

Denise Giusti

14 March

From Francis's exploration - "the treasure that resides in the heart" ... and true humility, on Feb 19, 2021.

"Sit comfortably, relax, welcome the totality of your experience as it manifests from moment to moment.

The question is not - 'why is there something rather than nothing?'

There is no question, because there is something rather than nothing.

That is certain.

Now, let's assume we perceive a flower and the question is, 'What is this something rather than nothing? Is it a flower?' Certainly not, because the next moment the flower is different - after a few days, the flower is no more. But has the fact that there is something rather than nothing disappeared at any moment? No.

There is still something rather than nothing. Therefore, the something rather than nothing is not the flower. And it is not any other object that we can perceive.

And then we can ask ourselves, 'What is it in our experience, ... what is there in our experience which has this quality to be always present?' It is not a thought, they always change. It is not a bodily sensation, it is not a sense perception - they always change. In our experience there is only one thing that doesn't change - it is the reality that perceives the perceptions. Awareness.

So we know there is something rather than nothing, not because we perceive flowers or chairs or computers or animals or our own body or whatever. We know that there is something rather than nothing

because we perceive. Period. Not because of that which we perceive, but because we perceive.

The experience of our own being is the experience of our universal being. Just as the experience of our own awareness is the experience of universal consciousness or awareness. It's just that we believe our being or awareness is limited. That we believe them to be limited doesn't limit them - doesn't make them limited.

So when we are nobody, we are everybody. When we understand that we are nobody, nobody separate, we understand we are everybody - both in their being and as their awareness.

Just as individual mind is a counterpart of the human body, awareness is the counterpart of the reality. They are both two sides of the same coin.

When this is understood just, at least, as a mere possibility, all that is left to do is to be open to the show. To listen to the music which the universal orchestra plays from moment to moment.

To allow for our false identity to dissolve in the ocean of our reality.

As long as there is a belief to be a limited body-mind there is no true humility.

True humility is the understanding that we are not a separate entity.

That there is no separate entity.

And therefore, if there is no separate entity, then there is no separate entity that can claim to be humble. Humility is that which happens in the absence of the belief to be a separate entity.

So, it is possible to know I am humble, while remaining humble without losing our innocence. Simply, when we are open to the possibility that - the awareness of ours - we all share it. Nobody is above or below anybody else. We are all the same. No race is better, no gender is better, no age is better, than any other.

We are all equally endowed with this jewel - awareness.

With this pure diamond.

Unfortunately, most of us prefer colored glass. Valueless stuff.

Forgetting the treasure that resides in the heart.”

[https://www.facebook.com/groups/98221155624/permalink/
10159480620675625](https://www.facebook.com/groups/98221155624/permalink/10159480620675625)