ZOOM “WITNESS”& “CONSCIOUSNESS TOOL KIT

What we are looking at is not “mystical” (a misnomer), but ways to help folks see that there are three different ways we, as individuals, can view the same world we see. These three views are:

1. We see ourselves as SEPARATE OBJECTS with everything in the world SEEN as separate too. (This is the view that at least 95% of the world population uses all the time.)

1. WITNESS. Using this view, we see ourselves, individually, as the SUBJECT (awareness) and the rest of the world as objects collectively (consciousness).
2. EVERYTHING. In this view, we see ourselves as part of everything. (We are consciousness too!)

Because we are so habitually programmed with View #1, it takes a real awareness “shift” to see from one of the other Views. Our minds and thinking are no help. You can’t get there by using your mind or your thinking. They are even beyond mindfulness!

So we might first get only a brief “taste” of #2 or #3. So the brief glimpse needs to be nurtured and revisited whenever possible—like working with a weak muscle to further longer visits to that view.

We’re programmed to think that CONSCIOUSNESS is sourced in our body minds. It isn’t. CONSCIOUSNESS contains and overarchs everything!! We tend to objectify CONSCIOUSNESS by calling it “God”. Any non-object name can be substituted, e.g., “awareness”, “conscious awareness”, “cosmic energy”, “loving flow “, “non-dual awareness”, “continuing presence”, “presence”, “radiant mind”, primordial presence”, unconditioned awareness”, “awakened consciousness”, etc. “God” works if you can see it as an indescribable non-object---not the man in the throne with a long beard, etc.!!!

So this Tool Kit is a compilations of “pointers” that may help “by-pass” the mind and access CONSCIOUSNESS, because we can’t describe CONSCIOUSNESS---you have to FEEL it---BE IT. The mind will want to make it a philosophy. Making it a part of your impersonal thinking so you can talk about it--- but you aren’t it!

These pointers or exercises can help if we “grok” them and not “think” about them, not trying to make them part of your intelligent arsenal. Instead, we aim to feel them with understanding.

So what are the advantages of coming from either View 2 or View 3? Here is my take:

Your physical view of the world doesn’t change, but the attributes of the new view begin to appear in that:

1. You begin to be flooded with peace—feeling of coming home;

  2.  You begin to feel good for no reason;

  3   You begin to experience the oneness beneath separation;

 4. You begin to experience that solutions to problems bubble up.

 5. You begin to uncover your unique gift and how to share it with your world.

So here are a few tools we might allude to in our Zoom meets:

1. An overview from my teacher, Rupert Spira:

“THERE ARE THREE ESSENTIAL STEPS ON THE SPIRITUAL PATH:  THE FIRST IS TO NOTICE THAT ONE IS NOT A BODY OR A MIND, BUT RATHER THE AWARENESS (i.e., consciousness)) IN WHICH THEY APPEAR, AND WITH WHICH THEY ARE KNOWN; THE SECOND IS TO EXPLORE THE NATURE OF AWARENESS AND DISCOVER THAT IT DOESN’T SHARE THE DESTINY OR THE LIMITS OF THE  BODY AND MIND - THAT IS, TO DISCOVER ITS ETERNAL, INFINITE NATURE; AND THE THIRD IS TO LIVE A LIFE THAT IS CONSISTENT WITH THIS UNDERSTANDING.”

      Rupert Spira

Note: Here the primacy of consciousness is noted, out of which our minds and bodies (and all else) appears. Then, through our understanding and feeling, we begin to sense “who we are” and know that THAT is infinite!

2. Here is a summary of what was presented at the CLI 12/8 Forum:

The Untethered Path to the Ultimate Paradigm Shift

(A summary/edit of the first 4 chapters of “The Untethered Soul” and The Twelve Step Guide to Spiritual Awakening.

It’s crucial for this approach to see the essential need to separate us from our thoughts. To see that we’re not our thoughts—or if we already feel separate from our thoughts, to see that our thought system is antiquated.

Chapters 1 and 2 of the Untethered book deals with these issues.

So, standing in there separate from your thoughts and thinking, WHO ARE YOU?

Chapter 3 of the book is the KEY to finding out who you are!

It’s vital that you GROK and understand the exercise steps in Chapter 3 separate from your thoughts and thinking!!

You can see that it’s a process of seeing through the levels, what you are NOT! (Eastern disciplines called this “Neti Neti” [“Not This, Not This”]

 An examination shows that your are:

 A. NOT IN YOUR THOUGHTS (you’ve already separated from them!)

 B. NOT YOUR NAME (that’s just your life-time label)

 C. NOT YOUR LIFE EXPERIENCES (they are just your story—memories)

 D. NOT YOUR BODY (the same you has always been in there—even as a kid)

 E. NOT THE OBJECTS YOU LOOK AT (not the outside)

 F.  EVEN WITH YOUR EYES CLOSED—AREN’T YOU THERE?

       YOUR CONCLUSION:

“I am the one who sees. From back in here somewhere, I look out, and I am aware of the events, thoughts, and emotions that pass before me."

                 (YOU ARE THE 0NE WHO EXPERIENCES THINGS)

 YOU ARE AWARENESS—CONSCIOUSNESS.

                CONSCIOUSNESS IS PURE AWARENESS

   YOU LIVE IN THE SEAT OF AWARENESS

3.

Question:   Do you have a gender?

                  Do you have an age?

                 Do you have a weight or dimension?

                 Do you have a race?

    KNOW THAT YOU ARE CONSCIOUSNESS, which is not sourced in your body or mind.

   A MIRACLE INSIGHT!!!

    A SPRITUAL BEING WITH NONDUAL THINKING

AS CONSCIOUSNESS:  WE CAN FOCUS NARROWLY ON OBJECTS, THE BODY IN THE WORLD)

   OR WITNESS THE WORLD  AND BEYOND

TO ACHIEVE THE “WITNESS” POSITION:

 GLANCE AT THE ROOM OR OUT A WINDOW WITH “SOFT EYES”  (YOU SEE EVERYTHING AT A GLANCE WITHOUT FOCUSING ON ANY ONE THING AND WITHOUT HAVING TO THINK ABOUT IT).  “WHEN YOU JUST LOOK WITHOUT CREATING THOUGHTS, YOUR CONSCIOUSNESS IS EFFORTLESSLY AWARE OF, AND FULLY COMPREHENDS, ALL THAT IT SEES.”

SO “YOU ARE THE ONE WHO SEES.  FROM BACK IN THERE SOMEWHERE. YOU LOOK OUT, AND YOU ARE AWARE OF THE EVENTS, THOUGHTS, AND EMOTIONS THAT PASS BEFORE YOU.”

A TRUE SPIRITUAL BEING LIVES THERE, WITHOUT EFFORT AND WITHOUT INTENT.  JUST AS YOU EFFORTLESSLY LOOK OUTSIDE AND SEE ALL THAT YOU SEE, YOU WILL (EVENTUALLY) SIT FAR ENOUGH BACK INSIDE TO SEE ALL YOUR THOUGHTS AND EMOTIONS, AS WELL AS THE OUTER FORM.  ALL THESE OBJECTS ARE IN FRONT OF YOU.  THERE YOU ARE BEHIND IT ALL.

THAT'S WHERE YOU HAVE ALWAYS BEEN.

     NOW YOU ARE IN YOUR CENTER OF CONSCIOUSNESS—BEHIND EVERYTHING—JUST WATCHING.

That center is the seat of SELF!!

NOW YOU ARE AWARE OF BEING AWARE.

THAT IS THE SEMI-ULTIMATE PARADIGM SHIFT!!!

THAT IS THE SEAT OF BUDDHIST SELF, THE HINDU ATMAN, AND THE JUDEO-CHRISTIAN SOUL.

THE GREAT “KNOWING” BEGINS ONCE YOU TAKE THAT SEAT DEEP WITHIN.

(NOW, HOW TO CONTINUE TO ACCESS THIS POSITION?):

The awareness of your center of consciousness (wisdom position) is initially like a weak muscle.  Our habitual focus from our thoughts and body draws our consciousness to a focus on separate objects—and we lose our centered awareness.  When we’re aware were focused separately, Singer, in "Untethered Soul", suggests we say inwardly: “Hello, Hello” to call us back to our centered awareness.  Try it and see if it works. The more we can go from separateness to awareness, centered awareness is strengthened and gradually continues for longer periods of time.

(Note:  when centered-awareness become natural, we can focus singly while staying  with the centered feeling!).

So when you are no longer being drawn so much into the separate thought-body focus, you’ll realize that your inner universe is actually very expansive.  You will gradually feel conscious energy flow in from behind and bring you great love and joy!  Your entire path becomes letting go of your thought-body patterns in order to merge with your consciousness.

This is the final ”miracle”.  You gradually move from being the witness of everything to BEING EVERYTHING!  THE CONSCIOUSNESS THAT YOU ARE!

At this point you know yourself as Self, yet people, places and things continue to interact with you.  The difference is that, in actuality, you have awakened and your body & mind are the agents of your consciousness here on earth!! The world, mind, and body cannot disturb you, and your loving energy contributes to a more beautiful world and universe.

YOU HAVE THEN EXPERIENCED THE ULTIMATE PARADIGM SHIFT!!

3. Another method to open our selves to Witness or Consciousness views, is groking a “pointer”—we can’t describe the View but we can point to how the View might be experienced. Here’s a classic “pointer in the form of a poem:

LOST YOUR GLASSES?

Stop in your tracks.

Stop for once and notice what is always here.

Notice what is always present in all your experiences.

See that there is a constant stream of things coming and going.

Thoughts, feelings, sensations, people and happenings.

They all have a beginning and an end, constantly changing.

Notice that there is something that notices this stream,

Something that is always here, unchanging.

This something is just here.

It is always here.

It is never not here.

Always Present.

The one thing that is constant.

It is so close and natural to us that we fail to notice it.

It is like the fish in the ocean looking for water.

It is like searching for our glasses while all the time

we are looking through them.

We are this timeless always present Awareness.

Already the case.

 Anamika Borst from her “Life at Zero Distance”

If you experience it as you grok it, the poem points to a part of you (YOU—the witness) that doesn’t change when everything else does’

1. Here’s another exercise that might help you experience your Witness view:

Close your eyes and feel and visualize your whole body and mind as a VIDEO CAMERA. As the camera, open your eyes (like opening the aperture lens) and view or scan the moving scene that you see—traffic, people moving around—whatever you’re viewing –then note that you—the camera—is scanning or witnessing it all, but it stays “recording” while the scenes being viewed move and change. See that you—like the camera---are the witness¨ of it all!!

1. When you get a “taste” of witnessing or awareness of “who you are” and you fall back to the # 1 Separate view and thinking, we can often recall the feeling of the new view by choosing a PASSWORD-- word or phrase of one or two syllables-- to remind you to detach from your thoughts and re-experience the Presence within you. The default Password, we’re designating, is saying “HELLO” silently to yourself—or make up your own “magic” word! (It works best for me by saying it on the exhalation of my breath!)

 (This works well in dealing with our “monkey mind”, whose chatter shows up when our wonderful minds are not actively engaged in constructive mind work like when we’re talking to people, focusing on work or a crossword puzzle, reading a book, watching a movie, etc..)

1. A good “quieting” mantra is also:

 Say:

 “I” (On inhalation)

 “AM” (On Exhalation)

 “HERE” (On Inhalation)

 “NOW” (On Exhalation)

 7. Basically, we are doing what is seldom done on our culture: We are exploring ourselves!! A universally unknown territory!

So here is another classic pointer to our natural self. It demonstrates how close these latter Views are to ‘who we are’:

In this approach, you ask yourself: “Am I Aware?” (And, of course you are aware.) You are aware of whatever you are aware of at that moment—and the next etc.: sights, sounds, thoughts, tastes, smells, emotions, sensations—whatever. Then when you’re comfortable with being aware of whatever, ask yourself, “Am I aware of being aware?” FEEL your answer bodily! ‘Awareness of being aware’ (the Witness again!) is who you are: the WITNESS OF YOUR AWARENESS!!”

I know the power of the mind and thoughts to obscure these simple direct messages, and hints being conveyed. No problem. J

We’re just sewing “seeds” and we can discuss any of these during our monthly ZOOM time.

So Be It:

Stu (sim)