
CONSCIOUSNESS WITHOUT AN OBJECT



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1) Who are we?

- We are Consciousness.
- Awareness.

2) Consciousness becomes aware of itself.

3) World is a phenomena.

- Phenomenon is an appearance, an anomaly.
- Simply put, any occurrence that is observable is a phenomenon.

4) When we direct our attention to our thoughts, feelings, emotions, memories, we place these perceptions into a basket we refer to as “the Mind”.

5) We refer to it as consciousness.

- It always present.
- We later discover, that externally, it is reality.

6) The best way to describe this discovery is consciousness knowing itself.

7) It is only thru the mind that we know objects.

- Consciousness has no such limitation in knowing itself.
- Beyond space and form is Consciousness.

- 8) For something to be perceived, there must be a subject and an object.
- 9) Only Consciousness has the choice to be limited as a Body / Mind or to remain limitless.
- 10) Consciousness is sometimes referred as Samadhi or glimpses of limitlessness, deepen and ripen as the Body / Mind re-aligns itself with the newly discovered reality.
- Suffering reflects nothing more than the persistence of old habits and conditioning.
- 11) We come to a state of “Not knowing”, where we allow all things to arise and resolve in the moment.
- 12) In this “not knowing” presence, all things appear, even our thoughts.
- 13) We are not the creator of the thoughts that appear to us.
- 14) We are not the doer of our deeds.
- 15) To whom do these thoughts arise?
- This inquiry slowly erodes ego.
- 16) We are limitless, action less awareness, it is our core nature, our natural state.
- 17) In Truth, there is never duality.
- 18) We observe the body and thus, cannot be it.
- 19) By extending the inquiry, the same conclusion is reached regarding our thoughts and bodily sensations, immaterial objects.
- Thoughts, beliefs, feelings, memories and bodily sensations are witnessed by the “Subject”, us, and thus, cannot be us.

20) Since Consciousness is not the Body / Mind, it is not subject to these limitations.

21) Absolute nature as Consciousness is universal and impersonal.

22) Paves the way for the experience of a glimpse, of true nature as naked reality.

- Our freedom is revealed in this reality.

23) Consciousness is the substance of the universe and everything that arises from within it, beings and all other objects, is made of this substance.

24) There is no more separation, no more subject / object, this / that, not even witness and witnessed.

- There is only one.

25) Bliss can be defined as consciousness becoming aware of itself.

26) Bliss, the happiness of Consciousness knowing itself is sometimes referred “The perfume of silence”.

27) Abidance in our true nature is nothing more than the final detachment from objects.

28) You are everywhere and everything is in you.

29) Thoughts may still arise, but they are witnessed and not engaged.

30) The beauty is that our everyday consciousness, the same consciousness that we take for granted as being so ordinary, is the same Consciousness that divinely lives all of our lives.

- There is no separate divine Consciousness at work.
- All things come and go, live and die, within the Consciousness that is always present.

31) Every time we go back to Consciousness we enter timelessness.

32) The waking state, and dream state is a different animal in that, it is a multi minded dream.

33) Gross matter vibrates at a much lower frequency than that which prevails at the level of mind, the subtle state.

- There is appearance of durability in waking.

34) What the mind serves up are images designed to entertain Consciousness.

35) We live in the timeless moment and the contentment of our aloneness, permitting the mind to chatter on since we are no longer married to it.

36) Consciousness knows itself prior to body / mind.

- First, there is self-realization, the knowing that there is no one other than Self.

37) The desire to understand the “I” thought never arises from ego.

38) This “I” thought is outside of mind.

- In the absence of any perceptions, there is only the natural state of unconditioned Consciousness.
- The mind has no access to anything other than objective reality.
- This is the nature of mind.
- It perceives only through the function of duality; thus, that which lies beyond it, is outside of it's grasp.
- The most that mind can offer is a blank mind, in which there is absence of thoughts⁵.

- This can be compared to a painting hanging on the wall.
- Remove the painting and there is a blank space where the painting formerly sat.
- This is not what is meant by an empty mind; the empty mind could be called the “Space behind, the space behind the picture”.
- An empty mind is a moment out of time, an experience of no duration, full of bliss.
- This place is directly behind the mind.
- It is the glue that holds the entire picture together, without which nothing could possibly exist.
- It is consciousness without an object.

39) So, in the natural gross world, evolution applies.

- In the subtle world, Karmic law applies.
- But, as consciousness, only the law of love applies.

40) It is a major distortion to view the waking state dream as real.

- The truth is that the seer is the seen, that Brahman is Atman.
- Brahman is that which underlies all of phenomena and is the same as Atman, the Self, consciousness of the Jiva, that which we refer to as “I”.

41) The understanding is not the end in itself.

- It is the beginning.
- It is probable that old, binding Vasanas, behavioural patterns, will continue to residually agitate, blocking the sun, that which we are.
- In time, belief systems and desires are released as the understanding takes hold.

42) We have allowed these physical sensations and thoughts to parade as the pseudo “me” simply because we enjoyed them.

- Realizing this, we are free to choose whether to participate in them, or remain in beingness.

43) We are quite fond of some of these sensations and thoughts.

- As thoughts, they localize in the forehead; as feelings, they localize in the chest.
- Both give rise to the sense of pseudo self.
- The true center is not localized; it is consciousness.
- This is obvious because thoughts and sensations are an appearance in that which I am.

44) Thus, the core belief inhibiting reality from being evident is separation.

- Reality can only be seen by reality.
- This phenomenon of consciousness identifying with the Body / Mind, an object, is the root cause of misidentification.