

I may ring this bell a few times during our meditation. A bell is a call to awakening, awakening out of thought into presence, the shift from thinking to awareness. That's why we're here.

(Rings bell)

Noticing the Silence.

That in you which notices the Silence is not thought, is not thinking. It is Stillness, Presence.

If or when thought still comes, you can recognize it as the movement of thought without being completely drawn into it.

(Rings bell)

Allowing this moment to be as it is takes you out of thought, noticing Silence takes you out of thought, feeling the aliveness of the inner body takes you out of thought, and even noticing a simple thing like your breathe takes you out of thought, just noticing that you are breathing.

And the thinking that does still happen is just a surface phenomenon, wave movements.

A few sense perceptions are still there, the voice that you hear, some noises in the room but not very much here.

A few sense perceptions, perhaps a few thoughts - objects in consciousness come and go.

You could say that's the foreground, which is what occupies most people's attention completely; and we are interested in the background, the space of awareness itself.

You can't KNOW it, you can only BE it. You can't make it into an object.

It's the "I" in the "I Am" that goes when the story goes, the story of "I Am".

(Rings bell)

Not trying to achieve a particular state, that's a fallacy of the mind. Whatever state is there is good enough, it's enough to accept what's there, internally and externally. Nothing else is required but to accept what's here now.

Mind is still active, so what? Let it be active, that's what is, that's okay.

Whatever you accept you go beyond, that's a miracle. (He laughs)

If you fight it you're stuck with it. (He laughs louder)

Most meditators are attempting to achieve a particular state (he laughs), not happy with the state they're in. "It's not the PERFECT state". (He laughs)

The perfect state is the acceptance of now.

Eckhart Tolle

So we've been talking quite a bit. You don't have to get into the lotus position but if we close our eyes, or if you want you keep them open.

Just see if it's possible to just "drop" that person who's been walking around with you all these years, the one who's been trying to work this all out and make judgments and calculations. You don't need that ever, and you don't need boundaries, you don't need boundaries. Just get a sense of no boundaries. Let there be a sense of no boundaries, of being no-thing.

Simply awareness, seeing whatever arises.

It's absolutely simple and it's absolutely what you are. Just let awareness see what arises.

And don't give what arises any identity. See if it can just be as it is, without any recognition or identity; don't try and work it out or control it.

Thank you.

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Let's close our eyes and be open to the possibility that there's no one there, that there's simply awareness - silent, still impersonal awareness - and whatever seems to be happening is arising in that. Just be the watcher.

As you watch what's arising, don't bring any judgment into what you perceive, whether they're noises, feelings

in the body, or thoughts. Whatever there is, let it simply arise in nothing.

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Let your questions fall away and stop trying to work anything out. Drop everything, including the person who's been sitting on your shoulder and passing judgment on your life. Let there be no boundaries, just space. Let the beloved arise in that space in whatever form it takes. You ARE the stillness; you ARE the silence in which everything arises. Embrace that which never moves and is totally still

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We've been communicating all day. Shall we be quiet for a while? Close your eyes or keep them open since whatever arises is the beloved. Let there be no one and nothing, but whatever arises.

Tony Parsons

Supposing there was no next. Not a next experience or a next thought to engage. There was not another moment, there's only here like this.

So you're not waiting, no need to wait nor anticipate.

And whatever is happening is just happening, it's not happening to YOU.

And there's no start or finish for this.

There are no special postures, there's not a favorite time, no moment is more auspicious than another moment.

A place of complete effortlessness.

There are no conditions to meet.

And though some thoughts may come with a sense of suggesting or judgment you need not be concerned about it, it will only have power if you give it your attention, and right now this is not required.

So there's no need to police any thought, leave it be, you can do it.

And it doesn't matter what is going on in your body. If there is tension there don't give it any particular meaning, it means nothing, it simply means there is tension there.

And nothing sticks to you.

And though you are perceiving effortlessly, you're actually formless. You're not imaging this, simply you are observing.

There's no special way to be, and there's no special place to be where you're more you or less you.

And there's neither minutes nor seconds for this, these are just thoughts.

And yet you're fully conscious. And even if the feeling of sleep or tiredness is felt in the body, that tiredness is appearing in the awareness itself.

You do not need any technique to be. You are.

You know what it's like to feel the sense of being a person, but this is also observed in you from beyond any idea of personhood.

It doesn't matter what your mind thinks, your Beingness does not suffer except when you become involved.

Very good.

Be aware of simply what is by itself, it has no special names - Nameless, Unborn.

No imagination required. Here you don't have to be creativity, simply that is and I Am That.

And nothing to prove or disprove, just that unbroken expanse.

And there is no need to visualize, no need to create any image, no image represents that.

No shape contains it, no concepts convey it, no intention can make it happen.

Mooji