

“The first step is to accept to be something that is invisible”

*Extract from 13th May 2021 Dialogue ‘Be Obsessed by the Truth’*

Transcript of Dialogue

Question: That I am aware is beyond belief, but I have been reflecting on the question you asked me last time ‘what difference - if any - do you find between you and awareness?’ [...] The only difference I can think of is beliefs, such as ‘I am awareness’, but then this awareness could be located in the body.

Francis: “But these beliefs, don’t they appear in awareness?”

Questioner: Yes

Francis: And aren’t these *your* beliefs?

Questioner: Yes

Francis. Yet you say the difference between you and Awareness are beliefs. Are you saying that there are two owners of these beliefs, on one hand Awareness which perceives them and on the other hand you who own these beliefs?

Questioner: That’s all I can come out with

Francis: OK, Let’s look at it. My question now is, are you a belief, or is it awareness that is a belief?

Questioner: No, awareness is beyond belief, so it's not a belief.

Francis: What about you?

Questioner: Just as awareness, I am not a belief

Francis: So neither awareness nor you is a belief. I am trying to elucidate what do you mean when you say that beliefs can introduce evidence of any difference between you and awareness. So let's go a little further.

[...]

These beliefs, that you say are evidence of a difference between you and awareness, obviously they appear both in you and in awareness. Do they appear twice? Once in awareness and once in you?

Questioner: No, they are the same.

Francis: So how can the very same belief that simultaneously appears both to you and to awareness be evidence of a difference between you and awareness? [...] Experientially there is no distinction between what you call 'you' and what you call 'awareness'. [...] It's more a question of what we mean by the word 'me'.

Questioner: Yes, that's what I mean, yes.

Francis: If by 'me' we mean this body, and if by 'awareness' we mean whatever it is that perceives perceptions, and thoughts and beliefs, then yes there is a difference between 'me' and awareness. Because awareness is

that which perceives the thoughts and perceptions, and the body is the instruments through which bodily sensations and external sense perceptions are perceived. [...] That which perceives uses the eyes, the ears, the brain... But because It organises and sets in motion all these instruments of perceptions, It is the Reality that perceives. *The whole Reality converges in the act of perception.*

Questioner: But I must say that it feels a bit fake to say 'I am awareness', because if I knew or think that I am awareness I would act as awareness, and I do not act as awareness in the world.

Francis: Not necessarily. It is not infrequent that we act in the world in ways that are not consistent with what we think. For instance, people smoke and they know that smoking is detrimental to their health, and would admit 'I rather not smoke', nevertheless they do. [...] So they think one way and act the other way. This shows that it is very well possible that we know that we are awareness but we act in life as if we were a human body. That's very possible. In which case it would simply mean that our actions are inconsistent with our intelligence, that's all.

*What I am trying to convey is that the way you act as if you were a human body is not evidence that you are a human body. That which matters is what you believe to be, and more importantly, what do you know to be.*

And that's why if I ask you the question, 'is it you that is hearing these words right now?' What say you?

Questioner: I have to say yes, of course I am.

Francis, so I call 'you' whatever is hearing my words now and whatever it is that understands them. [...] That is your Self.

Questioner: It is my Self

Francis Yes, it is your Self.

Questioner: OK. But I can only intuitively know that that which is aware in me is that which is aware in you.

Francis: That's a different step, the first question you have to answer for yourself is 'when I say 'I' do I mean awareness or do I mean something else?'

Questioner: Sometimes is a bit of both, when I catch my thoughts, but I understand that 'I' is the key word'.

Francis: This awareness that is hearing my word right now, you, can you see it? Can you see it like you see this cap?

Questioner: No, I can't.

Francis: So what is very difficult to accept is for us to be something that is invisible. But once we understand that no matter what that is already the case, we have to come to terms with the reality of our experience, that is, which we are something that is invisible. We must get it over with, and then we discover that there are a lot of perks that are attached to that which is invisible. But before we accept this possibility it seems to be terrifying, it seems to be full of disadvantages. In fact it is full of advantages. In fact there

are no negative aspects attached to it, it is all positive. In fact what I am doing is simply an infomercial to convince yourself to accept to be something which is invisible.

Questioner: Yes it is and it is invisible. So what I am is not a thing.

Francis: Yes, absolutely, it is, and it is invisible. So it's beautiful. But it is a big step to accept the possibility to be something invisible. And think about this also. If it is invisible you cannot hear it, you cannot touch it, it is inaudible... how do you know it is in this world?

Questioner: I don't, I would say the world is in it.

Francis: Right. So accepting that it is invisible opens the possibility that it is not in the world, but rather the world is in it and is made of it. And if the world is made of it, this also means that everything we see is this awareness. So we come to the conclusion that we are both nothing that we see and at the same time everything that We see. But we are are both everything that We see and more. We are not just everything that We see, We are everything that We see and much more. In other words we could say We are everything that We see and the rest that We do not see.”

[...]