

Diálogos entre G. y K.

Lo que sigue a continuación es un extracto, de la relación por correo electrónico que tuvo G. Weber con K. durante unos tres años y que se han publicado en el blog de G. Weber durante Marzo y Abril del 2.016.

<http://happinessbeyondthought.blogspot.com>

G

Hi K,

Great that you found the article in Liberation Unleashed useful. Feel free to translate into Spanish and post it wherever you like.

K

I've been reading your blog for a while and I find it amazing. The relation between awakening and science is something I was lacking for a long time being quite rational. Also I'm glad to find practical steps outside of religion and tradition to see through the illusion of separate self.

Yesterday I bought your book and started reading it.

I've never been in the presence of an awakened being. I don't expect anything magical but people used to say that being in the presence of one and talking to him/her is useful for gaining confidence in the process.

Do you know of anyone enlightened in Spain or Catalonia? I must say that I'm not very confident about the state of awakening of lots of yoga gurus and Zen masters around here... :(

G

If you are meant to be "in the presence of an awakened being", it will occur, as will whether it really makes any difference. Many folk went to see Ramana Maharshi; some were transformed, others felt "something", others felt "nothing" and saw only an old man in a loincloth lying on a couch.

There are many un-awakened yoga gurus and Zen masters; your caution is well-advised. Some are outright charlatans and are very successful and popular - it is surprisingly easy if one changes their hair, clothes and how they speak, to fool many folk. Others are perhaps well-intentioned, but have no real experience on what they are saying.

The best way to find one of these folk is to do your practices as diligently as you can. As the saying goes, "When the student is ready, the teacher will appear". your teacher might not even manifest "physically". my main teacher, Ramana Maharshi, had passed before i was old enough to see him, but he is more real to me than any "live" person.

K

I will follow your advice: keep my practices and let life unfold.
you've been very helpful.

Yesterday I felt very alone in a dream, feeling everyone being robots without self but with me still a person. I couldn't get rid of the illusion, so I was seeing the world empty and unfolding but couldn't free myself. Everything was ONE and without self except for me. So I was alone in the universe and felt very, very lonely.

But I accept that dream as a good premonition :)

G

That is a prescient dream as to what it can feel like.

The sense of being lonely comes and goes, and as time goes on, and the brain stabilizes the new functional pattern more and more, the feeling goes away and it is a very sweet space.

you may also feel everything "within you", which amounts to the same thing. The dream was not just a premonition, it is what awakening can feel like at first.

K

you mention rock climbing in your book. I've been rock climbing for more than fifteen years and last month I was climbing in Kentucky (Red River Gorge) for two weeks.

I'm not sure why but lots of rock climbers have a tendency to mysticism. It could be because you face the possibility of death often and see clearly how many things in life are really not that important, or it could be because when you climb, you experience very clearly, no-self moments.

I have the hypothesis that when your life is in danger, your body switches-off the non-vital systems to focus completely on the problem, and the ego goes away in that process...

After some minutes it always comes back. But sometimes you reach the ground after climbing and then think "uau! I wasn't there for some minutes, my body just did what was needed alone, and it did really well!!!"

No thoughts, just action, perfect action, some call it "flow". I wasn't aware of that till I was a bit more mature in my meditation.

G.

I'm not a rock climber, but my younger daughter is, and one of my long term folk is a dedicated climber, caver and skier.

It is a great way to achieve "stillness" w/the complete focus on the task at hand, knowing that if you lose concentration the consequences can be very severe. As you saw, "you weren't there" and your "body did just what was needed alone, and it did very well!!!" (The blogpost "Are our lives controlled by our unconscious brain" discusses this in rock climbing.) "Flow" is experienced by elite athletes, chess grandmasters, artists, teachers, etc. as well as climbers. Mihaly Csikszentmihalyi's book "Flow" was a great "study" of the phenomena. your whole life can be that way if you just "aren't there".

K

I think that as I'm lacking the presence of a master, sensei or guru, that this emailing could help me to fill that loss. Books and blogs do the same function and for me they are a great motivation, while trying to be very selective and not believing everything I read.

My practice is mainly trying to do formal meditation abiding in the I-sense, mostly following Ed Mujika's and Rajiv Kapur's instructions and trying to keep my awareness, and self-questioning the rest of the day, turning back to that silent presence every time I recall the need to do so, and trying to be aware of feelings and thoughts as they arise.

Am seeing how useless thoughts are, and thinking intellectually that the "I" has no scientific proof of existence.

When I was climbing for two weeks, I couldn't meditate much. I'm finding it very difficult to meditate again like my body or ego doesn't want to do so, but in daily life I'm feeling more and more focused, alert and aware. It's strange.

I'm seeing clearer and clearer when thoughts and feelings arise, and I pass some time in silent awareness even while working, driving, at meetings, having a tea...

I can now feel how my mind generates a motivation for doing something. It's felt without words, impossible to explain, but I feel it, and how then my "I" says inside my head the same thing that my mind-body-self was going to do, repeating like a parrot something that is not HIS idea but an idea coming from the subconscious.

It's amazing, it's very subtle and I'm not able to feel it always. It happens very fast of course, in less than a second. But, even though I knew this is how it works I didn't expect to be able to feel it! To see it!

G

i don't know Ed Mujika's or Rajiv Kapur's teaching, so couldn't comment on that. What you describe sounds excellent especially the "rest of the day" work on self-inquiry.

What you describe as sitting meditation being "worse" and the other 15 hours being "better", is the target we're aiming at. This work isn't about improving your meditations, it is about making your daily living better. Excellent work is likely occurring in both meditation and moment-to-moment during the day, "off line".

your "seeing clearer and clearer..." is excellent. That is exactly as it proceeds, naturally, and "normally". you're doing really well.

K

Your positive feedback is helping me a lot as are your blog and articles. Another great factor motivating me is that I always felt a I bit out of the religious-thing, more agnostic than buddhist or advaitic.

You say it is about making your moment-to-moment living better. Now I feel at peace most of the time even now that my life is going through some stressful situations (changing my home next month, a relationship that I think I have to end, lots of friends with economic problems...). I should

feel bothered but I don't!

Flowing w/the Tao

I'm not yet able to feel that no matter what happens it will be OK, but I'm able to wait in peace and see what happens without worrying much. It has little to do with ME because there's no me to worry about. I just don't think much about past or future now...

It's funny that these changes in daily life happen so slowly that I wasn't even aware of them until I start thinking about it. I wasn't aware that day after day I'm taking life more like flowing with the Tao... :)

Sometimes I get a little stressed again for a while, but these moments are fewer and fewer...Now, I feel that the main thing I want to do is keep up my practice, and all the rest is felt like secondary right now. It's sometimes a bit worrying too... :)

G

It is for situations just like yours that this work is so useful and important. Realizing that whatever happens is just what happens, and is out of your control, is the best and most effective possible action one can take.

If you are fully present, and not lost in thoughts, worries and stories that do nothing positive but take you out of the moment and "into your head", you can be much more "useful" to others and to yourself.

Being fully present, in the "now, now, now", and moving in the flow of the Dao/Tao, even for your relationship that may be dancing its way to its end, and the economic distress that your friends, region, and country are experiencing, is the best and most powerful action that can be taken for them and for "you".

K

While I write this I'm feeling a soft peace that is with me most of the time now. I think my practice is moving in good direction.

Every day that passes I'm more sure that awakening is really possible and I see a bit clearer how the process is unfolding, how thoughts get weaker or felt as not important, just redundant and disturbing.

Awareness, peace and some detachment from the world arises slowly...

K

Is all this just a training game for the brain to change or is there something beyond that? Something beyond the material world and the laws of physics?

G

Yes, there is "Something" beyond that, IME, that encompasses all of us, is in and through all of us. Our latest quantum physics and cosmology points to the reality of this Universal Field, but they can only go so far.

As the field must have at least all of the properties we have, and as it is pervasive, it is likely self-aware, self-conscious, and learning about itself. (Blogpost "How 'consciousness' creates matter...the God particle")

Much occurs in my daily life that is highly improbable and very synchronistic - this is the most logical explanation, IMHO. If one accepts this, then one surrenders to the Universal Field, which has been running everything all along anyway, beyond our cognition or control.

K

Thank you very much :)

I found it interesting that you like chanting and music. Someone said that if you give some practices to the mind that it likes (like music or the bliss of presence), it lets the process unfold without interfering much.

Does it make sense?

G

Agree that giving the mind something to be interested in, like chanting, can help the process unfold w/o interfering. However, Presence is not giving the mind something to do.

Presence has always been there, and is seen naturally, as mind gets out of the way. The less of I/me/my there is, the less "mind" there is, until all there is, is Presence.

K

Experiencing some problems in meditating, like my body or mind doesn't want to do it, but the rest of the day I felt more focused than ever. Yesterday I felt very sad and depressed. I'm a happy person and don't feel that way often. I couldn't find any reason for my sadness.

After lunch I took a break and suddenly felt that thoughts are leading my life and I don't have any control over them, so I don't have any control in my life. I knew it before, but somehow I felt it more deeply this time. I felt really detached from my thoughts and was really sure that life unfolds without my doing...

The rest of the day passed very happily with fewer thoughts than ever and a good sensation of Presence and bliss. In some moments, I even thought that It was going to last forever.

Today I feel more like always but I can connect to my feeling of Presence more easily than ever and somehow I feel more peaceful. This morning I couldn't meditate well. It was like my sense of "I am" was too weak...

It was like a very, very small kensho. I'm feeling very optimistic!

Thank you for all.

K

I've kept working and the process keeps unfolding. Meditation is deeper than ever and quite effortless. In the past weeks, there are lots of days in which I feel that thoughts appear and disappear without touching "me".

In meditation some days, there are lots of thoughts but it's as if they aren't mine. They don't disturb me most of the time, they're just irrelevant, and I ignore them.

Abiding in my Self is quite continuous now. It all started about one month ago after some kind of insight I had about the nature of myself as awareness - first about awareness being present all the time and second about relaxing into no-doership.

I cannot say it's absolutely stable, but I feel that now I'm really starting to abide in my real Self, most of the time. Sometimes, I get lost in powerful thoughts (mostly spiritual ones) but they're few.

Personal events happen now that earlier could affect me, but I see them as just "what it is". I'm not perfectly at peace and relaxed but I'm not worried or anxious either.

I keep working, but now it doesn't feel like working. I feel good even when I cannot meditate because of time pressures. It worried me a lot some months ago, but now I feel that the whole day, the whole life, is practice in itself.

Thank you very much for all, amigo.

G

The fact that your meditation is now deeper and effortless and that you have had deep insights on the "the nature of myself as awareness" is excellent.

Having most of your problematic thoughts be about "spiritual" work is what can easily happen.

It is a challenge to not get caught up in our "spiritual identity", particularly as we see more progress and the experiences deepen.

The best antidote is to recognize that our spiritual identity, is just that, another identity, and no more wonderful or useful than any other identity.

Many folk get lost here, and their "spiritual" achievement fades, as it only manifested when the "I", spiritual or not, was not there. The "I" is always anxious to rush in and claim credit for any achievement, including spiritual ones, which it had no part in creating.

Keep doing your practice, alert for the I/ego deflecting deeper work, like blocking a particular inquiry. Shifting from "Where am I?", or "When am I?" to an affirmation or negation, like "I am not this body", "I am not these thoughts", etc. can continue to move the practice deeper.

Move the practice into your daily interactions w/others as they are where we will see ourselves most clearly. This is really important if you don't have time to do your meditation practice. Constant watchfulness is the price of freedom.

Persist, persist, persist.

K

While going to sleep I was trying to see clearly that I'm not my thoughts and felt a very subtle shift in identification. In the past 'my' thoughts were telling me "you're consciousness", but no one was really believing.

I felt that for the first time I was Consciousness and not thoughts. There was no doubt. Some subtle but important change was made in identification or beliefs. All thoughts are seen as unimportant and useless as they arise, but are pervaded by a great silence and calm.

Old feelings and identification returned, very subtle, less strong, but they persist. I go back to peaceful consciousness automatically after every thought or text read or spoken. I felt that was an important kensho.

Thank you very much, how can I thank you for all the help you're giving me?

G

Yes, that is just how it is, just a subtle shift, but a vast change. One moment, you are your thoughts trying to understand how you can be Consciousness...the next moment, it shifts and you clearly are, and always have been, and will always be, Consciousness.

Thoughts are manifesting, but they aren't "you". It is so clear, so evident, so right, so "yes".

A deep pervasive Stillness is there, naturally, easily, and softly. Even as thoughts arise and fall away, less frequently than before, they aren't identified with, aren't who you are. They're just like the mist passing through the mountains, owned by no one.

K

Should I keep practicing as before or change something?

Meditation now is like doing nothing, the real shikantaza - just abiding in me. It doesn't really matter if there are thoughts or not... and of course that helps to go deeper...

Somehow I feel that my daily mindfulness is worse than before but I think it's just a feeling because no effort is made in any moment to go back to awareness, to me...

Love

G

The right balance

Feel your way into the "right" balance between a) allowing the brain to deconstruct the "I" itself, while "you" are passive and b) engaging a "mini-doer" to actively deconstruct the residue of the "I", which is still there.

If there are self-referential thoughts, there is an I/me/my there, and it will adapt to the new situation and reassert itself. Continue w/a) until it is obvious that there is increasing obscuring of the "Stillness".

The perception that "daily mindfulness is worse than before" is not a good indicator, as our memories of prior states are incorrect and heavily influenced by how we feel now. (Blogpost - "Traumatic memories feel true, but are always changing")

As you have gotten more still, what before were minor, or unnoticed phenomena, now seem much larger. It gets more and more subtle.

K

Yes, there's still work to do! :)

Keeping meditating, and some kind of mini-doer, during the rest of the day sounds perfect to me!

I'm not sure what you mean by "increasing obscuring of the stillness".

G

By "increasing obscuring of stillness", i mean that you should continue "passively" until you see that "Stillness", which is always present, starts to be clouded over by the I/ego. When you do, "actively" engage the "mini-doer" with some inquiry to clear away the clouds again and see only the Stillness.

K

It's been about a month and a half since my last mail.

I've been enjoying a new life. First I was amazed and then sometimes I was in an "I got it/I lost it" anguish until I saw that it was impossible to "lose it" :)

Stillness and silence are getting deeper and the sense of an K. is getting very weak. All thoughts are weak and their impact in the body or mind doesn't last.

K

I was climbing in China. In the past progress is great while on holidays or out of "my usual world" and this was also the case.

I've kept doing formal meditation but in daily activities it is hard to not "forget myself", as in "not being aware of awareness". I don't feel it is needed. My mini-doer is very weak now and I live most of the time just letting things happen, no past, no future.

I've been focusing on non-duality, and "Where am I?" comes to mind often. I'm starting to look to the world trying to deepen its nonduality...it's difficult to explain. I don't feel the seen world as "me" but I feel attracted by my perceptions to show me something.

The sense of self is losing its position, so it's hard to say "where" I am.

G

Being out of our "usual world" is a great place for major progress. In our "usual world", there are many "memory tags" that pull us into stories. In a new environment, the brain is more alert and focused, and w/o "tags", deeper work is possible.

The state you are in is not a problem. As you have seen, it is impossible to "lose it", which is a great understanding. The "I" is becoming dissociated as it is apparent that there is no solid, fundamental, singular "I". The individual "I"s are becoming smaller, but not uniformly...some faster, others slower.

It will become apparent that "the brain is driving the bus" and that you aren't in control of what is happening. The brain is rearranging its neural structure to abide in that Stillness which it wants above all else.

The brain has always reorganized "by itself". It re-functionalizes to improve skills @ rock climbing, writing code, doing IT tasks, learning another language, etc., as it adapts to new skills or environments.

Now, it is re-functionalizing the I/me/my construct. The more "data" it gets from glimpses of stillness, the faster it will stabilize in its desired state, returning "Home".

Feeling that you don't need to do formal meditation is typical. The residue of the "I" runs around saying "I MUST DO SOMETHING". Feel carefully if DOING SOMETHING is not "right" - not "in balance". Trust that deep intuition. The "I" is panicking, trying to justify its existence.

Things are going well. Relax, abide, be as still as possible.

If "Where am I?" is manifesting, go with that. Use your perceptions as pointers to what is perceiving - don't get distracted. Imagine yourself on the object and look back at what is perceiving.

K

Your words always resonate with me. It's always like a Christmas gift to receive your mail :)

Oskar - still, calm, relaxed

The path seems easy, but it's subtle. Let's see how I let the brain do all the work. As you said, the feeling of "me" is getting weaker as awareness grows.

I'm meditating now but because I found it peaceful and joyful. I'm moving from the concentration of shikantaza to "just being well with myself", aligned with your advice.

It's happening by/for itself. I never thought about doing it before it happened. All things happen this way :)

I'll follow your great advice: be still, be calm, relax

A T-shirt says "stay at the center and let all the things take their course - Lao Tse" :)

K

Oskar making sumi-e

It's like you said. The brain/mind is doing the work all alone and Oskar is getting more transparent day after day.

I keep sitting just when it is "wanted". Just sitting in every moment, doing nothing but staying with

myself.

Enjoying roller skating for kms without thinking much. After the workout, the stillness is even greater than after meditating! :)

Beginning sumi-e classes. So nice to paint with an empty mind.

Thank you again for all dear Gary

G

Such a beautiful flowering, like sumi-e, roller skating without thinking, and sitting in stillness - "doing nothing but staying with myself".

So simple, and yet so elegant, this work is.

K

It's been some time since my last mail :) I don't like talking about myself as I feel like everything I say isn't really truthful :)

Something changes slowly day after day. There are highs and lows but there's always progress...

The feeling of not being in charge of anything is very strong. I feel some impersonality, like being lived or sometimes feeling like every moment is a now-now-now. No plans, no past...just let happen what has to happen (and enjoy the show).

Thoughts haven't totally stopped, but they're quite irrelevant. They happen as background.

Me is not at any location. It's like looking at reality from outside the world, not exactly with my eyes. Consciousness is not located at any concrete point.

Perceptions are brighter and closer, sounds brighter, clearer and louder. I perceive some subtle change in perception but it's difficult to define.

Most of the time I really feel no one is here, just awareness. Sometimes that makes me feel a bit worried that I haven't been present enough. But not much. :)

Past-I is nearly over - like I don't have a past. :) It's there but never recalled. Future-I is less deconstructed, but very weak. I can still get disturbed with problems.

Most of the time I feel peace and stillness.

Meditation is deeper every day. Sitting and looking, waiting for whatever has to arise. I'm getting close to something like a "zero" state. No reason for that, no big deal. I meditate just because. I'm not in charge anyway. :) I meditate as any other activity, just because it has to be done. :)

G

Great that perceptions are changing and that you are having a difficult time pinpointing where you are. What remains of the Oskars will suggest approaches to be "done" to make things "better".

"...the feeling of not being in charge of anything is very strong", as well as feeling you're "being lived" in "now, now, now" are strong indicators that the brain has taken over the process. The pattern is being worked out as it "cuts and tries" to optimize and strengthen the new modified OS.

Just keep "sitting and looking" in peace and stillness, not knowing why you're doing the "meditation". This is valuable "data time" for the brain w/o narrative mind interference.

Trying to guess how things are going from the conscious mind's vantage point is futile. It can't see the "unconscious", which is why it's called that. It's like trying to understand how a clock works by watching it tell time. It is great that "we" can't be aware of, and involved in, what the brain is doing, because we would almost certainly mess it up.

Being disturbed by problems will diminish. Watch for narrative spinning a big story. If that occurs, engage the surrender/letting go approaches or just simply "let go, let go" of it.

It is going "beautifully" Oskar, or whatever remains of that fellow...

K

After six months living in that new world, while roller-skating it was suddenly realized that "I'm just LIFE" - that brought me a lot of energy and happiness that still lasts. It was a very energetic feeling of being alive, just life!

It wasn't denying that I was consciousness but somehow it was added to consciousness. It was related to energy and feeling – before it was all thought and consciousness.

It's hard to describe.

It's obvious that we're life, but it's very clear now that I feel bliss and love more often, more like I'm consciousness-bliss or awareness-life.

I feel more focused and alive with fewer thoughts and am less identified with them. They arise and pass without any trace.

Whatever I am remains just being there, while body and mind do their work. Recently there was some tension about thoughts that now has disappeared and I feel more stable and at peace.

I had a dream. Feeling a lot of love, love as I've never felt, and opening my eyes, my love was all over the things I see, over all the world, and the world was also me, everything was me and was love. It was very intense.

G

Things are going "perfectly" with your reported changes:

- a) thoughts and consciousness > feeling deep happiness,
- b) more consciousness-bliss and awareness with fewer, and decreased attachment to, self-referential thoughts,
 - c) increased stability and peace
 - d) seeing love over everything

This is real progress which will continue and become more stable. The brain has identified the

state that it wants and is refining the neural networks, clearing out unwanted memories and disassembling the egoic/I construct.

As this proceeds, you will observe great states, but they may be followed by periods of confusion. This is typical as the brain is "carrying away the trash" from the reconstruction.

The brain is likely working in an orderly fashion. However, "consciousness" sees this alternating pattern of stillness, stability, love, peace, etc. and a jangled, disordered state.

In your "knowledge" work, planning and problem-solving thoughts carrying out those functions are "fine" - they are not emotionally-loaded, or problematic and are not touched by the process.

If self-referential narrative, emotionally-loaded thoughts arise, use self-inquiry or "let go, let go". This will develop into a heuristic, an "algorithm", for these problem types, which is automatically invoked, and removes them almost before they can be observed.

Enjoy the dance.

K

Hi again, dear Sensei so-far-away :)

Things are going on as you said. I'm so thankful for your help that I hope that someday I could help you in any way or do something for you. Let me know if the moment arises... whatever...

Self-referential thought is nearly over. Practical thought happens when it's needed but not about a supposed Oskar. Some events can upset me for a short moment...but they don't last. I let things flow and deepen. Most of the time there's only stillness.

When a thought about the old-I arises, I feel un-ease almost immediately. My body doesn't want an "I"!!! It's rejecting even the thought of it!

Perception keeps changing. Not only are things brighter and closer, but also their quality is changing. Sometimes they feel more 3D than ever and sometimes it's like a painting. Will I feel sometime that all I see is One with me? I'm starting to believe it. :)

My mind is disturbing "me" about whether I should "force" attention or just let go absolutely, letting go of attention... What do you think?

I can be "out-of-this-world" and my body keeps doing and thinking, with no clear "me" and no attention at all for some time. Or i can force myself to be present and aware of everything, happy and blissful, but it feels artificial.

Probably the answer is to let go of that doubt and let my body-mind do the re-programming work in peace...isn't it?

Could I send you an original painting? It would be an expression of my love for you.

G

Don't be concerned that "some events can upset me for a short moment". That is difficult to stop.

Sometimes it is a fast basic response to a situation that the brain evolved to regard as likely dangerous. Others are just long-conditioned responses. The blogpost "How do i deal with anger? i can't meditate it away" may be useful.

The important thing is that they "don't last", as you are finding. That is where an emotion generates a story with destructive narrative. It sounds as if you have moved beyond that.

The "unease" when the old "I" tries to manifest is typical as one progresses. The brain prefers the stillness and Now so it creates a "drug enhancement" process to stay in that space. As Ramana Maharshi said, "It will become difficult to even manifest thought". The blogpost "Do drugs, sex, competition and meditation use the same "pleasure" system" describes this.

your perceptions will continue to have this shifting from 2-D to 3-D phenomena. you may find you will be able to consciously shift back and forth between them, like with one of those visual puzzles where it is either a vase, or two people facing each other.

"All is One" will emerge, unexpectedly. Don't force it, it will just be there, and then fade away. you will be left knowing that is the Truth, always. It will increasingly be felt, at some level, all the time.

As far as "forcing" yourself to be present, you have the answer with your "let go of that doubt and let my body-mind do the re-programming work". you felt that the forced situation was "more artificial".

Only a faint sense of the "I" remains to raise those concerns.

It would be great to have one of your sumi-e paintings.

Wonderful work, here Oskar, wonderful

K

You're great, Sensei.

Your statement "your perceptions will continue to have this shifting from this 2-D to 3-D phenomena. you may find you will be able to consciously shift back and forth between them, like with one of those visual puzzles where it is either a vase, or two people facing each other" is exactly what is happening. I can shift consciously.

I was very lucky finding your blog... and then you :)

K

As you said, things keep deepening, and now "no effort" is clearer than ever.

Oskar not-doing
in the Now

I'm starting to feel very light - Oskar is really disappearing slowly.

Meditation is effortless and deeper than ever. It really doesn't matter if there are thoughts or not. They are less and less present. I see clearly that the thought-process is just a question of clinging. If you don't attach to things and events, thoughts relax... But they're not a problem anyway, no more...

The feeling of non-doership is growing. Everything gets done spontaneously in the “now”, with no need to worry. Strong feelings are even less problematic. Just life unfolding. Just touching the surface of my consciousness.

There are no stories about a “me” and thoughts are mainly future plans - very operational ones.

The bliss now is present more than ever, just relaxing and observing.

Subtle changes in perceptions keep coming and going. I'm starting to forget about practice or progress, but I don't worry much about it. Sometimes I'm inside perception, inside scenery (and not behind) and sometimes there's no difference between inside and outside, no distance at all.

The presence of a thought pretending to be Oskar, very rare nowadays, clearly blocks bliss and that kind of perception when it happens.

G

Unfolding is manifesting perfectly and naturally w/o effort or "doer", just like the famous Soto Zen poem: Sitting quietly, doing nothing, spring comes and the grass grows, by itself.

Wonderful stuff...

K

I was reading a comment in your last blogpost: (“’blah, blah’ – understanding its contents and effects...recent research”)

“In effect, she is saying that there are multiple layers of self-referencing (experiential with neural correlates), of varying intensities, that separate dual and non-dual experience. In your particular case, all the layers ceased simultaneously. As you point out, there may be other ways to “skin the cat” as well.”

That's my case right now. As you said, as I keep my practice and keep living, my brain seems to be re-programming in an organic way how it works. Every few weeks it feels like something is missing in reference to self-referential thoughts.

There are subtle changes quite often, no big bangs, or new kenshos, but subtle changes. Lots of changes are hard to describe, others are clear, like no wandering thoughts about past or myself, no sensation of time, etc.

Non-dual luminosity in seeing is very present most of the time, as is that strange property of vision like I'm more inside the scenery. I'm sure you know what I mean.

Stillness is also growing (and bliss). A new state that is very, very, still, and very, very silent is starting to appear from time to time for a short moment.

Conscious thinking is more and more detached from identifying with a "me". Thoughts come and go when stillness is lost but they are no problem at all, not at all. No need to even see them as false, no need to do anything right now, they're really “blah, blah, blah”.

The sensation of non-doership is growing - feeling life flow, flowing with the Tao, sitting as a passenger and enjoying a blissful nice travel...

G

The process is proceeding "perfectly". "Letting go" keeps what is left of the various Oskars from trying to come back in and stop anything. If one manifested as a "doer" to make something "better", that would feel "not OK" now, so it would fall away naturally.

The brain is "driving the bus", and recognizes what needs to be done. The growing bliss, stillness and intermittent arrival of a very, very still state are indications of the progress it is making.

Remember that the brain is likely at work almost continuously on this new OS during the day on this as well as its regular jobs, trying iteration after iteration to see what works best, and then during sleeping is hauling away the debris from all of the reconstructive work.

The blogpost "Why do we sleep?..." gives the latest science on the cleanup and housekeeping the brain does while we sleep.

It is like building a new highway, space needs to be cleared away for the new route. It is constructed and tried for a while, until some new route is indicated, and more work is done.

K

An interesting shift happened.

I was able to perceive the subtle thought that builds the idea of a "me" looking for something. It's just a shadow of an intention. It was realized that true "seeing" is always non-dual. There is that subtle mental construction acting as an observer, a "me", that is the real duality.

The perception switched to "non-dual" in a more stable way that keeps going on, always bright and at the same time absolutely close to me, but very alive. The sense of "me" as that subtle thought dropped away some hours later and more bliss is felt as a natural situation now.

Could be a minor change in the OS has been uploaded :)

G

An excellent understanding, seeing the "I" attempting to arise, but being unable to pop up. Perhaps a pop-up blocker "uploaded" that blocks the "I". If it does arise, the blocker shuts it down again.

Important to realize that this is a subroutine. As the OS improves, the pop-up may be eliminated, or become just a "click on" app.

Great progress.

K

Everything keeps evolving to a new way of being...the transparent subject is dissolving into nothing, into scenery and universe.

Bliss is appearing very often, for no reason, just for being alive, sometimes subtle, sometimes quite strong. Love is growing, stillness is growing.

Perception is non-dual whenever attention is focused. Thoughts are not a problem. They're just "nonsense talking" and are decreasing and decreasing.

The degree of non-duality is variable. Sometimes it's luminosity without labelling, but other times it's deeper. I'm starting to really feel I am the outer world, with nothing inside.

The mystery keeps growing. Sometimes I feel like I'm sinking into no-thingness and no-knowledge. Who am I? It's more mystery than ever, but I don't much care :)

Just keep flowing with attention on...

G

Everything is going very well.

The great Presence is absorbing what's left of the I/me/my avatar, organically and naturally. As you are "sinking into no-thingness and no-knowledge", you will find that your functional competency will not decrease.

Oskar teaching rock climbing

The apparent varying of nonduality is the brain refining its networks. As it adjusts and improves, the state will become more stable and energy efficient, just like when one learns to ride a bicycle, write computer programs or rock climb.

The brain loves the Stillness, Presence and peace. It will continue to improve and use its dopamine reward/pleasure system to ensure that this state is so pleasurable and compelling that there will be no interest in moving out of it.

Just keep letting go, letting go, letting go...

K

Changes are happening quite fast.

Most of my time I'm seeing that luminosity or non-dual seeing, like the world is bright and absolutely intimate to me.

Thought is present sometimes and sometimes not. It has lost some quality. Thought is now never about a "me" - it has lost all of its self-referential quality. I'm absolutely untouched by them. Even if the thought is saying something about "me", all its power is gone.

Every negative sensation lasts for a really, really short time and leaves without traces and without importance.

I really feel I could finally say with conviction that "no one is really here". It's not an absence but a flowing and ever changing presence without any center.

Meditation is no more meditation, it's just sitting and being like the rest of the day but more focused and silent - little difference really. I keep doing it because it feels right...

Most of this is thanks to you, thank you.

G

Wonderful...It is now doing it all by itself. There is nothing that needs to be done, or anyone left to do it.

What a great surprise to have your fantastic, incredibly "Zennish" art work arrive today. It really captures the essence of stillness and the preciousness of this very moment, just now, and now, and now... It is "present" on my desk...looking like it has found its place...

Many gasshos for your thoughtfulness and creativity.

K

I feel so happy and blissful now, Gary. I sent you all my love and peace with the painting. As you said there seems to be no end to letting go and peace...

For me you always will be part of my path, thank you, thank you :)

K

For Catalonia and Spain these are times of change. It's quite hard for some people, but there's happiness from inside from the love for them. I can cry but feel OK at the same time, because this crying is also an expression of love.

G

There are so many great difficulties all across Europe now, and in the middle East.

As you say, "crying is also an expression of love". The great value of this work is to recognize that while we have no control over the external circumstances of our lives, we can have a great inner stillness, peace and love that is untouched.

At such times, those tears are not only tears of love, but of joy, surrender, and gratitude.

K

Hi, Sensei.

You're right, there's no end to the dissolution of the subject. Day after day there's less "I" here as you learn how to let go of deeper and deeper layers of mind, subtler and subtler.

The changes in the brightness and quality of perception are amazing - very, very bright and alive with no inside, no outside, just it. The world's there, but not there. you let go of perception, abandon the world and you're in another dimension, just being... or simply you are not.

It seems impossible to attach any craving or anger to a self even for minutes...no subject, no suffering, nothing to get attached to, no stories, no tales.

Thoughts nearly gone, just some random ones here and there while working in the world. It's magic how can you function in the world, transparent but better than before.

Gratitude to reality in the form of G. Weber. Thank you :)

G

Yes, it is exactly as you describe, magnificent in how it all dances so perfectly, so exquisitely down to the finest detail. Just totally surrender, and then you are totally held. Everything happens perfectly, "all by itself".

What manifests may not always at first appear to be a "good" thing, but if one watches carefully, it is clear why it happened. It always leads to deepening the understanding, moving further into the stillness. Just when you "thought" it couldn't get any deeper, any more "locked down", it does exactly that.

K

Dear Sensei,

After awakening it was clear that it wasn't liberation, but now, after two and a half years of surrender, bliss is nearly always present, and thought is totally self-liberated every moment.

Even events that in the past were a big drama, now are provoking just some seconds of physical reaction. Life is just this now...no thoughts of future of past, no need for them. Just this present-bliss-universe, even for a knowledge worker like this IT engineer.

Love and compassion arise out of nowhere. When you have "nothing to do", when you "abandon every wish and rejection", what else is worth doing except helping others?

The universe is so close, that it's me. It feels absolutely intimate. "Me" has been spread all over reality.

Thank you :)

Love