

**If there is Awareness there is Being,
because Awareness is already something
rather than nothing**

**If there is Being there is Awareness,
because Being is not an object
but an experience.**

Francis Lucille

The Treasure that Resides in Your Heart - part 2

(An extract from Francis's Meditation of 19th February.)

The question is: 'Is there something or is there nothing?'

The answer is: 'There is something with 100% certainty.'

No tap-dancing around this.

We cannot escape this certainty.

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The experience from which we derive
that there is something rather than nothing,
is called the experience of Being.

From what has been said, it follows that
the experience of Being and the experience of Awareness
are one and the same.

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If there is Awareness there is Being
Because Awareness is already something rather than nothing.
If there is Being there is Awareness,
because Being is not an object but an *Experience*.

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The experience of our own Being
Is the experience of Universal Being
Just as the experience of our own Awareness
Is the experience of Universal Awareness.

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