

Aren't Dvaita and Advaita two sides of the same reality?

Dvaita and Advaita are both concepts which appear after the formless reality was known through form-based existence. Prior to experiencing the form-based existence the reality was not knowing anything, as there was nothing other to know.

Knowing and labeling occurred within body-based illusion of experience, experiencer, and experiencing, along with the concepts of birth, death, life and so many other illusory body-based concepts.

You are not body. You are formless. All of the body-based existence, concepts, knowledge, labels, etc. are completely illusory, as you are not, were not, and can never be a body form.

There are no sides or limits except in appearance, you are formless.

What is beyond Samadhi?

You are prior to every experience, Samadhi is an experience, you are prior to this. If you are experiencing Samadhi, then there is still some remnant of an experiencer. You are prior to every experience, you must be there in order for an experience to be perceived, even the first or primary experience 'I exist' on which an entire world rests.

How do I meditate in ten steps or less?

Observe your breath naturally flowing in and out. Now try and observe the observer of this observation of breath. Where is this one located? Who is observing the observation of breath? Who am I? Of course, nothing that can be observed is you, the observer. Continue earnestly and this will produce within you the deepest peace and stillness, on which all of the things that can be observed appear and disappear.

In Advaita Vedanta, what does it mean by, "I am not the doer."?

You are not body. You are formless. Formlessness can never be separate from form, even if you think about this with the veil of ignorance of body-based knowledge, formless would provide the background from which form appears and disappears, consider space.

Whether murder or lovemaking occur within the space in a room, the space just is, it is not doing anything, merely provided the background on which activity may appear.

As you are not a body, all of the body-based relations, knowledge, and the illusion of experience, are completely false. They are anchored with the false perception of being a body, in a world, that is born and dies.

You are not body. You are formless. Even formless is a concept only known after the body-based illusion has appeared.

Is the use of intellect not advisable for self-inquiry since this requires active use of thoughts? (which most meditation techniques frown upon)

Presence within the body is trying to find out who am I since it appears to be covered by the body form and confusion arises. All inquiry is to remove the illusory layers which appear to distract you from the reality.

You are not body. You are formless. All of the body-based existence is absolutely illusion as they occur within you, not you in it.

Self-inquiry allows this to be perceived directly as Presence remains with Presence using the body form.

Presence has discovered itself within the bodies of the Spiritual Saints who have tried as best they can to tell the same Presence within the body that it is using, labeled with your name, You are formless, timeless, spaceless, birthless and deathless.

Please discover this truth for yourself and step out of the illusory body-based existence and all of the concepts, beliefs, relations, and so-called knowledge that came along with it.

Any knowledge or experience you have acquired through the body is meaningless, as you are not the body.

Discover this truth for yourself.

Jai Sadguru!

Can meditation help to control and relax impulsive/obsessive/anxious minds?

Yes, of course. Meditation allows you to observe thoughts, images and emotions that are flowing constantly, this is labeled as mind.

Your position as the observer creates the understanding that you are outside of the process.

Understanding that you are out of the flow, allows for attention to be directed towards or away from this flow.

Once it is deeply impressed that you are outside of the flow unless through attention you jump in and get carried away, the famous analogy of the river, you will no longer be carried away.

Impulsive, obsessive, and anxious are no longer impressed as you are no longer being carried along with this flow, you are outside, unaffected.

Perhaps in the beginning you will not completely understand what is being said here and that is good. You are meant to experience directly, not understand. Take the experience described as something which has already been discovered as truth, and seek to prove or disprove for yourself, the experience of one who knows.

What could be the simplest definition of 'awakened', 'self-realization of God or enlightenment' and 'meeting with God or getting His Darshan'?

Presence within the body, recognizing, 'I am not body', while holding the body form which is appearing within the formless, body-less, timeless, space-less, birth-less, death-less, Presence, That You Are.

Sitting with that sentence, reading again and again, will produce such recognition and relieve you of this body-based illusion of experience, experiencer, and experiencing.

Jai Sadguru!

What do advanced nondual teachers think of the law of attraction?

Non-dual is literally not-two. So, what could be attracted to what?

The highest quote advanced non-dual teachers speak one absolute truth.

You are not body. You are formless. There is nothing except formless you. All of the knowledge that you have gained using the body is meaningless, as you are not a body. All relations, all knowledge, all experiences, begin with the wrong perceiving point of being a body in a world.

If the so called advanced non-dual teachers entertain dualistic concepts even in their explanations of non-duality it is only because they are not yet aware of the truth and believe that there is something to be gained (money, publicity, etc.)

The absolute truth is very simple. You are not, were not, and have never been a body in a world having experiences, you only appear to be.

You are not body. You are formless. The illusion of experience (living a life) is conceptual built on the wrong perspective of being a form (body) within a form-based existence (world of name and form).

Teachings and teachers say you can't realize the Self without practice meditation, so how come some wake up from reading a non-dual book which is just more concepts and intellectual knowledge?

Waking up is very different than Conviction. Knowing you are That and living with the Realization while still in the illusion of name and form (body-based existence) are as different as a woman who knows she is pregnant yet has not felt the first kick or movement within.

Books and spiritual knowledge are there to reflect reality, to invite the attention of the formless Presence, You Are That. Dissolving illusion and deepening conviction requires absorbing Presence acting as quicksand for the body base.

According to Vedanta, how is it logically possible that consciousness is in matter too?

Due to the misidentification of being an object within Consciousness, consciousness perceives objects as being separate and apart. When you recognize your true formless nature then the material will be easily discerned as within the immaterial, or the known within the unknown.

As long as you are identified with a body, the dream of consciousness or (Maya if you prefer) will continue to delude you into creating a story of living a life through the concept of 'birth'.

This is so very easily seen in a dream. You are laying down sleeping, consciousness creates a dream world, and you appear within it and begin to perceive the dream from this perspective. Of course, your body is laying down sleeping and upon waking you are able to understand that everything occurred within the dream, and that you never were in the dream, the dream was within you.

It is the same in the so-called waking state, only 'waking up' is done after the body form can no longer sustain your essence, which will end the concept of experience, experiencer and experiencing.

Jai Sadguru!

Can you be fully aware of your presence?

You are fully aware of your presence as you are fully aware that you exist, which is the indication of your presence.

Your existence you cannot dispute, who or what knows this existence or presence you must discover for yourself.

You are always fully aware of your presence, the position of the one who is aware is the real question to be answered. Who knows 'I exist' Who am I?

What is the origin of karma for a soul? How did the karma cycle start in the first place?

Ignorance is the origin of Karma.

The ignorance or misunderstanding that the formless, timeless, attribute less, is a mere body form in a world.

Knowledge of one's true position will break the cycle of ignorance of which 'Karma' is a concept within.

What is "enlightenment"?

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'Enlightenment' is simply the dissolution of the false concept of separation brought about by belief in being a body, which creates the illusion of experience.

You are not body. You are formless. While belief in being a body in a world is still impressed through thoughts flowing in mind, you may use the body-based concept of spiritual seeking to create the body-based experience of 'enlightenment'.

Once you have discovered your true formless nature through direct experience, you may discard the illusory body-based knowledge that brought you seemingly to the doorway of yourself.

Since you are formless, none of this has actually occurred, however the thoughts flowing through mind will no longer impress the state of illusion and the concept of separation will be destroyed through understanding.

While you are believing that you are a body in a world having experiences, enjoy the seeking, once you understand and identify yourself perfectly, enjoy the dream.

Can meditation become an addiction?

Yes, the deeper the meditation the more unbelievable silence and bliss will be discovered. The more you remain with your Self the more you will desire your Self, and nothing else. The more you remain with your Self the less of irritation, frustration and despair will be able to enter and distract you.

Eventually you will want nothing other than your Self, no matter what outward activity you may be seemingly involved in, you will remain peaceful and undisturbed, naturally.

Then you will see from the true position that everything, including the experience of the separate existence, is occurring spontaneously within the meditation, ceaselessly.

You are the source of All Bliss, All Peace, All Happiness, by removing the apparent distractions that take away attention, you will realize this truth.

How can we know the level or stage of spiritual enlightenment of any person?

Know yourself first. By truly knowing yourself you will no longer care to use the mind to judge allowing the illusion of separateness.

Judging others progress will only retard your own.

Any other answer will be a love letter from mind to mind and further the illusion.

What is the path of enlightenment?

Accepting the truth that you are not body, you are formless. Impressing this truth through your daily experience and remaining formless, without following along with the mind created illusion of duality.

You have read the books and heard the truth. Now you must experience this truth directly in your experience, removing doubts as each moment arises.

Jai Sadguru!

Why does enlightenment feel like a chore? Why is it that I'd rather watch YouTube instead of meditating or focusing on presence or being the self?

The body-based existence is intolerable, you must have constant distraction as you are identified with a mind that is constantly in motion as 'my thoughts' and 'my mind'.

Until you are able to sit quietly with yourself there will be no peace, even though you are the source of peace itself.

Watching YouTube in itself is not bad or good.

Try to watch the watcher of YouTube, see from where attention is arising, observe this body mind as an object. Watch the watcher, observe the one that is uninterested in finding presence or the self.

If enlightenment is already our natural state, then why do enlightened beings report a notable qualitative shift in their consciousness before and after their awakening?

You enter a dark room and stumble around eventually understanding where objects are and how to move around without seeing. When you turn on the light the experience has shifted dramatically as you are no longer needing to interpret and remember where objects are, you are seeing them, using this new 'sense' or understanding. Sight was always there, it was not added, it just required the darkness to be removed.

What does Nisargadatta Maharaj mean by saying he was never born?

Yes, You are Unborn. All of the births and deaths occur within the consciousness which creates the illusion of duality through identification with a body form. You are not body you are formless. The illusion of experience: birth, life, death, is impressed through identification with a body form. The body form is an appearance within the consciousness which has appeared to you.

You are prior to every experience. Formless you experienced the sensation 'I exist' or 'I am' which was the beginning of time, or the life span of the body through which you know 'You Are'. The appearance of 'I am' or 'I exist' will disappear when the body can no longer sustain the illusion of experience, so called death.

The one to whom the 'I am' appeared had to be there prior to the knowing of the appearance. You Are That.

That is formless unmanifest Presence which manifests and is felt through the body as the feeling of 'I am' or 'I exist' (Presence). You know of your existence through the body form, however you existed prior to knowing your existence.

Therefore, Sri Nisargadatta Maharaj rightly states, "I Am Unborn, I Am That".

Jai Sadguru!

Why would someone who is enlightened tell others they are? Would that not mean they are identifying to their personhood?

Enlightenment is the dissolution of the false concept of separation impressed through identification with a body form. Speaker and listener are one. You are speaking to yourself about yourself, there are no others. The wrong perception of being a body creates identification with thoughts that impress the false concept of 'person-hood'.

Formless Presence, That You Are, is all there is. While you are holding a body form naturally you will utilize the instrument of communication.

Speaker and listener are one.

Can someone teach me to become my highest self and stay as so? None of what people told me worked, may you tell me an easy simple way?

Observe your breath naturally. As you maintain the observing of breath after some time you will notice that the flow of thoughts corresponds with the breath.

On this noticing you may deliberately slow your breath to slow the thought flow, impressing this correlation between breath and thoughts.

Slowly after some time, turn attention towards the place from where this observation is arising.

Who observes breath and the flow of thoughts?

Concentrate on the concentrator.

This formless concentrator will draw you into yourself and provide all of the answers as it will erase the position of the questioner or dissolve the questioner through understanding the correct perceiving point.

This practice will guarantee the body-based experience of 'Enlightenment'.

Why do most truly enlightened souls become silent when they're asked to describe the moment of enlightenment?

You are told a stove is hot. Every day you walk by and contemplate on whether this is true or false. Until one day you go and place your hand on the stove and discover for yourself, the stove is hot, pulling your hand back in pain.

For someone who has yet to experience directly for themselves that the stove is hot, what words can impress or describe the experience?

Other than to say, I once wondered if the stove was hot, and now I have directly experienced this hot stove, you also must understand fully, directly experience this hot stove for yourself, which will remove the doubt as to whether this is true or false.

Why is consciousness so mesmerized by its own creation (forms)?

You do not know you exist. Suddenly the knowing of existence appears along with so many other things. All of these things are seen, you the seer are not.

You fall in love with the aliveness of life, the love to Be. You desire to Be forever.

The consciousness continues to present an amazing array of experiences and things to be seen, including the idea of a seer or actor within the consciousnesses that seems to be sustaining the feeling of existence.

You are prior to every experience. Even this experience of existence which created the concept of duality, 'I am' or 'I exist'. This followed 'I exist' as "some form". If this form is no more this "I" will no longer exist. Which followed "There must be something after "I" am gone, otherwise why would "I" exist.

The "I" known is a concept. The knower is prior to the known. "I am" creates the love to Be. The forms that appear and disappear within consciousness sustain the illusion of duality and the perpetuation of this "I" who loves to Be.

How do I defeat Advaita Vedanta?

Advaita Vedanta is a concept that came along with the body. You are not body. You are formless. Prior to the body experience you did not know anything, not 'Advaita Vedanta', ego, mind, intellect, nothing. Not even yourself.

You are wearing layers of illusion (body-based impressions) and taking them as true.

Do enlightened people find boredom as the major difficulty in their life, as high functioning psychopaths do?

Enlightenment is the dissolution of the false concept of separation brought about by belief in being a body creating the illusion of experience (I am someone in a world of other someones).

Without the pressure of body, mind, ego, there is no local identification with an object in space that creates the concept of time.

Life is spontaneous, as you are no longer imagining an illusory timeline for a non-existent entity, impressed through memory as desire and fear.

No, you, no time. Or in reality prior to the concept of time being established in conceptual belief.

Spontaneous existence, arising, and subsiding in each moment.

What would happen if you couldn't remember the past and you couldn't imagine the future, but you could only focus on the present moment?

You would be very close to reality, except there is still a you that you believe knows this. The knower needs not know as this creates the illusion of duality of the known and the knower. The knower simply is.

Why are there so few enlightened people?

There are no 'other people'. Concentrate on yourself, then the whole world will be enlightened. 'Enlightenment' is the dissolution of the false concept of separation brought about by the belief 'I am a body'. Belief in being a body creates the illusion of experience, an experiencer, and a world in which to relate to 'others'.

All of this is completely untrue as you are formless. You are not, were not, and never could be a body. Discover this truth for yourself and the illusory world with all of its questions will be answered spontaneously.

Is it possible to want and not want enlightenment at the same time (for instance, wanting imperturbable peace but also to get lost in passionate emotion, or wanting oneness but also dual relationships with "others", etc.)?

You have summed up the egoistic spiritual journey. The idea that there is something to be gained or lost is due to the egoistic perception of reality and not to reality itself. Reality is reality whether you acknowledge it or not.

If this is truly a non-dual universe, why don't we experience universal awareness? Why is consciousness fragmented/isolated as separate bodies instead of being collectively available for telepathically sharing thoughts, feelings & sense perceptions?

Non duality would be absence of an experience or experiencer, literally nothing. Everything that would appear or could be seen would thereby be illusion.

You now have the Absolute knowledge which is self-evident and can only be discovered through the concept of duality..

If the waking state is a dream, then who decides the events happening in the dream?

Cause and effect are body-based concepts. You are not body. You are formless. Actions within a dream are spontaneous. You do not decide to see this dream and the next night another dream. Identification with dream characters creates the illusory story line from the perspective of being within the story.

Without identification with one of the dream characters there is no story line, no cause and effect, just forms appearing, dancing, and disappearing.

There is only one consciousness that's quality is to create whether it is creating the dream while the body is laying down sleeping, or the waking dream while the body is able to sustain the formless essence.

Once the body loses its ability to sustain the formless essence, neither waking nor sleep, nor 'I am' will be experienced.

What could be the means to dis identify from the body and the mind?

Meditation allows the temporary dissolution of the body-based impressions labeled as mind. Observation of this flow without identification, concentrating on the center of concentration allows the un-winding of the body mind identification and pressure.

As this un-winding deepens the Presence which Is will be discovered. As attention is placed on Presence and no longer on the layers of body mind impressions, the Presence will dis-identify with the layers spontaneously, revealing the true formless nature of the center form where all of this concentration is actually arising.

Remaining with Presence is all the body mind illusory entity labeled with your name can do. Presence That You Are, will dissolve the illusion, including the concept that there ever was anything to be dissolved such as body and mind.

Can you say something that will help me to realize enlightenment in this instant?

You are not body, you are formless. The illusion of experience is created due to the false belief o body. All body knowledge, relations and experiences are illusion. This is the Highest Truth and impressing this will cause spontaneous understanding, which in the body-based illusion is called 'enlightenment'.

Now discover this Truth through single pointed earnestness and a burning desire to know yourself formlessly.

Should I let the body (id) run my life and live a life of indulgence and excitement, or should I let the mind (superego) run and live a life of intellect?

Find the one that knows both and uses both as instruments. You know the body, you know the mind, therefore you are outside and unaffected by their workings.

Both body and mind are instruments at your disposal, for a time, called a life.

I'm interested in the teaching of Ramana Maharshi. After some searching, I am wondering if God is all there is does that mean that all of "my" desires and "my" will in this experience are the desires and will of God?

No 'me', no 'my', just God. Not God as a concept, God as the unmanifest able to manifest as everything while remaining unmanifest as nothing.

Just as nothing in 'your' dream is different or separate from 'you', so it is with Gods dream, or the manifestation in which nothing is separate or different from God.

Who wants liberation? Is it the same "I" which wants sensual pleasures? If it's the same "I" then why does it want liberation and from what, if every disturbance is created by "I" only?

“I” misunderstood as body, mind, ego, intellect wants everything. “I” understanding from the true position is everything and wants nothing. There is only One.

Why is it so hard for me to relax while meditating? I can feel the vibrations, but I’m not fully relaxed to make my body feel weightless.

It sounds like there is an unwillingness to let go of this you that is meditating and simply allow the meditative state to arise. You are the surface wave; the background is the ocean of meditation. You and the Ocean are One.

How can I live in the now and still honor my loved ones that passed away, if I won’t remember them?

No remembering, no forgetting, no separation, the same Presence that is holding the body with the label of (your name) is the same Presence that at one point held the body of (loved ones name). By being in the moment, the razor's edge of reality which is too thin for a ‘you’, there is only Presence. Presence manifests as a sense of existence which can be felt when ‘you’ are removed from obscuring it. Presence is That which provides the aliveness in life, where otherwise lifeless forms would be.

What are some absolute truths that no one would disagree with?

You are. You exist. No one can dispute that they exist. The only dispute is labeling how this existence is. Who or what knows ‘I exist’ can be disputed. ‘I exist’ is indisputable. No one can say ‘I do not exist’.

Who is asking the question ‘who am I’? Is it the self or the ego? Who receives the answer and why?

‘You’ are asking the question of course. Find out who this ‘You’ is. You are prior to every experience and anything that can be perceived or witnessed is of course not ‘You’.

Don’t just mentalize the question, inquire, discard, discover. This is the most important question that demands your full attention.

How can you possibly know anything if you don’t know yourself?

What do the real Gurus understand from looking at your picture? What insights do they gain? The question is asked in an innocent way and shouldn’t be construed otherwise.

Guru is formless, you are formless. Whatever image that is being projected within the formlessness is seen through, as there is only formless you.

If you are still holding false beliefs in being a body and you are seeing the Guru as a body that’s fine, understand the Guru does not see you as such.

The Guru understands completely there is no difference between the Seer and the Seen.

Is leaving behind friends and family, a spouse, or children to wander the earth in search of spiritual enlightenment more a selfish act or more an expression of freedom?

You are formless Presence. There is no where you are not. You cannot leave where you are unless you use the concept of being a body in a world. The concept of being a body in a world allows the egoistic sense of self to create an appearance of autonomy or doership.

This is of course totally false, however Presence by nature will reflect what is impressed spontaneously. This causes all sorts of nonsense, changing clothes, wearing beads and garlands, growing the beard long which are all signs of body identification and the concept 'I am somebody else.'

All relations are body-based relations, and you are not a body. Whether to leave or stay is a completely wrong idea based on belief in being what you are not.

Presence in the body, is the same Presence in which all of the forms appear and disappear. There is no separation. Formless Presence cannot go anywhere, as it is everywhere.

How do I not judge myself in meditation and observe my thoughts right? It seems hard for me. What should I do?

Do nothing. Observe the fact that thoughts are able to be observed without any need to do anything. Allow thoughts to come and go.

Even a "busy mind" can naturally notice that you are outside the whole thinking process. Observe thoughts and images as they dance across the screen of mind.

Do nothing. Observe the fact that thoughts can be observed. Body is not observing thoughts. Mind is not observing thoughts. Where is this Observer?

If I am outside the mechanism of thinking, Who Am I?

Why is there duality?

Why is there duality?

The concept of duality is needed to create the illusion of experience. You are not body. You are formless. Formless you is of course unable to 'do' anything. The concept of duality creates the illusion of experience by creating a body in a world with which you may identify as yourself.

This gives you the ability to impress that you are a separate person living a life, with a family, a job, friends, maybe wife or husband, and possibly kids.

You are formless, and in reality, cannot be divided. However, the concept of duality allows you to appear as many and imagine many things. Giving the formless, attribute-less, Presence the ability to imagine a form-based existence.

Without duality, you would just be eternal, formless, everything and nothing, the unmanifest which is the background of all manifestation. Which you are anyway, but with duality you are able to appear as if you are not.

If freewill does not exist according to non-duality, then how can someone hope to change bad habits or take charge of their life's circumstances? Is it all up to "grace"?

Ultimately there is no doer and no deed. The illusion of experience and the existence of a world with you in it is due to the concept that you are a body. All body-based experiences, all body-based knowledge, and all body-based relations, are untrue. They occur within the bubble of illusion or the "consciousness".

Everything that is ever known, done or experienced occurs within consciousness. This is why it is widely understood that there is no doer and there are no deeds.

The questions arise when there is a strong belief in being a body form and an egoistic desire to give meaning, or reality, to the form's existence. The form itself is a conglomeration of the five elements and is a lump of goo which grows by feeding and watering it. Formless Presence within the body, believing it is the body, takes on the illusion of experience with the thought 'I am experiencing'.

This same process is mirrored in a dream. Let this deeply penetrate, as it holds the key to the reality within.

All of this is the most-highest truth that can be discovered while experiencing the illusion of separation in the body-based existence. Now you know yourself, where previously you did not, and you desire for this knowingness to continue. Because the first time that you know you exist is in form, you believe wrongly that you will cease to exist without it.

Now the best kept secret. Yes, you are formless, timeless, there is no experience, no experiencer, nothing has ever happened, nothing will ever happen. When this form you are holding to experience can no longer sustain Presence (so called death) the experience of body-based existence will be no more, but you still very much will Be.

Enjoy. Be Happy, Happy, Happy. If you make a mistake, it is not the end of the world, after all the entire world is illusion. Be kind to everyone, after all they are your very own Self. Don't struggle, don't worry. Do the very best you are able with what you are able as the moment arises. When the moment passes, simply let it go. Nothing is happening, nothing has ever happened, nothing will ever happen.

The day your body can no longer sustain the Presence That You Are, take it off as an old sweater and cease experiencing.

Every night and day, the impression of sleeping, waking and 'I exist', cycles and you do not call it death, nor do you fear going to sleep.

This same process is mirrored in a dream. Let this deeply penetrate, as it holds the key to the reality within.

Jai Sadguru!

What happens to the small self's worldly problems after enlightenment?

Enlightenment is the dissolution of the concept 'I am a body' which automatically dissolves the concept of separation or 'small self' and 'world'.

This body you are holding with the label that you have been called since knowing of your existence, is only an instrument. Whatever is happening to it is observed with this deep understanding.

The recognition of true formless reality that cannot be separated destroys the thought process that creates the concept of worldly problems. It is a one man show for your entertainment, and you are the one to whom the scenes appear and disappear.

Unborn children sharing concepts about the beginning of the creation of illusion.

You are formless. God, Brahman, Paramatman, are body-based concepts used to describe your formlessness, that cannot be labeled or described. Prior to the knowledge of body, world, etc. you did not know anything as there was nothing other to know.

The entire world in which all of this debate and all of these scriptures and all of these concepts have appeared, is untrue, as it has never actually been. The unborn children sharing concepts about the beginning of the creation of illusion do not agree as to the exact way in which the non-existent occurrence has occurred.

The entire worldly existence and the illusion of experience has occurred within the bubble of illusion (which has been labeled consciousness) and is nothing but a long dream impressed through the incorrect notion, 'I am somebody.' You are no body, you are everybody, because That is all there is.

Except formless you, nothing is there. There is no world, no life, no living, no religion, no understanding, no nothing. You are prior to every experience. Even this experience of existence which spontaneously created the illusion of duality, you and something to be known. 'I exist'. You did not know your existence as there is in reality nothing other that can be known, after knowing your existence you started to know so many things. Everything that is known is untrue. The knower is Ultimate.

Using the concept of duality through the consciousness you are able to know your true formless nature as it manifests as a sense of Presence using the body form. That is all you can do to unwind the illusion that appears so real to you, causing the belief in duality and the illusion of experience. Just remember, you are not, were not, and can never be a body. The illusion of experience brought about by the concept of being a body is untrue.

All the scriptures, all the Master's, and your own sense of Presence are consistently hammering this Truth Home

Jai Sadguru!

What does non-duality teach us?

Ha. No Teacher, No student, No Master, No Disciple, Nothing except You. No other. Not as you appear to be, and nothing you can perceive or see.

Just you as you are, prior to any knowing That You Are.

As soon as you know you are, the illusion of experience is created through the concept of duality.

You understand perfectly, before the concept of understanding arises in the mind which creates spontaneously the thought 'I understand'.

What does this question 'who am I' really mean?

That nothing able to be found can be 'I'. This 'I' is nowhere to be found, as you are in fact the finder. You are the source. Everything other than yourself cannot be you, you are the knower of all that is known, you cannot know yourself only that which you are not.

You discover you are not body, mind, ego, intellect, or personality, as all these can be known. You are the knower, or more correctly the faculty of knowing, the potentiality of all that is.

Why is enlightenment so hard, elusive and, seemingly, only for the very few?

When did you come across with this concept of 'enlightenment'? 'Enlightenment is simply the dissolution of the false concept of separation impressed by the belief in being a body, in a world, having experiences.

You are formless. You can use this body form which you are not, to directly experience your true formless nature while in the body-based illusory existence.

You are formless prior to this body experience. You are formless after this body experience, and you are formless now. This body-based experience is completely false, as you are not a body form. This body is in you, not you in it. And even that is not quite accurate as we are speaking about the unborn child and trying to determine its origins.

The word 'illusion' gets thrown around a lot. Everyone states 'Oh, this is an illusion' However we skip past the fact that illusion is a term for that which is not.

The deer cannot satisfy its thirst from the lake in the mirage. We say it is mirage as it is the body-based human tendency to label things. Nothing is real. Nothing is illusion. There is nothing except formless you.

You are prior to every experience, even this experience 'I am' or 'I exist' had to appear to you, who very much existed, without the knowledge of existence or any form at all.

What is the logic behind all practices that exist to attain enlightenment? Why would those practices work, what do they do to you?

You must do all these practices so that you will be exhausted and give them up. All of these practices are inviting the attention of the formlessness that is observing the body being used for practices and the process of seeking. Once the attention is invited, that is all that can be done, as then the Ultimate non-doer begins to observe the futility of doing.

Be Still and Know I Am God.

What am I? I can't be thoughts and emotions; they happen on their own. Am I awareness? I don't feel trapped in my body, I feel as though there's nothing there to be trapped.

Any answer will not satisfy the mind. Only by direct experience will the question and the questioner dissolve. Sit quietly and observe the center of observation. Where does this one that sees that you are not all of these appearances reside? Concentrate on the center of concentration itself.

You have some background and intellectual understanding, now this needs to be realized through direct experience. Know yourself in a real sense. Books, lectures etc. are good in the beginning, continuing with outside impressions will only impress the spiritual ego. 'I have spiritual knowledge'.

Sit with yourself, you are the source of every answer and every questioner, of everything.

If nobody knows for sure what happens after death, then how can enlightened people claim that consciousness is eternal?

There is a Presence, which you will experience, if you seek to know Truth while in this body-based existence. This Presence, when attention is directed towards, will reveal all of the secrets.

In Christianity it is labeled Holy Spirit. Some call it Presence of God. It is the Peace that passeth understanding that is spoken about Biblically. The Atman, Consciousness, etc.

Whatever name you chose to call it. It is open and available in this moment. If you concentrate on That Presence instead of on other things, including yourself. You will discover That Presence is eternal, formless, timeless.

When this Presence is sought out, you will truly Understand and Know.

What is TRUST? Some call it Faith. Is there a difference between the two? What is it that we trust in when we are talking about trust. Also, is the biblical saying "...faith of a mustard seed..." talking about trust?

In my own experience with Trust and Faith. It was at first in a concept. I heard the concept that there was God. In the particular circumstances manifesting in my life at that time, I needed desperately to surrender to whatever concept of God I may have had, a plea for help.

This plea for help than manifested as earnestness to seek and do the will of this concept of God that was forming through experience. Worship and Devotion began to grow spontaneously the more the desire to seek and know God's will became single pointed.

This single pointed Devotion and Worship through the concept of surrender of all that was not pleasing to this ever-expanding concept of God, which was now felt as a Presence.

This concept of God as this growing sense of Presence through the pure Love, Devotion and Worship of this Presence by paying attention only to this Presence and not to anything else, even myself. I believe this is what is conceptualized in scripture as the 'mustard seed' and also the parable of the seeds being sown.

This Presence seemed to expand the more Devotion, Worship and Love were directed towards it inwardly. When occurrences happened in the seeming outside world, the attention would dive into Presence, even if at that moment it was only the size of a dime.

Faith became knowing, and Trust became Absolute.

How do spiritually enlightened beings communicate with loved ones who no longer inhabit human bodies but still exist in the theta universe?

Attention on Presence. The source of all life past, present, or future. Everything that has ever appeared to live has been birthed by Presence. Holding attention on the Presence within your body is the closest you can be to the Presence that at one time held the body of a loved one.

Does awakening to non-duality or enlightenment lead to ethical nihilism, i.e., do moral values lose all meaning?

Every question is just a doubt about your formlessness. You are not body. You are formless. Enlightenment is the body-based term to describe the realization of this simple truth. As you no longer

are deluded into believing you are an individual your actions will automatically be unselfish, since you will truly understand there is only formless you.

You will no longer operate from the egoistic point of separation: 'I' and 'You'. Therefore gathering or acquiring more for the 'I' than 'You' or fear of losing something 'I' to 'You' will dissolve into laughter.

The concept of separation impressed through the thoughts 'I am a body' will no longer birth other thoughts about this body which you know you are not.

Except formless you, there is nothing.

A question I receive often personally: I have glimpsed Truth... many times... and yet it's not "abiding"! This is frustrating. Why does it not stick here (for me)? You are welcome to share your input. I'm certain it will be helpful.

Even a glimpse of truth obliterates the false. Like lighting a torch in a dark room. There is still a holding on of the false identification with being a body. Continue remaining with yourself, absence of any concepts about what this Self is.

If you have begun to sense the Presence on which the illusion appears 'truth' just know that everything that appears on this formless Presence is illusion. Including this idea of a 'me' that is separate from the Presence.

You are not body. You are formless. There is only a slight misidentification that because you are able to sense the 'truth' or the feeling of Presence using the body form, that you are that body form. You are not body. There is nothing except formless you.

If the truth that you discovered is a concept or experience, then please disregard everything that has been said. If there is still a concept of the experience of truth, then the illusory entity labeled with your name has not yet been observed as an object within yourself.

More meditation and time spent in inquiry or investigation is required to get rid of that illusory idea of truth before you can accept the above.

And of course, the final, final, is that since you are not body, all of the body-based experiences and body-based knowledge, are untrue, as they were not known prior to the knowing of the body which caused all of the confusion to begin with.

Formless presence (God) is also omniscient, so how can it be so easily fooled into thinking it is this body? Why is it made so difficult to realize one is not the body or mind forms?

The primal illusion, 'I exist' or 'I am'. Prior to every experience there must be a recipient of that experience. Without you there is no experience. Prior to the experience 'I exist' or 'I am' you did not know yourself as there was no faculty of knowing, nor was there anything other that could be known. The knowing 'omniscient' essence was there, however there was nothing other to know, not even yourself.

Once the primary experience 'I exist' or 'I am' was known then you began to know so many things through this faculty of knowing. However, having not known anything not even yourself the knowing

faculty or essence began perceiving through this consciousness. This consciousness spontaneously projected a world with a you in it.

The knowing formless essence began perceiving the world within consciousness from the perspective of being a form body. This existence with form was then impressed through experiences that the body labeled 'Name given to the body you are using to read this' began to go through. 'Name given to the body you are using to read this' was told that they were doing good things, and wrong things, and a system of punishment and reward began to develop the egoistic sense of doership.

Actions that occurred spontaneously were then attributed or placed in the egoistic basket that 'I am doing this and that.' This body you were holding labeled 'Name given to the body you are using to read this' became the primary source of information from the wrong perspective of being a body in a world. All subsequent experiences and acquired knowledge were based on the foundation of this wrong assumption. You wrongly perceived the world through the lens of individuality, a body, a person, a form. You are not body. You are formless.

All body-based experience, all body knowledge, all body relations occur within the consciousness. This is the same as in a dream. In a dream everything will appear very real. All of the experiences in a dream, are of course within that dream, including the object you take yourself to be. You realize this once you wake up.

In a similar way, through meditation and concentration you will use this body form within the consciousness to know yourself as the formless holder of the body. This has been termed consciousness worshipping consciousness, or Presence remaining with Presence. Through the body form and with the aid of consciousness you are able to sense this Presence.

Once this sense of Presence is felt, you will begin to desire That more than any of the things in consciousness which by nature pass and fade. Remain with this 'I am' 'I exist' or Presence feeling while holding the body. This will reintroduce you to your formlessness or remove the false layers of illusion which appear to be covering.

You discover or remove this false body mind clothing and disrobe your formless nature, which you always are and can never not be.

Eventually the correct position will impress in your beingness, that even this beingness is not permanent. This will solve the mystery of the illusory entity, the concept of birth, and the concept of death. You are not body. You were not body. You are not going to remain body. Body is not your identity.

You were formless prior to the concept of body. After discarding the body you will be formless. And you are formless in this moment. The formless essence You Are is perceiving through the consciousness using the body form to read the words that have appeared and recognizes it spoke those words using the vehicle of consciousness and the instrument of body.

Now you have heard the great news within the consciousness that you are not body, and the seed of body-based concept labeled enlightenment has been planted.

Of course, as in dream, when you wake up, or are no longer creating the illusion of experience through the concept of separation brought about by the 'I am a body' notion, none of this will matter.

Jai Sadguru!

Why does everyone want enlightenment yet it's not even clear what life is like after enlightened beings die and go to Vaikuntha or wherever? What is the advantage of life there vs earth?

Enlightenment is the total dissolution of the wrong belief 'I am a body' which caused this skewed perception from which the illusion of experience was born.

Direct experience of removing the body pressure, body knowledge, body relations through true understanding in the same way that you would discard a shirt.

Through meditation the realization that this body form is indeed a tight shirt, which on investigation is seen to grow tighter through wrong concepts and identification. 'I am a body'.

When this knowledge dawns directly through itself and releases the tension of body pressure through identification with thoughts your formless nature will reflect in being.

You are not body. You are formless. The body and all of the accompanying concepts and experiences are untrue.

Including this ridiculous idea of birth and death.

There is no advantage as this entire experience is completely proved false. Yet while holding the body you are able to be rid of all the concepts which cause fear, distress, worry etc.

You are not body. You are formless. There is nothing except formless You. Be Happy, Happy, Happy. You were not born, you cannot die, you cannot be cut, you cannot be burned, you cannot be destroyed. You are formless.

The body you are using to read these words is your instrument, and the thoughts that are flowing through mind at this moment, when identified with is the only bondage. Even that bondage is illusory.

Jai Sadguru!

How did you become spiritually enlightened? Can everyone do this?

You are formless Presence with belief in being a body form that creates the illusion of experience. You are not body. You are formless. Through identification with the body, which you are not, a world appears with a you in it. The world is in you, you are not in it.

As long as there is identification with being a body with a name and form, there will be confusion. This confusion creates the concept of a spiritual awakening or spiritual journey towards enlightenment.

Enlightenment is the dissolution of this false identification with a body form which has caused the illusion of separation and someone having experiences.

You are not body. You are the formless holder of the body. You are not just holding the body with the name and form which you believe to be you, you are indeed the background supporting or holding the entire manifestation.

You are formless Presence with belief in being a body, creating the illusion of experience, through the concept of duality. The instrument with name and form you are using to read these words is not you.

What is the spiritual idea that the world is one and there is one life?

This is exactly the point at which one must discover for oneself. There are still a great many assumptions in the question that was posed. You are assuming that consciousness is an individual, and although it may appear that way, investigation will reveal that this is not the case.

Again without applying logic the example of dream can be used. Your 'body' is laying down, unmoving, the dream is projected when the consciousness touches the sense of existence. A dream world is projected, with many objects and everything within that dream appears to be solid and real whilst you are dreaming. Who is watching this entire dream? When waking up you say I had a good dream or bad dream. Was the body dreaming? It was consciousness, without form. There is only consciousness which projects both the dream and waking world with the perspective of a you in it. Consciousness is formless.

Consciousness has appeared to you. That is why it is rightly said that the concept of birth is the feeling of existence or 'I am', and the concept of death is the disappearance of the sense of existence or 'I am'. The one to whom both of these appear and disappear is prior to the sense of existence as they both have appeared to you.

Nothing you have ever known, seen, or done is true as it has appeared within consciousness, which has appeared to you.

You are not body. You are formless. There is nothing except formless you. All body-based experiences are illusion, all body-based relations are illusion, all body-based knowledge and concepts are illusion. You are not body. You are formless.

You must sit quietly and discover this truth for yourself, using the instrument of body and the concept of duality, to discover your non-dual reality.

How did you know when you met your guru, he was the one for you?

I met my Guru first as a sense of Presence, which guided me to itself in the form of Sri Ramakant Maharaj, whose Guru was Sri Nisargadatta Maharaj. This Presence in the form of Sri Ramakant Maharaj stated clearly, 'You are not body, you are formless Presence. The Presence which is speaking in this body, and the Presence, which is listening in that body, are one and the same.' Presence removed both bodies and remained.

If a person touches the state of enlightenment, how will he lead the rest of his life?

Once you realize that you are formless, body-less, birth-less, deathless, eternal outside of the concept of time. Live fearlessly in this form-based illusion with the knowledge that you are not body, you were not body and you are not going to remain the body. There is nothing except formless you.

Enjoy, relax, no struggle, no worry, no strife, being fully alive in each moment, then letting that moment go without regret until the body you are using to enter into the form illusion is no longer capable of sustaining your formless Presence.

Some spiritual traditions say that everyone is already enlightened, and nothing needs to be done. If this is true, then why are the behaviors of ordinary people or society so vastly different and inconsistent with the qualities of a realized sage?

Formless Presence That you are discards the false belief of being a body and realizes the unreality of the concept of separation. Formless Presence That You Are is always, was always and will always be, formless. The concept of being a form in a world is just an illusion due to the formless Presence identifying with being a body, which you are not, were not, and never could be.

It is due to this belief in being a body in a world that the concepts of enlightenment, birth, death, life appear to you. Once true understanding is directly experienced these false beliefs will be discarded.

According to Advaita Vedanta, is there a real and everlasting you?

According to Advaita Vedanta, is there a real and everlasting you?

You are not body. You are formless. Formless you does not have a beginning or an end, as there is no concept of time. Time came along with the body which you are not. You are prior to every experience, even the experience of existence or 'I am'. This feeling of 'I am' or 'I exist' has appeared to That which was there prior to knowing this feeling of existence or 'I am'. This 'I am' has appeared to you. This is called the birth of time. Within this span of time there is the appearance of things, you are not a thing. Things appear due to this knowledge of 'I exist' or "I am", which has appeared to you.

You are not body. You are formless. As this appearance of 'I am' or 'I exist' is fleeting, everything that is known that has come along with it is illusory in nature. Everything that is known, everything that is seen, every experience that has ever been registered is absolutely illusion.

When your Presence attached with a body form the consciousness took a snapshot from the perspective of being an object in time and space and from this wrong perspective began interpreting the 'world'. You are not in the world; the world is within you.

A similar experience occurs within the dream state, a dream world is projected with a you in it. In reality the dream is within you, not you in it. Due to the false impression of being a body form the consciousness which creates the dream world, creates the so-called waking world. There is only one consciousness which appeared spontaneously with the feeling 'I exist' or 'I am'. As this feeling 'I am' is illusory, everything that appeared along with it is illusory.

The one to whom the feeling 'I exist' and the spontaneous projections of consciousnesses appeared is the Reality, That You Are.

Where can a person get a meditation mantra for free?

Soham. Breathe in So. Exhale Ham. This is a powerful Mantra. This Mantra is now given to you by Your most Supreme highest Self in one form, to your most Supreme Highest Self in another form, to remind you of your true formless nature. Take this as Absolute Truth. Do not allow the mind to come in and distract you with thoughts of who is this? Is this real? This Mantra is not working. Etc. I the Supreme Self am conveying this Mantra to you the Supreme Self. Know yourself in a real sense. You are not body. You are formless. This Soham Mantra will remind you of your true formless nature, then there can be no separation.

Lately, I've been feeling like I'm not the mind or the body. I know this is spiritual development, but I'm 20 years old and no one around me feels like their body is a vessel. Is this normal and where do I go next spiritually?

This 'I' which knows it is not the body or the mind, with what does it identify? To whom does the label 'I' belong? Who knows this feeling of the body being a vessel? You are the formless holder of the body, from what position is this known?

When this formless holder of the body is identified perfectly there will be no place from which to form questions, as there will be nothing to be known. The formless knowledge which knows the appearance of the seeming form based 'reality' spontaneous understanding That You Are.

There is no next, there is no time. Time, next, others, body, world, experience came along with the body, which are not, were not and never could be.

How do I kill my ego for once and for all?

You are not body. You are formless. Ego came along with the body, which you are not. The belief in being a body created the false appearance of separation which allowed the impression that there was an ego. You are not body. You are formless. There is nothing except formless you.

Does one find the truth, or does the truth find the one?

You are the Truth. You need only remove the false. There are many different paths to this same end, and in the end there is no path as there was only the illusion of the false appearing true.

I am that which watches this, yet I am interested and attached to this. Why is that?

Because the concept of separation has not yet been proved in your own experience as illusion. You are not body. You are formless. There is no experience. The illusion of experience is impressed through the belief in being a body form. This one that watches with interest is watching from the wrong perspective of being a body form in a world. All of the thoughts that are based on body experience and body knowledge are believed to be 'my thoughts'.

You are not body you are formless. Thought's dance across the screen of mind and with your wrong identification of being a body form you buy those thoughts. Then the concept of how to get rid of all these thoughts becomes a source of struggle and distraction. Because you believe you are a body form, you desire other forms for the form you take yourself to be. This is attachment.

Attachment will dissolve the moment you realize your true formless nature. You will no longer be carried away, distracted or interested in anything particular, as you will firmly know you are not a thing.

Even the concept of the observer will dissolve as there will be nothing 'other' that requires active observing. The entire form based illusory appearances are completely false and based solely on ignorance of oneself.

Identify yourself perfectly, using body while it is available. You are the formless holder of the body. All body-based experience and knowledge is illusion as it appears and disappears within That You Are.

Do "you" lose all fears once you get enlightened?

You are not body. You are formless. Dissolution of the concept of separation due to belief in being a body is labeled 'enlightenment'. As you have realized your true formless nature, there is no place for fear to rest. There is no mind created projections that draw attention unnecessarily from passing phenomena. The objects that appear and disappear no longer seem disturbing, as it is fully realized that

you are formless. There is nothing except formless you. With the belief in separation dissolved and proved untrue, there is nothing except You. Who is to fear? What is there to fear? What can possibly affect the formlessness That You Are. Of course, if you are not living the 'enlightenment' and it is still just an intellectual understanding than fear is certain and will be justified by all sorts of conceptual nonsense that will need defending.

How did you find your spiritual teacher?

A sense of Presence came through the concept of seeking. A desire to surrender arose from the sense of Presence. The sense of Presence seemed to grow as more attention was paid to That than to anything else. This sense of Presence led this body to another body in which it said, "You are not body." Presence recognizing Presence using objects appearing within Presence.

Why do we say, "I have a body" and not, "I am a body"?

For the same reason you say, 'I have a car' and not 'I am my car'. The body is an instrument available for your use, for a limited time, it is not you. You are there prior to taking this body form, and you will be there after the body form can no longer sustain your sense of existence. You are prior to every experience, even the experience 'I exist'.

What is a spiritual ego? Is it a by-product of more spiritual knowledge?

Ego is 'I' as something, rather than everything is 'I'. The belief in being a body creates the concept of separation. The concept of separation creates the illusion of experiencing. The illusion of experiencing creates the concept of experiences. The concepts of both being a body and I am having experiences creates what we could label as 'body knowledge'.

This 'body knowledge' which appeared to be gathered by the experiencer or 'I am getting knowledge from this experience' creates the concept of a 'spiritual ego'.

No worries, you are not, were not and never could be a body. You are not body. You are formless. Everything that came along with the body, which you are not, is illusion, as you are not a body. Formless you in which forms appear and disappear has no experience as there is nothing other.

How do I control my wandering mind during meditation? I either fall asleep or my mind deviates to other unnecessary things during meditation.

It is a common misconception that a 'wandering mind' somehow disturbs meditation. On the contrary a wandering mind makes meditation that much easier, as you are able to discover your true position effortlessly. You are the witness to whom the wandering mind appears. You are the observer of thoughts across the screen of mind. Therefore, it is known that you are outside the process of thinking.

What does it take to be enlightened and admit that I'm not the doer?

You Are not body. You are formless. Formless you does nothing, as there is nothing that can be done. Enlightenment is the dissolution of the false concept of separation brought about by the belief in being a body form. Once this false layer is removed from the reality, That You Are, there will be only oneness. There can be no separation in the formless.

Space would be the best comparison if we had to descend into the body-based illusion to explain reality. Space cannot be separated. The walls of a building may appear to separate the space in one room, from that of the next. However, this is of course untrue, as in reality the space cannot be separate, it pervades everything. You too are the formless reality in which all form appears, plays, and then disappears. There is nothing except formless you.

Taking the ownership of actions done by the body that you are not creates the appearance of an egoistic doer of something with the expectation of a resulting outcome. You are not body. You are formless. All body-based concepts and body-based knowledge came along with the body, which you are not.

How do I distinguish what is me and what is my ego?

Everything that is perceived is not you. You are the perceiver. When everything is left off, discarded, you are there. You are prior to every experience. You are prior to the concept of ego. Nothing that is perceived can be you.

Why is there no “I” after being enlightened? How should I understand that?

There is no ‘I’ as an individual. The ‘I’ appears as many and assumes the position of an individual based on attachment and association with a body. You did not know you existed. A sense of existence was perceived. Wrong identification with a body caused a snapshot to be taken and the wrong point of perceiving began. Yes, you exist, of course. You are prior to every experience, even the experience ‘I exist’. Prior to knowing of your existence, you knew nothing, not even yourself. After knowing this feeling ‘I exist’ you started to know so many things. Identification with a body creates the illusion of experience. You are not body. You are formless. There is nothing except formless you.

How do enlightened people see people and the world? Do they see everything and anything as “one” with them?

You are prior to every experience. You experience this concept of ‘you’. You are not body. You are formless. Due to belief in being a body the illusion of experience is impressed. You are not body. Prior to belief in body you knew nothing, and there was no experience or experiencer. After belief in body, you started to know so many things. You are prior to every experience, even the experience of your own existence. Prior to this feeling of existence or ‘I exist’ you were there, as this feeling of existence appeared to you. After this feeling ‘I exist’ came upon you spontaneously a world was projected, and you claimed and attached to a body form. This body form allowed you to express this knowing of existence and you said ‘I’. This wrong identification with body form created the subject/object dualistic perceiving point from which a world was perceived, with a ‘you’ in it. You are not body. You are formless. This world of name and form has appeared, will remain for a time, and then disappear all within your true formless nature. There is nothing except formless you.

How do I find a spiritual guru? Is it necessary? Can I attain spirituality alone without a guru?

Guru takes the form of Presence through meditation and concentration. This Presence once felt in meditation, should be ‘worshiped’ with absolute attention, first in the meditation and then in the daily life. When you continue to give your attention more and more to Presence instead of the passing outside things and situations, there will be an expansion. Remain with this Presence. Without having to label it. Without trying to ‘figure it out’. Remain with the sense of Presence, brushing aside anything that

tries to distract you from it. Eventually while doing your daily activities, you will be immersed in this Presence and the activities will be seen as occurring within this Presence. Just as when you are sick, all of the activities are done in the 'sick feeling'. Or when you are hungry all of the activities are done within the 'hungry' feeling. So, to, when you are immersed in Presence all of the activities will be done within that Presence. Presence is the Guru, remain at the Guru's feet. If an external Guru is needed to clear away body related knowledge or concepts, one will manifest while you are immersed in Presence. This path is direct and will lead to Realization.

Many awakened beings note that life is just a game. Every game eventually gets you bored, especially if you are locked in the gaming room for eternity. How do they keep motivation to go on?

Life is a play, not to be taken seriously as it is completely illusion based on a wrong concept of being a body. Due to the concept of being a body the world seemingly appears, and you are in it. You are not body. You are formless. The world appears in you, not you in it. There is no boredom as boredom requires time or repetitive activities. You are not an object in time, you are formless. Every action is spontaneous as there is no actor being created after the fact to place a debit or credit on your account. There are no days, no things to do, nothing of any sort. Scenes appear, actions are spontaneously done, then the scene disappears. Even this is done within the illusion, just as a dream. You are not body. You are formless. Just as in a dream an entire dream world is projected and populated, so it is with the waking world. Knowing this, how could anything be taken seriously? Enjoy playing in the formlessness That You Are by using the form body until it no longer can sustain the illusion. When the movie is done, leave the theater smiling.

How does one achieve enlightenment?

Stop believing you are a body. Investigate this false foundation from which your perceiving point has created an illusory world. Enlightenment is the recognition that you are not, were not, and never could be a body or any form. You are formless, timeless, spaceless, deathless, birthless. You only know yourself through the body. You are not body. You are formless. The body occurs or has appeared within you. The mind is the key that unlocks the illusory prison. The mind produces thoughts about form and the world of name and form. Once you know yourself in a real sense through the manifestation of Presence, no thought can be about you. Mind will stop the belief in being a body as you are no longer involved or paying attention to body-based thoughts. You stop believing you are a body and accept the reality that you are formless. All form is illusion. The knower of this is reality.

Why is our own self-realization and enlightenment the greatest contribution to humanity?

You will cease the illusory struggle with imaginary "others". Your ripple will be stillness. There will be spontaneous Selfless action because you will know there is nothing except your Self.

What is the longest you've meditated and how long did it take for you to get there?

The better question would be 'What was it that broke your natural concentration on formless you in which all form appears and disappears? What was so interesting in the passing illusory scene that caused you to get involved and created a belief that you were doing something?' 'When did you stop believing the false idea that meditation was something that you do, rather than the background of all doing?' Asking yourself these questions, will remove the questioner and the idea of meditation. The

answer to your question could also be given, the longest that 'I' have meditated was only interrupted by the thought of a mediator who appeared and disappeared and was proven by that fact not to be true'.

If you obtain enlightenment, can you then create your reality with the power of your decisions or only get the truth?

Enlightenment is the dissolution of the false concept of separation impressed through the 'I am a body' idea. You are not body. You are formless. Formlessness cannot effect form, formlessness can use form for a time. Time is created within the formlessness through identification with a body, which you are not. Reality is not created, only illusion is created. Illusion is created through the concept of being a body which impresses the wrong concept of separation. Separation is illusion. Reality cannot be separated as it is without any form or attributes. Reality appears to be separated only due to the belief in being a body, which you are not.

Is there a relationship between Kundalini and enlightenment?

Both are concepts that came along with belief in being a body, which you are not. When you believe you are a body, so many concepts appear. You are not body. You are formless. What concept truly applies to formless you? Nothing.

What disturbs our inner silence in life?

Silence is the background, everything that appears and disappears does so against the silent stillness. Thoughts, images, ideas, beliefs, concepts are all appearing and disappearing on the background of silence. Deep in the ocean, there are no waves. A Tsunami can be on top, on the surface, the background of the ocean is still and calm. Waves, wind, storms, rain, appear and disappear on the ocean's surface. In reality there is no disturbance. The silence is not disturbed, the ocean is not disturbed. There is no disturbance until the thought comes 'I am disturbed'.

Where do you go when you need a spiritual push leading to the ultimate awakening?

Presence. When you are inwardly remaining still without giving attention to outward passing things, you can sense this. This Presence is ever so subtle. Once Presence is 'caught' within attention it will pull you in. This may not be understood at first. Through meditation and concentration, you will feel this subtle Presence. Worship this Presence as God, giving full attention. Even as you go about your daily activities, give effort to remain in contact with this Presence. When Presence is pleased and the feeling is that of expansion, Presence will reveal the Ultimate Awakening.

Who are the most unenlightened people in the world? How would you enlighten them, and with what tools?

You are not body. You are formless. There are no people, just formless you. There is no enlightenment or not enlightened, these are concepts which came along with the body, which you are not. All body-based concepts are false. You are not body. you are formless. All body-based knowledge is ultimately useless. You are not body. You are formless. The formless holder of the body That You Are is not affected at all by any of the body-based experiences. Your belief in being a body causes everything to be seen through the lens of identification with a specific form in a world. All of this occurs within you, not you in it. Discover this truth by removing all of the illusory layers that keep you distracted from your true

formless nature. Prior to being, body and world, you did not know yourself. After beingness or Presence has appeared, you started knowing so many things.

How does karma work for someone that is enlightened?

Enlightenment is the dissolution of the concept of separation brought about by the belief in being a body form. You are not body. You are formless. Knowing your true formless nature as it manifests as a sense of Presence on which all form has appeared you are naturally apart from any apparent happenings in the body form world. All form is occurring within That You Are, not you in it. The egoistic sense of being a doer was impressed through the belief in being a body form, which you are not. In your true formless nature, you are prior to the mind that is trying to impress that you are a doer, doing good and bad things. You are the formless background, the reality on which the illusory layers appear, play, and disappear. There is no karma for you. Karma is a concept that came along with the body, a body-based concept. You are not body. You are formless. Enlightenment is the dissolution of the concept of separation brought about by the belief in being a body form.

What does fear mean spiritually?

Fear is caused by the belief in being a body which can die or deteriorate. You are not body. You are formless. Everything that has been seen is illusion, the seer is formless. The entire world is projected from the wrong perspective of being a body so 'others' are seen. Everything that is seen is illusion. The greatest fear comes when the question is asked from the perspective of the egoistic state. 'Is it then true that nothing I did mattered? Is my life completely meaningless? Nothing of 'me' continues?' These questions cause fear to arise and many to turn back from the 'void'. Quickly Presence will show that 'This one you believed yourself to be and experienced all of these things and life and such, never was. You have lost nothing. Formless you is all there is.' You are not body. You are formless. Everything that you have ever known, experienced or seen has been in this bubble of illusion sustained by the belief in being a body. Which you are not.

Can a homosexual achieve enlightenment?

You are not body. Male and female are attributes of the body, which you are not. The one essence plays in various forms. That same essence is in an ant, dog, and human being. That essence is formless yet can take any shape or form. Enlightenment is the dissolution of the false concept of separation due to the body form being believed as 'I'. You are the background in which all form appears and disappears, there is no deed, no doer, nothing. Body-based concepts and knowledge are completely untrue, as you are not a body, you are formless.

Why do I feel 2 souls in one body?

The answer is within the question. Why do 'I' who naturally would be a soul that is identifying two other souls within the same body that this 'I' is using. The soul is formless and occupies a body. In the formless state there can be no separation. You cannot separate the space in a room. There can be the appearance of separation (walls/body) but in reality, there is no such thing. So, this feeling of multiple souls is the feeling of formless Presence that somehow an 'I' is feeling. 'I' is formless Presence, there is no separate soul. When you say 'I' it is Presence taking the position of 'I' yet in reality it is not separated. Presence appears to be separate because of the appearance of body. Just like the walls that separate the space in the room. They only appear to separate. In reality there is no separation.

What is the Advaitic (non-dualist) response to “if a tree falls in a (remote) forest, does it make a sound?”

You are there prior to every experience. Without your Presence nothing is. You must be there prior to every experience.

What is awareness? What is consciousness? What’s the difference between them?

Awareness can be without consciousness; consciousness cannot be without awareness. Who or What would there be to be aware of consciousness, if there was nothing to which consciousness appeared? Awareness requires consciousness as a vehicle of something other with which to be aware of. Aware of appearances in consciousness, aware of consciousness or the feeling ‘I exist’. Through this awareness ‘I exist’ spontaneously consciousness projects a world, either dream or so-called waking, within consciousness that you are aware of.

What is the number one obstacle to enlightenment?

Belief in being a body. Not allowing the dissolution of this false concept, trying to ‘get’ Enlightened and keep the illusory identity with being a body in a world.

Why is it almost impossible for a woman to get enlightened?

Please remove this silly concept. You are not body. You are formless. Gender is for the body which you are not. You are not man or woman, you are formless. You have no color, no shape, no form of any kind, absolutely zero attributes, nothing. You are not body. You are formless. Even this concept of formlessness came along with the body, which you are not. Prior to holding a body form you did not know anything about formlessness as there was nothing except formless you. All concepts came along with the body, which you are not, were not and never could be. Prior to belief in body, you are formless. After leaving the body, you are formless. And in this very moment you are the formless holding a body form, which is not true, as you are formless all of this so-called form is appearing within you. Man, woman, enlightenment, all these concepts came along with the body, that you are not.

What is meant by the Taoist quote, “Those who know do not speak. Those who speak do not know?”

You are not body. You are formless. Once you deeply know your true formless nature you will understand that no one speaks or does anything. Speaking and doing are done by the forms that appear and disappear within the formlessness That You Are. If you believe you are speaking, you are identified with the body, which you are not. The formlessness must use a body form to speak, but you are not body. Taking the touch of being a speaker, rather than knowing speaking is occurring, is ignorance. Ignorance can be removed through proper understanding, ‘I am formless, this body is not me.’

What is learned from the spirituality of everyday life?

Everything comes and goes, except you who are prior to every experience. Nothing remains.

Why do they say life is a big cosmic joke?

Nothing has happened, nothing is happening, nothing can ever happen, the world is a projection on your spontaneous Presence, there is nothing except formless You. Everything that you do, or have ever done, all that you know, or have ever known is within the bubble of illusion brought about by the

misidentification with being a body form. You are formless, you are not body, you were not body, and you are not going to remain the body. Presence or the sense of existence appeared to you and spontaneously the primary illusion was projected from the perspective of being something. The joke is that the egoistic sense being false desires to continue, as it never was anything other than illusory appearance, its continuation is not possible, as it never was. The illusory appearance of separation was impressed through the 'I am a body' idea, which you are not, were not and will never be. When these words are imbibed, they will dissolve the illusory layer that appears to be covering formless Presence.

Has anyone actually become enlightened, or is it an unobtainable ideal?

Enlightenment is the dissolution of the false concept of separation impressed through the belief in being a body. You are not body. You are formless. In the true formless nature there is no individuality or separation, formlessness cannot be separated. Space is often used as an example of this. Realization of your true formless nature removes the concept of individuality spontaneously which in turn removes the idea of 'someone' or 'something' other. This belief in body that went on a journey to find that you are formless. You are not a body form.

I have heard enlightenment happens only once. If it's true, why only once?

A room is dark, you flip the switch, it is now not dark. The light is seen instantly. There may be many steps to get to the light switch, however once it is turned on, you will no longer believe in perpetual darkness. Once you recognize your true formless nature without the instrument of mind, you will no longer be a slave to the mind and its interpretations of the form world.

What is the most important lesson you have learned after experiencing ego loss?

There was no ego to lose. The ego was a false concept that was impressed through the concept of being a body creating an illusion of duality. Once seen properly it dissolved without effort through right understanding. That which was never a reality had become a reality through misunderstanding, and now all of that was cleared up. You are not body. You are formless. There is no separation in formlessness. There is nothing except formless you.

How does Karma affect us?

You are not body. Your concept of being a body allows the identification with actions performed by the body that you are not. Your belief in the sense of being a doer through the actions of the body that you are not creates impressions in the mind. Identification with this as my thoughts and my actions through the mind which is an instrument of the body which you are not, cause the phenomenal memory and lifetime line. Because you become lost in the world in which the body has that you are not has appeared, the actions of that body that are witnessed and processed through mind take on an ownership quality. The concept of Karma is created and believed in to label the whole process of taking credit for actions that the body that you are not appears to be doing. In reality since all of this is illusion and body-based concepts, there is no effect at all. Unfortunately, the effects of this body-based concept since you are believing yourself to be a body impresses that other actions that are occurring spontaneously are the direct result of the actions you are not doing. Once you realize you are not body then all of the body-based concepts will appear silly, irrelevant, and completely ignorant. Until that time you will ask questions about body-based concepts with the belief that they affect you, and the other

ignorant who believe they are knowledgeable will explain the body-based concepts that don't apply to you in great detail and sincerity.

What is "direct experience" as related to awakening/enlightenment?

You are not body. You are formless. Formlessness within the body manifests as a sense of Presence. This Presence will remove the belief in being a body and all of the related body concepts. This Presence may or may not manifest as a spiritual teacher or Guru but will always provide the guidance needed to remove the concept of being a body and direct you to your true formless nature. Living as the Presence within the body without the egoistic pressure from mind, ego and intellect, formlessly aware. Presence resting in Presence without the concept of being a body is termed enlightenment. Remembering of course that prior to belief in being a body this concept, and all body-based concepts, did not exist at all.

Can the self be both individual and universal at the same time?

There is only one Self. Within the manifestation they can appear to be many separate individuals. Just as in dream they can appear to be many separate individuals, however it is only one from which the dream is projected. You are formless. The appearance of the manifestation through form creates the concept of individuality through the belief in being a body. With the belief in being a body a world appears with a you in it. You are formless there is no separation or distinction in reality or the unmanifest prior to the appearance of manifestation.

Why do some people not self-realize after meditating their whole lives? Are they doing it wrong?

You are not body, you were not body, you are not going to remain body. Body is not your identity. Meditation allows glimpses into your true formless nature. The belief in being a meditator keeps you from That realization. From the body mind perspective, you are glimpsing reality, from your true formless source you are dissolving the illusory layer causing the appearance of separation by belief in being a body. The meditator must dissolve within the meditation.

Why are there so many ways to define enlightenment? And why is everyone so adamant that their definition is correct?

You are not body. You are formless. All of the ideas about enlightenment came along with belief in being a body. In this false realm of body knowledge nothing is true and nothing is false. All body knowledge is based on or built on the wrong foundation of the concept 'I am a body'. You are not body you are formless. In a dream a homeless man may own a large mansion, many luxury cars, have lots of money and jewelry, when he wakes up where has it gone? He has enjoyed all of the money and luxury, it seemed very real and satisfying, yet it was all an illusion. He was dreaming. You are not body. You are formless. The form-based reality which is occurring within the formlessness That You Are is illusion. All of the form-based appearances are based on the wrong foundation of the concept 'I am a body'. You are not body. You are formless.

What do people drive for after enlightenment?

You know you are dreaming only after you wake up. There is nothing within the dream that is real or that can be brought from the dream. You are not body. You are formless. Knowing, or realizing this reality there is nothing in the form existence that is real or that you can take with you. Not even the false ideas of being a body and living a life.

What is consciousness? What created consciousness? Why does consciousness even exist?

Consciousness is created spontaneously through the first concept 'I exist', as this sense of existence arose prior to the knowing of existence or anything other. Consciousness is the manifestation of the sense of existence and all of the various imaginings of that knowledge. You are prior to every experience including the primary experience of knowing existence, or 'I am' 'I exist'. Just as existence has appeared, so it will disappear, you the knower remain. You are not what you appear to be within consciousness, and everything that has appeared is within consciousness.

Is spirituality the only way to overcome bad habits?

Spirituality will dissolve the illusory entity which is the root of all bad habits.

Who has left the most helpful breadcrumbs to guide those who follow on the path to enlightenment?

You are not body. You are formless. There is nothing except formless you. There is No God, No Brahman, No Atman, no Paramatman, No Master, No Disciple, there is nothing except formless you. Every sage says this same thing in different ways, but this is the gist of all spirituality. You are not body, you were not body, you are not going to remain the body. Everything that you have experienced using body form is illusion, you are formless. You were formless prior to the concept of body and world, you will be formless after the concept of body and world has left, and you are formless now. There is nothing except formless you. Recognizing this truth and living it so that the mind, ego, intellect can no longer sustain their body pressure is enlightenment.

Why do some people fall easily to peer pressure from a spiritual perspective?

When you do not know yourself in a real sense there are always doubts and the desire to gather or seek information from outside. This doubt grows into fear, and fear breeds more doubt. When you do not know yourself in a real sense the fear of death is impressed strongly. Trying to get answers about this causes confusion and more doubts. Once you know yourself as the formless reality in which all form has seemed to appear for a limited time, this fear of birth and death will dissolve, along with all of the other wrong concepts. Then you will not worry about what others believe in or try to get you to believe. You will no longer need that support from outside of yourself.

Have you ever felt some divine presence?

You know you exist, that you are. Through meditation you will come to know that you are not the mind and you will begin to accept thoughts less and less. As you discover that when you accept thoughts less, letting them go by unnoticed, that there is a space. A silence, or gap, where the thoughts are not continuous. This is the point at which Presence will emerge from underneath the flow of thoughts. This Presence is quite intoxicating as the feeling of peace will be reflected strongly. This is the point at which your mind and attention begin to turn towards Presence more and more, and the clamor of the world less and less. This sense of Presence will grow or expand. In reality the Presence is not expanding or growing, the pressures of the mind (thoughts) keeping the Presence with the belief in being a body is dissolving. You will then through this dissolution of being a body form remove the illusory concept of separation. You are Divine Presence, there is nothing except formless you.

What happens after a spiritual awakening? Is it anticlimactic?

You are not body. You are formless. Discovering this truth about yourself is termed spiritual awakening. What happens is that you understand you are not body. All of the experiences and knowledge that came using the body are illusion, you are formless. Discarding all of these false ideas and beliefs slows the train of thoughts about being a body form. It is noticed that all of the thoughts produced through mind are about the body which you are discovering you are not. As the thoughts slow do to inattention the reflection of your Presence is felt more strongly. As more and more attention is payed to this growing sense of Presence it will, like a black hole, bring in everything to itself. The only thing that will remain is you, who are not a thing and can not be removed. You will understand that you are prior to every experience, including the experience of being a body in a world. Nothing is there. Now enjoy using the body form, knowing that although it has a time limit, you do not. There is no birth or death to the formlessness That You Are.

When there is only one entity that really exists according to Advaita Vedanta, why is there existence of million life forms including humans in our universe?

In a dream the dream consciousness creates millions of objects, scenes, people and multitude of life forms. All of these appear to be real, however their apparent reality when investigated is proven unreal, you wake up from sleeping and notice the dream is gone. Advaita Vedanta points to your true formless nature, you are not body you are formless. That formlessness has been labeled Brahman. All of the millions of objects, scenes, people, and multitude of life forms will be proven unreal the moment you know yourself in a real sense without the body. You are not body. You are formless. All of the appearances and experiences with form are illusion as they take place within the formlessness That You Are.

How can we observe consciousness when we use consciousness to observe?

The knower of the sense of existence is prior to it. You are prior to every experience. The sense of existence or 'I am' has appeared to you. Consciousness is the result of the knowledge of existence. This can be seen in dream. You are sleeping, the sense of existence creates the consciousness of the dream world spontaneously a dream world is projected. Dream consciousness is being witnessed or observed by you, without body and without eyes you are seeing and moving within the dream. The same consciousnesses that creates the dream world is also creating the so-called waking world which is projected spontaneously and is observed by you. Your belief in being a body causes the appearance of a difference. There is no difference. Everything that has happened and all that you have ever experienced is within consciousness that has appeared spontaneously due to the sense of existence or 'I am'. You are prior to every experience, including this experience 'I exist'.

If the goal of meditation is to silence the mind, why can't we do it here and now?

You are not body. You are formless. You have been hammered with the concept of being a body. From this position of being a body you have perceived the world through mind. Mind can only present thoughts in form and based on being a body. Silencing the mind will release this false concept of being a body. Meditation allows the layers of illusion that have obscured your formlessness to dissolve without further concepts being birthed. The final concept meditation will dissolve is the meditator. You are not body. You are formless.

Do you agree that there is no individual self but only universal self?

It is a fact. There is no need to believe, just remove all of the false beliefs that are covering this truth. You are not body. You are formless. None of the body-based concepts that came along with the body are true, as you are not body, you are formless. If all of the walls in your house collapsed there would be no separation of the space in the house. It would no longer be bedroom, bathroom, or any other label to impress the separation of space. You are not body. You are formless. There is nothing except formless you. Misidentification with a body form has caused all of these appearance of dualistic impressions of separation of formless you.

What is self-realization and how do you achieve a permanent state where transcendental knowledge becomes your domain for eternal peace and happiness?

Self-Realization is the label given for the dissolution of the false idea of separation brought about by belief in being a body. You are not body. You are formless. Many concepts came along with the belief in being a body, which you are not. Prior to belief in being a body there were no body-based concepts. All of the so-called knowledge that you have acquired through the belief in being a body is useless and actually builds the egoistic sense of achieving. You are formless. All of the relations and experiences are body-based. You are not body. You are formless. Everything that is seen is absolutely illusion as you did not see anything prior to the belief in being a body, the seer was there prior to anything seen. You are prior to every experience. There has to be you in order for anything to have appeared to you. This experience of being a body and the appearance of the world has appeared to you. You are formless. When you know your true formless nature prior to the belief in being a body then naturally there is no separation. The concept of birth and death came along with the body, you are not body, birth and death do not apply to you. This fear of death which came along with the misidentification with being a body and all of the other body-based concepts do not apply to you. You are formless, there is nothing except formless you.

If everything is Maya or illusion, then how about enlightenment?

Enlightenment is simply the direct recognition of this truth. You are not body. You are formless. All experience with form is within the formless You Are. Similar to a dream state and therefore illusion, as you are not body everything that the body encounters occurs within you, not you in it. Formlessness using form to discover your true formless nature and stop along the way to enjoy the experience of existing as a form.

How can one transcend duality into non-dual state? What are ways to not become attached to labelling things as separate in life?

You are not body. You are formless. Everything that you have known, experienced or seen has been after the concept of being a body, which you are not, was impressed or accepted. From this false understanding of being a body many body-based concepts were added to you: You were born, you are going to die, you have to find yourself, you need happiness, you can become great, Mother, Father, God, etc. You are formless there is no birth and death to you. You are not body, you were not body, you are not going to remain body, there is nothing except formless you.

When will my karma end?

The moment you stop identifying yourself with the body which you are not.

What does expanded consciousness actually mean in a deeper explanation?

Dissolution of the false body touch. From the perceiving point of being a body mind it feels like “expansion” in reality it is the dissolution of the impressions of being confined to a body.

Does nonduality really exist?

You are prior to every experience; this can easily be understood. You must be there to experience anything. Now what experiences you? Thus, there is only You, just not as you imagine yourself to be through experience.

What meditation technique can one practice if one does not have access to a master or guru in order to be initiated (would it still be effective, or without a master’s initiation, the technique would not work)?

Simply sit quietly and concentrate on the center of concentration until the perceived concentrator dissolves in the concentration itself. Aware of the Presence which is felt when thoughts are allowed to come and go without undue attention being given. This Presence is the Guru that will initiate you into Your Self deepening and instructing you from within. All else is in the field of concepts and illusion.

What follows after enlightenment, what is there left to achieve?

Enlightenment is the dissolution of the false idea of separation brought about by the ‘I am a body’ idea. Once you have identified yourself perfectly, without the body, your actions are spontaneous. Discarding illusion in each moment as it arises is the only thing “left” and is the Greatest achievement You can perform using a human body.

How do you bring yourself into the present moment?

Stop imagining past and future using the instrument of mind.

What are your views on meditation? Do you find it effective?

Meditation allows you to observe the flow of thoughts, seeing that they can pass by without an action needing to be taken. As you become aware of the mechanism of the thought process, you discover yourself to be outside of it, there by no longer are you a slave to thinking thoughts.

What is enlightenment and how it can be achieved?

“Enlightenment” is merely the Realization that You are not the body which spontaneously dissolves the false concept of separation. Physical, Mental, Emotional, Relations etc. all have to do with the body that You are not. As this Realization deepens the pressure of body knowledge dissolves or disappears and is easily discerned from Your Presence That You Are. From the perspective of the mind body, this will feel like an expansion, in Reality it is merely dissolving the illusory layers appearing on Your Presence.

How does Advaita Vedanta explain free will?

The essence of the teaching removes the concept of free will simply by removing the concept of separation and other. Without another, what would be the reason for the concept of free will? Not – Two is not even one as when you say one immediately you have labeled that to which no label may be

applied. Where is the landing place for concepts if there is nothing but the absence of everything and only the knower of this absence remains.

Is regular, effortless concentration on difficult tasks possible through meditative practice?

Effortless concentration on difficult tasks is the normal state, worrying about outcomes of the actions taken is illusion.

How can one be always in Samadhi?

Samadhi is just remaining with yourself and paying full attention only to That You Are as it is manifesting as a sense of Presence. Paying attention only to That You Are as it manifests as a sense of Presence and allowing everything to appear and disappear without creating the concept of an observer. Your natural state when you are not imagining division.

Do enlightened beings get bored as they have already reached the ultimate and there is nothing left to be achieved?

Enlightenment is simply the dissolution of the false idea of being a body in a world thereby strengthening the concept of separation. Knowing your true formless nature spontaneously releases you from the illusory bondage of space and time, without the instrument of mind, identifying with body, life is spontaneous.

If consciousness is energy, and energy could not be destroyed nor created, then would that mean we will forever be conscious even after death? Would that prove life after death?

A few misconceptions need to be cleared in this question. First everything that is known is known through consciousness. Consciousness appears to you, and you begin knowing your formless existence through form and the medium of 'I am'. This is the birth of the conceptualizing and cognition through the instrument of mind, ego, and intellect. World and everything in it begins to take substance through this idea of being born in a world. Through this belief of being a separate individual experiencing a world outside of oneself attention is directed away from the source from where consciousness has appeared. When the apparatus with which you are attached and believing to be you perishes and returns to the five elements from which it came consciousness and all that was known will no longer be available and you will return to your natural no-knowing as there will be nothing to be known and no instrument to know. No birth, no death, no life as all of these appeared through consciousness that appeared to you.

What happens to human consciousness after death?

What happens to the people in your dream when you wake up? The entire world and everything you know is through consciousness which is appearing to you the formless Presence. You can only know yourself as a sense of Presence through the illusory world of form appearing in consciousnesses. As consciousnesses has appeared it will also disappear along with everything in it, only That which was prior to consciousness will remain as it is.

Now that you are awoken do you feel the need to awaken others?

All actions are spontaneous (without thought). Just movements in space. Whatever happens, happens, there is no one to notice or be concerned.

Why is there reincarnation? Can't we live just one life?

Firstly, your question infers that reincarnation is a truth. So first let's dispel this false concept by simple analysis. The body is a composition of the five elements and after it's death it decomposes or is destroyed. So, the body would be unable to 'reincarnate'. The mind is a flow of thoughts that creates a personality through identification with the actions seen being done by the body while you are believing that you are in a specific body form. This person continues to change with every experience, or after every experience gathers new information with which to use for future actions. So which person would 'reincarnate' as it is constantly changing or evolving. This leads us to the next and perhaps most important point. The you that is neither the body, nor the mind, as you are able to perceive the changes, they seemingly go through is the you that has no shape or form. Therefore, this you that is shapeless and formless by that very nature are not able to be 'born' or 'die'. You cannot be changed, divided, destroyed or created. The formless You simply Is. All of the forms are merely appearances.

Why do enlightened people not talk?

This question is formed from your own mind and is completely blocking you from knowing the Reality. Talking and not talking has nothing to do with the Reality, know yourself and these questions will not bother your attention. Find the source of every question rather than trying to search for answers. Each time the mind stirs to ask a question you provide it with more of your energy, which in turn churns out another question from the factory. You are prior to mind, You are prior to everything, You are not, were not, nor could you ever be a thing. Stop providing attention and power to the mind that only knows about things.

Have you achieved enlightenment?

Enlightenment is not an achievement, as anyone that could be perceived achieving anything has been dissolved. The speaking process would automatically cause the illusion of separation by the statement 'I am enlightened' creating a pseudo entity achieving an illusory goal and declaring it to the conceptual 'others', rather than remaining eternally still, silent and un-moving.

What is the difference between happiness and enlightenment?

Happiness requires some outside stimuli which is bound to dissipate or be temporary, enlightenment is the uncaused source from where happiness arises. The fountain from which happiness takes birth, lives, and dies.

What is the "enlightened being" perspective on God? In enlightenment, all notion of words like God ends, however, is this because this prevents more storytelling, so it is better to be present or it is because you really do believe there is no God?

The unmanifest manifests as a sense of Presence which can be felt in manifestation, in the story of manifestation you can be taught by this Presence. That You Are which is labeled as God. So yes, God is a label for the Presence That You Are. Without labels, concepts, ideas, thoughts, or beliefs. God Is That You Are there is nothing but That You Are, there Is no you there.

What is the difference between old souls and new ones? Aren't we all souls from the beginning, following a new journey to complete our purposes?

Soul is eternal and only One, there is no old or new until the concept of individual and duality is impressed.

Is it possible for heaven to be a temporary state and not the final destination of one's soul?

There is a need to clear up a few misconceptions. First there is no one's soul, there is only One soul playing out as many. Regardless of what religion you are believing in whose ideas were given to you by others, simple investigation will reveal this Truth. Every religion will lead you to a state of surrender where you may be taught by the Presence which can be labeled whatever you like, but which is in essence what is labeled as God. This Presence will reveal all of the secrets and teach you directly and clear all doubts and misconceptions brought about by others' ideas which you have taken as your own.

What sets a legitimate guru apart from an impostor or fake guru? What is your equivalent of a "false guru test" to verify and be determined that you've found a real and sincere one?

As long as you believe yourself to be embodied, you will see an embodied guru. Since this relationship is based on false pretense, naturally the guru is false.

If the embodied guru stirs a recognition of the true Guru, through a recognition, then a realization of the True Guru may offer a reflection of the Guru's true formless nature. The recognition will occur that 'I am not body.

Presence arises as the True Guru to whom you may make a complete surrender of everything known. Body, mind, ego, world, relations, everything that was known using the body. Even the idea you had about yourself and the guru.

Remain at the True Guru's feet, sipping the nectar of immortality (Presence)

What's a thought that has arisen once you started meditating?

'I am meditating is a thought that may flow through mind while you are meditating. This is of no concern as this 'I' that is meditating will dissolve within the meditation as the attention is slowly shifted away from the meditator and more deeply into the meditation. Eventually you will leave the meditator and the concept of meditation and yet the entire world will still appear as within the meditation itself.

How can spiritual experiences be achieved through meditation?

The purpose of meditation is not to gain experiences, rather to find the origin of the experiencer, only to discover there is no place the experiencer can be found. All experiences appear on your Presence, without you, there could be no experience. The experiencer of every experience is prior to whatever experience may appear or disappear. Even the experience 'I exist' which appeared spontaneously with the concept of the experiencer and all subsequent experiences.

If separation is an illusion and the truth is that there is no "separate" other, but rather one consciousness, then does that mean that "everyone" is experiencing the same thing at the core?

At the core there is nothing to experience and thus no experiences. In order for the concept of experience to arise, there must be something 'other'. Simply put appearances in your dream, though appearing as separate autonomous beings, have no separate autonomy, and therefore could not be

considered to be doing anything that could be experienced. When you wake up from the dream you understand everything arose from yourself, there never was anything other.

Do I need a guru? How do I find my guru?

Guru takes the form of Presence through meditation and concentration. This Presence once felt in meditation, should be 'worshiped' with absolute attention, first in the meditation and then in the daily life. When you continue to give your attention more and more to Presence instead of the passing outside things and situations, there will be an expansion. Remain with this Presence. Without having to label it. Without trying to 'figure it out'. Remain with the sense of Presence, brushing aside anything that tries to distract you from it. Eventually while doing your daily activities, you will be immersed in this Presence and the activities will be seen as occurring within this Presence. Just as when you are sick, all of the activities are done in the 'sick feeling'. Or when you are hungry all of the activities are done within the 'hungry' feeling. So, to, when you are immersed in Presence all of the activities will be done within that Presence. Presence is the Guru, remain at the Guru's feet. If an external Guru is needed to clear away body related knowledge or concepts, one will manifest while you are immersed in Presence. This path is direct and will lead to Realization.

No matter how much I remind myself that there is no "I" or "self", thoughts and painful past memories flood "me" and "I" get identified. What should "I" do?

This you that is identified with 'I', what shape is it? Since you know there is no 'I' as you mention than the false concept of individuality has already been dissolved in your direct experience. Without the concept of individuality, you most definitely understand you are not a body. So what shape is this 'I' that remains without a body? How could any experience that the mind presents in images, words etc. be about That 'I'? You are not body. You are formless. There is no local identification for this 'I' that you know you are not.

What are some words to replace "empty" / "emptiness" that don't have negative connotations? In a spiritual context.

Without attributes. The absence of attributes is the reality of spiritual "emptiness". The one who knows or recognizes attributes is of course in reality, without attributes of any kind.

What really is enlightenment? Is it some external light like sunlight, Moonlight, fire light, or is it an internal light? If internal, where does it exist?

So many words. 'light' is a way to describe Presence or the background on which everything appears. Enlightenment is waking up from the dream of separation. Similarly, when you wake up in the morning you have the understanding that the world you were just experiencing was contained within a formlessness that emanated and was created from nothing spontaneously. You had experienced and enjoyed or suffered whatever projections were occurring through the/on the 'light' 'Presence'. Enlightenment is the dissolution of the false concept of separation impressed through the belief in being a body in a world having experiences. Just like a dream. Once you spend time with yourself through meditation or after giving up on some useless body based spiritual practice and know yourself as formless and prior to body, mind, ego, intellect and world. Then the body-based concept of 'Enlightenment' is the label given to this knowledge understanding I am not body, I was not body, and I am not going to remain body. Body is not my identity. Everything that came along with the body

(relations, family, birth, death, living a life) is in reality a dream on the background of 'Presence' or 'light' and is just a passing show to the one to whom it appears.

What is meant by the duality of consciousness?

Identification with an object in consciousness is duality. The concept of separation is impressed through identification with an object as 'me' and from this false position a seeming world of objects is birthed. The first object that was identified within consciousness 'I am' or 'I exist' created the illusion of separation of this 'I' separate from consciousness. 'I' as everything believing itself to be something. On a micro scale you could compare to a stream of thoughts and identification with a thought that spontaneously creates the concept of a "thinker". 'I' creates spontaneously the concept of duality.

Aren't all gurus simply teaching 'truths' based upon their experiences; therefore, conditioning the mind of another—- irrespective of the mode?

I experience the stove is hot. I tell you this is my experience; the stove is hot. If you place your hand on the stove it will be hot, but don't take my word for it, please experience directly for yourself. You place your hand on the stove and indeed it is hot. This is now your direct experience and cannot be refuted. No questions will be asked, you are convinced.

The True Master clears doubts in such a way. Only egoistic spirituality (usually with a price tag and large crowds) adds concepts and another layer of illusion.

Ultimate Guru is the formless Presence within, which may or may not manifest in physical form.

Jai Sadguru!

Is inner body awareness the same as the "I AM" meditation?

"I AM" meditation is Presence remaining with Presence, Consciousness remaining with Consciousness, whatever name you wish to use for the awareness of the dissolution of the concept of a meditator meditating.

What does an enlightened person know?

Nothing. As there is nothing to know. Only the knower perfectly identified.

If people who are enlightened have put an end to almost all their negative karma, why are there among this group of people many who suffer from bad illnesses, poverty, or serious problems?

Karma is a body-based concept. You are not body. Knowing this truth is termed "Enlightenment" within the body based illusory existence. Whatever the form bodies appear to be doing there is no deed and no doer, as you are formless.

What is the purpose of meditation? Why bother?

Without meditation you will never know yourself, as you will always be trying to understand everything other than yourself. In meditation you will get to know yourself in a real sense, and the attraction of anything other will not be there. Removing layers of disturbance, trouble, problems and eventually even peace until you are all that is left when everything else has been dissolved or discarded.

Does practicing meditation help clear out the negative toxins from the body?

In a way yes. Meditation will help you clear out the toxins of anxiety, worry, frustration. Meditation will allow you to clear out the toxins of thinking, thoughts, and thinker. Meditation will allow you to clear out the toxins of worrying about sickness, despair, and death. Meditation will help you clear out the toxins of a 'me, myself, and I' to whom all of the above seem to stick to, as well as the world in which all of the above appear to be happening.

What does it mean by going inside and know thy self? How do you focus on the "I" in meditation?

Observe the observer until the observer dissolves within the observation. Concentrate on the concentrator until the concentrator dissolves within the concentration. This is True meditation and will dissolve everything that appears to you (thoughts, world, identification with a body) within yourself. Only You will remain.

Jai Sadguru!

Why doesn't consciousness exist before you were born? Why should it exist after you are dead?

This 'you' that you are speaking of is nothing more than an object in consciousness. An appearance of a body in which for a time the unlimited appears as limited and from this perspective begins experiencing a world. Consciousness is not born, nor does it die. As 'you' are an object within Consciousness there is no birth or death. The true 'You' is That to whom the knowledge of existence has spontaneously appeared on which the concept of duality and Consciousness are supported.

What is oneness? How should one understand it?

Oneness is just as it sounds. One, only one, nothing other. When this One knows 'I exist' Oneness is covered by the illusion of 'I' as something. Formless Presence is the first object which can be counted and through it countless other things appear. Within the body-based illusion of existence the closest you may come again to Oneness is the removal of the false concept of body. Still not Oneness, however a direct experience that points to the concept of Oneness as no other will be there. Jai Sadguru!