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Awareness

Something that I really enjoy is the times when I am in deep awareness, discovering and exploring what is deeper than the body, deeper than any illusion, any word, any body, anything that so many of us believe in.

It is a space, a space where nothing and everything exist. Being there, in that energy of awareness is being totally awake, experience peace and joy, in deep connection with everything and nothing.

There we know that we do not exist as human illusions. Nothing really exists in form. We might have heard about it, though experience it, is the only way to *know* it. Forms that comes in to that space has no attraction, there is no reality in forms. It is just there. They do not matter. No thoughts, no time, no yesterday, no tomorrow, no judgment, no drama, no meaning. Only inner peace, the moment and joy.

Something hopeful about this is that it takes no time to be free. Diving into whatever is here. Just accepting the opportunity to live in harmony, genuine joy and perfection just by being in awareness. It is about discovering and exploring the inner body beyond the physical body. A great discovery.



Dreams and illusions

In Buddhism they talk about how everything that happens to us, all the forms and shapes that life takes are changeable and etherealized. Suddenly they are there, pretending to mean something and then they are gone. Everything is changing all the time. . . as if everything is a dream. . .

Imagine if it's possible for all of us here and now to. . .

. . . Realize that it is when we resist what we experience that we keep consciousness imprisoned in the world of form and are actually prisoners in the world of illusions.

. . . liberate ourselves by not resist the forms and situations we encounter and thus deny the influence of illusions.

. . . hold the attention completely in the present and in that presence find the perfection which is deeper and more beautiful than any form and which is completely unaffected by time and space.

And now we go even deeper into this. Imagine if it's possible for all of us here and now to. . .

. . . wake up to that everything we experience is a dream.

. . . wake up inside the dream.

