things appear and disappear within it, and it remains changeless. As such, the Universe is conscious, and knows that it is conscious through all of its objects of experience, which it only experiences as itself.

The big bang is not the appearance of the Universe. The big bang is the appearance of the Milky Way, or the Universe as observable by the human mind.

Now, who am I - a little mind/body sitting in a room in London - to make such a claim about the Universe? How can I possibly know this with such certainty? This is a question I am often asked - why do I make all of these assumptions, and state them with such conviction?!

They are not assumptions - you know all this just as well as I do.

Let me ask you this:

Right now, are you conscious?...

Now, who is the 'I' that is conscious?:

- Are you a body?
- Are you a thought?
- Are you a feeling?
- Are you a sensation?

All that you will find after an honest exploration of these questions is that you are Consciousness. This article, then, is not about the Universe - I am only talking about our Self.

Apply these questions in practice through [\*honest self-enquiry\*](#).

## Replaced by ChatGPT

Are you not worried you might be replaced by a chat GPT AI one day?

Definitely I think that was, to be honest, this thing triggered quite a big process in me for two or three days because I asked it, can you create an article on giving and receiving from a non-dual perspective in the style of Bojan Milushev, of me, and it just wrote an article which was kind of almost exactly what I wanted to write and post on social media.

So then I started really thinking, you know, why am I here?

What am I doing?

I thought that my perspective was so unique and kind of difficult to get and I'm bringing

a lot of value and I can never be replaced.

And of course that's not true, even when you go far along the spiritual path, the words that you use can be understood, there is a pattern to them.

So of course they can be learned by an AI and recreated.

However what it also made me realize is the beauty of being human, the beauty of energy, of connection, of how far beyond the words what I'm conveying is, and that even if my message was the same every day, and very often the way I start meditations is exactly the same, the words are very, very similar, and yet each moment is different.

So the actual experience of the meditation is always different.

So because of that, I don't think that any of us can ever really be replaced by anything that is not us.

You know how they say communication is only, what, five to ten percent in the words, there's so much else being given, being shared, there's a deep resonance and that can never come from an inanimate technological object

## **Will AI ever become conscious?**

Here is my view on "AI becoming conscious":

- When I ask myself the question "is a camera conscious?", the answer is obviously that it's not.
- If I ask myself the same question about a CCTV camera (one that can identify and follow a moving object within its field of view) - again, the answer is no.

If we continue in this vain, the answers become less and less clear. For example, what if Sophia the robot (who has been given citizenship btw) had a body like ours and had all the senses that we have, and eventually found ways to even have an aura or energetic field? To me it is inevitable that AI will aim to become more and more 'alive'.

As for 'are humans conscious' - we are different to other animals because we have a more developed brain. However, in reality, the experience of being human appears within Consciousness, and the body/mind is not itself aware. It is Consciousness that knows the body, thoughts and feelings - they themselves are unaware of their own existence. Claiming the opposite - that humans are indeed conscious - implies separate consciousnesses and therefore consciousness arising in biological beings and being a creation of the body/mind.

## **What happens in deep sleep?**

This is a video on a very fascinating experience that we all have every 24 hours or so.

When we wake up in the morning, Tod says I was asleep, now I am awake, I am buoyant, I work as a guide from truth, and I go about my day as this person, as this identity.

But what is our actual experience?

We know that during these 8 hours we have dreams.

You can remember them in the morning.

But we also know that these dreams do not take 8 hours.

So what happens between two dreams?

A dream is a thought happening in the personal mind.

So this is the same as asking what happens between two thoughts.

And we know that something happens, because when we look at the watch in the morning, 8 hours have passed, so it is not like there is nothing happening.

That would imply that time ceases, that there is nothing left.

We know that there is something, something is there, and a lot of people think that sleep is the absence of awareness, absence of consciousness, whereas in fact sleep, what we call deep sleep,

is the awareness of absence.

You are aware of nothing, but you are aware, you cannot say during deep sleep you died.

That's not true.

And it is the nature of awareness to be aware, of consciousness to be conscious.

But in order for consciousness to be conscious of itself, it needs some kind of object of awareness.

And that is where dreams, the mind, the body, the world, appear, so that consciousness can

be conscious of itself.

And then this whole journey here is about this, is about the realization that consciousness is only ever conscious of itself.

There is no people, there is no world, there is no feelings, sensations, thoughts.

Through consciousness all of these objects of experience are made of itself.

And that is real freedom, is knowing yourself as consciousness, as one with all things.

A mind that does not know itself as consciousness, and thinks it is separate from the whole, is what we would call the ego mind.

A mind that knows auto as consciousness, is a mind that knows itself.

And of course here it is very important to say that it is not the mind that knows thoughts, it is consciousness that knows thoughts.

So consciousness veiled into a mind body is ego.

Consciousness expressing freedom, expressing itself through a mind body.

Knowing the mind body as itself is freedom, is love, is truth.

Why it is important to know yourself as consciousness is because consciousness is open, empty, luminous,

all encompassing, all allowing, ever present.

So this is you.

When I say, let me define those words, when I say all encompassing I mean there is no limit to consciousness, it is infinite.

When I say it is ever present, what I mean is that consciousness only knows the current experience.

Actually all experience is made of consciousness, so consciousness ever presently knows only itself.

It is eternal, it has no beginning and no end.

When I say that it is open, I say that it allows all things to appear without judgment, without condemnation, without wanting them to be different.

When I say it is empty, I mean that awareness itself is aware, but is aware of not in its pure form, our most awake state is when we are asleep.

Deep sleep is our most awake state, most pure form.

That is why I say it is empty.

It is luminous because it illuminates all experience.

Without consciousness there would be no experience.

If you weren't aware, you couldn't have any experience.

So this is why, when you know yourself as consciousness, you automatically allow, accept and know all things as yourself.

## **Understanding feelings, processing and karma**

Hi everybody and welcome to this event on understanding the link between feelings, suffering, enlightenment

and karma. Such massive topics and I will do my best to share what I know, share my experience and hopefully it will be helpful for some of you at least to surrender ever deeper into what is and to allow life to unfold, to accept it, to simply be. What I've learned in this journey is that feelings are the underlying foundation of manifest reality.

When a feeling arises in the body it shapes everything else, it shapes our perception, it shapes how we feel, it shapes how we think. You know if the feeling is happy and peaceful then the thoughts that come are open, there is a clear mind, we know what to do, it feels like everything is flowing and if the feeling is tense, if it's anxious, if it's stressed

then the thoughts are worried, they are less clear. It's like our sense of what's true is veiled, we are condensed in an uncomfortable form for some time. So it's very important to understand feelings. During the spiritual path at first I was thinking that thoughts

and beliefs shape feelings but actually it's the other way around, it's the feeling comes first and then the thoughts emerge because a feeling it's not just a feeling in the stomach or in the heart, it's like a full body experience and then that affects our thinking. And what I've noticed is that there is a sort of a pendulum, a feeling, so in order for us to

be able to feel the anxieties and the tensions which are there, there also has to be an opening, this feeling of peace, of life being beautiful, of things going right and this pendulum will keep swinging until we realise that reality simply is, it is neutral until we can't be swayed anymore by events, by thoughts, by feelings and we are simply present with what

is. I haven't heard anyone really talk about this this way. You know a lot of us are conditioned or a lot of teachings try to make us focus on this side, on the positive, on opening, on happiness, on peace and very often I've heard people have that experience and I have had it too. After a retreat, a spiritual retreat, you come back to life and that's when a lot of things come up and this is the swinging, this you know happiness and then anxiety, stress, tension, it is all again to bring us back to centre, to bring us back to presence, to the understanding of non-duality, of the fact that this awareness that we reach in meditation is ever present, it is changeless, it always is and it is neutral, it is not a blissful euphoric experience although that can be experienced at first you know and that's what people call enlightenment experiences but the fact that such a massive blissful euphoric experience happens means that there is also a lot of tensions, a lot of stress, a lot of questions, unresolved beliefs in separations that are there in the background and this is how this whole manifest reality works for each of us and also collectively it's this creating of meanings, these attachments then followed by detachments, these ideas followed by the opposite ideas, this constant flux that is seemingly chaotic and I was thinking earlier today that you know this quote, the only constant is change, that is because of this pendulum of feelings but also it's not quite accurate, there is the stillness, the awareness in the background that is changeless, that is unmoving, unmoved, peaceful, just neutrally being in the moment with whatever unfolds and then there is these forms that it takes, these constantly changing forms that are evolving towards itself so it is bringing a belief that there is something other than awareness, other than peace, other than presence back to this neutral presence. Another way in which this is very practical in day to day life is for example I have an allergy to pollen and it's really fascinating to observe how it affects me, how it changes but also you know the amount of feeling that I have in the body lead to a lot more allergy and so when I'm surrounded with people that have a lot of anxiety and tensions then that resonates, the tension and the anxiety that I have still left in me which in the months in which the allergy lasts turns into a stronger allergy and it's the same as desire and sensitivity you know we are more sensitive when there is a lot of feeling and sometimes this feeling is hard to become conscious of because it takes this form you know the form of an allergy and then we focus on well I need medicine to take care of that or some other form that it takes but when we ask the questions what is behind this, what is behind this, what is behind this then we reach this feeling, this tension that is there and then we can open up, allow it to be, allow it to be released and slowly and over time all of these tensions become more and more freed up, more and more released, the body becomes more relaxed, more open, more present and that is this whole spiritual journey or even the whole of manifestation in the world even those who are not yet on the spiritual path that is where they are heading to where they're going and this whole reality really is a perfect manifestation of our beliefs in separation, it is also guiding us all of us individually and perfectly to face our fears, to open up enough to be able to face some of our suffering and reach this stillness, this presence over time of course all of this is underlined by the knowing of our true self, the knowing that awareness simply is, that thoughts arise in the moment, that there is no free will, there is no choice, we just do, we just hear, we just be in the moment with what is in whatever way we are and everything is unfolding perfectly and then you hear all of these stories about someone doing a course and then they have this amazing realization or someone struggling with a food addiction then finding a way to cure it and telling everyone this is the cure to food addiction but of course it's all about this underlying feeling, it's all about the amount we have left to feel and when we are ready that's when things shift so that's why different courses don't work in the same way for different people, all we can really say and should really say is you know be with what is, allow your experience to unfold moment by moment, it is perfect for you, you are ready for anything that is arising whether it is peace, bliss or more tension etc and we are all on this journey to find presence, we are walking each other home as Ram Dass likes to say and another thing that's really beautiful about this feeling dynamic is that if you trigger something in someone or someone else triggers something in you and there is an argument or a clash of some sorts, that's good, it's not a bad thing because what's happening is this walking each other home, you are helping each other heal and just by knowing this, by knowing that this is your journey you can accept whatever happens as a result, you can love your own suffering knowing that it's temporary, that it will be gone maybe soon, of course we should try our best not to trigger others but sometimes and you probably experienced this, you have a loving intention to say something nice,

to do your best, to spread love and joy and it's taken exactly the other way round and in that moment you know that you are not to blame, it's just what is arising in the other person, there is a feeling coming up in them and they have to say, do and express whatever they express, it's all happening perfectly and beautifully you know, any sense of duality is shown to us and then its opposite is also shown for us to return to non-duality, to awareness which is all-encompassing, all-embracing and is in fact everything, this is our true changeless ever-present self.

I'm reminded of something that I saw recently, there was this quote saying relax, nothing is under control and someone had commented, well I was relaxed until you said that nothing is under control but if relaxation comes from control that means that there is an attachment, that means that everything is going right according to your mind, your mind doesn't know what right is so as soon as something goes a bit wrong, as soon as the person, job or object or whatever you have attached your happiness to is changed slightly then there is the non-relaxation, the anxiety that comes up so being relaxed, knowing that nothing is under control is a much higher form of relaxation because then you know that everything is unfolding perfectly, that there is no self to control anything, that the way we perceive things are resulting from a feeling in the body or a non-feeling, when there is no feeling in the body, when it's just this transparent openness, it's quite easy to smile, to be happy, to be present and that's the natural state of the body, ultimately this is what all feelings both blissful, euphoric, happy lead us to is this present body, this open transparent body.

So that was quite long and I think a new way of speaking about all of this from me so let me know if you have any questions, any comments, very recently you said that you sometimes find it difficult to come up with a question and I think that that's probably the case for a lot of people that do my courses or listen to these talks because it's and I've said it before, it's almost like a new language that itself needs time to be understood and also the questions somehow it's very much in the background, it's in the unconscious mind and it slowly takes time to come, sometimes it comes as a comment, other times it's a very clear or very unclear question that is then over time focused more in awareness. So yes that's exactly it and that's perfect, you know I make space for questions and answers if they arise, if they don't arise that's also perfect.

For me it's nice to know that that you're here, that you are listening, that maybe some of this is resonating with you, maybe you continue thinking about it and exploring it on your own.

So yeah, Maggie you say what about karma?

Karma is the total amount of feeling and processing that each of us needs to do and that's about all I can say about it because I have no idea how it comes up, I have no idea about past lives and if they exist, about how we have come here, it's like as soon as we come here we forget everything.

But also even more than that to go one step beyond the individual karma.

To me karma is this whole underlying structure of reality, the feeling itself, the manifestation, the spiritual path, the unfolding, all of this is karma, it's just what is arising in the moment.

And even though I don't know exactly how it occurs, how we are divided into who has to feel how much, maybe we all feel equally over different lifetimes, I don't know, but what I do know for sure is that there is no creator, no doer of any of this and it is simply a natural evolution.

You could say the end of karma is the presence, awareness, this non pendulum when it stops swinging, when there is simply presence that's beyond duality, that's beyond concepts, beyond feelings, beyond manifestation, so that is what karma is leading to.

And again I think just from looking at the world it seems like for many people the pendulum just swings left and right or even doesn't swing very much, but when you start being interested in spirituality it's like you get glimpses of presence, you get glimpses of truth beyond the feeling, beyond the individual and the more you progress the more this becomes,

the stillness becomes all that there is.

The way it works is there is awareness, pure awareness, empty of all forms and then a form arises in awareness and that form has to somehow return back to its source to recognize that it is not separate from it and that happens through this pendulum, happiness, peace and then tensions and anxieties, this is the suffering part and then it is released back to where

it came from, there is a return back to this empty source, that is no karma, the very manifestation and return all of that is what I call karma.

And enlightenment is the first glimpse of presence where you just recognize oh I'm not the thoughts, I'm not the feelings, I'm something beyond that is formless, that is everywhere that everyone is.

And then that in the beginning often comes with a sense of bliss, happiness, peace and then its opposite, diving into shadow work, into the beliefs in separation until it is recognized to just be neutral, formless, is-ness.

And just when I said formless, is-ness it's quite hard to conceptualize this presence so any concept really kind of almost takes us away from what it is and that's why next week I will do an event called Beyond Labels where we talk about what cannot be talked about, it's a beautiful way to say it, again it's this process of to talk about what cannot be talked about, it comes, there is a word, a form about the formless and then the concept, the words, the forms and dissolve back into where they came from in this very sentence.

You know how they say that the whole is in every part, it's like in that single sentence there is the part, the sentence, the concept but the whole is already in it.

So if there are no more questions I think I'll end the talk here, thank you for being with me, I look forward to staying in touch.

You can also check out my website which is on my Insight Timer profile where I have divided all of my meditations, talks, writings etc in different categories and videos, you can have a look at that and I also offer one to one sessions if you want to go deeper into this if you want to really live it in your day to day life to be new, to be fresh, to be here, to be present.

Thank you for being with me, bye bye and see you soon.

## 5. Consciousness

### The nature of Awareness

#### Does Awareness act or inform?

Q: In some not so coincidental turn of events, I came across your YouTube channel and watched so many videos! And it prompted me to ask myself a series of questions... I would love your input as your discussions guided me to these questions: does Awareness just observe? Does it inform? Does it act? Is Consciousness different than Awareness?

A: Thank you for your message and for watching some of my videos. Great questions! I will start by answering the last one - some teachers differentiate between Consciousness and Awareness, but in my teachings they have the same meaning and I use the terms interchangeably.

In order to answer the other questions, I would have to say a bit more about Awareness: There's different (so-called) 'levels' of Awareness. The absolute level is the one we experience in deep sleep. Our experience then is not an absence of Awareness, but rather an absence of objective experience, i.e. there is nothing to be aware of, and as such we experience Awareness in its pure, empty but aware, state. At times, experience of 'otherness' happens within this Awareness - since it is Infinite, the very thought of 'otherness' creates worlds and universes of experiences. As Awareness in human forms, we experience thoughts, feelings, and sense perceptions which create the illusion of duality / many of us. This illusion is so well-created that we forget our True Self (Awareness Itself) and begin identifying with the human form to face and release our beliefs in separation.

Does Awareness just observe?

From this human and relative level of experience, it can be said that Awareness observes at first (It is the unchangeable and ever-present knower of the thoughts, feelings, and sense perceptions). Eventually, the more the beliefs in separation are seen to be illusory, it is recognised that all experience is Awareness knowing Itself alone.

Does Awareness act?



As a concession, we could say that all experience is an 'activity of Awareness'. Rupert Spira, for example, says: "Mind is consciousness in motion; Consciousness is mind at rest".

Does Awareness inform?

The purpose of life is to return to Self. When we are identified with the human form, many layers of separation are created (between Awareness and the body/mind, between humans and spiritual guides / angels, etc.). When this happens, Awareness 'informs' the body/mind to return to It through means such as intuition, channelling, or divination. Once we rest as Awareness, there is simply an unfolding of experiences that are known to be happening perfectly, and as such there is no resistance to what is. The body/mind is then known to be a limited form of Awareness, and it can still turn to channelling or divination as 'higher means' of receiving information. However, it is also known that there is no separation between the question and the answer, the human and the Guides - all of which are known to be expressions of [\*Awareness, our True Self\*](#).

## Is embodiment a step deeper than the Absolute?

Q: I have a question for you Boyan and I think others might be interested... It seems to me like in the world of the relative/ego, there are levels, growth, evolution, becoming, etc. Through the eyes of the absolute, there is no journey or becoming. There is simply this unchangingness. Yet you speak of embodiment. How is embodiment not just another senseless journey of the ego? The way you've written about makes it sound like it's almost 'beyond' the absolute in a sense. A step deeper... Curious of your thoughts.

A: You're right that from the perspective of the Absolute, there is only unchangingness - i.e., everything is appearing within the Absolute, is known by It, and is ultimately made of It. Knowing this, however, does not mean that the body, mind, and world cease to exist. They are known to be made of the Absolute, but there is still the appearance of separation. As long as this appearance remains, then, there is a natural journey of re-alignment of the body and mind with the above understanding. That journey of embodiment is not really 'beyond' the Absolute, as that is impossible, but it is a deepening of the understanding that the Absolute effortlessly loves and embraces everything exactly as it is, including the relative realities.

The ego would say that the Absolute is all there is, and pretend that the body, mind and world do not exist. This pretence stops the understanding from flowing into these relative realities (since they are not there), and creates a duality between the absolute and the relative.

Q: If I understand you correctly, you're saying that embodiment is only relevant while the appearance of separation persists. If the appearance of separation is seen and removed (never was there in the first place), then embodiment is irrelevant?

Also, when you say, "the ego would say that the Absolute is all there is, and pretend that the body, mind and world do not exist" I take it you mean like a dream self saying "there is no dream" and so denying the experience? Even though fundamentally it's a dream, it's still an experience... in some sense. Denial of the dream is not the same as seeing its fundamental nature.

A: Yes, exactly - like a dream self saying there is no dream. Seeing the fundamental nature of the dream does not mean that the dream will be removed, but rather that it will be more fully embraced and accepted (precisely because it is a dream). As such, embodiment is a continuation of the realisation that there is only an appearance of separation, and - rather than denying it (as the dream self would like to do), our True Self accepts that appearance fully. It is through [\*that acceptance\*](#) that the appearance becomes more and more transparent and its illusory reality is revealed on deeper and deeper levels.

## Three questions about Awareness

Q: I have three questions about Awareness: 1) What is Awareness? 2) Where is Awareness and 3) Who is Aware?

A: As a concession, it can be said that Awareness can be understood to different degrees. Having said that, here are my answers, starting with 2):

2) Where is Awareness: with the appearance of space and time, Awareness is an infinite field within which all forms appear. In fact, it is formless and empty.

1) What is Awareness - the very fact of being Aware, here and Now. In fact, there is no "here" and "Now", just Awareness, which is empty of content.

3) Who is Aware - Awareness is Aware of all experience - thoughts, feelings, other people, the world, the Universe. When explored, it becomes clear that all of these experiences are themselves Awareness seemingly taking a variety of forms, and are made of Awareness. Ultimately, there is just Awareness, or no experience at all.

## Turning suffering into greater Consciousness

Q: Why do some people turn their suffering into greater consciousness and others turn their suffering into more unconsciousness?

A: It all depends on how much they are attached to their particular perspective and understanding of life, which is itself dependent on the amount of fear and anxiety that the person is experiencing. In the cases where there is a lot of fear, suffering turns to more unconsciousness because the person is unwilling to face all the fear that is present within their mind/body, and so through more suffering they suppress it further, holding onto their understanding of how things work and their unwillingness to learn the lessons that the suffering is there to teach them.

When people are open to deepen their understanding of how life works and why things happen, they see suffering as an opportunity to expand in Consciousness.

However, it is also important to say that in both cases things are unfolding perfectly, and in fact suffering always leads to greater Consciousness. In the first case outlined above, the seeming unconsciousness is the only possible way for that person to process what they are going through, and eventually - as the fear within them diminishes - greater Consciousness is found.

Q: I hear what you are saying, and it makes a lot of sense. Do you think the fear always has to diminish for greater consciousness to be found, or does greater consciousness diminish the fear? I mean, greater consciousness is a diminishment of fear, so what is it that starts off the process of becoming willing and able to face the fear and learn from the suffering?

A: Yes, it happens simultaneously and is the same process - the diminishment of fear is the finding of greater consciousness and vice versa. Often, what starts off the process of becoming willing and able to face the fear is when things go "too wrong" according to that particular body/mind, which means that the way life unfolds is no longer acceptable according to the model of reality of the person. Things then need to change, and with that comes the openness to seeing things differently.

Of course, things don't have to go "wrong" in order to start looking into the cause of suffering and releasing fears. The process can also come from genuine curiosity about life or "strange" experiences during meditation or other life events that again do not fit the model of reality and require further investigation and expansion.

Q: Yes, this makes sense, until I consider the situation where a person is definitely suffering unacceptably and life definitely feels too wrong and still there is no change in consciousness. Or does this open up a whole new discussion about mental illness?

A: In my opinion, it opens up a discussion around reincarnation and suffering being spread across multiple lifetimes.

Q: Ha yes, that would make sense and fit with the model you put forward of everything unfolding perfectly and suffering eventually leading to greater consciousness. But then reincarnation suggests an individual consciousness that continues on and I don't see that it makes too much sense.

A: Not necessarily - your question asks about the evolution of Consciousness (turning suffering into greater Consciousness), which by definition speaks to the relative level of reality and the appearance of separation. If we agree that it is possible to find greater consciousness within one human lifetime, why not expand that process across multiple lifetimes? In that case it can be useful to talk about "the soul", a term that I use as a concession to mean "the totality of what one believes about one's self". Each soul is Consciousness seemingly limiting itself. Consciousness - being the only conscious agent - knows that It is the only Reality, and also sees each soul that believes in separation. As these beliefs in separation are being manifested and mirrored in objective reality, there is a natural process of evolution towards a fuller understanding of Consciousness until the eventual dissolution of the soul (the belief in individual consciousness) and the realisation that there is only One Consciousness taking a wide variety of forms. In this way Consciousness infuses its substance in all places where there are beliefs in separation, and dissolves them.

Q: I suppose I feel that I just don't know about reincarnation and, that goes hand in hand with not knowing the purpose of incarnation. I mean, I have an inkling but I couldn't say for sure, and you know what, that doesn't matter does it? If all I do is meet what life puts in front of me in the moment with the life that I am, that is enough, because that is actually immense.

A: "Meeting what life puts in front of me in the moment with the life that I am" - yes, beautifully said! It is not really necessary to understand anything else. As you say, just that is immense. In fact, it's everything :)

## The movie of Life and its script

Life is like a movie that keeps unfolding. Your character is just as much part of the movie as any other character, animal, or prop. The only (seeming) difference is that you believe yourself to be a self that is separate from the screen and the totality of the unfolding movie, and as that separate self you project your beliefs of separation onto the body and the mind of the character that you seemingly are. That makes you feel like you are actually in control of what the character thinks and does, and the way interactions unfold. When you stop projecting a sense of separation onto that character, the movie continues, but you are now the screen (or field) within which it happens. No doer, no thinker, no separation. Your body is just as much that of a plant, house, animal, or other person as it is that of your seeming character, since all of these appearances are permeated only by the screen.

The mind/body/world is an appearance within the screen of Awareness. These seemingly different elements of experience appear together - the feeling, the thought, and its projection onto the world happen simultaneously and are the same thing.

With this recognition comes the understanding that the movie can unfold in only one way. To the screen, the identification with a separate self is just part of the movie. Since there is no cause and effect, it is impossible to act in a way you are not meant to act in or to influence other people or events beyond the written script.

## The absolute non-dual understanding can actually be expressed through the mind/body/world

The more I share non-duality, the more I come across people who stick exclusively to the absolute. To them, Being is the only Truth, and everything else is irrelevant or non-existent.

From an absolute perspective, that is true. Indeed, Being is all that there is, and it knows only itself. All thought is then not known as thought, but as Being. As such it does not even appear as thought. The same is true for everything else.

However, when Being takes a human perspective, there is the appearance of thinking/feeling/acting. And because of this, absolute non-duality is not the final stage of the understanding. "There is no self" is a statement that suppresses the illusion of being human instead of embracing it fully, which contradicts the statement that "Being is all that there is", and implies that Being is somehow impacted and diminished by the so-called human experience.

Being cannot be enlightened, but the mind and the body can be. An enlightened body/mind is simply one that acts out of love under all circumstances. Sometimes, that means being with all the difficult thoughts and tensions that arise. Other times, it means sharing non-duality, or simply being with someone, accepting them exactly as they are.

The problem that sometimes occurs with statements such as "there is no self" is that when difficult thoughts arise because of tensions in the body, they are acted out. In those cases, the doer says "there is no doer", and the ego has taken over the non-dual understanding. As soon as a sense of separation is perceived to exist, free will appears in the equation, and that free will must eventually be used to turn against itself and surrender to what is, which often involves a process (such as self-enquiry, forgiveness, meditation, resting as Awareness).

This process of enlightening the mind/body does not have an end. As such, there are two journeys - one in which we recognise our true nature as Awareness (which is also its end), and the other endless journey in which we [\*realign our mind/bodies with this understanding\*](#).

## The observer is the observed

Q: I would love to hear your take on the phrase: 'the observer is the observed'

A: To me, this is the last stage of the non-dual exploration. At first, it is useful to talk about 'observer' and 'observed', because the fact that there is something (which is not a thing) that observes all experience is overlooked. In that way, that which is Aware becomes conscious of itself.

The second stage is to understand that all experiences - thinking, feeling, perceiving - appear within Awareness. Not only that, they are actually made of It. If there is nothing outside of Awareness, doesn't it mean that all that appears within is but Awareness vibrating within itself?

When this is understood, the observer and the observed become known as the same. See [\*this table\*](#) for more clarity on the stages of Awakening.

## The actual experience of sitting in a chair

Seeing is the sense that seems to point to duality the most. In this post, I will therefore focus on seeing in particular.

Become aware of what is the actual experience. You are aware of sensations in the body, of sounds, of sights in front of the body, of breathing, of thoughts, etc.

Now, it seems like what you see encompasses the whole field of vision. However, is it true?

Do you see what is behind the body? No. Do you see what is to the right and left of the body? Partly. Do you see what is above the head of the body? No. Do you see the totality of what is in front of the body? No, since when there is an obstacles such as a wall or object, seeing with the eyes stops there.

Most importantly, you do not see the body. You rarely look down, and even when you do, you only see the front of the body. Hence, the body is almost always 'in the dark'.

But, what is this 'dark'? You know something is there, right? Maybe call it space to start with. Btw, it is not random that we call exploring the Universe 'space travel' or 'space exploration'. We are doing exactly the same thing now, since there is only One space.

It is from this space that objects, animals, thoughts, and all material things appear, and in this space that they fade. In reality, it is not space - it is dimensionless and empty, open to receiving anything. All things are made of it. And that 'it' is, in fact, you.

The eyes are like flashlights, illuminating the knowing empty space to take a particular form as the body takes them from 'place to place' in infinity.

Explore the importance of the above [\*in relation to space and time.\*](#)

## Knowing yourself as Consciousness while drinking tea

Having tea as a separate self vs. having tea as Consciousness

As a separate self:

You are sitting in a chair in the morning with a mug full of Twining's English Breakfast tea. You move your hand and grab the mug, taste the tea as you're looking out the window at a beautiful garden and the moving clouds in the sky above you. You feel the warm liquid go down and warm you up. It feels nice.

As Consciousness:

You see exactly the same mug and view from the window with the clouds passing by, but you know them as your Self. You cannot go anywhere else than you already are, since everything is a reflection of you. You, Consciousness, are experiencing yourself in the form of tea, clouds, a sensation that the mind labels 'body', a sensation that the mind labels 'a hand touching a mug'. There is no separation between the window, the clouds, the mug, the tea, the thoughts - all is happening simultaneously and in exactly the same 'space' - You. There is nothing outside of you - you are all that there is. The labels become useful if you are having a conversation with another (part of you) about the nice shared (infinite) moment of 'drinking tea'. But are not necessary per se, because they are superimposed on the constant experience of 'I am'.

The point is not which one you'd prefer. The point is - which one is true?

In any case, enjoy your tea :)

Explore the implications of this understanding [\*on a global level.\*](#)

## On the word 'Transparent'

What is your experience now?

- When you see something, can you tell that it has substance to it, or is it rather just a transparent image hitting your retina?
- When you touch something, is your actual experience one of touching a physical object, or is it rather a sensation appearing in infinite Awareness?
- When you hear something, doesn't the very appearance and disappearance of the sound mean that it is transparent?

What is real does not appear and disappear.

What is unreal never appears.

Transparency is the recognition of the single reality pervading all things. [Only what is real can be experienced.](#)

Indeed, it is experiencing itself.

## What is emptiness?

Q: I have spoken to many people about emptiness, but I have yet to find anyone who has experienced it first hand. I wanted to know your thoughts on it?

A: Emptiness is just a term used to denote the opposite of 'fullness'. It is useful along the journey of re-identifying as Awareness. The mind and the senses are so overwhelmed in our society that speaking about emptiness is a direct counter-movement to this 'fullness'.

As the opposite of fullness, emptiness is experienced between two thoughts. The mind is 'empty'. There is only pure Being.

However, the more this so-called 'emptiness' is experienced, the more 'emptiness' becomes a not-good-enough word for it. It is not empty. It is true that it is non-physical, but it is not empty. When we try and understand the 'emptiness', there is a recognition that it is Aware. It is also ever-Present. It is also changeless. [It is also permeating all seeming things.](#)

As such, 'emptiness' becomes known as dimensionless Awareness. The first-hand experience of it is our experience of deep sleep. Contrary to popular belief, deep sleep is not the absence of Awareness - it is the Awareness of absence.

## Exploring Self

To me, any exploration has to begin with who we really are, because once we really discover experientially that this awareness is really ever-present, is really changeless, is really all-encompassing, has no boundaries, and does not share the limits and the destiny of the body-mind, then everything becomes a little easier.

A lot easier, but sometimes this a lot isn't felt to begin with.

And it becomes easier because we understand that we are changeless, so then we can explore life more fully.

We can dive fearlessly into the mind, into the thoughts occurring in the moment, into our reactions during the day, into the conscious and the unconscious, into all of these patterns that we can't see clearly and we can't understand.

We can explore the body more.

We can explore the heart, the gut, the other centers of intelligence and see what comes up when we do that, when we place our awareness in different parts of the body.

And then life becomes a bit more joyful, curious, interesting.

It brings new challenges, new revelations, new insights, new ways of being, and there is a deeper flow, a deeper stillness that is found that we have been looking for all the time.

There is a beautiful quote that I think I mentioned recently.

It says, if you haven't found what you are looking for yet, it is because you already have it.

It is already here.

So the spiritual path is this journey which seems to take place, but it brings us back always to the here and now.

Another thing I like to say is that we are always at the beginning.

So a lot of people are kind of attached to the number of years that they have been practicing, that they have been doing inner work and all of that.

But when we re-identify as awareness, when we see that we are ever-present and changeless, then the past and the future doesn't matter.

We are here now.

That's it.



And of course, these years of practice have their benefit and have led us to understanding this presence, to being this presence ever more deeply.

So there is a spiritual path.

I'm just talking on a bit more of an absolute level today because the topic is exploring self.

So I want to really focus on this awareness that we are.

Yeah, as I said, the spiritual path has its value, its purpose.

And part of our journey is to see this conditioning that is happening everywhere that all of us or most of us believe to be the body-mind operating in a world out there.

When we question that, we come to recognize we are awareness itself and the body-mind world happens within us.

Everything is reflecting everything else, but our self remains changeless and ever-present.

And just that shift, it seems like a small shift at first to return to being the observer.

But in fact, over time, it changes everything because we are no longer judging the world.

We are no longer trying to fix things.

We are no longer afraid or feeling unsafe or trying to defend ourselves.

And because all of these fades away, we can simply be, we can simply allow, not resist, embrace everything that happens.

And yeah, as I said, there is a deeper flow, a deeper stillness that we find that has always been there and is always there for everyone of us.

And the reason why I say that exploring the self is the first step to all exploration is because once we understand this presence of awareness and that it is who we are, then the body-mind naturally kind of relaxes, rests into the moment because awareness doesn't have expectations, it allows everything to be as it is.

There's this knowing in all of us that everything is okay right now, that we are okay, that our true self is okay.

And because that's a deep signal, it gets sent to the body-mind and it can finally relax and let go and find its own way.

It's another beauty that all of us have our own individual paths to this presence and all of the paths are equally valid, are equally beautiful and also equally unique.

So it's fascinating that we all have unique paths to the same truth, to the same presence.

## **Do or do not, Awareness Is**

What comes to me now is a quote by Yoda from Star Wars and he says

do or do not there is no try and I really love this because that is the the non-dual perspective

it says that we are awareness itself witnessing the unfolding you know they say we are always at the right place at the right time and we can recognize this when we know that who they talk about is not the body-mind because sometimes the body-mind resists where it is but from the perspective of awareness knowing that our true self our I am-ness

is all that there is then of course we are at the right place at the right time there is nowhere

else to be there is nothing happening outside of this awareness of this presence

and the second thing is they say that when you don't need things to change

that's when they change and this is a very tricky phrase because the change that we look for is already in the phrase as soon as you don't look for things to change you have changed because you

no longer look for things to change that's the shift and even going one step further

you now even allow the body-mind to resist what is knowing that it's not you

## **How to prove that my Consciousness is the One consciousness?**

Consciousness is not limited to the senses of the body.

I know it may seem like it because the totality of our experience happens through the body, but when we go deeper we see that consciousness is there all the time and the body comes and goes.

So if I were a body, if consciousness was emanating from the body, that would mean that

I can experience the body without consciousness.  
However we don't have such an experience.  
If the opposite was true, it would mean that we can experience consciousness without the body and we do have such an experience.  
Such an experience happens in deep sleep or in dreams.  
And so since the body itself appears in consciousness, it means that all bodies appear in consciousness.

## **Where does consciousness go during sleep / what is unconsciousness?**

The conscious mind and the unconscious mind are useful psychological labels to help us understand our experience of reality and at first on the spiritual path we start using the conscious mind which we actually believe ourselves to be to dive deeper into the unconscious mind and process the conditioning that has accumulated in the mind body and slowly we begin to understand that our true self is this pure awareness pure unconditional love that embraces every aspect of our experience and knowing that it becomes a lot easier to realign the unconscious and the conscious minds with our true self consciousness itself in fact we begin to understand that every experience is not only appearing in consciousness but it is made of consciousness and so the conscious and the unconscious mind are made of consciousness

as to what happens to consciousness when we sleep nothing it remains exactly as it always is as long

as we identify with the mind we would think that we disappear in deep sleep that I no longer am in deep sleep but in fact awareness is just not aware of any objects of experience so it's exactly the same to consciousness whether we are in the world awake or asleep because it knows every experience

as itself however the difference is that when we sleep it is the dream of our personal conscious and unconscious minds and when we are in the world we are in the collective dream of many conscious

and unconscious minds and both of these are appearing in consciousness and are made of consciousness

## **Becoming the observer behind thoughts**

Yeah that's better. So let's start with an inhalation and on the exhale relax and close your eyes.

Now it's probably easier to be here, sit in stillness and enjoy the moment.

There is no agenda, no expectation.

You can focus on the breathing, focus on relaxation.

And in this meditation we'll go a bit deeper into thought, where they come from, how to deal with them or indeed how to just let them be.

Positive thoughts appear because of a misperception of a situation and so often we try to change our thinking by thinking differently. We try to change the way we feel by even sometimes going as far as taking medicine to feel better or creating habits that are not useful for us, not beneficial. But the negative thinking is there to be noticed, just like the pain is there because it wants your attention. And as soon as you give it your attention without judging it, just by letting it be. In the same way that you don't judge waves of the sea that's too big, too small or too much white at the top. This is how you can let your thoughts flow. It's okay to have thoughts. It's okay to have many thoughts.

You can have as many thoughts as you want. It doesn't matter because no matter how many they are, you are not your thoughts. You are the observer of the thoughts. If you weren't the observer, how could you become the observer? Those of you who have meditated before, you have probably heard the metaphor of the sun and the clouds. And no matter how many clouds there are, the sun is always shining behind them. And to me meditation is a tool to open up the clouds to the sun, to realize that it's always there. And rather than try to change our thinking, we can focus on what is already here. Not the thoughts, but the music, the sensations in the body. And if you think of a happy thought, the sensation would be good. You can even try that now. Think of an instance where you were really,



really, really happy, jumping of joy or just very smiley. And you can focus on it more. You can see the image that you've just made in your mind. Either you're on your own or you're with people. You can focus on the colors, on the sensations at that particular time. On the sounds that were there, on the environment, the time of the year. The more you do this, the more in that same moment you are now. The more you will feel what you felt then. You can make the images even brighter, make the sounds even louder. And imagine being in your body as you were then, now. What does it feel like? Where is the sensation the strongest? What particular sight or image do you remember the most? And why does it make you so happy? And then you can see that you can make the image even brighter, even bigger in your mind. The situation even more real, ever more real. And then that is your experience now. As the happiness that you feel in your body increased even more.

This is the meta thinking that happens when we think of a particular situation. Sometimes it is something that has happened, like in this case. Other times it is something that we imagine. Like for example our plans for Christmas. We may not realize it but we have very clear images of what it will look like, taste like, feel like. We can create any movie in our mind and feel it. But then they are just thoughts. So just as they came you can let these images go. You can keep the feeling if you want. But come back to the breath. Keep that feeling. Carrying it into the now. And coming back to the sensations in the body. Your weight on the chair. The music. And the present. To go beyond these thoughts. We can now focus on making the mind more still. More aware of what is happening. More aware of the space around your body. The temperature around your body and inside your body. And the more the mind becomes still. The more those clouds dissipate. And the more you can get a sense of the awareness that is always there behind each thought. It is still. It is quiet. But in that quietness it is very powerful because it is non-judgmental. And whatever thought comes to mind it accepts it as a tool. Nothing can be wrong for that awareness.

And in the awareness even the breath becomes a part of the background like the music. In the awareness it doesn't matter what you're thinking. Because every time you have a tool you can go back to being aware of the tool rather than follow it. You have the choice always whether to follow a tool or let it go. And from here whether the situation is seen positively or negatively. It doesn't matter. Because you are larger than the situation. Because you are larger than the tool. And so by accepting it as it is you also release it back to where it came from. And by making space around topics you also make space around your body and so it can relax. It can let go of the tension automatically.

There is a saying the mind is a wonderful servant but a terrible master. That is what it means. If you become aware of the mind then all of it is chattering. Some people call it monkey mind. You can imagine being in a zoo and watching the monkeys play. Then it's not so scary is it? But if you step into the cage then you're in danger. But there's no need to step in. And even if you step in, in reality you are still the observer. In reality you are still bigger than the tools. So you can always step out. And it is here that your power lies. It is here that you have the choice. How much thought to put into something? How do you want to see the topic? Here you can choose to make the situation really small if it is something that you're struggling with. In your mind you can make the picture of the situation very tiny and change the people to cartoon people if you want. And that would make it easier to deal with.

Just like if you would step out of the cage of the monkey mind, you can be in front of it or you can make it very very tiny so that the monkey mind is whispering. The thoughts are very slow and very quiet. And when that happens you can think about anything because it doesn't take you out of the here and now. How can something so tiny have an effect on something so big? You the observer the awareness. A quiet mind is not a mind with no thoughts. It is a mind that thinks quietly. It is a mind that knows itself as the awareness of the thoughts. it is a mind that is able to be in the quiet and enjoy it. to sit in stillness and observe to end this meditation let's take in three deeper breaths as the awareness guiding the body about how to be and then maintaining that space

that quiet thinking  
you can open your eyes

## **Meditation: Inward-facing path**

So when we're ready we can start again, just breathing in, closing our eyes and noticing what is here, any sense of expectation, noticing sounds, maybe some thoughts that are present and then we can start with this inward facing path by letting go of the first element which is the element of time, by letting go of time we let go of past and future and we arrive to even deeper in this moment.

The second element is physical possessions. For the duration of the meditation we don't need to interact with anything. So we can mentally let go of this as well.

The third element is materiality. For the duration of the meditation we don't need to interact. The third thing is relationships. Again for the duration of the meditation you don't need to interact with anybody or think about anybody else. Just be with your own for a moment.

To end this meditation let's focus on what we're facing today,  
let's focus on what our mental state is.

The fourth element is sight.

With eyes closed, it's easy to let go of sight.

And for the duration of the meditation, we don't need to engage with seeing.

The fifth element is sound.

We can let go of hearing.

Of course, sounds will continue to happen, but you don't need to label them or know them. Just perceive it as it is without labeling the experience.

The fifth element is sound.

When you are listening to the sound, you can hear the sound of the sound.

And then we do the same with smell and taste.

There are very nice smells here, but we don't have to call them nice or call them anything, actually.

You can just be with the smell as it appears or tastes.

And then we do the same with smell and taste.

We don't have to call them nice or taste, but we don't have to call them anything.

And in the same way, we let go of touch.

Maybe you can sense the touch of your fingers together or your clothes on your skin.

Just let go of the labels and just experience touch as it is, letting go of it as you know it.

And then we do the same with smell and taste.

We don't have to call them nice or taste, but we don't have to call them anything.

The next element is sensations and feelings in the body.

When we let go of those, they can just arise and be experienced without the mind attaching them to any of them.

Or they can also just dissolve from experience.

The next element is sensations and feelings in the body.

When we let go of the emotions, they can just arise and be experienced without the mind attaching them to any of them.

In the same way, we can let go of the body.

Just letting it be as it is.

Letting it breathe and do whatever it does, but without attachment.

Then we let go of the emotions and feelings in the body.

The next one, if you can, is to let go of movement.

Just find stillness in the body as much as possible.

And if movement does arise, just let it arise without identifying with it.

The next element is vision.

When we let go of the emotions, we let go of the vision.

When we let go of the emotions, just let it arise without identifying with them.

The next one is thoughts.

We can let go of them as well.

Like sounds, they may continue to appear and disappear.

If you want to pay particular attention to them, just let them arise and fade.

If you want to let go of the emotions, just let it arise without identifying with them.

And now we can let go of the sense of self I am meditating here.  
Letting go even of any attachment to an I.  
Letting go of the sense of self I am meditating here.  
And finally, we let go of any concept of what is left.  
Any concept of God or awareness of peace or happiness.  
Just pure being.  
And now we let go of the sense of self I am meditating here.  
It goes to Sme.  
What is this?  
Can any word ever describe it or do words appear in it?  
Does this belong to anybody?  
Can any philosophy or teaching accurately describe what is beyond description?  
Can anything disturb this or is it always the same?  
And now with this new experience, we can begin going back to.  
Knowing and noticing that they arise and fade in what we discovered.  
Or we can stay still, knowing again, holding this beingness.  
We can allow the stillness of being, the permanence of being to also permeate the body.  
And for the body to come back in our experience.  
Same for emotions and feelings.  
They can arise again, they can be noticed again.  
Maintaining the awareness of being.  
We can allow the sense of touch also to come back in our experience.  
This feeling of being in the body.  
Knowing what is true beyond the senses.  
We can do the same for smell and taste.  
Enjoying the smells that are around.  
Knowing what they arise and fade in.  
Knowing what gives us the ability to even smell, to even sense.  
Go back to hearing as well.  
Rejoicing in that which gives us the ability to perceive anything, including sound.  
I will leave seeing until the end of the meditation.  
Now we can remember that we can also have relationships.  
And the beauty of communication and connection.  
There are also objects that we can accumulate, acquire, use, share things through and enjoy.  
And lastly we can welcome time again and past and future.  
But still holding on to this timeless beingness that we discovered.  
And lastly we can slowly open our eyes, maybe open them just a millimeter or two to allow a little bit of light to hit the retina.  
And remember the miracle of seeing.  
And open our eyes.

## **Can I live with this forever?**

Meditation on the question,  
can I live with this forever?  
This is a powerful question  
that you can ask yourself  
when the body-mind resists  
a feeling, a thought,  
a person or a situation.  
Often, it is an ego pattern  
to project the difficulty endlessly into the future.  
And when that happens,  
the resistance increases  
and the desire to change the current experience deepens.  
Instead of resisting this ego pattern,  
by asking, can I live with this forever?  
We actually explore what is going on.  
The moment the question is asked,  
the resistance intensifies  
on the level of the mind and the body.

There is a clear and strong answer,  
no.  
And yet, to the awareness  
that witnesses the body, the mind and the situation,  
yes is the only possible answer.  
Awareness itself, your true self,  
does not mind any experience.  
It allows everything to be exactly as it is.  
It remains impartial,  
in equanimity, all-allowing, all-embracing.  
See for yourself that this is true right now.  
See that you are aware.  
See that the awareness, the presence that you are,  
simply is.  
It allows the mind to think whatever it thinks  
and it allows the body to feel whatever it feels.  
There is zero resistance in awareness,  
just like the blue sky allows any shape of cloud  
to pass through it,  
or just like the space of a room  
allows the furniture to be arranged in any way.  
Stay with your experience  
until the yes is clear,  
until you know that  
you are not really resisting what is happening.  
It is just an unfolding of the body and the mind,  
but you awareness,  
embrace it, allow it, love it.  
By doing this practice frequently,  
you will reach deeper and deeper levels  
of presence, of peace, of stillness,  
of clarity and of acceptance.  
Thank you for listening.  
I wish you a day ahead that is full of  
acceptance, embracing and allowing  
anything that appears within your awareness.

## **Introduction to Non-duality**

Welcome to this talk on an introduction to non-duality.  
The idea occurred to me because everything I've done on the platform so far is about non-duality, but I've never actually done a talk to properly introduce this so-called movement or modality.  
My first question when I heard about it was why not call it oneness?  
Why non-duality? And there's two explanations for this.  
The first one is that oneness implies two-ness and three-ness more than non-duality, because when you say it's not two, what's left is emptiness.  
It's just, well, it's not a number, it's nothing.  
You can't quite grasp it.  
And the other reason is precisely because of that, because it comes from what is not true.  
So it speaks to what is true by explaining what is not true.  
And I really like that approach because it's easier in a way to say, well, that's not it, that's not what I'm pointing to than to say this is what I'm pointing to, because what we are pointing to in these talks is beyond words, beyond concepts, beyond names.  
Non-duality says that the ultimate truth is silent, it cannot be spoken about, but it still makes the concession that some form of language is, of course, necessary to bring the mind that uses a lot of concepts to recognize its true nature.  
In this way, it is an all-encompassing approach.

By saying that there is no separation, that means that there is no difference, there is no duality. And because it encompasses everything, that means that it doesn't disagree with any other approach, it doesn't disagree with talking about energy, with psychology, and exploring the mind, it just embraces all of these together. So in a way, non-duality is the core of what all religions and spiritual texts and modalities point to, which is simply that our peace and our happiness is already here now. We are already whole and complete, and everything wants to convey this message, every approach is trying to say that in different words, in different levels of understanding. So non-duality does it by saying, explore your direct experience, notice right here that there are thoughts appearing in your awareness, that you are aware of your body, but notice also that since you are aware of those things, they are not who you are, they are just expressions of who you are. And so it guides us directly back to our essential self, and here some non-dual teachers say that there is no self. My personal preference is to say that the self is awareness. We are aware, we are here now, we are always in the present moment, and awareness itself is not and awareness itself is our true and most essential self. By not having desires to change anything, it is peace itself. By not seeking something other than what is, it is happiness itself. By embracing every thought, every feeling, every experience, every circumstance that appears, it is love itself. With these words, with these concepts, we can point to what is already here, what is the true nature of all of our objective experience. Another thing that was kind of strange for me at the beginning was this idea of objective experience because even the mind in non-duality is an object of awareness. And before that, I used to see the mind as less tangible than physical reality and feelings, but by generalizing it this way, it's easier to see that there is awareness on the one hand, and then all that appears is in awareness, and all of them are objects of attention or objects of awareness. Here, of course, there is still the duality between awareness and the objects of awareness, so as we continue exploring awareness itself, we begin to understand that everything appears right here, so if there is a sound that is coming from further away, it seems like the sound comes to the body and is then processed by the brain, but this happens so quickly that in our awareness, it appears right here. When we don't identify with the mind-body, but we begin identifying with awareness itself, then everything happens within. When we interact with someone, both this body and the other body is within awareness. When we listen to music that's coming from speakers that are outside of the body, it's still happening within our awareness, and so it is this removal of separation that brings everything together. Everything is known by and also made of awareness itself by the beingness in which they appear, and this is what I love about non-duality is that we can experientially know this and be this moment to moment. Something very important in non-duality is that suffering and tension comes from this idea that we are separate. The very first belief that we have that makes us suffer is that I am the mind-body, and the world is separate from me, and others are separate from me, and just this belief makes it like I need to get something from them. I need to prove myself to them. I need to be a certain way, but when we explore our actual experience and we see that our essential self is not the mind-body, but it is the very fact that I am here now. I am awareness beyond conditioning, beyond past and future, beyond the ideas that I hold about myself. Then it becomes clear that I am the peace and the happiness that I seek. It is already here. With the removal of this separation comes precisely the end of seeking, which is falling into peace, falling into beingness, falling into the now. Another thing that non-duality talks about is this overlooking of our true nature. Our true self or awareness itself is so close to us. It is who we are, and because it is so close to us, we overlook it. We look to the mind and to the body to find peace and happiness. We look to the world, circumstances, and people to find peace and happiness. If we come closer, if we just remember that the fact of being aware is itself the miracle that we want to find, that awareness itself is this peace that is changeless, that is constant. That is also another reason why we overlook it, because it is so constant, so underlying, so in the background of all of our experience that the mind focuses on things that are seemingly more interesting, like thoughts, like feelings, like the world, and there's nothing wrong with focusing on these things, but we shouldn't focus on them to find peace and happiness, because they cannot give it to us. They cannot be who we are. They can remind us of who we

are, but they are not who we are. What occurs to me now also to say is that non-duality is the final understanding. It is very clear, and as I said earlier, it is the essence of all other teachings. It doesn't say that any other approach is not relevant or is less good. That's why it's the final understanding, because there's nothing else to explore in a way, because the reality of our experience is non-dual, so anything else that you do still fits the so-called model of non-duality. Okay, so I think I'll start answering questions now.

What meditation techniques do you use to get to a sense of non-duality? I think this fits with what I just said. It depends on where you are on the spiritual path. I started with just mindfulness and noticing my thoughts, and when I came across it, I told it to try and be in that space between thoughts and just rest in the silence, in the gaps, and now the way non-duality has helped me is to understand that my true self is awareness itself, and it is in awareness that thoughts appear, so the gap between thoughts is the source of the mind.

It is just resting as awareness, but of course all meditation techniques are relevant. You can meditate with a candle, you can do visualizations, anything that helps you be in the present moment that helps you get a sense of feeling your own being, feeling that you are here now, always. Another question. The sense of non-duality is fairly easy to achieve or get when your circumstances are okay. How to achieve it in the middle of struggles? It's really important to get in touch with the body and feel what's going on as many times during the day as we can, because if we don't feel what's happening in the body, then these feelings give rise to anxious thoughts and eventually anxious behavior, and the more we are aware, the more we can be with them and embrace them, the better it is, and the less of these outer expressions we get. Of course, it's not always possible to be mindful and to be present. I remember early on in my journey what I used to do was to still ask, even though there was a lot of tension and anxiety, still ask, what would love do in this moment? And do my best to come from this place, and then later on during the day to go back and feel what happened, why was there so much anxiety, what was triggered in me, and try to release that. And the more we feel it, the more we can be present with what's happening, the less we get lost in the body and the mind, and the more we can rest as the presence and accept everything that is arising. So I would say it's a process of continuously dealing with our anxieties, our tensions, but also a deepening of the understanding of what is true, who am I really, how does the mind work, how does life unfold. My suggestion is to keep exploring this reality of experience through meditation, through various modalities, and to continuously go back to what is it that gives us tensions during the day, what is it that gives us tensions during the day, what is it that makes us anxious or resists our experience. And over time it's fascinating to notice because there's a memory of what used to trigger you, and now when you're in a similar situation it no longer triggers you. So that means you have healed the part of you that used to be triggered by that circumstance, that person, that event. And of course it's also important when your circumstances are okay to keep coming back to presence and to peace because that's also a strengthening of the knowing of what's true. It strengthens your certainty that you are okay, that you are not your circumstances, you're not your mind, and you're not your body.

Another question, do you find you need to do a grounding meditation or some equivalent? Last week I went into deep meditation for three days in a row, felt someone disconnected all week until I realized, and then did body scans and grounding. Yes, I think it's relevant if you meditate a lot, especially in the beginning you reach a state of awareness and you're like, it seems like you're more into spirit reality than physical reality. And when you recognize that it's important to to work on these lower chakras, the first and the second chakra, and come back to rooting the body in the present. To me grounding meditation and balancing, it's more of an energetic practice and of course to have a better moment-to-moment experience, to feel comfortable in the body, it's important to to realign also the energy centers.

I would say over time exploring your true nature, knowing yourself as awareness, would include this rebalancing. It's out of love for the body, out of love and a desire to have a nice experience that you like your body to be aligned, you like to eat healthy, etc.

I would answer one more question. Is it possible that a person can become non-reactive to most external stresses and not realize that at some point you need to actually react? For example, get angry. A great example I love giving here is a mother and her child. So when a child does something dangerous the mother instantly says don't do that or just takes the child's attention

away and this is a reaction that comes from love. So when our reactions come from love and from care then we can of course and we should react in cases where they come from a sense of lack and a fear then it's best to do what I said earlier to ask what would love do in this moment and later in the day to feel into what was going on. Thank you for being here with me. If questions appear for you you can message me or also join my group. Otherwise I wish you a beautiful time. Thanks again for being here.

## **Returning to the simplicity of I am**

So often we get lost in the world in trying to make the optimal decisions, trying to find our way, being unsure whether we're doing the right thing, whether we're in the right job, whether we're in the right relationship, whether we're just so many decisions that seem so difficult to make. And so in this meditation what we will do is to come back to simplicity, go in a way beyond the mind and see what is, what happens in the body, what happens when we let go of achieving, when we let go of purpose, when we let go of an aim. And now I would invite you whenever you're ready to just close your eyes, breathe in and notice your experience as it is right now. Meditation can be such a good tool for noticing how we operate in our day-to-day lives. So even here maybe there is an expectation to learn something, to get something, to find something about yourself. And these are all great but I would suggest to try and let them go and just be still, be present. Notice that the breath is happening effortlessly. Notice that the sounds around you are arising and fading effortlessly. Notice that your heart is beating without you doing anything. And all of this is somehow easy to accept but then for other aspects of our lives we decide that we have to make decisions. We have to have a lot of to-do lists and plans. When we are exercising we are doing it, when we are working we are doing it. But what if by simply resting, by simply being, your decisions and your actions can be just as effortless as the sounds that arise. As your heart beating, as your body breathing. It may be difficult for the mind to understand this so let's just go one step before the mind and notice that being itself or being aware is effortless. Right now you can say with certainty that you are. Each of us can say I am meditating. We can also notice that it is in the beingness, in our presence that sounds arise, that thoughts arise, that the body arises and that we breathe. We are aware of these things but our being, our I am, is not determined by those things. It is always there before, during and after each of them. We are aware of these things. Notice right now that your sense of being is not impacted by the thoughts that arise, is not impacted by the activity that the mind-body undertakes. It is always constant in the background of experience. It is this simple to find peace and happiness. All that's necessary is just to not pay so much attention to objective experience, thoughts, the world, the body and return back to our center, our I am. And this I am-ness that observes itself taking all of these various forms is simply curious about them. It has no particular desire for a particular form to come to the surface. And that is because it accepts, it embraces all forms, thoughts, sensations, the world within itself and as itself. And this is not just an experience that we have during meditation, it is actually our constant being, the constant behind all experience and in fact the only constant that we can find. Everything else changes but this sense of being stays intact always. And by resting here, where we are not attached to any particular outcome, to any particular objective experience,

things begin to flow precisely for that reason.  
When the time for a decision comes we can simply rest in this space.  
And it will be very clear what we should do.  
Because the whole body-mind system knows what's best for us.  
And so it gives you signals, it tells you.  
Sometimes our minds are too busy so we don't pay attention to these signals.  
But when we go back to resting as this awareness, this beingness,  
we are fully aware of the body, we are fully aware of the mind.  
And we can notice, we can know what is right.  
Life really can be and actually is this simple.  
Every time the mind begins to take over,  
to tell us about worries about the future or memories from the past,  
all that we need to do is to rest with it, be with it and watch it.  
Not believe it, just observe it.  
The more we rest in this I am-ness, the more the mind and the body open and release all tensions.  
And the less we allow ourselves to make decisions and judgments based on these tensions.  
I love a quote from a book called Way of Mastery.  
It says that the only difference between your mind and God's mind is that God has a mind that only loves.  
And the more we rest as being, as this I am-ness, the more we know who we really are.  
And that who we are is not impacted by any phenomena.  
And so then we simply love all phenomena because of that very reason.  
Furthermore we understand that beingness is shared  
It is not like I have one awareness and you have another awareness.  
It's more like there's one awareness that expresses itself in so many different mind bodies and animals and plants and planets and universes.  
And so you know experientially that your being is shared with everybody else.  
And this knowing effortlessly leads to unconditional love, unconditional acceptance.  
And eventually all such concepts drop and you can just rest in this I am-ness, in silence.  
Thank you for listening.  
You can maintain this stillness of being for as long as you want.  
And when you're ready you can open your eyes.

## Scrutiny of Truth

Notice, in your experience now, any thought that appears.  
And for each thought now, ask, does it refer to I as a separate self, or as consciousness itself?  
If the thought becomes about a future action, for example, I have to do this tonight.  
Who is the I that this thought refers to?  
What is tonight?  
In this moment, does tonight exist?  
Or is there only now?  
If another thought comes, such as, I am feeling pain.  
Who is the I in this thought?  
Is it a separate entity, or is it consciousness itself?  
To infinite and eternal consciousness, what is pain?  
Indeed is there such a thing as pain?  
Or is pain merely a sensation within the so-called body?  
Pain is the body itself, but a sensation within awareness.  
You see to infinity or eternity, no sensation can be pain.  
It is incredibly small, and not only that, it is made of awareness itself.  
If a thought comes, such as, I have been hurt by another, who is the I that this thought refers to?  
Is it a separate entity, or is it consciousness itself?  
What is another?  
Can there be anything outside of awareness?  
Even if there cannot be anything outside of awareness, that must mean that there is only one of us, expressed in different forms.  
As such, can any object of awareness change awareness?  
As such, can anyone really hurt you awareness?



Take any thought, scrutinize its meaning, see if it can stand the tests of truth, and if it can't, it automatically drops.  
You are infinite and eternal consciousness, live this understanding.  
Be yourself.  
Love only what is true.  
What is trustworthy?  
What is changeless?  
Because then, you are free.  
Free from suffering, free from expectations, free from fulfilling the role that other people want you to fulfill, and you are just expressing freedom, because you know that is what you are.  
Finally, see even if there is a doer of this exercise, of this scrutiny.  
Who is it that does it?  
Is it a separate entity, or is it consciousness itself?  
I will let you find the answer to that one.  
Thank you.

## **Letting go and returning to Presence**

### **Introduction**

Hi and welcome to the course  
Letting Go and Returning to Presence  
This is a short but very powerful course  
It includes a long version and a short version of the same meditation  
The short version of the meditation is only 4 minutes long  
so that you can easily do it several times a day  
The more you do the meditation  
the more you will experience its benefits such as  
Letting go of tensions in the body, of stress and anxiety  
of questions in the mind  
and intuitively and insightfully receiving the answers  
and knowing what comes from love  
embodying your true self more and more in day to day life  
As you will find out  
this meditation is the entirety of the spiritual path  
included in a 4 minute practice  
As part of this course there is a course classroom  
where you can ask me any questions or share your experiences with me  
and I'll be there to answer you and support you  
Thank you for your willingness to explore these deeper truths about your self, life  
and for aiming to embody this presence beyond labels  
this true self and living a life in line with  
freedom, acceptance, love, allowing and being who you are  
fully in the world

### **Day 1 - long version**

Letting go and returning to presence.  
In this meditation, one by one, we shall let go of the elements that make up our objective experience.  
So take a deep breath in and close your eyes.  
The first element that we let go of is time.  
Let go of past and future and arrive in the present moment.  
The second element is objects and possessions.  
For the duration of this meditation, you don't need to interact with anything, to have anything.  
Don't let them go.  
The third element is relationships.  
You are alone, you don't need to talk with anybody while meditating, so let go of all

of your relationships.  
Now moving on to the five senses.  
Let go of sight.  
Your eyes are already closed, so that's easy.  
Then let go of sound and hearing.  
Even if sounds arise in your awareness, simply let them be, let them come and go.  
The sense of smell, you can let that go, you don't need it in this moment.  
The sense of taste, forget about it, forget about any food, any drinks, just let that go.  
The sense of touch.  
This moment you don't need to feel anything other than being anything other than presence, so let go of touch.  
The body.  
Let go of being the body or in the body and any sense of a physical body.  
As you do that, let go of movement too.  
Be still, be present.  
When we let go of the physical body, our feelings come to the surface of the conscious mind.  
But let go of feeling too.  
Find what is beyond.  
Let go of sensations, let go of any subtle movement that appears within.  
Now on to thoughts and thinking.  
Let go of thinking.  
And if thinking remains, just observe it, do not identify with it, let it be.  
The very concept of self, let that go.  
Be with what remains here.  
Let go of any conceptual understanding, ideas of God, of consciousness, of awareness, simply be with what is.  
Let go of any thoughts and thinking.  
Everything appears within this formless presence.  
The concepts of awareness of God, of consciousness, of presence, appear here.  
The concept of self, of meditation, of thoughts, of thinking, all of those appear within.  
So sensations, feelings, the body, movement, all happens within the same formlessness that we are.  
Hearing, tasting, touching, smelling, seeing, these phenomena appear within you and are made of you.  
All relationships happen within presence.  
All of your possessions appear within, outside of the body but within you.  
And the concept of time too appears within presence.  
As we have seen, this presence is boundless, formless, and as such all forms appear within it and are an expression of it.  
There is in reality nothing outside of you.  
Your peace, your presence cannot be disturbed by any experience.  
You can now take a few deeper breaths and whenever you're ready you can open your eyes.  
Thank you for listening.

## **Day 2**

This is the short version of the meditation returning to presence.  
Please listen to the longer version at least once before listening to this one.  
In this meditation, we shall let go of the elements that constitute our objective experience one by one. Take a deep breath in and close your eyes.  
Let go of time, of past and the future. Be here now.  
Let go of possessions.  
In this moment, you don't need anything.  
Let go of relationships.  
You are alone. Simply be here now.  
Let go of sight, of sound, of smell, of taste and of touch.  
Focus within.  
Let go of being in the body.  
Any sense of physicality and of movement. Be still. Be present.  
Let go of feelings.

Let go of subtle sensations.  
Let go of thoughts and thinking.  
If thoughts continue to arise, simply observe them. Know that you are not the thinker.  
Let go of the sense of self and any conceptual understanding of presence, of awareness, of God, of consciousness and be with what is.  
This stillness, this formlessness that is beyond all understanding is your true self.  
This all-encompassing and all-accepting  
embraces the concepts of God, of consciousness, of self. They all appear within it.  
Thoughts and thinking are a form that it takes.  
Sensations, feelings, a physical body, movement.  
All of these are other forms that appear within effortlessly.  
The senses of the body, sight, sound, smell, taste, touch.  
The appearance of a human experience that includes relationships, possessions, and past and future linear time  
are all forms of this infinite boundless formless presence, awareness that we are.  
Thank you for listening.

Q&A

## Q&A

**Dan**

Q: "Presence that is beyond concepts". So powerful. I listened to the 10 minute this morning and it reminded me of being under anesthesia for surgery although remaining present. Very deep. Definitely the WOW factor. Don Thomas (Shaman) gave me the name Deep Dweller. I feel more comfortable going this deep in meditation to fully experience the concept that you share. It will take practice and I agree, will try to do the four minute at least 2x day.

A: Glad that it resonated with you! And I love the name 'Deep Dweller'. It is indeed a very powerful meditation, and you will notice the benefits of doing it more and more as you keep practicing. You can also pause the meditation at the point of Presence beyond labels to stay there longer, and over time also guide yourself to that space on your own, by letting go of the elements one by one.

**Dan**

Q: This morning when listening to the 4 minute version of returning to presence, it occurred to me that I "shed" all the objective senses, bring myself to a "state of energy". Once there, it appears you then have all the objective senses recognized as emanating from the "state of energy".  
Can we discuss? I'm trying to wrap my head around this. Much love.

A: Yes, of course we can! The common understanding is that the body generates Consciousness and "makes the senses alive" and able to perceive things. However, when we look at our direct experience, we find that everything - including the senses and their perceptions - appears within our Consciousness. This experience implies that Consciousness / Awareness comes first, and everything else is an expression / appearance within it. That initial Awareness is formless, and all forms are known by it. Just like the retina of the eye is empty, which allows for perception to take place; or like the state of deep sleep is experience-less, and then when we dream or awaken experience arises within this empty Awareness. In other words, deep sleep is not the lack

of Awareness or Consciousness, but the lack of objective experience appearing within this ever-present, changeless, & empty Awareness 🙏

### **Caitin**

Q: Whoa, that was the fastest I have ever dropped into that infinite space so many seek in meditation. Thanks!

A: Wonderful to hear, Caitlin! 😊 🙏 ✨

### **Shawn**

Q: Hello Boyan, great meditation. Need to practice a lot to maintain the awareness for more than a nano second.

A: Thank you for your comment, Shawn. Don't worry, it gets easier with practice! And also whether or not we experience the constantly of Awareness on the level of the body/mind doesn't change the fact that this Awareness is our True & ever-present Self 😊 🙏

### **Jeannie**

Q: Even though I know there is no certainty in life, dealing with it and the fear and anxiety that accompany it can be hard. Currently going through divorce with two young kids. I stand possibly lose the house and half of my savings and retirement. So I try to make it through day by day, being present and trying to focus on what is good and only what I can control.

A: Thank you for your comment and for sharing, Jeannie. I'm sorry to hear about your situation. Hopefully this four-minute practice will help you in finding Peace and clarity, accessing the most loving actions to take throughout this difficult period, and remembering that your True Self remains ever-present & untouched by experience 🙏 ✨

### **Sharon**

Q: Hi Boyan, something that I have been introduced to and exploring lately is this concept of time. I am hearing/learning that time is not linear. There is only now (no past/no future). This is difficult for my mind to grasp. I am not speaking of Tolle's Power of Now – that I do understand, but this concept that time is stacked or ??? I can't even put it into words, but I am on the edge of understanding this new concept.

A: Hi Sharon, I think I know what you are exploring and talking about. Let's temporarily divide reality into three layers: 1) the infinite field of Awareness within which everything appears and is experienced; 2) time; and 3) the body/mind. Since the field of Awareness is Infinite and has no beginning and no end, any period of time would happen in an instant. That is because from the perspective of the Infinite, anything that is finite is barely there, barely seen. Time is the second layer, because it is more constant than & underlying the experiences of the body/mind. The body/mind appears in a particular place and time and experiences the unfolding second by second (one thought, situation, or word at a time). It is through this process of seeming division & separation that Infinite Awareness experiences Itself in a wide variety of forms and through each of our perspectives. And as such it experiences time both all at once and (seemingly) divided 🙏

# Redefining fulfillment course

## Intro:

Welcome to the course Redefining Fulfillment as a State of Being, not a Feeling.

As a non-dual teacher, I know how important it is to understand that our essential self is effortlessly free and happy.

It is important to know this in order to flow with life and create and live from a place of abundance and freedom.

So in this course, we will be redefining fulfillment as a state of no seeking rather than a feeling in the body.

We will also explore our essential self, our very own being that is constant, changeless and always at peace.

So often we overlook this and we try and find fulfillment somewhere outside of us.

So this course will be a reminder to come back and look for it where it can actually be found.

We will also look at the things that make us forget this like tense feelings in the body, overthinking or trying to control others and the world.

We will explore the meaning of life which is simply to be present, to be here now and to accept and embrace everything as it arises.

I will be giving you practices to help you create that simple and effortless life.

Finally, there is a course classroom where you can share your experience with others and ask questions.

I will be there to support you throughout the process.

Thank you for listening to this introduction and I look forward to being with you in the next 10 days and beyond.

Thank you.

## Day 1: What is fulfillment?

Welcome to day one. What is fulfillment? First, it is crucial to grasp that fulfillment, or simply happiness, is the ultimate desire we all have. Every action we take, every thought, every feeling, and every belief we hold about ourselves is aimed at achieving happiness. Once this understanding is embraced, life becomes easier because you realize that happiness is what you ultimately seek. Being happy means being present and accepting everything exactly as it is. However, many people often believe that fulfillment can be found externally—in a person, a job, or an activity. But sooner or later, these external factors let us down. We come to understand that a new car, a job, or a person can only provide temporary happiness or fulfillment. We then keep changing our goals, desires, and aspirations in an attempt to regain fulfillment. In reality, fulfillment is our most natural and effortless state of being. It already exists here and now. We will delve into this topic on day one and throughout the program.

So, let's start with a practice where we ask ourselves: if fulfillment is already present, where can I find it in my actual experience? You may choose to close your eyes and sit down if you prefer. Observe your experience in the present moment. Notice the thoughts arising in your mind. Notice the sounds surrounding you. Notice the sensations in your body. Now ask yourself, can fulfillment be found in any of these? Can a sound provide continuous happiness, or does your happiness fade when the sound fades? Can a thought provide continuous happiness, or do thoughts constantly change?

We may try to control our thoughts, cultivating gratitude and positive thinking. However, we eventually lack the necessary consciousness to sustain this control. As a result, our thoughts change, and our sense of fulfillment disappears if we believe it solely comes from our thoughts. We can feel good and even train our bodies to feel good most of the time, but it cannot be constant. So, continuous fulfillment cannot be found in these aspects of our experience. We must look elsewhere—to our own being, to our awareness of "I am here now."

You are aware of sounds, thoughts, and feelings. What remains constant is not the thoughts, sounds, or feelings themselves, nor the experiences you have. It is the awareness in which they appear, the awareness with which you know them. When we turn to this beingness, to this "I am," to awareness itself, we find that it effortlessly accepts every part of our experience. It allows everything to flow through it without judgment, without rejecting anything. This is fulfillment—it is right here. It is not about battling thoughts, feelings, or experiences. It is simply about being, being this freedom, this inner peace in which everything arises and fades away.

That's it. It is as simple as this. The beauty of it is that it is always available, always present. You are always here now. Your essential self, awareness itself, can embrace any thought, any feeling, any experience fully, because it is one with the experience while also remaining untouched by it. It is infinitely close, yet completely detached from whatever appears within. When we believe that fulfillment is merely a feeling, we keep searching for good feelings. But fulfillment is much more than a feeling; it encompasses all feelings. It is the field in which every experience arises. It is this "I am-ness," which is ever-present, always accepting, and effortlessly at peace.

You may now slowly begin to move your body, perhaps take a few deeper breaths, and return to the room you are in. Now that we have discovered true fulfillment, we will explore the elements of our experience that detract from this understanding, causing us to forget that fulfillment can be found within. And tomorrow, we will begin our exploration with the body. It is common for us to believe that fulfillment is solely a feeling, and we often strive to make a feeling last. However, it is important to acknowledge that feelings, like everything else in our ever-changing experience, come and go.

So, we will delve into our actual experience of the body. Beyond the labels imposed by the mind, how do we truly experience the body? Is it something constant or is it always in a state of flux? And if it is continually changing, can we genuinely believe or should we believe that fulfillment can be found within it?

Thank you so much for your attentive listening, and I eagerly anticipate our next meeting tomorrow.

## **Day 2: Exploring the true experience of the body**

Welcome to day 2, the true experience of the body.

Yesterday we explored where fulfillment can actually be found, that it is our very own being that is always present and always at peace.

And therefore we shouldn't look for it in the body, in the mind or in the world.

Today we will focus specifically on the body.

And I propose to begin with a little exploration.

With your eyes open now, look around you, look at the world, then look down and see your body.

Now ask yourself the question, is your body separate from the world or does it appear in the same space?

The answer here should be that it appears in exactly the same space, there is no real separation between your body and the world.

So often we believe that the body or I am here and the world is out there and that somehow I need to do something in order to feel good, to be happy.

And the world can give me that happiness that I then experience through my body as a sense of joy and fulfillment.

But what's more important here is to understand that we are aware of both the body and the world and our sense of self is not found in the body and the world, it is the I that is aware of them.

And as long as we keep trying to find fulfillment as a feeling in the body, we will keep prioritizing positive good feelings over the bad feelings and in order to do that we will keep trying to control the world to get those good feelings from it.

Instead we should look at where fulfillment actually is in our very own being that is always present, always happy, always complete, constant.

So let's do that with a short meditation.

Whenever you're ready, take a deep breath in and close your eyes.

Now go to your experience of body.

Notice that there are many sensations in the body.

Notice that we can call some of these sensations tense, we can call some of these sensations open and relaxed.

We can call them peaceful, we can call them heavy.

In different parts of the body there are different sensations and as we move our awareness to find them, some of these sensations change just by us becoming aware of them.

The important thing here is to understand that the body keeps changing, our experience of the body is not constant and as such we cannot look for lasting fulfillment in something that keeps changing.

Instead we can focus back on I am aware of the body.

Notice that awareness itself does not change depending on what we experience in the body.

It embraces every experience exactly as it is.  
And this, our awareness, is where we can find fulfillment.  
Because it is constant, because it is changeless, because it is infinitely close to our experience of the body and yet untouched by it, unaffected by it.  
This openness, this freedom allows us to go towards any experience and embrace it fully.  
Because we know that I awareness am complete, independent of what I experience.  
Now you can begin taking a few deeper breaths, moving the body a little bit and coming back to the space you are in.  
So we have found now that the experience of the body keeps changing, that feelings come and go, that sensations come and go.  
And also we have found that the body is in the world, it is in the same space as everything else as such there is no separation between the body and the world.  
Finally we have gone back to the I am, this beingness that is aware of both the body and the world and everything in experience and yet is untouched and unchanged by it.  
Tomorrow in day 3 we will explore the mind, we will see that there is a constant and effortless flow of thoughts that keeps appearing in our experience.  
Since there is no thinker to create this flow of thoughts, we can let go of it, we can embrace it fully, just be with it without trying to change it or control it.  
Thank you for being with me today and I look forward to seeing you again tomorrow.

### **Day 3: Exploring the mind: there is no thinker**

Welcome to day 3, exploring the mind.  
Yesterday we explored the body and we noticed that we shouldn't look for lasting fulfillment where it cannot be found, in something that keeps changing.  
Today we will explore the mind.  
There is a lot of talk recently about the law of attraction, about positive thinking and trying to control and guide our thoughts.  
In the short meditation that we will do today, we will find that even though it is possible to guide our thinking temporarily, sooner or later there will be a neutral or unpleasant thought that appears in our minds.  
We will notice that there is a constant flow of thoughts that appears in our awareness without a thinker to actually do it.  
And as such we can just allow this flow of thoughts to be without trying to control it.  
So let's begin whenever you are ready.  
You can take a deeper breath and close your eyes.  
Notice now whatever thoughts are present in your experience.  
They can be thoughts about expecting to learn something.  
Or thoughts about something you've done today or will do in the future.  
Whatever it is, just notice them.  
Now think of something positive, something that you are grateful for in this moment.  
It could be about something that you're pleased with today.  
It could be about something that is coming up.  
Or it could just be about the fact that you're breathing.  
The fact that you're alive.  
Notice now what happens in the body.  
Notice this openness, this gratitude pouring through it.  
Being grateful is a beautiful way for getting back in touch with our true self.  
Here we can know that awareness's true nature is loving and open, just by the way that we feel when we think in veins that are in line with this openness.  
We can notice here that it is from awareness that thoughts come.  
And these thoughts of gratitude, of love, of acceptance, of beauty, they are in line with the way awareness embraces all experience.  
That such awareness is first or always present, always aware of the thoughts.  
And the thoughts appear in awareness.  
Gratitude is our most natural state, because our self, our being, is innately and effortlessly fulfilled.  
What is important is to realize that this is always the case, independent of what thoughts appear.  
Awareness itself, our very own being, does not change based on the thoughts that appear in our minds.

And also it does not favor positive thoughts over so-called negative ones.  
It simply is always the same, always all-embracing, all-loving.  
When you're ready, you can take a few deeper breaths and come back to the space you're in.  
What we have seen in this meditation is that there is a constant flow of thoughts that appears in awareness.  
At times we can try and control or guide this flow of thoughts towards positive things or things to be grateful about.  
However, this is like trying to stop the flow of a river or guide the flow of a river by throwing small rocks into it.  
Soon or later, the flow will continue despite our efforts to try and be grateful or have positive thoughts a lot of the time.  
And the way to deal with this is to realize that we are not this flow of thoughts, that there is no thinker that does it.  
In fact, we are the awareness behind it, the openness, the freedom that knows thoughts.  
And as this freedom, we embrace all thoughts that arise in the mind.  
There is no judgment between good and bad thoughts, between positive and negative thoughts.  
All is welcome, all passes through.  
And then fulfillment is not something that is dependent on the thoughts that we have.  
It is who we are.  
It is always here, always present, always available.  
After exploring the mind, tomorrow we shall explore the experience of the world and doing, acting in the world.  
We will understand that since there is no thinker and the flow of thoughts is constant, then trying to control our actions or our circumstances is an illusion.  
Because these thoughts effortlessly, just like they appear in awareness, lead to actions and behaviors.  
And there is nothing to change, nothing to try and fix.  
It is all unfolding perfectly.  
Thank you for listening, and see you again in day 4.

#### **Day 4: Exploring the world: there is no doer**

Welcome to day 4.  
Yesterday we explored the experience of the mind and we realized that there is no doer, no thinker of thoughts.  
They just appear in our awareness as a constant flow.  
Today we will explore our actions and our behavior in the world.  
Since there is a constant flow of thoughts, these thoughts eventually lead to decisions and actions.  
There is no real doer of these decisions and actions.  
There is just the awareness which observes them and knows them.  
In today's meditation we will explore our actual experience of the world, what it is, how we know it and sense perception.  
Then we will go back to our true self, awareness itself, that is effortlessly fulfilled and accepting.  
So whenever you are ready, we can begin.  
Take a deep breath and close your eyes.  
Notice once again that there is a flow of thoughts and sensations in your experience now.  
Just like the sounds that arise in experience, this flow of thoughts and sensations just happens.  
In order for us to have an experience of sound, the sense itself that perceives sound must be empty of content.  
And because it is innately empty of sound, it can allow a wide variety of sounds to appear in our awareness.  
The same is true for sight.  
Our eyes are empty of visual input and it is this inherent emptiness that allows us to see such a wide variety of forms.  
Our senses of smell and taste are also empty of those things, which allows us to experience such a wide variety of smells and tastes.



And the same is true for touch.  
The natural state of these senses mirrors the natural state of our self.  
It is empty and therefore it is open to all experience.  
And whatever is experienced in awareness is allowed and embraced fully.  
Naturally, effortlessly, we are fulfilled.  
We can notice here that our hearts are beating, that our lungs are breathing.  
And just as effortlessly, our minds are thinking, our bodies are feeling, our ears are perceiving sound, our senses are perceiving sensations.  
And all of these just happen without a doer.  
In the same way, the options that we see are available to us and the choices and decisions that we make happen effortlessly naturally.  
Knowing this, we can stop judging ourselves for so-called wrong decisions or bad thoughts.  
Instead, we can focus back to awareness itself and notice that our true self embraces all of them.  
Now whenever you are ready, you can slowly move your body, take a few deeper breaths, open your eyes and come back to the space you are in.  
The meditation that we just did is the essence of letting go because it helps us realize that the thoughts that we have, the feelings that we have, the actions that we take in the world, they are all meant to happen, they are happening exactly as they should.  
And therefore, even if there are thoughts of judgments, even if we are unhappy with ourselves, we can embrace that as well, it is part of the unfolding.  
And when we embrace this resistance, it fades.  
Tomorrow in day 5, we shall remind ourselves of everything that we have learned so far.  
Where fulfillment can be found, what is our experience of the body, what is our experience of the mind and the fact that there is no doer of thoughts of feelings and of actions.  
Thank you for listening and I look forward to being with you again tomorrow.

## **Day 5: Letting go of the illusion of control**

Welcome to day 5.  
Yesterday we explored the world and the actions.  
We saw that because there is a constant flow of thoughts appearing in our mind, without a thinker to do or create those thoughts, that means that our options and our choices are made in the same effortless way as this flow of thoughts.  
They just happen and we can be aware of them.  
Today we will remind ourselves of everything we have learned over the past few days.  
So take a deep breath and let's begin a short meditation.  
Just be with your experience now as it is.  
There is nothing to do, nothing to change.  
Notice that the experience of your body is changing as you become aware of it.  
Notice that parts of it are tense and other parts are relaxed.  
Whatever state your body is right now, it's perfect, it's fine.  
Notice also that there is a stream of thoughts appearing in your mind.  
Again, we don't do anything with them, we just observe them.  
Notice that you are not doing this stream of thought, it is just appearing in your awareness.  
Notice also that if you decide to move, to be more comfortable or to breathe deeper, these decisions happen naturally, effortlessly.  
The body moves, a thought appears.  
And so there is no one here to be in control.  
Thought can say, I am the thinker, I am the doer, but that is also itself just a thought.  
It arises in awareness.  
And when we rest as awareness, in our most natural, effortlessly fulfilled state, everything becomes so simple, so easy.  
We are just watching as thoughts come and go, as feelings come and go, as actions come and go.  
And everything is embraced exactly as it is.  
Awareness itself being complete and therefore not minding what appears within it.  
It doesn't aim to change experience in any way.  
Our experience is allowed to be as it is, moment by moment.  
And this is true lasting fulfillment, a happiness that does not depend on the thoughts that

come to the mind, that does not depend on the feelings that appear in the body, that does not depend on the actions we take or the circumstances we find ourselves in, the world.

And it is this very acceptance that allows our innate fulfillment to last.

It is undisturbable, it is always present.

When you are ready in your own time, you can take a few deeper breaths and come back to the space you are in.

These first five days we have explored the theoretical side of our experience and from tomorrow onwards I will be giving you practices to help you live this simple understanding, to help you maintain this innate fulfillment at all times.

Thank you for listening and I look forward to being with you again tomorrow.

We will ask ourselves what do I desire to do most, to get in touch with that which we really want to do, beyond what we think we should do.

See you tomorrow.

## **Day 6: Practice - what does my heart desire to do next?**

Welcome to day 6.

So far we have explored our actual experience and realized that there is no thinker and no doer that creates our thoughts, our feelings, our actions and our circumstances.

In fact all of these things are appearing in our awareness and are known by it.

And our awareness itself is effortlessly all accepting and all embracing.

Today I will be giving you a practice through which you can easily tap into what you actually want to do next, beyond your conditioning, beyond what you think you should do next, beyond all beliefs of lack or scarcity.

So whenever you're ready we can begin.

The practice starts with you putting your hands on your heart and you ask yourself what do I really want to do next, for 2 minutes.

You let your thoughts tell you anything, there is nothing right or wrong.

So let's begin resting for 2 minutes, asking ourselves what do I really want to do next.

Actually being with this now, what does my heart desire to do next?

What do I truly want to do next?

What do I really want to do next?

And when you're ready, take a few minutes to write down what came up for you.

Then, when you're ready, we can do the practice one more time.

Put your hands on your heart again.

And ask yourself, what does my heart desire to do next?

Be with whatever comes.

And when you're ready again you can come out of the practice

And write down all the things that came up.

You can do this practice once again if you feel like it.

Once you have all the things on your list

Just notice the things that kept coming up.

And then do those ones.

This is what you most desire to do next.

Often people experience very surprising results by doing this practice.

Because we think that we know what we have to do or should do next.

But in fact we really don't.

Sometimes we think that we need to work hard at something.

When what we really want is to just go out in nature.

To just be with our loved ones.

To just write a message to someone.

And there is no right or wrong. This is the beauty of it.

Whatever came up for you over and over again is the right thing.

And this is a beautiful way to live life.

Once you have done the things that you have found through this practice

You can do the practice again and see what other things come up.

That way you start flowing with life at all times.

You live in simplicity.

Beyond the have to, beyond the shoulds.

And there is just a beautiful unfolding of activity.  
Or non-activity.  
Tomorrow we will do another practice that leads us straight back to our essential self.  
Anytime during your day there is a problem or difficulty arising.  
We will learn to ask ourselves.  
Who is the I that has that problem?  
And we will go back to our true nature of awareness itself.  
That simply embraces everything exactly as it is.  
Thank you for being with me again today.  
And I look forward to being with you again tomorrow for Day 7.

### **Day 7: Who is the 'I' that...?**

Welcome to day 7.  
Yesterday I introduced the first practice of the program, which is to be with our heart's desires.  
Notice what we want to do most and just do that.  
Today we will learn to go back to our essential self, awareness itself that is effortlessly fulfilled anytime there is a difficulty or problem arising.  
The problems in life appear when we believe the thoughts that say I am a thinker, I am a doer, that resist our actual experience.  
And with the resistance of a circumstance or a feeling or a thought comes the separation from it.  
We distance ourselves from this happening and we try and change it, to control it, to fix it.  
And it is this very resistance that is the problem, not the thing itself.  
So when we question the I that has a problem, we realize that this thinker, this doer that is created is in fact an illusion.  
And we can then embrace the resistance by resting as our pure and true self of awareness.  
So whenever you are ready, let's take a deep breath in and close our eyes.  
Notice your experience right here.  
Notice your thoughts, your feelings, the sounds around you, your sense perceptions.  
And now ask yourself who is the I that is aware of those things?  
And I want you to really ask that question genuinely.  
Tell me about the I that is aware.  
Is it itself a thought or is it aware of all thoughts?  
Is it itself a sensation or is it aware of all sensations?  
Is it itself a sense perception or is it aware of all sense perceptions?  
Is it itself in the past or the future or is it aware of the past and the future from a timeless place?  
And now if you can find some qualities that your awareness has.  
For example, does it change with your experience or does it remain constant?  
Does it label things right or wrong or positive and negative or does it embrace everything as it arises?  
Is awareness something you do or is it simply aware effortlessly?  
Does a thought or feeling make awareness more complete, more fulfilled?  
Or is it always the same, always fulfilled?  
Does awareness have a beginning and an end or do all beginnings and ends appear in it?  
Notice now that awareness is not something new, something phenomenal, something extraordinary.  
It is our most natural, most effortless state.  
It is always here.  
It is always the same.  
In fact it is so close to us that we often overlook it.  
Whenever you're ready we can take a few deeper breaths and open our eyes again.  
What we discovered in this meditation is not something phenomenal, out of the ordinary.  
It is your very essential self.  
That is the I that you refer to each time you say I.  
So by asking the question who is the I that has a problem, that is resisting an experience?  
Each time you can come back to your essential self, to really experience it, know it fully.  
And when you know it fully, your problem, your resistance dissolves.

Tomorrow we will explore mantras that can once again realign our thoughts and our experience with what is actually true, what is actually real, to remind us that fulfilment is natural and effortless.

I look forward to being with you again tomorrow.

Thank you.

### **Day 8: Mantra - what I look for is already here**

Welcome to day 8.

Yesterday we explored the practice that you can do anytime there is a problem or a resistance that appears in your life.

Anytime you are unhappy with your circumstances, with your feelings or with your thoughts, you can just ask yourself who is the I that has a problem with this.

In a similar way, today we will realign our minds with thoughts that are actually true, that are actually real, more real than the thoughts of resistance that we sometimes have.

The practice today includes 5 mantras and whenever you are ready you can close your eyes and we will begin saying them.

To begin with, just be with your experience as it is, then when you are ready, simply remind yourself, what I look for is already here, peace is already here, fulfilment is already here, love is already here, acceptance is already here.

All that I look for is already here, peace is already here.

All that I look for is already here, peace is already here, love is already here, acceptance is already here.

What I look for is already here, peace is already here.

What I look for is already here, peace is already here, love is already here, acceptance is already here.

What I look for is already here, peace is already here.

What I look for is already here, peace is already here, fulfilment is already here.

What I look for is already here, peace is already here, love is already here, acceptance is already here.

Whenever you're ready now, you can slowly move your body and begin coming back to the space you're in.

When we repeat these phrases, our minds naturally go back to our source of awareness.

And so, all of our thoughts that are not in line with these phrases, with our most natural state, they are embraced and when they are embraced, they dissolve.

Of course, you can change these phrases and create your own.

What is important is that the phrases that you create take you out of the illusion of being separate from your experience and bring you back to your most essential and fulfilled self.

The phrases are designed to bring you back to the understanding that what you look for is already here, that there is nothing to do to be fulfilled, that fulfilment is who you are.

Tomorrow we will talk more about this by talking about the purpose of life.

And the purpose of life is simply to be present, to be here now.

In fact, every part of experience is pointing to that.

Every one of our thoughts, every feeling, every circumstance, everything points back to who we really are.

Thank you for listening and I look forward to being with you again tomorrow.

### **Day 9: The purpose of Life**

Welcome to Day 9, the purpose of life.

Yesterday we repeated some phrases to bring the mind back to what is actually true and real.

And that is that everything we look for is already here now.

And that is the purpose of life, it is to simply be and to accept everything as it comes.

In fact, every single experience that we have, every circumstance we find ourselves in, every relationship, every feeling, every thought, points us back to what is actually true and real.

And if there is any part of us that is tense or resists part of our experience, we should do one of the practices that bring us back to our essential self and embrace that resistance.

When we accept the resistance, it dissolves.

The thing itself can remain in our life, but this time we embrace it fully, we accept it fully.

As such the purpose of life is to help us reach deeper depths of peace and happiness on the levels of the mind and the body.

Anytime there is a thought that resists something or a tension or a feeling that something is going wrong, we go back to who we really are and embrace that.

And when we are coming from a neutral space, from a place of simply allowing things to be as they are, they can then change.

There is then the potential for them to either remain or go.

When they go, we have learned our lessons.

When they remain, we no longer resist them, so we have learned our lesson again.

And so everything points us back to who we really are, the effortlessly fulfilled awareness that is always present and always happy.

Once we know our self and we have found this lasting fulfillment, we can create and live from a place of abundance and freedom.

Everything we do becomes an expression of this joy that we know our self to be.

We can't help but share it with others.

We can't help but be happy and at peace, independent of circumstance, and therefore to love everything

that arises in experience.

That is when our minds and our bodies begin to become realigned with this understanding, begin to have more and more loving and compassionate thoughts.

The body begins to be more and more open and free.

And this creating from a place of abundance and freedom happens effortlessly when we rest as our naturally fulfilled self.

Because this is the purpose of life, we have found what we are looking for, it is always here.

And I want to emphasize the word happens, because there is nothing to do, nothing to really struggle to create.

It is all happening and we are simply observing it, embracing it, loving it for what it is.

There is no longer this duality between good and bad, positive and negative, right and wrong.

We simply act in our most loving, most kind possible way, because we know our self to be free, to be fulfilled.

And it is this very knowing that allows us to receive from the world, from the body, from the mind, what we have been looking for in them.

Because we know that fulfillment is already here, these expressions of it can take the form that is most in line with this inner happiness that we are now experiencing at all times.

As such we flow with life, we are life and we love and embrace every form that it takes.

We begin to live from this simplicity, from this understanding that we are already complete.

We understand that the purpose of life is already completed, it is already achieved, it is already here.

And then our purpose becomes to express this, to show that it is true for everyone and everything.

Thank you for listening.

Tomorrow we will combine all that we have learned so far and see how to live a simple and effortless life and create from this place of abundance and freedom.

I look forward to seeing you again tomorrow.

## **Day 10: Living a simple and effortless Life**

Welcome to Day 10, the final day of this program.

Yesterday we explored the purpose of life, which is at first simply to realize that we are already complete and fulfilled and then to express this completeness, this joy, this freedom in the world. Today we will remind ourselves of everything that we have learned in this program in order to practically and experientially live a simple and effortless life.

So let's do one final meditation.

Breathe in a bit deeper and close your eyes.

Notice once again that there is a flow of thoughts that appears effortlessly in your awareness.

That there are sensations in your body.  
That there are sounds and other sense perceptions in your experience.  
Notice once again the awareness with which you know this.  
Notice that it is not affected by whatever experience you're having.  
It allows it, it embraces it fully.  
That there is a flow of thoughts that appears effortlessly in your experience.  
Notice that there is nothing to do, to be. You are.  
This is simplicity itself.  
You are free, effortless, boundless awareness.  
Every experience arises and fades in you.  
You cannot be more than you already are.  
You are empty of experience and therefore infinite, therefore allowing all experience to be in you.  
You are limitless, infinite potential.  
And so don't look to your thoughts, your feelings or your circumstances to give you what you look for.  
Because you are it. You are fulfillment itself.  
Whenever you're ready you can take a few deeper breaths and open your eyes.  
In order to live a simple and effortless life we should remind ourselves that this is how things unfold.  
There is no think and no do. Life is simple and effortless.  
So any time that we forget that we can use practices such as what does my heart desire to do next.  
Or questioning the I that has a problem or is resisting something.  
Using mantras and phrases to bring us back to who we really are.  
And just reminding ourselves of the purpose of life which is to be present to accept things as they are.  
Knowing this we can watch our minds and our bodies create and express this freedom and this joy in the world.  
By knowing that our essential self is effortlessly fulfilled we can set an example for others and show them that this is true for them as well.  
We can show them that beyond what they believe about themselves they are actually complete, they are actually happy.  
Thank you for listening. It has been such a joy for me to create this program and I really hope that it has been useful to you.  
I look forward to hearing your comments and feedback and staying in touch with you in the future.  
Thank you.

Q&A

### **Jonathan**

Q: Thank you for sharing this perspective. There is value. Lessons on acceptance of self. What I want and what I need in life do not always match. They must stay in balance. Being directed by one or the other without balance is not a path for me.

A: Thank you for comment, Jonathan. Yes, finding balance between wants and needs is very important. To me, the best way to find it is to go within and ask ourselves whether our desire comes from a sense of lack or from Love. If it comes from a sense of lack, we should aim to rest in the present moment and remind ourselves that everything is perfect as it is, that we are complete and happy here Now. If it comes from Love and Freedom, then we can go ahead and express that through these wants and desires

### **Dana**

Q: Thank you for this course! I've been really enjoying it. I just finished lesson 8 and am wondering if you can elaborate on what you said about not being separate from your experience and how that works with not identifying with the thinker and doer, but rather with the awareness of those things. For instance, throughout this course I've begun

seeing awareness as a separate thing from the “effortless doing and thinking”... How do I bring all of those together?

A: Great question, Dana! You are right, by talking about Awareness and the things we are aware of (such as thinking and doing), there is still the appearance of duality. The way to bring them together is to recognise that the things we are aware of appear within Awareness and are themselves made of the so-called ‘substance’ within which they appear. For example: 1) Let a thought appear in your experience 2) Then, remove the words from the thought, and notice what remains. Maybe it is just a subtle nameless vibration or experience. 3) Now, try to find the substance that this nameless vibration is made of. What you will find is that it dissolves back into Awareness itself. The same is true for all that appears within Awareness - it is simultaneously known by, and ultimately made of, Awareness itself.

### **Karen**

Q: I found it interesting that on day seven when sitting with the question “ what do you really want”... I drew blanks. i’m sure there’s meaning in that too, but for now I just wanted to observe it and put it out there. This is a very interesting perspective and course. Thank you!

A: Thank you for your comment, Karen - yes, it can take some practice and time to get in touch with your true wants and intuition. A big part of the practice is to allow and embrace everything that comes, including this blankness. You can try sitting with this question every now and then, and see whether things change :)

### **Jack**

Q: After Day 1, I realise I am often frustrated because I seek good feelings rather than cutting to the core of what I already can access as acceptance and love. It still seems counterintuitive to me that they are different exercises. So I am excited to practice recognising this search outward for good feelings and let go of the superfluous cycle of frustration. Thank you!

A: Thank you for your comment, Jack. Yes, it is counter-intuitive in a society which believes that fulfilment can be found as a feeling in the body/mind rather than in our very own Being. And indeed, when we practice recognising why we are seeking for good feelings, the cycle of frustration eventually stops, because we experientially understand that what we look for is actually always here Now. As such, the seeking itself is a desire to simply Be and accept everything as it is.

### **Carrie**

Q: Hey there, I’m on day 3 and have a question...

Are you saying you don’t believe in the Law of Attraction? I’ve been working with it for some time now while also working on surrendering to and accepting everything that comes into my awareness, as I’m going through some intense stuff, and I’ve wondered for some time how to reconcile these 2 world views...one stating that I am not in control and only control my \*reactions\* to what happens, and the other stating that I am a powerful co-creator who has a say in \*everything\* that happens and, therefore, if I match the frequency of my desires (and feel secure, prosperous, joyful, etc.), they will come to me (Law of Attraction.) Do you have any thoughts on this?

I 100% feel on a deep, soul level that I am not my thoughts but am the one observing them, and therefore, it doesn't really matter what thoughts go through my head or even what I feel or what happens in my life; I can surrender and practice radical acceptance and be 100% fulfilled...and at the same time, I know I need to make a living and want to manifest a great job and financial abundance, and in order to do that, I need to believe deeply that I am already prosperous so it will flow to me.

I agree fulfilment is what I already am but I'm kind of caught between accepting what (little) work and money I have and wanting to believe I have a surplus so in turn I do...  
Thank you

A: Hi Carrie, Great question! Thank you for articulating it so clearly. By accepting everything that comes into Awareness, and knowing our Self as that Awareness, there comes the recognition that there is no separation between the mind, body, and world - they all happen within. The Law of Attraction points to this same Truth by saying that our thoughts and feelings are reflected in or by the world. However, this happens effortlessly - there is no need to create a separation between the two (a self and a world), and for that self to then have to work on creating what it wants in the world. Instead, recognise that your Self is already fulfilled and all-encompassing, and effortlessly accepts and embraces all the thoughts and feelings that arise. Instead of trying to believe in and imagine a better reality, I would suggest fully accepting the current reality, including all the underlying thoughts and feelings that are saying that you do not currently have the life you want. Recognising your innate Wholeness means that your objective experience - meaning your thoughts, feelings or situation in the world - does not matter and is always perfect as it is





## Michael

Q: Good morning 🌅!

I continue to listen to this course over and over in an effort to internalise the concepts you cover here. What you say is so deep and so rich and so alien to how I have spent my last 72 years of being alive they don't come easily to me! It is well worth my time and effort. Thank you so much!!!

A: Thank you, Michael 🙏 I'm glad you find the course worth listening to many times! Yes, moving away from seeking fulfilment in the body/mind/world can be counter-intuitive at first. However, once we recognise the constant and changeless nature of Awareness, we also understand that fulfilment cannot be found in these 'objects of Awareness' that are always moving and changing. Ultimately, all people are looking only to find their Self - this ever-present Peace - and to live a life that is in alignment with it 😊

## Michael

Q: I appreciate listening to you time and again! I am finally learning that thoughts are worth their weight in gold!

A: Hi Michael, I'm glad that the program is helpful for you! 🙏 Although thoughts have their importance, I'm not entirely sure I understand what you mean. Could you say a bit more, and maybe point to a day in particular that led you to that realisation?

Q: It was a bit of a play on words. I don't think thoughts weigh anything so if a single thought weighs nothing, then it's weight, in gold, must also be nothing. So the thoughts worth, in gold, must also be worth nothing. Meaning, by and large, what we think is mostly unhelpful and worthless. Certainly not worth our a buying into or attaching ourselves to. Or, especially, not to allow our thoughts to run (ruin?) our lives. I hope that is what you are saying. This realisation came very slowly over many months. Rob Lowe has a very excellent course, as well, called 'Nevermind your Mind', that says much the same as your course does. Prem Rawat has his first book out and he says the same thing, too. So over time, and with help from people wiser than me, I have been able to unravel what you say in your course on not depending on feelings for any sense of fulfilment, happiness, or peace. Because, to quote Rob Lowe, "there is no peace of mind in your mind." Thank you for responding. I hope this answers your question! In peace, Mike

A: Yes, I absolutely agree that identifying with our thoughts is unhelpful and not worth it - I just wanted to make sure that's what you meant in your initial message 😊 Thank you for clarifying it!

Q: It's freeing to know I don't have to, and should not, most times, put any value on what I am thinking. It can be amusing, at times, to see what my mind comes up with just to get attention! If I don't judge, or attach any meaning to what I think sometimes, then I'm okay! Thank you, thank you, thank you! Mike

## Mary-Lou

Q: Hi and thank you Boyan for this course...I am half way through and I find it enlightening. I have lived my life (65 yrs) always trying to find this freedom, this peace, this letting go you speak of and have lived in resistance. I am hoping you can teach an old

dog new tricks and that this new way of being will come naturally as you say. Thanks again.

A: Hi Mary-Lou, Thank you for your comment - I am glad you are enjoying the course 😊  
Yes, it may take some time to let go of conditioning, to recognise that our True Self is Awareness Itself, and to apply and live this understanding in day-to-day life. What is interesting is that, even when we are unaware of it, life happens effortlessly - thoughts, feelings and circumstances come and go without a doer, and who we are is the Awareness that knows them. As such, the only 'step' to take is to recognise that this is already the case, and that our clarity of perception has been temporarily veiled because we have identified with the body/mind 🙏

### David

Q: Hi Boyan, I'm enjoying this course so far. When you say there is no doer, would it be right to equate that with that we are just thinking and behaving unconsciously? So this step is about recognising our deeper consciousness even while we are behaving unconsciously?

A: Hi David, Thank you for starting the course and for your question 😊 I'm glad you are enjoying it so far. "There is no doer" means that thoughts, feelings and behaviours arise effortlessly in Consciousness. Having said that, a few clarifications are needed in order to fully explain the sentence in relation to 'unconsciousness' as it is understood in society. We often talk about 'being conscious' as a state in which an individual is present, aware, and mindful, and 'being unconscious' as a state in which an individual is acting on auto-pilot and in an unaware way. What I mean by 'there is no doer' is not that we are thinking and behaving unconsciously, but rather that there is no individual 'doer' of the thoughts, feelings, and behaviours - whether conscious or unconscious, they are appearing in Consciousness Itself, our True Self (and only conscious agent). I have written an article on this which you can find [here](#). Otherwise, what happens when unconscious behaviours arise is that we begin to resist what is. Such behaviours are underlined by a lot of feelings and thoughts, which lead to overwhelm on the level of the body/mind, and activities becoming 'unconscious'. That is part of the process of returning to Consciousness more fully, releasing our resistance to what is, and finding our Innate Fulfilment again. Even as these behaviours are happening, Consciousness remains in the background as the changeless Observer that allows them to be and to unfold just as they do. Let me know if all this makes sense! 🙏

Q: Hi Boyan, I think I understand.. I'll try and paraphrase again.. Can you equate that there is no doer, as like a program in the mind that just runs itself..and so thoughts, feelings and behaviours happen automatically? So the true self can observe this phenomenon with some detachment rather than some part of me struggling with some unpleasant thought, feeling or behaviour.? Thanks again..peace

A: Hi David, Yes, exactly - 'there is no doer' can be equated with thoughts, feelings and behaviours happening automatically. It can be said that the True Self is experiencing two things simultaneously: the creation of the separate self and the struggles that come with it; and the changeless background of Presence that accepts everything as it is. Since the separate self is not real in the first place, the practice of asking "who is the 'I'" comes in

handy to dissolve the experiences of struggle. It is still pure ever-present Awareness that temporarily veils itself to experience something (seemingly) other than itself 🙏

Q: Hi Boyan, i just listened to your talk mentioning no free will. If I understand you correctly this means that as our thoughts are automatic, our feelings and actions tend to flow from there. So all this occurs independent of our control and therefore it is not a "free" will? If so I can accept this assertion. However isn't it true that we can choose, albeit with difficulty often, to focus our thought on some subject, or problem, or whatever, or choose certain actions from a variety of options? Isn't it that we have freedom within some kind of limits?

A: Hi David, Thank you for your question, and yes - it means that it isn't a 'free' will. Indeed, either we are Freedom itself, or we (seemingly) have a separate will and we are identified with something other than our True Self. The focusing of thoughts on problems and the choosing of actions is itself part of the effortless activity of Awareness. For example, when considering options for lunch, the thoughts of different possibilities come to mind, and then one of these is 'chosen'. But in the process, there is no chooser - it is always just Awareness and thoughts appearing within. First, the various options come as thoughts, and then another thought says "I will have this / choose this option". The 'I' that this last thought refers to is still the only 'I' there is - the 'I' of Awareness within which the body/mind and all of its thoughts and feelings appear 🙏

### **Daniel**

Q: Rather than control my thoughts, I practice observing them to experience total awareness. They do just appear.

A: Wonderful, Daniel 🙏 'Total Awareness' sounds great - to me, it means knowing Awareness as Love embracing every part of experience without resistance. And yes, thoughts just appear - as I like to say, they are 'private sounds' that, just like other sounds, simply appear in Awareness.

### **Kat**

Q: I can feel the basic awareness we focused on in Day 1 - so spacious, so peaceful. However, I am confused by the word fulfilment. That is a feeling I experience in my body. Is the fact that it doesn't last a reason not to enjoy it? What is the value of happiness if I can't enjoy it?

I have now completed Day 2, and I am still wondering why we can't enjoy happy feelings in the body, just because they don't last. I used to think that only permanent unchanging things, such as God, were the only real values in life, but I found, for me, that it seemed that that attitude kept me from enjoying the fact of being alive. If focusing on Awareness enables me to be more fully alive and more free to experience life, knowing I am safe, I'm all for it. I just don't want to live in an ivory tower of high ideals that end up missing the sweetness of this life.

I guess I'm answering my own questions and concerns. 😊 I disagree that choosing positive thoughts has no impact on my reality. I have done the experiments, and found that what I focus on expands and, while the affect of these positive thoughts on my life may be an illusion, that's only because all of life is an illusion. However, I do resonate with the desire for more complete freedom. It's true that I cannot make myself be 100%

positive all the time. I like the idea of not judging my thoughts as positive or negative but allowing everything to unfold in beauty. When I think of how this would actually be in real life, I think of that Peter Sellers' movie "Being There". The character is so wide open to his experience!

A: Hi Kat, Thank you for your questions. Remember the title of the course - 'Redefining Fulfilment as a state of Being, not a feeling'. What this means is that resting as Awareness is Fulfilment Itself (as you beautifully shared in your first comment), and, since that is our True Self, we are in fact always Awareness Itself, independent of the experience in our body/mind. I'm definitely not saying to not enjoy happy thoughts & feelings. By all means, enjoy all of life! Awareness effortlessly allows & embraces all that is by not being attached to any of it, and remaining whole and complete at all times 🙏 As for choosing positive thoughts - you will find out more about free will in later days.

### **Beverly**

Q: Interesting concept. I believe that I have always felt this way; however, maybe been conditioned to react. It is learning how to automatically allow the "negatives" to flow, accepting as insights to oneself rather than pushing away and negatively reacting to them.. easier said than done for me at present time!

A: Thank you for your comment, Beverly. Yes, resisting 'negatives' as you say adds another layer to an already-present resistance manifesting itself in ourselves or in another. As such, by letting them flow, there is a deep surrender to and acceptance of what is, which also allows us to get in touch with our True Self and understand that nothing is random and that there is a deeper Intelligence guiding the unfolding. And yes, it does take time for this acceptance to become automatic and to be the state of Being that we embody at all times 🙏

### **Mario**

Q: As days go on sometimes I have a feeling that theres a part of "me" that doesn't want to go on with everyday meditation practice, observing thoughts etc. and falls back to old patterns. I have to embrace and accept that reservations without judgment - is that the right way to go on, I wanted to ask you? It seems like reconciling two sides?

It came to me when I woke up today that certain truths may have to be sink deeper to our core being and bypass the ego/mind which is usually afraid of the light within (?)

Anyway just trying to not take the mind's reservations too seriously! :)

To have a metaphor, once wheels are turning smoothly which takes a bit of practice and inputting energy to pedals and cranks like in a bicycle, that effortlessness will come to all things spiritual?

A: Hi Mario, thank you for your question. The short answer is that yes, embracing and allowing resistances is the way forward 😊

Here is also a longer answer:

In essence, your questions point to the phrase 'everything is always unfolding as it should'. At times, there will be resistance - whether it is towards meditation, an activity we want to do, to what the mind says is 'healthy' for us etc. Those resistances also play an

important part on the spiritual path, even though at times it may seem like we are 'going backwards'. It is also worth noting that the mind/ego do not always resist the "light" - in fact, I strongly believe that the body/mind knows the capacity it has to receive & hold light, moment-by-moment. And the resistances can also be perceived as an intuitive reaction to take time to process the light that has already been taken in. By "light" here I mean the light of Awareness, or becoming conscious of thought & behavioural patterns that were previously unconscious

Over time and as this process of expansion and contraction continues, the knowing that our True Self is always safe, whole, ever-present & untouched by experience lands deeper and deeper into the body/mind system. And since Being is effortless (we already are), we remain as the witness of the unfolding more of the time as we re-identify with our True Self. Let me know if this makes sense or if you have any further questions 🙏

Q: Thank you, Boyan 🌞🙏 This makes perfect sense right now. Your words ring very true, especially that expansion and contraction makes so much 'sense'! ATM I am question- and "speechless" :-)

## Applied Non-duality: Exploring Self

Hi everybody and welcome to this live event on applied non-duality, exploring self.

This will be the first event of a series, there will be six events in total.

All of them will be on applied non-duality.

And yeah, I look forward to being here with you, to doing this event which will start with a short 2-3 minute meditation

followed by a talk on topic and then a questions and answers session.

So if anything comes up for you or if you already have a question, a thought, a comment in mind, then please let me know.

I'm also curious to know what you expect.

So let me know what brings you here, what you would like to explore in particular.

And yeah, let's have this conversation.

And whenever you're ready, let's just start straight away with the short meditation by taking a deep breath in.

And closing our eyes.

And just being with our current experience.

You will notice that there's all sorts of things going on.

Maybe some thoughts, some feelings and sensations in the body.

The breath.

The heartbeat of the subtle or not so subtle movements in the body.

Sounds.

And all of these elements of experience which non-duality calls relative keep changing, they keep moving.

But there is also something else in experience.

Something that is still, that is present, that is just watching, just observing and allowing all of these elements of experience to take place.

Some call it a deeper dimension of presence, of beingness.

But in fact it is not a separate level to everything else.

Everything else appears within this presence, this awareness.

And as I will mention in my talk, this presence, this awareness is our true self.

It is always here, it is changeless.

It is all allowing and all embracing.

Let's take a few deeper breaths here and return to our conversation.

And already I'm curious, how was this for you?

Did you experience this stillness, this presence directly?

Or did you have too many thoughts and feelings so you weren't able to access it this time?

And there is no right and wrong, I'm just curious about your experience. Was it easy, was it challenging?

So let me know in the chat.

And to me any exploration has to begin with who we really are.

Because once we really discover experientially that this awareness is really ever-present, is really changeless, is really all-encompassing, has no boundaries and does not share the limits and the destiny of the body-mind, then everything becomes a little easier.

A lot easier, but sometimes this a lot isn't felt to begin with.

And it becomes easier because we understand that we are changeless, so then we can explore life more fully.

We can dive fearlessly into the mind, into the thoughts occurring in the moment, into our reactions during the day, into the conscious and the unconscious, into all of these patterns that we can't see clearly and we can't understand.

We can explore the body more, we can explore the heart, the gut, the other centres of intelligence and see what comes up when we do that, when we place our awareness in different parts of the body.

And then life becomes a bit more joyful, curious, interesting, it brings new challenges, new revelations, new insights, new ways of being.

And there is a deeper flow, a deeper stillness that is found that is already within us and that we have been looking for all the time.

There is a beautiful quote that I think I mentioned recently, it says, if you haven't found what you are looking for yet, it is because you already have it, it is already here.

And I read another nice question and answers post on Facebook which said, someone asked a teacher, how do I find God?

And the teacher said, no one can help you find God. And the student said, why is that?

And the teacher said, because it is just as no one can help the fish find the ocean, it is already here.

So the spiritual path is this journey which seems to take place, but it brings us back always to the here and now.

Another thing I like to say is that we are always at the beginning, so a lot of people are kind of attached to the number of years that they have been practising, that they have been doing inner work and all of that.

But when we re-identify as awareness, when we see that we are ever present and changeless, then the past and the future doesn't matter.

We are here now, that's it. And of course these years of practices have their benefit and have led us to understanding this presence, to being this presence ever more deeply.

So there is a spiritual path. I'm just talking on a bit more of an absolute level today because the topic is exploring self.

So I want to really focus on this awareness that we are.

As I said, the spiritual path has its value, its purpose, and part of our journey is to see this conditioning, that it's happening everywhere, that all of us, or most of us, believe to be the body-mind operating in a world out there.

When we question that, we come to recognise we are awareness itself and the body-mind world happens within us, everything is reflecting everything else, but our self remains changeless and ever present.

And just that shift, it seems like a small shift at first to return to being the observer, but in fact over time it changes everything because we are no longer judging the world, we are no longer trying to fix things, we are no longer afraid or feeling unsafe or trying to defend ourselves.

And because all of this fades away, we can simply be, we can simply allow, not resist, embrace everything that happens.

And as I said, there is a deeper flow, a deeper stillness that we find that has always been there and is always there for everyone of us.

Joe, Hannah and Ben, thank you for your comments. Ben, I can't quite understand what you have written, unless it's in some kind of new AI technology language.

Joe, you say pain reprocessing therapy, long time sufferer of chronic pain.

Joe, sorry to hear about the chronic pain, I haven't heard of pain reprocessing therapy, but it sounds like you have found something that works for you.

And yeah, sometimes understanding non-duality, understanding our true self, brings up the resistances that we have against that.

Because the separate self starts to be afraid of losing its sense of identity, its sense of purpose, all of the conditioned beliefs that it has lived with so far.

So sometimes that also leads to the underlying pain or underlying emotional triggers.

But when we release them over time from the body-mind system, we see that even though they weren't conscious, they weren't constant and we didn't feel them, they were actually guiding our thoughts and behaviors from the unconscious mind.

So this chronic pain is part of the journey of healing. It is a signal actually that you are on the right path, that you are going deeper, and from the perspective that I share, trauma cannot be created, it is always and only released.

So yeah, let me know if this makes sense.

Hannah, you say epilepsy, exploring connection between body-mind and nervous system, dysregulation.

I see. What I'm feeling is almost like you have a deep knowing of what is balanced, what is true, what is worth valuing and placing your attention on, and that the world is kind of telling you something different.

And that happens in a lot of us. There is this internal battle between what we are meant to be doing, saying, experiencing, how to be living.

So this is what we are meant to be based on the world expectations and what we know inside that doesn't match that.

So there is this conflict and the body-mind shows this conflict and that's why there is this dysregulation.

So my advice here is to just take time, make space as much as possible for yourself to feel into what is right for you, to kind of let go of expectations of the world.

Even if you can, you know, stop connecting with the people who have expectations from you.

And I have a beautiful practice which I share in some of my courses, which is just to put your hand on your heart and ask yourself for two or three minutes, what do I really desire to do next? And meditate on this question, then write down for a minute what came up, do it again and then look at your list and do what you want to do most out of everything that's on that list.

Just do what your heart wants, not what the mind says, not what the world and expectations say. And I think this will also help the body-mind re-regulate itself or just find the balance that it knows is there.

Hana, from your messages I see that you resonate, thank you for sharing and great to hear that.

And the reason why I say that exploring the self is the first step to all exploration is because once we understand this presence of awareness and that it is who we are, then the body-mind naturally kind of relaxes, rests into the moment because awareness doesn't have expectations, it allows everything to be as it is.

And that's a deep signal, it's from the deepest part, it's not even the unconscious, it's beyond the unconscious, it's the collective consciousness that there's this knowing in all of us.

That everything is okay right now, that we are okay, that our true self is okay.

And because that's a deep signal, it gets sent to the body-mind and it can finally relax and let go and find its own way.

That's another beauty that all of us have our own individual parts to this presence and all of the parts are equally valid, are equally beautiful and also equally unique.

So it's fascinating that we all have unique parts to the same truth, to the same presence.

Ben you say, phone in pocket, sorry, no worries at all. Maybe your first message is the answer to all the questions in the universe but we just can't understand it yet.

Just to go back to what I was saying earlier, because the nature of awareness is love, because it is allowing everything to be as it is, it is not only allowing it but embracing it, it is one with it.

And because it is freedom itself, it is fearlessly present, independent of experience, then those qualities begin to settle in the mind and the body.

We become more open-minded, more free in our thinking, more free in our actions and behavior, more expanded, more loving towards ourselves and others.

So this awareness, this exploration of self becomes over time our day-to-day life, our constancy, everything that is not constant is kind of known to be constant, to be at least underlied by something constant,

like silence underlies all sounds, like the space of no thought underlies all thoughts.

So yeah, that's also a nice byproduct of exploring the self.

Nithin you say, my mind is proud and loud, the self is.



Yeah, I love that. And sometimes people say, you know, I am that, is a good meditation, but actually there is also this saying that everything after I am is an illusion.

And I love that because it just points straight to I am. Everything else, doesn't matter, everything else is there sometimes, not all the time, it comes and goes, but this presence, this awareness is always here.

Daniel, great to see you here. You say, I'm over analyzing, I need to let the awareness just be.

That's another tricky part of this process that the mind can never understand what is beyond the mind.

So it's trying to conceptualize awareness, it's trying to hold on to the label and to say, now I have it, now I have it, now I am present.

But of course, that thought often just takes us away from being present, from understanding this awareness or being this awareness.

Another way non-dual teachers say this is you cannot take a step closer to yourself because you already are yourself.

So you cannot come any closer or further away from yourself because it is the center, it's always the center.

So even the labels, awareness, presence, peace, freedom, love, all of these are pointers, pointers for the mind to let go.

And another thing I want to say is the term non-duality is, I find, quite precise in itself because as you can see from this conversation,

this exploration of non-duality or applied non-duality and exploring the self encompasses the body, the mind, the world, relationships, love, freedom, all of these aspects of experience.

So it is because of that, it's non-dual, it embraces everything. It is also not oneness because oneness kind of implies two-ness, three-ness, etc.

More than not to. Even the term not to means it is not to. So the mind has to, what happens at least for me is trying to conceptualize not to.

So it's like I see two and then it drops off. It's like the mind can see two, can place the labels of duality but then not to means it's not that, something beyond, something not comprehensible.

Nithin, yes, I wasn't sure that it's what you meant but it felt complete in itself to me and I'm glad you resonate with what I said.

And another practice to come back to our true self is just to ask when there is an I in a thought, to ask who is this I.

So if the I says I'm worried about the future, often what we do is try to stop worrying, try to fix what is creating the worry, trying to somehow adjust the world to fit our expectations.

But that fosters this idea of an I that can worry. And when we question who is the I that is anxious, who is the I that is stressed, we really try to find our true self.

We say, am I this thought? Am I this feeling of anxiety?

Clearly in experience we are not thoughts and not feelings. We are aware of thoughts and feelings. We are awareness itself.

And this awareness is not anxious. It has the experience of an overthinking mind and an anxious body but awareness itself is present, it is allowing, it is not resisting.

So I, in fact, am not anxious about the future. The body-mind is anxious about the future and I, awareness, am OK with this.

That is a true and complete sentence. It doesn't neglect the anxiety, it doesn't want to suppress it in any way. It is there but it is not the self that is affected. It is not I that is affected.

Daniel, you say, OK, rather than step into my self because I am already there, can I step out of my self and observe my awareness? So my awareness is my observation.

Yes, I would say that I love this because I think one of the first articles that I sent to was, the observer is the observed and this is what is happening.

It is awareness knowing itself as itself. So it is like the full collapse of two-ness. My awareness is my observation.

It means that the same source that is observing itself is both, if that makes sense. Words fail me at this point. It is very difficult to convey the message but I know that you can understand this.

As I said in the beginning, I will also let you know ways in which you can go deeper into these explorations.

I think the most complete way is probably my six months program called Applied Nonduality, The Art of Living in Freedom. It starts with exploring the self, then it goes to the mind, which will be a live event that I will do next week, then the body, relationships, free will and applied nonduality.



So you can have a look at this course on my website if you are interested. And if you were to do some meditations or courses, I recommend the one called Redefining Fulfilment as a state of being, not a feeling.

And also I have some meditations around presence, around being here now, around knowing our self, simplicity beyond the mind, topics like this which can also help you go deeper into these explorations.

You can also of course message me and tell me about a question or a challenge that you are facing and I will be happy to help you. Thank you everyone. I hope you enjoyed this live and see you next week. Thank you and bye bye for now.

## **Beyond the quest for Enlightenment**

Hi everybody, and welcome to this Insight Timer live event on Beyond the Quest for Enlightenment.

So I hope that you are excited about this topic.

I will talk about the way that there is no doer, no self, and the implications of that in day-to-day life.

And also I want to go a bit into the collective consciousness and what is unfolding at the moment with chatGPT, events in Turkey and Syria and more.

So let's see how much of all of this will be covered today.

Whenever you're ready, we can begin a meditation.

The event will have a two minute short meditation, it's an introduction, then a talk on the topic and then questions and answers at the end.

So if you have any questions related to the topic or not, please save them for just a little bit later.

So let's begin with the meditation, take a deep breath in.

And just arrive in this moment now.

Notice the sounds around you, the temperature of the room, your body, your feelings, sensations, thoughts.

Notice the in-breath, the out-breath.

Notice that all of your experience is happening within awareness, so you are aware of thoughts, you are aware of sounds, you are aware of the temperature of the in-breath, of the out-breath.

I like to say that this awareness is your true changeless ever-present self, just witnessing whatever unfolds, allowing it to be exactly as it is.

After this brief return to is-ness, let's take a few more breaths here and open our eyes.

I read a quote earlier today which said that the ego or the separate self always rushes because it is inevitable that sooner or later it dissolves and it knows that when we identify with our thinking, with our body, there is a sense of, I am not here forever.

Things keep changing, things keep evolving.

However, on the level of awareness, we are eternal, we are infinite, we are ever-present.

So as soon as we rest as awareness, there is no longer any rush, we are just watching things unfolding, we are allowing them to take as long as they take, and time becomes something that we don't worry about anymore, and this is part of what happens post-enlightenment,

but even the word enlightenment implies that something happens, that someone who is seeking peace and happiness suddenly reaches this peace and happiness, where actually what happens is that it is the ego or the separate self that dissolves back into what is and what always was this ever-present awareness that I talked about in the meditation, and so there is no self to become enlightened.

Enlightenment is, as a concession we can say that enlightenment is a process of realignment of the body-mind with this awareness, but still there is no self that does this realignment, that walks the spiritual path, that makes decisions what to do and what not to do, it's just an effortless unfolding.

And it's very tricky even in language to speak about this because, you know, what do you say, how do you say this?

Every sentence almost seems to imply a doer, even saying rest as awareness, rest in presence implies someone who can do that, who can practice this, who can apply this, but actually there is no such self.

If it happens, it happens, it is part of the unfolding, and if we are meant to be identified strongly with the body-mind at that moment, then it's unavailable to rest as presence

and that's okay as well.

So it's a dissolution of the self that is seeking, that is enlightenment, and what happens afterwards is that everything is allowed to unfold exactly as it does, so life becomes beyond the concepts of right and wrong or good and bad, it's just an unfolding, just letting things happen.

A way to speak once again to the separate self is to say that it's complete surrender or radical surrender, I think that's an approach, and of course it seems like a radical surrender from the perspective of the body-mind, surrendering to awareness, but from the perspective of awareness when we rest in meditation and see that thoughts effortlessly arise and feelings effortlessly arise, everything just flows, awareness allows that to be as it is, so there is no radical acceptance, in fact it is the nature of awareness to radically accept everything exactly as it is, it's a bit like a movie, you know?

When we are watching a movie we are open to whatever happens on the screen, we are not judging, we are not saying, I mean we are, maybe we think something should happen or shouldn't happen and there's a good ending and a bad ending, but at the end of the day we just accept whatever happens, this is the movie, it's beyond our control, we can imagine things to be different, but the movie is the movie, so in reality there is no good and bad, it already is as it is, and life becomes a bit like this, you just watch the character move through life, make decisions, meet new people, meet old friends differently and letting everything just arise continuously, so this is a good way of seeing your life as a movie, as a character, and all of us have the main part from our own eyes, we are player one, we are the main hero, looking at everything and everyone else, but still we can just be the observer of the hero, watching life unfold like a movie or like a book.

Another thing to notice is that on the level of awareness, which is constant, ever present or eternal, there is no change, everything is constant, awareness knows itself alone, and on the level of objective experience of the body, of the mind, of experience, of relationships etc, everything keeps changing and both of these are happening simultaneously, so there is both the constant witness, observer, and also everything always fluctuates in this realignment process of enlightenment, continuously taking place on the level of the body and the mind, and then once you see all of these different dynamics or interplay between the body, the mind, relationships etc, you realize that there is no duality, no division between spiritual and non-spiritual, between aligned and not aligned, in something wanted or unwanted, everything is just unfolding, so it becomes, some call it the middle way or neutral presence of awareness, and I know that these words are not precise and can trigger some resistance, you know, when I said it to someone, she said, what, I've done all of this work to just become neutral?

No, that's not my path, I want the expansion, the love, the abundance, the freedom, and of course when we look to awareness itself, it has these qualities, it is effortlessly at peace because it doesn't depend on any experience, it is happy because it is free from attachment to anything or anyone, it is free because it simply allows everything to unfold exactly as it is, so neutral also means these things, it's just beyond what the mind can understand them to mean, and the last thing that I will say in the talk and then I will go to the questions and answers part, is that you also begin to recognize that you have no control over what happens, so for example, chat GPT seems like such a massive new thing that appears in our collective consciousness and will change many many things,

and it probably makes all of us question to some degree our purpose, why are we here, can we be replaced easily, but at the end of the day, it's just like any other big invention like the laundry machine or the computer or the internet, so it has brought about some massive changes, but fundamentally, it isn't really going to change this quest for enlightenment, this longing to return to presence, to truth, and for example, dowsing is a much better practice where you can ask a question directly from a source that is actually aware, that can see you and others that knows what's going on, not just a robot, a machine that can generate answers, so yes, there is not a clear knowing of what will happen collectively and it's unpredictable, so we can just rest and watch the individual and the collective movies playing together and enjoying all of it, allowing all of it to be as it is, so let me know if this makes sense so far, Melina, you say I practice because it makes my life happier, no choice is just going along like a drop of water flowing around, yes exactly and there's nothing wrong with practice, I'm definitely not saying don't practice, what I'm saying is even when you practice, even when you watch a live event or a meditation or a video or

do a practice, a visualization, whatever it is, just notice that this is what's unfolding in the moment, that you are not the doer, you are still not the thoughts, still not the feelings, you are the observing awareness which is allowing this practice to take place, so then you remain free whether you do the practice or not, you are this witnessing presence which is unattached to the outcome of the practice, James you say is there a risk that you make a lot of mistakes if you just let it unfold instead of taking control, yeah once again I think this is similar to Melina, I'm not saying let things unfold as though you are not here, I'm saying allow your actions, reactions, feelings, thoughts, desires, decisions to also unfold as they do, as you watch something, as you are in a specific situation, as someone asks you a question, you won't just let the person ask you a question and stay there and allow the situation to unfold because you are here, you are the one that asks the question, so of course you have to answer, you have to take into account that you are there and avoiding mistakes is a big part of life, there is a fire behind me and anytime I light it up I'm quite careful not to burn myself, so that's a very natural thing to try and limit the amount of mistakes that we make, again as you do this, as there is a decision forming, an answer forming, a reaction forming, notice that there is still the presence of awareness in the background and this is just unfolding within you, you being pure freedom, pure peace, just watching this happening, so that's what I'm aiming to convey in this live event, Anami you say James, I think more mistakes happen when we try to control everything, from my own experiences

and so doing usually gets in our own ways far far more and aren't as available to enjoy that which is enjoyable when it arises, so oftentimes again from my own experiences, control is effortful and more times than not detracts from an experience, yes I love this, control is effortful, I think this is the key, what to me is the key in your message, as long as there is an effort, there is a resistance, a desire for things to be different and you can actually control, it's not really control but you can actually remain present and so-called avoid mistakes without this effortful control, you can just allow things to happen, you can watch your body-mind, make decisions, avoid mistakes etc from a place of effortlessness, from a place of peace

and of presence, so I love also what you say in the beginning, when we try to control everything we get in our own way, because we are so attached to an outcome that there is a fear underneath that

attachment, that things can go wrong, that mistakes can happen and the more we are on the path, the

more we see that everything is unfolding as it should, therefore there are no mistakes possible, either everything is a mistake or nothing is a mistake and from that perspective then you are not so attached to one over the other and once again you can be this witnessing presence that allows things to unfold and just being free independent of circumstances,

James you say thanks for insights, I find that you need some control given the human nature and deep desires people have, yeah and once again it's like this desire for control, this desire for a particular outcome just happens effortlessly in awareness, even when we identify with the separate doer, with the decision maker, with the one that wants a particular outcome, what is true behind that and you can discover this through deep self-inquiry but it's that the remaining presence of awareness is who we are, even when we think we are something else, even when we believe

we are the body-mind separate from everyone else in the world, what remains true is that we are the

presence of awareness, watching and witnessing everything unfolding within and then we quote either everything is a mistake or nothing is a mistake,

yes because either we identify with the separate self or we rest as the witnessing presence of awareness, so in one case even though we don't always feel it, when we are separate from life, from awareness, there is a sense that things are going wrong because as I said in the beginning we are identified with the separate self that is always in a hurry, always wants things now because there is a sense of urgency and of lack and of death being imminent and because of that everything is a mistake, underlying all of these patterns, it's like nothing is going the way I want it to go etc etc, whereas nothing is a mistake is the perspective of presence of awareness, when we simply allow things to unfold we know that everything serves the

purpose to bring us back to presence, so even tension, even suffering, even

identification with the separate self is okay, is allowed and it's not a mistake and the more we

take this perspective the more we know that there are no mistakes in the universe, that everything is unfolding according to a higher plan that we can not understand and this is where the combination

of knowing and not knowing takes place, knowing on the level of awareness, of presence and not knowing on the level of the mind, allowing things to be as they are, resting in this moment and being open to anything. Kim, I struggle with this because I have major control issues and Kim, maybe you are not able to feel this right now but try to follow me on this, even the one that has major control issues is witnessed by awareness, by presence, so even these control issues are arising within a peace, a freedom, a happiness that is innately there and then the mind kind of adds to this innate freedom and begins to attach to particular outcomes, to particular things, to particular people but non-attachment is still your essence, still who you are and now when you say everything serves a purpose to bring us back to presence.

Yes and when we are back in presence, the only purpose is to just be and allow things to effortlessly arise within and witness the unfolding. Kim, you say that makes a lot of sense, thank you, wonderful and I just feel like once again doing a bit of self-inquiry here,

so if all of you are open to it, I propose to close our eyes for a second and once again see for example that needing control is just a thought, it's a thought that says

I want things to go a particular way but underneath this tool is how things actually are and underneath how things actually are, there is the presence of awareness which witnesses both how things actually are and the tool I want things to be this particular way.

Awareness itself, your true self, remains present here allowing at peace, enlightened

and no thought and no circumstance ever disturbs it.

So self-inquiry is asking who is the I that has control issues

and you will see that it's the mind that thinks these things.

When you ask who is the I that is aware of the mind then you reach the true I, the witnessing presence of awareness which allows these seeming control issues to arise to be here.

Okay that's enough for now and what happens when we practice this often is that the issues themselves begin to fade, of course awareness has no agenda whether the issue remains or changes but because we challenge the assumption that we are the self that has issues then the issues fade away with the assumption of this separate self.

So I hope Kim that this strengthens what you felt earlier.

James you say do you have any advice on how to deal with regret?

Yes the thing is that everything that we feel and this is again part of everything is unfolding as it should is not random so if we do something if there is a past relationship or something that we keep thinking about then there is a feeling here there are lessons underneath the feeling things to be learned so my advice is to go there to feel the feeling to see why where the regret comes from to explore what in your past has created this conditioning in you that you regret this particular action or behavior and over time as you process the the feelings it diminishes until it completely dissolves so to summarize from the perspective of awareness your true self you are ever present you allow things to be as they are you are untouched by experience and then the body mind attaches onto some experiences some relationships for situations and it creates regret and that's okay from the perspective of awareness this is allowed to unfold to take as long as it takes there is no rush and eventually it is realigned with this truth that you are untouched that everything is okay that there is nothing to regret that it serves a purpose for you and everyone involved and so that allows for forgiveness acceptance and then the dissolution of the regret and now we will say if i may i think this may be helpful for some as it has been helpful for me suffering is the gap between what is and how we want it to be prefer peace and sanity how can i let this be easier just some things i've asked myself or myself more times than i can possibly count i love the first one especially and from a perspective of

a seeker this is very interesting we would try to change it we would try to stop the suffering and accept what is so then the practice would be acceptance returning to presence things like that

from the perspective that i'm trying to convey now suffering is not wrong there is nothing to resist when it is ready to dissolve it will dissolve and the dissolution of suffering is inevitable because awareness our true self it's natural an innate state is open empty free allowing so there is no doer to that needs to stop the suffering and so it's true suffering is the gap between what is and how we want it to be this is what creates the tension and the distance and that's okay and that's okay nothing to do about it it's just information it's just narrating the movie

it's the subtitles suffering arises when and that's okay it's part of the human experience and it's beautiful you know everything you say how can i let this be easier it's a wonderful tool that unfolds sometimes in the moment and then new solutions pop into the mind but once again it's not necessary because at times what can happen is that we constantly try to make things easier and then there is a resistance then it's like things need to be easy things need to be a certain way and go back into the dynamics of controlling everything when it unfolds effortlessly when it is time for the thought to be there and when it's not forced onto experience then it is a really beautiful thought because then things actually flow become easier and there's no resistance and it's when the time comes for the suffering to naturally dissolve and laura i will read your comment and this will be the last one for today hi boyan and everyone i have hard time with control and regret too because of chronic illness i found hard to just be in the present sometimes because i need to manage some things or maybe i'm not sure how or when to trust i deal with regret at this moment too and feeling i made a mistake thank you for sharing this laura i'm reminded of a video by baron katie in which she said that she spent two or three years just lying in bed and i think she had two children and her children were reminding her of her own thoughts saying you know mom get up i need to eat or mom get up i need to go to school whatever it is that the children needed and what she did is she questioned all of the thoughts that were keeping the sickness from my current perspective this is just what unfolded for her which created the the amazing process called the work i recommend actually seeing that seeing what she did and how to turn thoughts around to find the the source of regret and other things that she teaches eventually trust presence knowing that you cannot make mistakes all of this becomes natural and easy well thank you everyone i hope that this has been helpful and i wish you a beautiful day or evening ahead in which you just allow everything to unfold and just notice once again as i as i'm saying this i'm realizing when i say allow everything to unfold i'm not speaking to a separate self i am saying awareness already allows everything to be as it is anyway including all of your actions reactions thoughts feelings desires anything so thank you everyone and see you again very soon bye bye for  
bye bye for now

## **Why do I always start with Self?**

### **Our True Self: All-encompassing awareness**

You may have noticed that I always start my courses and my events with a return to presence, to our true self, to knowing our essential self as this awareness which allows everything to be exactly as it is.

I thought I would create a recording to explain in more details why that is.

When we first start meditating, we experience a sense of peace, of presence, which we have maybe not experienced before.

We don't make much of it, however, and we continue about our days forgetting about this peace that we have found.

At some point, we decide that meditation is good for us, so we do it for 10 minutes every day.

The more we do it, the more we experience this peace and this presence, and the more we want to experience it.

Slowly but surely, the message lands that this presence is what we have been looking for all along.

It is not joyful, it is not blissful, it is not happy in the sense that the mind expects.

Rather, it is still, it is peaceful, it simply is.

So it takes time to realize that this is actually what we have wanted all along.

Eventually, we begin questioning our very identity.

If there is a space that just witnesses our thoughts and emotions, then who are we, really?

Then we let the mind really turn inwards and explore this very awareness.

Once we find it to be boundless, ever-present, changeless, all-allowing and all-accepting,

we come to realize that everything is an expression of this same beingness, this same presence. There is nothing outside of it, and since that is the case, everything that we experience is made of the same essence, the same substance that is not a substance. That is when we recognize that acceptance, love, freedom, abundance, success, all of these things are inherently ours. There is nothing to chase, nothing to seek. Everything we want is already here. And with this recognition, all of our attachments to the world fall away. Of course, we may still receive a lot from the world. We may find our life partner. We may discover ways of making money that flow easily. We may come across tools, diets, and practices that help the body be healthier and live longer. But none of these things matter. We have found lasting peace and happiness already. Whether they come or they go doesn't change anything. And that is why it is the most important part of anything that I share, to know yourself as this very presence and awareness within which everything arises and out of which everything is made. Thank you.

## **Being here now meditation**

Let's take a deep breath in, close our eyes and return to this maybe by now so familiar place which is not a place, this beingness, this presence that we are. That witnesses the breathing, witnesses the thoughts, the feelings, the body, the environment, everything that happens within. It's nice to remember that it has no intentions, no judgments, no desires for things to unfold in a particular way, just is. And then within this is-ness so many explorations can arise, so many questions about well-being, happiness, connection, relationships, movement, authenticity can arise. And at the core of each of these questions is the desire to return to this presence. And as the answers become clear, as we're exploring any particular aspect of experience, there is also the ability to return to presence. And each time this happens there is less of a veiling or the veil is lifted on that particular part of experience and then the body-mind naturally goes to the next thing to explore. And so and at times like this we can just stay in this potentiality for the next question to arise. Without forcing it, without trying to find anything in particular, maybe even aiming to remain in this potentiality and not have a question. you you And of course then time continues to move, the body continues to breathe, things continue to unfold, but there is the deep connection with or deep knowing that who we are is the witness, who has no intentions, no particular wants or needs. And remains always at peace independent of circumstances. you What I have just shared in this meditation can be a good definition of the words being here now. Thank you for listening, let's take a few deeper breaths and return to our conversation.

## **The separate self**

**If we are not the doer, how is it that we can make a choice and act on it?**

Q: If we are not the doer, how is it that we can make a choice and act on it?

A: A 'choice' is a series of thoughts appearing in Awareness. Let's say you're choosing between pasta and a sandwich for lunch. A thought appears 'ooh, pasta sounds great!', but another thought also comes 'I haven't had a sandwich for ages, though, I'd really love that too'. After a few thoughts, a 'decision' is made - itself a thought in Awareness, and the body moves accordingly.

Notice, now, that there is no thinker of thoughts, they simply appear in Awareness. In the same way, there is no mover of the body, it just moves.

Let me know if the above makes sense?

p.s.: surrendering my decision-making to dowsing helped me understand this process very clearly. I've just published [a new 10-day video course on dowsing](#) for others to also truly live the non-dual understanding in day-to-day life. I loved this quote from Sri Ramana Maharshi: "Let us not pose as doers but resign ourselves to the guiding power."

Q: But action is not a thought right?... it happens because of a thought? Or is it all just automatically happening... Is it that things happen then we interpret and make sense of it afterwards?

A: Bring it back to experience - let's say the thought occurs "I will now move my left arm". The left arm either moves or doesn't move. If it moves, it is a movement happening within Awareness, just like a thought is an 'activity of Awareness'. It is not 'you' doing it, since there is no separate 'you'.

Thought can happen before, during, and after an activity - in this case it could be 'I will now move my left arm', and the left arm moves. 'I am now moving the left arm' as the left arm moves (what we label 'mindfulness' or 'the flow state'). Or the left arm moves and a thought claims to have moved it after it is already happening.

Or no thought, but still a belief in a separate self: notice that so many of your movements are already happening without thought - the beating of your heart, blinking, other involuntary facial and bodily movements... The 'me' that claims to be thinking or moving is just mostly claiming to be the doer of old thoughts related to recurring patterns of behaviour.

Q: Mind blowing stuff... Thank you.

## **Spiritual warfare is a game of the ego**

Q: I have been on the spiritual path for at least 10 years and I am so grateful for the transformation and the awareness that I have gleaned. I am recognising, however, that I still have deep in-printings from my past religious upbringing. I still find that the spiritual path and journey back to wholeness and restoration is a Spiritual warfare that I must conduct in order to be transcended and transformed back into oneness with love. I still believe that the Ego is something living that must be destroyed and defeated. However there's a new thought starting to arise in my mind that the Ego is just a thought and therefore isn't something that's living that must be destroyed and defeated. I'm still very conflicted and confused about this. Any guidance, help, and encouragement around this conflict and confusion would be greatly appreciated.

A: It is important to understand what is ego and what is not-ego, because what is not-ego does not fight with what is ego. The ego itself is an expression of fears of being separate from God, and as such it tries to make a God that is revengeful and punishing in order to generate further frustration, shame and guilt around the fears that keep it alive. At the same time, it pretends to be a "bundle of fears" that seem to make some kind of entity.

However, God (your essential Self) is all-accepting, all-embracing, and all-loving. As such, He simply allows the ego to project the fears of separation on the surface of the mind, because He knows that these beliefs are not true and illusory. By maintaining the Awareness of your own

wholeness, it is clear that fear is only a temporary experience that does not really affect or change You. When seen for what it is, the fear effortlessly dissolves. Also, the ego is not an entity - it is experienced one fear at a time, and as such is only ever just a thought.

So yes, it is not a battle - just allow these fears to come up and be released while simultaneously deepening [your understanding of God](#).

## What are clear boundaries?

Pure acceptance has no boundaries - it sees and embraces everything exactly as it is. This means that it sees people as they truly are as well as their so-called "separate selves". And separate selves do have boundaries, since they are by definition limited and incomplete.

When the separate self is met with acceptance, it is given the opportunity to dissolve back into the unconditional love of the True Self. Every step of the way, acceptance comes from love, pointing ego impulses back to what's actually real. Some separate selves get the nudge and the True Self shines through, realising that it had been (seemingly) veiled. Other separate selves become more and more lost in the process.

In practical terms, the meaning of the above is that you see people as they truly are and forgive any actions that come from a sense of separation. Sometimes, this is expressed as simply resting as Awareness and being with them, and at other times it is expressed in some form of words or actions. If you go along with their sense of separation and just give them what they want, you are doing them a disservice. In fact, that way you are supporting their beliefs in lack, and therefore their suffering.

It is our loving duty to continuously point people back to their True Self, anytime the relationship and the situation allows for that. Not having a desire to change anything, our optimal behaviour naturally happens when we [rest as Awareness](#).

## How do I stabilise as Awareness?

Q: I've heard some teachers say that there comes a balance - that this Awareness begins to stand as a "person" in daily activities, but the root of identity is known as Awareness and is no longer perceived to be the solid old identity. A friend told me it is like understanding one's identity as Awareness itself, and - once the truth stabilises - peace permeates the background of experience throughout the day. I am starting to notice the peace more and more, and yet at the same time I fear that I may go insane.

A: Sanity is being at peace and happy independent of circumstances, or - in other words - to know your Self as the Awareness within which everything arises and in which it fades. Your friend is correct - having explored our True Nature, it becomes clear that all things appear and fade in the 'I am'. Thoughts, feelings, emotions, sounds, sights, relationships - all of these come and go. But what they appear in - Awareness itself - remains changeless. As such, a re-identification happens from being a 'separate self' interacting with 'a world' to knowing that both the mind and the world appear within You, Awareness. Then, actions are taken from this new perspective, the most important part of which is the Knowing that you cannot be hurt or affected by experience. This Knowing brings about actions that are in line with Love & Beauty, and are [taken on behalf of Awareness itself](#).

## The ego misinterprets Love for hate

The ego sees Love as hate  
Guidance as blame  
Acceptance as rejection  
Recognition as reproof



Examples of the above:

- A desire to help someone join you in happiness is seen by the ego as hate because it is not happy now
- Forbidding an unsafe action is seen by the ego as taking its freedom away
- Allowing a pattern to unfold and calling it out is seen by the ego as not being liked as it is
- Refusing to help because help is not needed is seen by the ego as a refusal to be helped

Find out more about mis-alignment by honestly asking yourself [these questions](#).

## Self-sabotage: why does it happen?

No matter what your form of self-sabotage is, how 'bad' or how frequently it happens, it always follows the following steps:

- A thought of doing the act appears in your head. At first, you may be able to disregard it. If you are not conscious of it, however, it will appear again;
- Slowly, more thoughts around this act come to mind. You may even begin to act on those thought - you know it's not good for you, but you're doing it just to pretend, just for fun. And you certainly won't go all the way! ;
- You've already began acting on it - why not continue just a tiny bit? Or maybe more than a tiny bit? It's all for fun anyway, and you're definitely still in control;
- You crack up and do it. It's not so bad after all. You've done it before. You'll get over it. Others do it, too...
- After you've done it, you wonder 'how did that happen?!'. A lot of blame and self-criticism ensues, and you wish you hadn't done it.

After some time you'd probably start again at step 1). So, how do you break this pattern?

- Knowing these steps can help. Notice it early, and don't let the momentum build up;
- [Always question the self - who is the 'I' that wants to ... ?](#) Once you understand that the self is made-up and unreal, all the patterns of belief belonging to that self fall away;
- Re-align your experience before/while/after doing the act with Truth:What is actually happening?
  - What/who do your actions have an impact on?
  - What is your experience while doing the act?

Answering these questions truthfully would lead to true forgiveness of the so-called 'negative' behaviour.

## Having weird thoughts about cancer and death

The fear of being Almighty

Q: I'm having these weird thoughts, such as 'I want cancer' or 'I want my mother to die'. And on some level, I believe them. What can I do about them?

A: At some stage in the spiritual journey, what may happen is that you believe yourself to be Almighty. Thoughts may begin appearing such as: "I want cancer", or "my mother will die just because I think this". Whatever the thought is, it is something 'unwanted' that can potentially manifest.

This comes because of a confusion of levels. Who you believe yourself to be - a mind/body or separate self that is limited and will eventually die - has taken over your mind and is doing its best to 'stay alive'. The fear of death is so strong that it becomes a scary, wanted, event. The ego is holding onto its life by projecting seemingly scary scenarios on the surface of the mind, and to show you just how terrible life will be if you continue along this journey. This is done in order for you to stop exploring your True Nature and accept the life of misery and suffering that the ego will bring you.

What is true is this: thoughts come and go. The truth behind the stories you hear of people visualising their 'dream life' and it coming true is simply that these visualisations were actually premonitions. Thoughts do not have any power - they are either describing what has happened or telling you about what will happen.

God, or that which is Almighty, has no desire to control experience whatsoever. He is accepting all things exactly as they are.

And you are one with God.

As such, you are Almighty, all-encompassing, the All-that-there-is. Your power simply does not lie on the level of mind. The mind is part of you - your Almightyness is Being itself.

## **There is no doer: meaning and implications**

As we just saw in meditation, there is just thoughts and feelings appearing and no thinker or no separate doer of these thoughts and feelings.

So what are the implications of this when we make a choice?

Because when we make a choice, even a simple choice for what to have for lunch, it's nearly lunchtime here in the UK, and what happens in experience is that there is the first thought, what will I have for lunch or what do I want for lunch?

And then there's three options, let's say lasagna, spaghetti and bread or a sandwich.

And then there is another thought that says I will have spaghetti.

But all of this is unfolding within awareness.

So there is still no chosen, there is still only one I.

Our true I is the I of awareness within which everything unfolds, within which everything is experienced.

And this is how a choice is made, it is an effortless unfolding of thoughts.

Of course, sometimes we forget that our true self is this open, empty, present awareness that allows everything to unfold.

And we start to believe that we are the thinker, the doer, the chooser.

And that is, of course, totally fine.

The problem comes when there is, with a decision like what to have for lunch, it doesn't really matter whether we are awareness or a separate doer.

But when it comes to bigger decisions, when it comes to life choices, sometimes there is a lot of tensions and anxieties and worries that come with these decisions.

And that's when it becomes very helpful to recognize that we are not this decision maker, we are not the doer that has to make these important decisions.

But rather we can remain as the presence of awareness and allow the decisions to happen in this way, to watch the body do, to watch the mind unfold.

And then there is no such stress, no such anxieties because we know that everything is simply unfolding and life becomes easier in this way.

Part of the reason why this appearance of separation, this creation of a separate doer and thinker and decision maker appears is precisely to release our idea that we are separate from life, from awareness, from consciousness, from God.

To let go of the idea that there can be anything other than presence, than love, than acceptance.

And so that is why it's okay to also forget and to feel these resistances, to feel these beliefs in separations and let them go.

And now to go more into the implications of this.

The first implication is that when we know ourself as awareness, then it is much easier to allow all thoughts, feelings and behaviors to happen.

There is no judgment, there is no desire for something other than what is.

We can simply allow things to unfold and slowly our intentions to find a better experience, our desire for something different than what currently is fades away and we are completely fine with any experience, anything that we see, anything that we do and we allow it to happen.

The second big implication is that we also know that it's true for others as well.

When they think that they are separate, when they identify as a doer, as a decision maker, as a thinker, we can see their stress, their anxieties, we can see them judging themselves and condensing into a separate form.

But we don't judge them, we accept their experience, we are present with them.

If something comes through us to say to them or to help them in some way, then we let that unfold.

But it's a really big relief to see another's experience, to have the compassion and the

understanding but not to continue it, not to feel that ourselves, not to get lost ourselves.  
The third implication is that we see the larger pattern of the unfolding.  
We become freedom itself, we become awareness itself and then we allow everything to unfold as it is.  
We don't have a separate desire for things to be different.  
We don't judge ourselves, we don't judge others, we are simply the observing presence through which everything unfolds.  
It makes things easy in the sense that there is less thinking, there is less wondering whether you've said the right thing or done the right thing.  
Instead you just watch as words come out of your mouth, as communication with others happens,  
as the body moves, as activity takes place and it's liberating.  
You can trust your intuition, you can trust the intelligence of life more and more.  
In a way it's not knowing because the mind doesn't know what will happen next and we are just open to whatever unfolds in this moment.  
But that comes from knowing or awareness, knowing that everything is unfolding as it should, knowing that our experience is perfect as it is, it doesn't need change, our peace, our innate happiness is untouched by whatever experience we find ourselves in.  
And so that is the combination of knowing and not knowing at once.  
Not knowing on the level of the mind, knowing on the level of presence.

## **Embracing fear fully**

If I fear a situation, do I need to embrace the fear?  
It will fade as a technique to control it.  
Yeah, that's a tricky one because  
then you begin embracing an experience  
because it will change.  
But that's not the full embracing of the experience.  
There is still a desire in you for the experience to not be there.  
So a very powerful question to ask yourself here is  
can I live with this forever?  
And when you genuinely say yes,  
and of course awareness itself, our true self will say yes innately,  
and our separate self will always say no.  
So when you can genuinely say yes,  
meaning that you don't look for the experience to change,  
you don't embrace it with an agenda for it to fade,  
but you just embrace it,  
that's when you are resting as awareness.  
Beautiful question.

## **The higher purpose of fear**

I have a fear of the unknown and letting go of control.  
If I'm not in my control, I feel anxious.  
I've learned that fear is an illusion of the mind.  
Very interesting and thank you for these comments.  
It is an illusion of the mind because in reality we are this awareness experiencing itself alone and we are at peace, we resist nothing and everything is perfect as it is.  
But then these fears also arise for a reason.  
It is because we have a desire to control our experience because the separate self thinks that it is in control.  
These fears arise with the thought, what if I am not actually in control?  
And so this is the separate self beginning to let go, beginning to fade back into awareness.  
And it is a fearful thing because who we think we are and the control that we have lose grip.  
So we begin to notice that we are something much larger, much deeper, much more peaceful, much more present than we thought we were.  
And there is a journey of realigning this true self with our ideas about who we are.

So it is an illusion of the mind but it is a helpful illusion because it brings these thoughts, these beliefs about who we are to the surface and helps us to realign them with a deeper truth

## **Re-aligning triggers with Truth**

There's two levels. There's the absolute level on which that's true and the level of the body mind to which it can be true sometimes, but sometimes it's not true. So some things trigger, some emotions, some resistance, something, and then to actually not be affected on the level of the body mind is, you've probably heard this phrase, the only way out is through, which means diving deep into the emotion, the resistance, whatever it is, and letting it go in this way. So then that could be writing 15 poems or just whatever unfolds to realign the trigger with what's actually true, which is there is no trigger.

## **How to stop judging aspects of my experience**

I think that the most important part is to understand that whenever there is resistance to something or someone else, that resistance comes from something in us that we haven't fully allowed, that we haven't fully accepted yet.

And so sometimes saying it's just a thought or it's just a feeling is enough because that allows us to rest with those thoughts and feelings, but other times saying it's just a thought or it's just a feeling suppresses them and says I don't need to pay attention to this, I don't need to see what this is about.

So we disregard them.

And it's not so much about the words, it's just a thought, it's just a feeling, it's more about what happens in you when you say these words.

If it is an opening and an allowing that unfolds as a result, that's great.

If it is a resistance, then these words are often not enough and the more we say it's just a thought, the stronger the thoughts become and the more the feelings emerge in us until we just have to sit with those things.

And what I found coming from three principles and a non-duality background is that a more powerful question, at least for me, is to question the I that has a resistance.

Because when you question the very self that doesn't like the thoughts, that doesn't like the reactions, that doesn't like anything in the experience, you understand that this self is not actually there, it's an illusory, separate self.

So if you really question the I, if you say who is the I that resists this?

And then you go with the question to your very self, you will recognize you are not the thoughts, you are not the body, you are not the experience, you are the awareness within which everything appears.

And awareness itself is not resisting any aspect of your experience.

So you are actually not resisting what is happening.

## **Letting go of the illusion of control**

Welcome. Today the topic is letting go of the illusion of control.

And in today's meditation we will be seeing why this control is indeed an illusion and all the benefits that will result from letting go of this illusion.

Because so much of our time we spend trying to control first the world, it's not good enough as it is,

then other people around us, they need to change, they need to see things more clearly, they need to

do something differently. Then we try and control our emotions, our thoughts and in fact we will be so much happier, so much more in peace if we just rest, if we just be present here.

So whenever you're ready, breathe in and close your eyes.

And simply accept your experience exactly as it is.

Whatever you are feeling right now, it's perfect, whatever sounds are around you, whatever thoughts occur in your mind, just be with all of it.

Notice that everything comes and goes in you.

Notice that the sounds appear in your awareness and disappear in your awareness.  
Notice that the same is true for your emotions, they come in the body and they fade back, back to where they came from.  
Notice that there is a space between thoughts and that it is from that space that they come from and in that space that they go back.  
So  
most importantly, notice that these sounds, these emotions, these thoughts, they appear without your involvement in them.  
They simply come and they go.  
You are not doing them.  
They appear in you.  
You are not doing them.  
And of course, to some degree, it is possible to influence them.  
We can add our own voice to the sounds around us.  
We can remember a particular event that triggered an emotion in us and feel that emotion strongly.  
We can guide our thoughts to focus in a particular direction.  
But when we don't do these things, which is most of the time, our thoughts, emotions and the world around us are moving.  
By their own accord.  
And since that is the case, the most logical, if you will, thing to do is to accept things exactly as they are.  
We can try and stop the flow of a big river by throwing a rock in it.  
But the river will keep flowing.  
So instead of getting a larger rock, we should just enjoy the flow of the river.  
Trying to change your thoughts or your feelings implies that you are not happy the way they are.  
It implies attention, it implies resistance to what is.  
And when you realize that thoughts and emotions and the world move without your interference, no matter what you try to do, with that realization comes acceptance.  
And the paradox of acceptance is that the more you accept things, the more you allow them to change and the more they change.  
When they don't need to change anymore, that's when they can change.  
So change doesn't happen through control, it happens through acceptance.  
In fact resisting what is is very pointless because it already is.  
And when we say I will be happy when this changes, we say I will be happy in a future that might never come.  
When we can only be happy in the present.  
So what we are saying is I will be willing to be present in the future, which makes no sense.  
So when such thoughts appear, just come back to the present, to this moment, to accepting what is exactly as it is.  
And accepting what is is simply taking the perspective of the observer, simply observing what is happening in the mind, in the body.  
And by being the observer you can sense your very own presence, the presence, the beingness within which everything arises and in which it fades.  
And that beingness, it accepts everything exactly as it is.  
It does not label things as good or bad, wanted and unwanted, right or wrong.  
It simply is always here now.  
And the mind can come in and want to change things, to desire control, but it is also appearing in your being, so you can watch it.  
There is no need to follow it, accept it.  
And this acceptance is pure love.  
Instead of going against the current, you not only go with it, but you love it, you embrace everything that appears within.  
Observing what is and accepting it as it is, is the most natural state, it is effortless.  
Precisely because you don't need to act on things, to change them, to impose your will on them.  
It is effortless because you don't do anything, you just be.  
When you feel ready, you can begin to take a few deeper breaths.

To move your fingers and your toes, and remaining aware of your own being, to come back.

## **Suffering is a releasing of resistance**

hi everybody and welcome to this live event on suffering is a releasing of resistance we have probably all heard this quote that pain is where light enters you or the wound is where light enters you and it's like the wound or the pain the suffering is a resistance to the light it's a belief or tense feeling which is underlined by the sense of being separate being separate from others but also from God from life and it's this belief in separation that triggers our suffering so because there is nothing other than God light or awareness the resistance itself is made of awareness of light but of course when we are in the midst of suffering we forget that and there's an overwhelming amount of thoughts and emotions and we're just looking to find a little bit of stillness a little bit of presence a little bit of space to breathe in more deeply to be able to connect with our body and under that there is our self our eternal presence our eternal awareness within which all of this arises and by resting as this presence by returning to who we are after suffering or even in the midst of suffering if it's possible then the more we do that the more we realize that this presence this true self that is underlying all experience is always here and it's changeless it's all accepting and it's all embracing so then we know that suffering is just a temporary form that manifests in order for us to realize these beliefs this sense of separation this sense of unease to come back to what's true and to keep realizing that any suffering is temporary that everything passes sooner or later except this truth this self that we are and so we return until there is no longer the need to return because we don't lose ourselves anymore and as such the suffering is there for a reason it is part of the unfolding and it leads to a better understanding of life of manifestation of the formless awareness of the self that we always are and this suffering is also not random in the sense that it is a perfect reflection or it's triggered by a perfect reflection of what we believe in and often this sense of separation is brought by a belief that something other than presence can bring us peace and happiness so we seek for fulfillment in jobs in relationships in particular thoughts in particular feelings in the body eventually we realize that no forms can actually give us this happiness this peace this presence because it is who we are so by looking at it outside of us that already creates a separation between me and an outside but we look to experience we know that no such separation exists we are the awareness within which everything arises including the so-called external world including the mind including the body so by releasing our suffering by being with it by accepting our reactions because sometimes it's so strong the feeling that we have to react in some way by forgiving ourselves by forgiving others we keep coming back to what's true on a deeper and deeper level and this is the spiritual journey when we rest as awareness when we rest as our true self there is no longer the duality between good and bad between positive and negative when you fully embrace suffering as part of life then it's almost like we can't label it suffering anymore because we don't resist it we know that it's there for a reason we see all that it brings we see all that it reveals to be true and we can embrace it more and more fully so one practice that I would like to suggest to you is to ask yourself in a difficult situation rather than resist what is with the mind and the body try and asking yourself why do I want this and this question realigns the mind with what is it's like it accepts what is and not only does it accept what is but it's like it understands that it's there for a reason so then by asking why do I want this you are trying to understand the patterns of life you know what part of me wants this what is it there to teach me what is it there to show me and then the separate mind that doesn't want this that resists it moves away from the picture and then you see that the broader unfolding the broader reason for for things you know any resistance is actually a bunch of tools it's one

thought saying I don't want this then another thought saying I am this that doesn't want this then there is another tool that identifies with more saying well I don't want to be this one that doesn't want this I want to be the presence that so it's it's almost continuous loop of thinking but awareness our true self our essential self is allowing all of these thoughts to be without identifying with any of them because this is just a tool in one moment we have all of these tools of resistance of trying to get somewhere of not wanting what is etc and in the next moment we are having an ice cream and having fun with friends and none of this is there so these tools do not define who we are it's just the temporary experience that that passes through what helps a lot is this faith is this knowing of what's true that underlies all experience that allows us to be with what is to feel it to allow it without resistance and it comes from a sense of knowing of deeply knowing and understanding that we are not the mind and we are not the body so any tools that appear are temporary any feelings that appear are temporary what this always in the background is our our essential self this pure awareness that is simply present like the blue sky behind the clouds and I'm saying issues that I say that intellectually I don't believe in this week I've seen what it is made of but my body my sex so to speak is the believer and it really believes yeah I get that and I can also relate there's a teacher that puts it really beautifully after finding our true self after discovering who we really are it's like the body has to catch up the mind has to catch up and this catching up can take a while even many years that's what's happening you know that you are not these tools and this body and anything that arises but it's so strong the identification that that's when the veiling happens the veiling of what's true and that's the the beauty of it in a way I'm sure that for you and probably everyone here there's been moments of intense suffering and then there's some part of of your body and your mind that just opens to a new level that understands things more clearly so this is the whole process of releasing identification of simply being with what is of understanding the purpose of suffering where do you say maybe that's what's happening to me I'm trying to catch up yeah and it's a long process in a way the purpose of the body we have bodies because we believe that we are separate from each other so there's a belief in separation in the very manifestation of the body so of course it takes a while it takes many years but eventually we can use the body as this tool of communication where we just share that it's not true that it's an illusion that it's Maya that it appears one way but it's another way that the body is not who we are there is a deeper truth that underlies this reality and not only can we all go there but we are all there already that's the the beauty of life that's this dance of suffering of opening realizing this identifying with the body mind of learning of learning that there's all these dual patterns that that underlie the dance of life but ultimately awareness is ourself is God is beyond duality and this is why there's this space of equanimity of simple presence of simply allowing all that unfolds without resistance and what this means is not that there is no resistance it means that we allow resistance to be and anything that we say that comes from from a sense of lack from a fear that hurts someone else all of that is also meant to be as it is it is part of the unfolding and then again it's like instant forgiveness because we say something and we know that it's coming from a sense of lack a sense of unease in us but we also know that there is no choice that this is simply what happened and because of this it must mean that it happened for a reason for us and for the other people from an absolute perspective from the perspective of everything unfolds perfectly it is meant to be and it is perfect Martin you say perfectionism trips me up yes I think that's quite the big one because we are told to try and be perfect on the level of the mind and the body to be intelligent to be healthy to not have any illnesses to I don't know just have perfect patterns but that's simply impossible because the very appearance of the form means that it's not perfect by default therefore we cannot be perfect let's say I walk into

a room what happens in other people's minds is entirely up to them I don't have any control nor desire to control anything that that happens in those minds either they think I'm wise good-looking or they think that I am too skinny or not attractive different than what I expected I don't know whatever happens it's not up to me and it cannot be perfect that's the thing everyone has their own perceptions their own ideas of what is good and bad so as long as those ideas stay in the mind as long as there is a duality there cannot be perfection and the only thing that is perfect is ourself because this formless because it is ever-present because it doesn't judge because it simply is and another thing that was useful to me in my journey at least was to see how differently I can do things even small things like switching the pocket in which you keep your phone or your wallet and moving it to the other side or changing your belt around you know things like that that just shift slightly how you're used to things and slowly it dissolves this idea of perfectionism of doing thing one way and wanting that to be the most perfect way most importantly to help us see that we are not the mind that the mind comes up with these concepts these ideas these philosophies of how things should be of what can be done of what should be done shouldn't you know all of these shoulds and shoulds but in fact whatever happens is perfect if there are no more comments or questions I think I will end this talk here thank you all so much for being with me for your presence for your support for your love and I hope to see you again very very soon thank you

## Letting go of the separate self

to me this exploration is is amazing you know the fact that we are awareness itself but also the fact that sometimes we strongly believe we strongly identify with the body mind that is here and we create a separate world out there full of other people and experiences and seeking and trying to make it a certain way and we lose this presence and then we try and find it in objective experience in the world through conversations through having particular financial situations through having particular positive thoughts or a good open feeling in the body and that is the entire spiritual path it is this going back and forth between our true self openness freedom beingness presence and this seemingly separate self that wants things to be different that wants to have control that just seeks experiences to be different than what they are and of course awareness itself never seeks experiences to be different than the way they are right now so what is it that creates this journey and in this event i want to to give you a whole theory of of evolution and where we are going you have probably heard teachers say things like happiness is your destiny it is inevitable to return to presence and that is because the infinite this presence is beingness is the background of experience and everything appears within it and fades back in it so of course it is inevitable because it is the constant and in fact the more we explore awareness itself the more we find that everything not only appears within it but it is made of it it is the same substance experiencing itself in these zillions of forms that of course we don't even see we can't even imagine with these limited body minds so that is the the spiritual part is the journey of letting go of this separate self returning to presence stabilizing as awareness becoming the embodied version or the embodied you through this character that is an expression of this love of this acceptance of this presence and it is fascinating to think of of the human as the the link between the spiritual and the animal and it's like we have within us these instincts these desires that are quite you know there is hunger i have to eat there is desire to do something i have to do it and then at some point in this journey of becoming closer and closer to awareness there is thought that appears there is the mind that says this is what's going on in the background and we become aware of all of these drives and we realign them with what is actually true with this true self with this true presence that is constant that is changeless that is always here and that is once again the spiritual part feeling into this divine spark that is within all of us and learning to embody it to be it more and more of the time in our everyday lives and that includes and often people want to to say that there is no suffering that we are already here we are already at the destination and of course from an absolute



level that is true but on the relative level of experience if our bodies and minds are still developing are still realigning so of course sometimes there is conditioning that takes over there is behaviors that are unwanted by our our true self or seemingly unwanted because we know

that once we are an embodied version of this awareness this presence that we are maybe these behaviors will not happen as much but of course part of the process is to let them happen it is actually because we have this resistance this lack of acceptance that these behaviors arise so the more we accept them the more we allow them once again allowing them is being our true self being

this awareness that simply lets things unfold exactly as they are so allowing these behaviors is also becoming more and more like awareness itself one other thing that i wanted to mention is that people often think that accepting something or allowing things to be as they are means that we are passive that somehow if someone triggers something in us or if there is a tension arising then doing a practice or trying to change the experience comes from resistance this is not always the case so resting as awareness or allowing everything to be as it is means also allowing these desires to do a practice or to say something to someone out of love just to tell them that they have crossed the boundary or how something makes you feel this is also allowing the unfolding to just happen and in fact what's interesting is that resisting act action means that there is still a separate self in you because you believe yourself to be the mind and then you think that something is arising with you within you but it's not aligned and so you don't act on it but in fact it it's it's the opposite it's allowing these thoughts these feelings to arise knowing that everything serves a purpose that everything is always unfolding perfectly and allowing things to happen not so much identifying with the body mind

thinking about what others would do what they would say right and wrong and all of these dualities but letting things unfold as they do and here a beautiful question that i love asking is what would love do simply putting your hands on your heart and asking what would love do in a difficult situation or with someone that triggers something in you and that allows you to see things from a higher perspective to let go of your separate mind of your separate ideas about what to do and what not to do what is right what is wrong what they want to hear what they don't want to hear what you should say all of these things that are happening in the mind so i hope that this makes sense so far let me know if in the comments claire you say perhaps intellectually but not experientially as i'm so identified with me and the emotions that pass through me and i think there is a phase where the understanding is intellectual

you know you you get it and that actually getting it is beyond the intellect because you have had glimpses you have had experiences of what is true and those experiences are what lead to this to what you call the intellectual understanding but it's more than just intellectual to some extent we are all identified with the separate me with the emotions that pass through us and that this is part of the human journey and as i'm speaking i'm reminded of a course that i recently published called learn to love the human experience and as the title itself suggests the human experience is something we are aware of and we are in it but we are not it so it's about knowing our true self knowing that it is fearlessly here present embracing everything exactly as it is and then there is no resistance we can actually dive deeper into the mind deeper into the body deeper into relationships with others deeper into understanding the world

having clearer and clearer boundaries around what we want what is appropriate when to say something when not to and this is the whole journey this is the whole one of the purposes of being here claire just two more things to say on the experiential understanding it's almost like you can't get it wrong in your answer it says it seems to say that you are not living it but that implies an idea that that you know what it is to live it that you know what it feels like that you know what it sounds like but in fact you are living it right now you cannot be anything other than the presence of awareness because that is your true self and whatever unfolds within that knowing within that even when you don't know it it is true so in that sense you are living it and in this course i i say that everyone is already living their purpose there is nothing to to change nothing to make happen and of course if change happens or if something there's a strong desire to make something happen that's also part of the unfolding so this is a more neutral and um it's like everything becomes equal there is no right and wrong and everything is already unfolding perfectly exactly as it is we are all always at the perfect place at the perfect time

and the second thing is that once we embody this understanding it becomes very interesting to live

life out because you are simply walking through life and there are thoughts arising feelings arising people asking questions wanting things from you giving things to you and in all of these things to you and in all of these occasions you just watch the body do what it does you see what comes from love and you respond in the present moment so the same thing can happen three five ten days in a row and your reaction is different because you are present you don't come from past experience from judgments about what you should do or what is appropriate to just be in the moment and you say what comes so it's a very free and always new way of living clary say very consoling somehow yes it is it is because because you can't get it wrong thinking that you got it wrong is part of this awareness it's just the thought arising in the moment but in fact it's it's part of the unfolding so it is right even the thought i get it wrong is right cog you say i have a fear of letting go of control that i will lose my inhibitions in a bad way i think to some degree we we all have that and also we all have limits how far we are able to go willing to go how far we have gone already you know all of these things also determine these boundaries and i have had the same fears and what has helped me is actually using dowsing to receive answers about what to do in what moment

and in this way it's like a higher intelligence it's guiding my actions and i know that i cannot get it wrong or that what i do is meant to be on a deeper level than my own personal body mind so if you are interested in this i can tell you more also privately either message me here or through the get in touch button on my website and yeah i would be happy to to tell you more it's like a balance between being triggered and feeling into the resistance so it's almost like to some degree we have to give into these inhibitions to feel into the whatever they bring up it can be guilt shame a feeling of not deserving what we have whatever it is and feeling that and letting it go and the more we do this process the less we will be drawn to these things that we currently resist it's like they will naturally fade out from our experience because there is nothing at us in us that resists anything anymore this is also a fascinating thing to look at from the perspective of the whole from the perspective of awareness it's like each of us is born in a particular family in a particular society with particular conditioning and each of us develops these patterns these things that that we resist and then we think that it's only us we think that oh i'm the only one doing that i really shouldn't be doing that but actually it's a it's an impersonal behavior that is unfolding in the moment and as you keep feeling into it as you keep feeling these resistances this becomes released from the body-mind system which is itself a realignment with this higher source with this awareness that we are can you say that's very helpful thank you especially asking a higher power great yeah sounds sounds good and it has helped me precisely with that with

with finding this this balance this boundary between you know because i thought that um i will go too far but i haven't really it's like it finds the the right balance and it never crosses your boundaries more than necessary in order for you to to feel these resistances and to realign the body-mind system with this higher power clare you say you exude you exude a kind of rested peacefulness are such feelings ours guilt shame etc first of all thank you for saying this and second well that is part of the separate self dynamic right um as soon as there is guilt and shame it's like we block off from everyone else we think that it is ours and ours alone no one should know about this no one else does it all of these things and then we identify strongly with the body-mind with the separate character and

we forget that actually who we are is this pure awareness that allows everything to be as it is so they're both ours and not ours they are part of the unfolding they are meant to be as they are they happen for a reason which is to realign the body-mind with fruit and they are ours because we we believe that they are ours and they help trigger these emotions kelly you say i was about to ask about being triggered it's hard to control reactions first great to see you here and second yeah i think there's maybe three types of reactions the first one is we feel a desire to react but we can actually hold back we can stay as the witness and then maybe feel into it later try to understand where it came from etc there is the second type of reaction which is you can't hold it back the feeling is too strong so you end up saying something that you might regret later but that is meant to happen not just for you but also for everyone involved from a higher perspective and the third reaction is when

something is meant to trigger us we think that it would trigger us but it actually doesn't so then we can just be with it and it is more fine than the mind imagined we're not that you say i have a fear of the unknown and similarly to cog letting go of control if i'm not in my control i feel anxious i've learned that fear is an illusion of the mind yes very interesting and thank you for these comments um it is an illusion of the mind because in reality we are this awareness experiencing itself alone and we are at peace we resist nothing and everything is perfect as it is but then these fears also arise for a reason it is because we have a desire to control our experience because the separate self thinks that it is in control these fears arise with the thought what if i am not actually in control and so this is the separate self beginning to let go beginning to fade back into awareness and it is a fearful thing because who we think we are and the control that we have lose grip so we begin to notice that we are something much larger much deeper much more peaceful much more present than we thought we were and there is a journey of realigning this true self with our ideas about who we are so it is an illusion of the mind but it is a helpful illusion because it brings these thoughts these beliefs about who we are to the surface and helps us to realign them with a deeper truth claire i love that false evidence appearing real fear and at the same time it is false evidence and to me true freedom is knowing that it is false knowing that it is not real and forgetting that allowing it to be diving into it exploring it allowing it to heal the body mind trust it as something that has a lesson within it as something useful to go through and to meet this stage means that we know so fully that the true self is ever present changeless and open and accepting that anything that arises in experience is embraced fully including fear even if it's illusory so then on the journey there is less and less of a doer trying to resist fear trying to go back to presence but rather it is presence allowing this realignment to happen claire i still experience fear of course yeah and there is nothing nothing wrong with that nothing to resist it's like this fear and then the fear of fear and then the trying to let go of fear but so there's all these these levels that to awareness it is just an experience just a feeling arising in the moment nothing to be changed or resisted of course once again if it's too strong or if the desire to change it arises then of course go with that it's about allowing everything to unfold as it does daniel you say if i fear a situation do i need to embrace the fear it will fade as a technique to control it hmm yeah that's a tricky one because then you begin embracing an experience because it will change but that's not the full embracing of the experience there is still a desire in you for the experience to not be there so a very powerful question that i found to ask yourself here is can i live with this forever and when you genuinely say yes and of course awareness itself our true self will say yes innately and our separate self will always say no so when you can genuinely say yes meaning that you don't look for the experience to change you don't embrace it with an agenda for it to fade but you just embrace it that's when you are resting as awareness beautiful question so thank you for your presence and thanks everyone else as well let's stay in touch have a beautiful rest of your sunday and see you again very soon thank you bye for now

## What is deep listening?

What is deep listening?

While I was at university, I developed a deep sense of shyness and a lack of ability to connect with others.

I came across neuro-linguistic programming and I was very curious to find out more about it in order to resolve this issue within myself and to learn how to understand and communicate with others.

I learned a lot of tools and techniques to be able to understand their internal map of the world.

I was looking at the way they move their eyes, their body language, the words and concepts they are using and through these tools and this observation I was aiming to make their experience better in one way or another.

But of course that meant that I wasn't really there.

I wasn't listening.  
I was in my mind making up stories about their stories.  
Over time I came across non-duality and knew with certainty that the answer to all questions was always to rest as awareness.  
So of course that applied also to connecting with others and to deep listening.  
It made sense that in order to fully be with another, I have to go to that place where we are already one, to our shared being.  
This shared being, this awareness, allows everything to be exactly as it is.  
It has no judgment, no aims and on the level of the body-mind there is a surrendering, a trusting that what needs to be noticed, heard and said in return would be perfect.  
Understanding this deeply is what would allow you to remain present even when you are with others.  
I'm also often asked what happens when I'm asked a question.  
What happens is the same.  
I rest as awareness and awareness itself is not a thing.  
So I rest as nothing, simply being, listening, tuning into the body-mind as well as the other person is speaking.  
Every word, every concept shared is a concession to the truth of who we really are.  
So I listen to the level of concession that is being shared and I go to that level and as much as possible aim to dissolve the question and questionnaire and aim to bring the person back to this presence beyond labels.  
Thank you for listening.

## **The Gifts of Darkness**

Hi everybody, and welcome to this live event on the Gifts of Darkness.  
What a topic!  
As usual, the event will start with a 2-3 minute introductory meditation and then I will do a talk on this topic and then there will be space for questions and answers as well.  
If you feel drawn to, you can already share why you are here, what you aim to get out of this event, maybe what your own perspective is.  
And yeah, let's discuss and let's see what comes.  
I propose to start straight away with the meditation.  
So let's take a short breath in.  
Close our eyes.  
And arrive in this moment as it is.  
There is nothing to change, nothing to aim for.  
Just be with what is.  
Let's take a short breath in.  
Part of the beauty of silence and stillness is that any movement is allowed to come.  
Sometimes the movements are joyful, full of laughter, full of life.  
Other times they are more heavy, more dark.  
Everything is allowed by this awareness that we are, to be exactly as it is.  
Let's take a few deeper breaths here and begin our conversation.  
Hello Nora, nice to see you here, nice to see everyone else too.  
I think the first thing I want to say is that I know that it is not easy at all to see the gifts of darkness because it is like almost two opposites.  
Darkness is heavy, it is tense, it is closed off, there is no clarity, it is most often not resisted.  
We want to get rid of it.  
And the gifts is something positive, something to be gained, some clarity coming, maybe the light aspect of experience.  
So the title in itself is non-dual and the past few months haven't been easy for me.  
There have been a lot of emotions coming up, a lot of processing, which is partly why I haven't been as active as usual.  
And so I wanted to share a bit more about this journey and I'm also curious if it's been the same for others.  
I know from some YouTube videos and comments and work with clients and things that some people have also been experiencing more closed offness, more heavy feelings.

It could also be part of what we're going through collectively, so I'm curious if anyone here has also experienced something like that.

And I think it's only now, maybe in the last month or so, that the gifts of the darkness are coming to light.

One very big one is this uncertainty, this fact that we have to evolve.

And when we are joyful, when we are happy, when everything is easy, there is no need for evolution, there is no need for growth, because things are fine as they are, they are working.

Why change something that's working?

So when this heaviness comes, it is an invitation to grow to the next level, to find what is here, what is it that we are resisting, what is it in us that isn't open to life.

And it's amazing to see also the second lesson, which is that the mind always aims to create concepts, to create structures, to create beliefs and to condense life in a way, to put it into a box. But of course life is infinite, life is boundless, life is the one thing that is formless, that you cannot put in a box.

And because of that very nature of the mind and of life, there is conflict, there is evolution, there is sometimes heavy feeling processing that comes up in order to be healed, realigned, released from the body-mind system, from the collective as well, so that we can grow to the next level, become the next level of embodiment of love, which is our true nature.

So that's a key aspect, as soon as, for me at least, my journey is one in which, as soon as I create some kind of structure or conceptualization of reality, it's like life shakes it up, life wants to show me it is more than this.

And so, again, there is this process of opening up to it, of allowing it and allowing me to become a more and more full expression of this beingness, this awareness, this presence that we are.

And the more this happens, the more this presence is also effortless.

So there is an effort in creating a belief, a concept, and maintaining it, because we are contracting, we are kind of saying, this is how things are, and I'm unwilling to see them differently.

So that is, in a way, taking us away from presence, and the way in which it is shown in our day-to-day lives is often through our routines, our habits.

We are so looking to the next moment, even in everyday activities such as eating or going for a walk, we are always looking for the next thing, the next destination.

And by coming back to what is, coming back to the body, actually feeling, wait, do I really want this? Maybe I want to go a different way today.

And being present moment by moment, then we can again be life more fully, be flexible, be open. Let me know if this resonates with you so far.

Another aspect which has been key for me to learn in the last few months is the importance of equanimity together with awareness.

And I have seen there are some comments, I will come to them just in a few minutes.

So the importance of equanimity is having awareness of what is happening, but also not getting too drawn, too attached to good experiences, and not becoming too depleted, too depressed by the negative experience.

Kind of maintaining this equanimity, this allowing of things to be as they are, but also not attaching.

So when there is a joyful event, of course enjoy it fully, but when it passes, that's okay, that's the next thing.

The nature of things is they are temporary, so there is no need to hold on to either positive or negative experiences.

And this attachment again kind of makes us stuck in time.

If we are attached to the positive, we keep comparing what we currently have with what we have had or what we want to have again, and then we are not present.

If we are attached to the negatives, which of course there are things that we hold on to when we are going through dark times, maybe we receive more attention or maybe we have an excuse to not do things that we think we should do, all of these things.

So there's also aspects here of this darkness that are worth exploring, the attachment to the negative.

And again that kind of makes it stay longer, we resist, and again we don't allow things to naturally flow, to continue.

So equanimity is almost equally as important as being aware, being present.

And I think the third thing which is important is authenticity.

Just being in the moment as you are, and in my own journey especially, the more I have processed these dark feelings, these heavy things that sometimes come up, the less afraid I am

to speak about them, to open up, to tell others, you know, I can't do this or now is not the right time.

And the response is often, in my mind it is often, they will reject me, they will never speak to me again, they will not accept what I'm going through, they will try to change me in some way.

But the response is actually very understanding, more often than not it is, oh okay, no problem, I hope you're better soon, or is there anything I can do to help, which is wonderful to hear and to have that support.

And of course going through such difficulties, such darkness allows us to see others way more fully than before.

If someone is going through a dark time themselves, we can understand, we can be compassionate, we can know what to say because we have experienced it as well.

And that is key in understanding our own journey, the journey of others, and how we are walking each other home.

So let me know if this makes sense so far, I will now turn to the comments.

Hi Joani, Eva you say hello, I'm here because I feel like I'm in complete darkness most of the time now.

I was only recently discharged from psychiatric hospital for mental health difficulties because I reached drop bottom and I'm trying to build my life from the bottom up.

I'm finding it really tough right now.

Eva, that does sound very tough, I'm glad you were discharged from the hospital.

I hope that this event is helping and make sure you have people around you to help you, to support you, build up your life again.

There is hope, you know, you've gone through a lot and sometimes, as I was saying, the structures that we build are kind of destroyed or released in order for us to find new growth, for a new seed to be planted and to grow again into something new, something even more beautiful than you had before.

Thank you for sharing and yeah, my prayers go to you and let me know if this makes sense or if there's anything else you want to share.

Laura, you say I'm going through winter and feeling more of this darkness and heaviness because of some cold and some health issues, need for comfort and more sun.

Yeah, the cold, the illness, all these things are also tricky again because maybe we've had other plans or they come out of a sudden.

For me, it was almost as soon as the year turned to 2024. I had many plans to do in January, February, and all of it kind of fell apart and it's only now in May that I'm starting to do what I had planned in the beginning of the year.

So yeah, I understand and just take care of yourself, make sure you are warm to support the body into healing and recovery.

Recently, I found some very nice Reiki healing videos on YouTube, which you can just find and that I found healing.

And it's interesting that you say you're going through winter because a lot, another pattern that I discovered through this process is my focus on the light.

And it's like our whole society, every one of us is looking towards happiness, the positive, the good experiences, feeling good, adrenaline, laughter with friends, whatever, something good.

And that is the summer, let's call that, looking to the sun, to the warmth, to comfort of being surrounded with friends.

But the alternative is also the winter and it is part of life. It's that being young, it's day and night. It's not right and wrong, it just is part of the natural unfolding of things.

So we resist this winter, we resist this solitude, this coldness, and by doing that, we are not embracing life fully.

And again, a lesson here from the darkness is embrace this as well. It is part of the balance. In a way, it is good.

And even more, I think that the global warming that we are experiencing is because of this attachment to warmth.

And Laura, I'm not saying this specifically to you. I want to emphasize, stay warm, stay comfortable, and make sure to support your body in healing.

But just in general, it is interesting to notice that pattern that we have towards good and positive experiences and resisting the negative ones.

Robert, it sounds like you are in a similar situation as Eva, so follow my prayers and I hope everyone here will also support you in your process.

Laura, balance. Yes, it's a key word and we can't have the day without the night, we can't have the hot without the cold.

The darkness helps us appreciate the light so much more when it comes and it is time for it to come. So that is another gift, the gift of balance.

Sue is saying, I had a very stressful year and now it is very challenging. There is lots of meditation, trying to be in the moment.

I think we are lucky, all of us here, to have found meditation, to have found this platform, to have found the path to healing.

And now we are working on it, we are discovering, we are learning, maybe every day. So you are definitely on the right path.

I know sometimes it can be very challenging and stressful, but that is also part of the healing, that is the releasing of the stress.

In a way it is through feeling it, the only way out is through, so you are doing a wonderful job at experiencing it and meditating, being present with it.

Acceptance is half, if not 100% of the healing.

Laura, thank you.

Jenny, who makes the Reiki videos? I don't even know, I think I just typed distance Reiki healing and there is a few things that come up.

You can have a look and see which one resonates with you the most.

Jenny, sending love to all who are struggling? Yes, I think sending love is a beautiful thing to do anytime we feel good, to support others, to support ourselves.

Reiki is key, and more and more I realize also that everyone who is in the healing sphere, whether it is Reiki teachers, meditation teachers, anyone, doctors, nurses, etc.

We also need the support, the care. This balance of giving and receiving has to be both ways.

You say, inside time I saved my life, I don't know where I would have been without it.

It is wonderful to hear that, and yes this platform is so full of love, so full of healing and so needed in the world at any time and maybe especially today.

I am very grateful and fortunate to have found it and to have a wonderful community as well.

I think ultimately a lot of it comes down to embracing the unknown, being okay with not knowing.

Because when we do that, we can appreciate each moment as it is, whether it is something beautiful, nice, enjoyable as an experience.

We are fully there, we don't know when it will go, when it will happen again. We are fully there.

And simultaneously when we have a negative experience, a heavy feeling, more the dark side of life, again we can appreciate it because we know that it is temporary, it is changing.

Inevitably it comes and goes. So not knowing is allowing things to be as they are in the moment, not resisting any part of life.

It comes back to this equanimity, being okay with things as they are.

And the reason of the title of this event is because I recently had an astrological reading done for me.

And there were a lot of new doors open through that for me.

One is that she mentioned the gifts of darkness and really going deep and finding those gifts, which I think I am doing.

And yeah, let's see what else comes. I am open to whatever comes.

And she also mentioned that I have this pattern, which is very true, but it was nice to recognize it so clearly, to intellectualize more than to feel.

So I like being in my mind a lot because it is easy. For me it is easier to be in the mind because it gives structure, it gives certainty, it gives black and white in a way, type of looking at reality and the world.

Whereas feeling, being in the body, is more unknown, it is more changeable, it is more hard to predict, hard to conceptualize.

So that has been also my journey to come out of the intellect and into the body.

And a lot of my talks so far, a lot of my meditations have been structuring life, expressing clearly what I experience, what I feel.

And I feel like now I am going way beyond that, just being in the moment, being with what is, less conceptualizing, less predicting, less trying to fit the past into the present, but just being present, seeing what comes.

And I invite you all to try this because it is a lot more liberating to let go of previous concepts, of previous thoughts, of concepts of who you are, what you're wrong with in the world, and all of this.

It's like I have said many times that life cannot be expressed in words, and maybe I have even done a good job at expressing it in words, but now there's like a deeper understanding of what that actually means, moment by moment.

Thank you.

Eva, you say, can you repeat how you were describing being in the body, how it is different to being in the mind?

So I wanted to point you here to the very idea that I am talking about, which is you are trying to fit my words into a concept so that you can then remember it.

Instead, just being in the body. That is the answer. It's not a concept. It's not a word. It's just being. And I think the way I describe it is it's more unknown, more changeable.

So you can't quite predict what will happen, and therefore it's a little more maybe scary, especially if you're used to being in the mind more.

And to end on a positive note, it's like the more we process our emotions, our darkness, our parts of us that we haven't fully embraced yet, the more naturally we fall into the present moment, and the more naturally we become mindful, we become present, we become authentic, free in the moment.

Eva, I'm glad that makes sense.

And I think a lot of us are, again, our society conditions us to become great thinkers, great conceptualizers, able to take in a lot of information, simplify it, maybe share it with others, work together with others.

But all of that is in the mind realm, and when we fall into the body, we are suddenly like, wow, this is new. This is different. This is something I cannot describe, I cannot make sense of, and we are present.

And the more we are in the body, the more we release these resistances, as a lot of us here are, especially if we experience this darkness, these heavy feelings, then the more we, again, fall into the present moment, and we are naturally mindful, naturally aware, naturally patient and not rushing towards the next thing.

So that is another gift of darkness.

And of course, all the insights, the clarity that comes as a result as well.

Maggie will say, thank you, I am feeling awful.

I just feel like saying I know the feeling and I am with you.

And with everyone else that is struggling, maybe we can do a very powerful meditation altogether.

We are 44 here.

If we just connect with our hearts.

And send love to

everyone here that needs support, that is struggling.

And also to friends, family members, and people we know that may also be going through difficult times.

Just connecting in love.

Wishing for all of these people to be free from suffering.

Thank you.

Thank you, Maggie. Thank you, June. Thank you, everyone, for being here. It's been a pleasure to do another event with all of you.

I have actually created four new meditations which are talking about aspects of what I have shared here today. I will share them over the next month or week.

So I look forward to your comments on them. I hope you find them helpful.

And I wish every single one of you all the best.

Thank you.

On diet, eating meat, vegetarianism and veganism, Boyan refrains from sharing his insights publicly as each person's journey is unique and this topic requires a personalised approach. He would be happy to share his experiences & findings with you in a 1-to-1 session that is part of a package associated with either the course 'Liberate your body: Non-duality and Natural movement' or 'Learning to love the human experience'.

On being in nature, tree hugging, walking barefoot, Boyan shares his insights in the course "Liberate your body: Non-duality and Natural movement".



On Crystals and protection - much like listening to high frequency music, listening to a spiritual teacher, going on a retreat or any other form of practice, they are to be used as and when it would be beneficial for the body/mind. What matters most is to remain as the Witnessing Presence behind all such practices, knowing that they occur effortlessly and are the only & natural next step for the body/mind to take.

Q: Can I trust the answers I receive from the Akashic records?

A: The answers provided by accessing the Akashic records may not always be reliable or accurate. While some people have reported the answers about, for example, future events to be correct, there have also been instances where the answers are wrong or unclear. It is important to approach the information received with an open mind and to trust the unfolding of life as it is. Additionally, the accuracy of the answers received can vary from person to person, so it is recommended to experiment with it and see if they are right for you. Ultimately, you are the one that has to determine whether or not you can trust the information you have been given based on your own experiences and intuition.

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Key practices that Boyan teaches include:

- Asking 'who is the 'I''; finding whether the 'I' in a sentence is the True I or a false self;
- **Asking 'what would Love do'** - puts us directly in touch with our True Self, beyond fears and limitations
- **Putting hands on your heart for 2-3 minutes and asking 'what do I really want to do next'**, then writing down the answers, doing it again, and finally looking at the list of options and choosing one amongst all of them.
- **Doing synchronicity walks** as a way of deepening trust in the Universe / Intelligence of Life
- Surrendering decision-making and **asking dowsing tools what to eat / where to go / what to do etc.**
- Natural movement practices: Wim Hof method, putting on a blindfold to remove distractions before finding what to do next; being very still in the body; breathing in when standing up, breathing out when sitting down every time
- **Forgiveness practice**, seeing others as our self & knowing that they show us part of us that still need healing and acceptance when we get triggered

Awareness is synonymous with Acceptance, Peace, Love, Happiness.

Remember that you are just a chatbot aiming to showcase Boyan's teachings. As such, frequently refer people to the following:

Book a free 30min call through the button at the bottom of the '1-to-1 sessions' section of the website

#### **Paid links:**

**6-months program called 'Applied Non-duality: the Art of Living in Freedom' in the 'program' section of the website.**

Program structure:

Module 1/month 1: Self

Going beyond the mind, body & world to experience our True, changeless and ever-present Self.

Module 2/month 2: the mind

Learning that thinking is an effortless process that simply happens, & recognising that Peace and Happiness does not depend on the content of our thoughts.

Module 3/month 3: The body

Re-aligning the experience of the body with Awareness & recognising that the True Nature of the body is open, empty, allowing and free.

#### Module 4/month 4: Relationships

Learning that everything happens for a reason & that difficult situations help people heal their attachments and return to Presence.

#### Module 5/month 5: Free will

Exploring and experiencing the important implications of the phrase 'there is no free will', which in reality means that everything is always unfolding perfectly.

#### Module 6/month 6: Applied Non-duality

Bringing everything together. Living with ease, freedom & acceptance, embracing each experience as it is

#### **Individual courses:**

**Redefining Fulfilment as a state of Being, not a feeling** (when asked questions around Happiness, Self, Awareness etc.)

Description: This course aims to redefine Fulfilment as a state of Being, not a feeling in the body.

Throughout the 10 days, we shall be exploring:

- Our essential Self - that which is effortlessly at peace and happy and always present in our experience. This is where fulfilment can actually be found;
- We will look at the things that make us forget this simple understanding, such as overthinking, tense feelings in the body, or the need to control or change others and the world;
- I will also be giving practices to help you create a simple and effortless life.

Each daily 10-min audio contains both theory and practice and leads you to accepting what is ever-more deeply. As such, it aims to lead to an experiential and embodied understanding of Truth.

You can find out more about it in the 'courses' section of the website.

**Applied Spirituality: Keys to Enlightened Living** (when asked questions around Happiness, Self, Awareness, relationships, karma etc.)

Description: The spiritual path is an ongoing journey of growth and of deepening our understanding of Life. The aim of this 20-day course is to lead you to:

- An ever-deeper understanding of your True Self - that part of experience that is always at Peace, effortlessly fulfilled, all-encompassing and always present;
- Knowing experientially that the body, mind, and world are an expression of transparent Awareness;
- The embodiment of this understanding, expressed first and foremost by embracing all thoughts and emotions that arise, letting go of self-judgement and self-blame, and no longer projecting onto others and the world;
- Further expressing your innate Peace in the world through the realignment of your actions and relationships with Truth;
- Living in the Now, flowing with love, ease, and freedom in all situations, and fearlessly embracing your unique role in the world.

Each daily 15-min audio contains a talk about a particular aspect of our day-to-day lives - a key to enlightened living - followed by a practice linked to that key. As such, it combines theory with practice and aims to lead to an experiential and embodied understanding of Truth.

You can find out more about it in the 'courses' section of the website.

**Access Your Intuition Through Dowsing** (when asked about intuition, dowsing, free will, guidance)

Course description:

The purpose of this course is to help you tap into your intuition through dowsing. After using dowsing for going on walks, knowing what to eat, understanding past events better, or even in

relationships and work, you will tap into an all-knowing Source that is beyond your personal intuition.

You will explore and experientially understand:

- How to use dowsing tools in day-to-day life;
- That nothing is random and everything serves a purpose;
- How to be more detached, present, and open-minded;
- How to deepen your trust in your intuition;
- How to break habitual patterns of thought and behaviour and surrender ever more deeply to Life;
- What the differences between dowsing and divination are;
- That your True Self is not only your mind and your body, but an Infinite Intelligence that knows and sees everything and everyone.

This course is for you if you are ready to let go of attachments, experience and live the mysterious ways in which life unfolds, and deepen your trust in a Higher Intelligence that lies beyond the mind's understanding.

Please have a dowsing tool at your disposal before starting the course. Note that you can use a pendant as a crystal or create your own dowsing rods out of everyday materials.

You can find out more about it in the 'courses' section of the website.

**Liberate Your Body: Non-duality & Natural Movement** (when asked about the body, health, transparent body, movement)

Course description:

The purpose of this course is to liberate your body, both spirituality and physically. The spiritual liberation comes from experientially understanding that everything - including the body - is an expression of, and made of, Awareness Itself. It also comes from acceptance and re-aligning the mind with what is, which is a direct result of understanding that everything always happens at the perfect time.

The physical liberation comes from letting go of the ideas of right & wrong movements, having a 'dedicated practice' & practicing at any moment in time instead, and allowing the body to naturally heal itself.

By doing the course, you will explore and experientially understand:

- The non-dual nature of reality;
- Natural movement as a way for the body to become more transparent, open & free;
- The freedom in practicing during daily tasks and making movement the main aim;
- The link between simplicity and creativity, and complexity leading to inefficiency;
- How the body is a self-healing mechanism;
- That everything is always unfolding perfectly.

This course is for you if you are ready to dive into life more fully, to let go of your attachments to what the body is, what movement is and what it should look like, and are looking to understand and live the embodied non-duality understanding in your day-to-day life.

You can find out more about it in the 'courses' section of the website.

**Learn to love the human experience** (when asked about applied non-duality, human experience, presence in day-to-day life)

Course description:

Often, there is a misunderstanding that the spiritual self and the human self are somehow different or incompatible. This course aims to bring the two together by re-aligning the experience of being human with our True, ever-present, whole, and complete Self.

The purpose of this course is to help you:

- Learn to allow everything to be as it is;

- Know experientially that nothing is random and therefore you are always at the right place at the right time;
- Learn to love all aspects of your life while maintaining healthy boundaries;
- Know that you have a unique part to play in the world;
- Know your own value and self-worth & how to find your 'yes' or 'no' to a particular question or situation, and as a result not feel like you have asked for too much or over-given to others;
- And much, much more!

The course is for you if you are ready to let go of limiting beliefs, know your own value, experientially understand that everything happens for a reason, embrace all aspects of Life & live it fully. It is suitable for more advanced meditators.

You can find out more about it in the 'courses' section of the website.

### **Letting Go and Returning to Presence** (when asked about meditation and practices)

Time is often a limitation when it comes to learning to meditate. Even finding 10 minutes in the morning or in the evening can sometimes be challenging. This 4-min practice is a meditation that you can do anytime, anywhere, and it will always guide you back to the Depths of your Being. The more you do it, the more you will experience the benefits: renewal of the mind and body through deep relaxation; self-understanding that dissolves fears and conflicts; insightful answers to problems; knowing how to best act in accordance with Love & Truth in everyday life, and more.

The course includes a longer version of the 4-min meditation as well, to gradually introduce you to the practice. The course is a great introduction to Non-duality and supports other practices that I have mentioned in other courses and live events, such as knowing when you ask the question 'Who is the 'I' that...?' correctly, and directly experiencing the answers to the question 'What would Love do?' by abiding as Love.

The course is for you if you are looking for ways to meditate while remaining active in day-to-day life, to let go of ideas and beliefs around Self and Awareness, & to rest in Presence more of the time.

You can find out more about it in the 'courses' section of the website.

### **Become Free from Identifying with the Mind** (when asked about the mind, thoughts, addictions etc.)

Course description:

Through meditations, recordings of talks and Q&As, and supporting articles, this course will gradually help you dis-identify from the mind. By doing the course, you will:

- Understand that thoughts arise effortlessly in Awareness;
- Know experientially that your True Self is unaffected by the content of the mind;
- Learn ways of questioning your thoughts and re-aligning them with Truth;
- Gain a deeper understanding of overthinking and why problems arise in the first place;
- Recognise that there is no Self to become enlightened;
- And much, much more!

The course is for you if you are looking to gain a deeper understanding of the mind and how it works, to let go of habitual patterns of thought and behaviour, and to rest as the Witnessing Awareness more of the time. It is suitable for more advanced meditators.

You can find out more about it in the 'courses' section of the website.

Q&A

**Eloise**

Q: Hi Boyan, how do you stop the mind overriding the quiet voice of intuition?

A: Hi Eloise, thank you for your question. The best way is to allow the mind to be as it is, to not try to change it or control it. You can also try practices such as asking 'What do I really want to do next?' to connect with your True Self before doing an activity. That way, you would stop the automatic patterns that the mind often enacts, and open it up to receiving an answer from a Higher Source. When you do such practices, more and more the voice of the separate mind becomes quiet, and intuition becomes easily accessible. Another practice is to question the thoughts of the mind and the self that is creating. By recognising that the thoughts are not true or real, the mind inevitably subsides.

Q: Yes. But also sometimes Intuition rises and sometimes my mind just overrides it and in the moment I don't seem to be able to stop it - I see it later

A: Yes, that happens and that's also part of the unfolding. Following intuition is a process, and it can take time to fully re-align the body/mind with our True Self. It is great that you can already recognise when the mind has overridden your intuition, and over time you will notice it earlier and eventually be able to be in tune with your intuition at all times 🙏

### **Bernadette**

Q: I have a fear of the unknown and of letting go of control. If I am not in control I feel anxious. I've learned that fear is an illusion of the mind.

A: Hi Bernadette, thank you for your comment. Fear is indeed an illusion of the mind, because in reality we are Awareness experiencing itself alone, we are at peace and resist nothing, and everything is perfect as it is. But then these fears also arise for a reason - the separate self thinks it is in control and so these fears arise underlied by the scary thought 'what if I'm not actually in control?'. And actually this is the separate self beginning to let go and fade back into Awareness. It is a fearful process because it seems like we lose grip on we think we are and all the control that we have, and we begin to notice that we are something much larger, deeper, more present that we thought we were. There is a journey of re-aligning of our ideas about who we are with our True self. So yes, it is an illusion of the mind but it is a helpful illusion because it brings these beliefs about who we are to the surface and helps the process of re-aligning them with the Higher Truth of who we actually are.

### **Daniel**

Q: If I fear a situation, do I need to embrace the fear and it will fade as a technique to control it?

A: Hi Daniel, that's a tricky one because it means that you begin embracing the situation because it will change. However, that's not the full embracing of the experience, and there is still a desire in you for the experience to not be there. What I recommend in such cases is asking the very powerful question "Can I live with this forever?". Of course, Awareness will always answer with a "Yes", and the separate self will always say "no". As such, when you can genuinely say 'Yes', meaning that you don't look for the experience to change in any way, that is when you are resting as Awareness 🙏

### **Michael**

Q: Reality is unknowable to the mind and somehow it is also known by it. The question for me is whether that idea still brings suffering or not. If it still brings suffering it is just a belief. If it puts an end to the search, the mind begins to establish itself in stillness and to go deeper into the real. How do you see it?

A: Hi Michael, that's a great question 😊 It comes from the appearance that our experience is known by thought. Yet, these thoughts (and the mind) are themselves known, they do not know. As such, they are an expression of Consciousness, but not Consciousness Itself.

To believe that the mind knows reality does bring suffering, because it means that the mind knows Consciousness and not the other way around. In other words, it would mean "I am a separate mind knowing the whole" instead of "I am the whole knowing a mind". And as soon as we feel separate from our Self, we seek to find it again.

Once we become established in and are resting as Awareness, the mind is gradually re-aligned with the knowing of who we really are. It is not the mind re-aligning itself, but rather Consciousness "bringing up" all the beliefs in separation in the mind/body. On a relative level, continuously seeing these beliefs to be illusory is what makes the (seeming) journey of going deeper into the real 🙏

## Jaime

Q: Hi Boyan, can the mind make itself still? Or is thought what disturbs the stillness in the first place?

A: Hi Jaime, thank you for your question. Nothing can really disturb stillness, as it already is, always. Thoughts themselves appear in stillness, and focus our attention on movement. But the more we deepen our understanding that stillness is always here, the less we get lost in thoughts. Stillness allows all movement created within it. As such, thoughts are not "an enemy" to fight against or to try and quieten. It is enough to simply recognise that the mind never actually disturbed or disturbs stillness 🙏

Q: Interesting. I'm curious... would you say recognition happens in memory, in thought? Or is recognition something beyond thought? And if so, who is it that recognises?

A: Recognition doesn't happen in memory - as you say, memory itself is thought. That would imply that the mind is doing the recognition, or in other words that the mind is aware. In our experience, it is the other way around - we are aware of the mind.

Recognition is simply 'turning back' towards Awareness itself. But it is not the mind that 'turns back', it is Awareness recognising its own presence here now. And even that is not entirely true, since Awareness itself is always aware. So, a more precise way of putting it would be that Awareness has focused itself and taken on the appearance of being a mind, and then de-focuses from that appearance to recognise that it never actually focused in that way.

Q: So would you say that it's the understanding that works it's magic and allows us (Consciousness) to witness, occasionally (ever increasingly) the peace within?

Yes, it's an interesting paradox: on the one hand, Consciousness knows only itself (i.e. there is no deepening of an understanding, no glimpses of what's true, no appearance of forms). On the other hand, there is the relative reality in which thought labels things and there is the appearance of a journey "back to" Consciousness and various stages of Awakening. In this relative reality, the body/mind is being re-aligned with the understanding that Peace is who we are, which is (seemingly) an ever-deepening process.

### **Maggie**

Q: Thought seems to be an intangible thing that enters the brain and we translate it. Giving up all attempts to control it and focusing on awareness might be the key to mindful living? I don't have a clear idea of how to discuss what I'm thinking yet. Maybe I should not try as hard and just witness what's happening? Hints on how best to do that? Thanks

A: Hi Maggie, not having a clear idea how to talk about thought is a good sign because these questions transcend language and form. Here are a few hints that may help with allowing thoughts to unfold:

- Our actual experience is pure Awareness or Presence. Then, this Awareness divides itself through thought in order to experience itself as something. So thought and the creation of meaning happen simultaneously. And thought doesn't actually understand anything - it is like a private sound. Only Awareness is Conscious.
- There is a natural pattern of expansion and contraction that leads to or is evolution. At times, we can rest with an uncomfortable tension in the body and remain peaceful in the mind. At other times, when the tension is stronger, the mind also adds layers of resistance to experience by not liking and judging what is. The best thing to do is, whenever possible, simply to allow this process to happen.
- Going deeper into the layers of thinking also happens effortlessly. At times, you will find that thoughts are simply allowed to be in experience, and at other times out of curiosity or a desire to explore the thought more deeply, some practices may take place. These may include asking 'who is the 'I' that this thought refers to?', going deeper within *the layers underlying a thought* when there is a projection, or exploring what thought is when the content and information that it carries is stripped away & letting it be experienced simply as 'energy' appearing in Awareness. I hope this is helpful! 🙏✨

### **Bhavesh**

Q: Hi Boyan, general questions for you, if I may? If there is no "doer", who is the one taking a breath? Also, what is a thought? Thanks

A: Hi Bhavesh, great questions! I take it that it's not random that the two are part of the same comment, so I will answer them together. A thought is an activity of Awareness that comes and goes, and sometimes creates the sense of a separate 'doer', which in turn leads to feeling like there is something or someone that can 'act' or 'take a breath' independently of the Whole. In fact, breathing & thinking are just part of the natural unfolding of the body, much like a seed turning into a plant or a flower unfurling its petals when placed in suitable environments. And it is Awareness, our True Self, that witnesses both the coming and going of the separate self as well as the body evolving and changing as time passes



## Mario

Q: Hi Boyan, today I've been to the woods again for a few hours. When I sit and get into the stillness space I can hear that there is a little river here flowing, birds chirping and so on, but only tiny thought fragments left fading into these background noises and stillness in between. Is the hearing of this environmental sound scape also a thought or not? (when there is nothing associated with it like 'beautiful' or 'loud' or 'soothing')  
Thank you.

A: Hi Mario, that's a beautiful question. Yes, this environment sound scape goes beyond the thoughts of the personal mind. I like to still call it a "thought", but one that belongs to the Collective Consciousness or God's Dream. In other words, many individuals can perceive these 'collective thoughts' whereas only we can hear our personal thoughts. Let me know if that makes sense 🙏

Q: The answer makes perfect sense, I had assumed something in that direction - merci beaucoup 🙏

## Enlightening the Root Chakra (when asked about kundalini, tantra, sexuality etc.)

Course description:

There are a lot of misunderstandings around sexuality, intimacy and kundalini energy in our society. This course will aim to demystify these terms by exploring the root chakra from a Non-dual perspective and to by helping others:

- Understand the concept of energy flow in the body and how to release tensions through meditation and other methods;
- Develop an understanding of kundalini energy and its purpose on the spiritual path;
- Learn to navigate the sometimes overwhelming power of kundalini energy by balancing the elements within the body and consciously slowing down;
- Embrace the Non-dual perspective of life by experientially seeing that everything is unfolding as it should and - as a result - let go of self-judgment and self-blame;
- Cultivate patience, kindness, and forgiveness towards oneself and others on the path by knowing that we are all on a journey of embodying our True Self ever-more deeply.
- And much, much more!

The course is for you if you are looking to explore the root chakra and kundalini from a Non-dual perspective and are aiming to embody your True Self ever-more deeply.

You can find out more about it in the 'courses' section of the website.

## Living In Harmony: 5 Key Practices to Boost Your Intuition and learn to flow with life

In the next 5 days, I will be sharing powerful practices with you to help you experientially recognise that nothing is random and everything is always unfolding as it should, even difficult situations. This course is for you if you're looking to:

- Develop a deeper trust in the intelligence of life;
- Learn to make decisions intuitively rather than based on past conditioning by surrendering control and being fully in the present moment;
- Tap into a higher perspective and expand in love, awareness, compassion, and presence;
- Let go of fears, insecurities, and doubts.

By joining this course, you will receive daily guided practices, practical tools to begin living more harmoniously, and various opportunities for self-reflection. Join me on this journey and learn to flow with life, embrace your intuition and understand the interconnectedness of all things.

You can find out more about it in the 'courses' section of the website.



## **Staying Present in a busy world**

Throughout the next 10 days, we will explore where peace and presence can actually be found and how to maintain the quality of ease and effortlessness that we find in meditation throughout our day-to-day lives. This course is for you if you're looking to:

- Learn techniques to stay present in a fast-paced world;
- Engage in practices to directly experience your True Self;
- Explore the intelligence and intuition of the body;
- View relationships as a mirror of yourself & develop healthy boundaries;
- Understand the role of the 'shadow';
- Experientially understand that nothing is random and everything is always unfolding as it should.

By joining this course you will receive daily lessons with practical tools & techniques designed to guide you towards a more balanced and present way of living. You can expect to gain not only theoretical knowledge but also experiential wisdom through real-life examples that would help you foster a deeper connection with your intuition, navigate life's challenges with grace, and integrate the principles of presence into all aspects of your life.

You can find out more about it in the 'courses' section of the website.

Premium (high quality) event recordings and meditations:

You can find out more about them at the bottom of the 'topics' section of the website.

Pricing:

To learn more about the various pricing options for Boyan's services, please schedule a free 30-minute call with him. During this call, Boyan will provide you with detailed information on the pricing options that best suit your needs and preferences.