

AWARENESS SAY YES - Francis Lucille's Guided exploration

Transcript

Just welcome all perceptions
as they cross the field of Awareness,
without chasing them,
without trying to change them,
without doing anything about them.

Welcome them in,
and see them out.

By doing so,
we take our stand as Awareness,
because Awareness
is Universal YES saying.

Awareness says Yes to any perception that arises,
its very arising it's the YES saying of Awareness.

So there is nothing negative in Awareness,
It's absolute positivity.

No resistance,
everything flows freely

And we can see that this absolute positivity of Awareness,
which is our experience,

is a quality - if you will - an attribute
that Awareness shares with Reality,
because there is no negativity, no negation in reality,
everything which is simply is.

Negativity is non-existent,
For as both Parmenides and the Bhagavad Gita say,
Being is and non-being is not.

Non-existence does not exist, there is no non-existence.
Because it is a fact that there is existence, it is a fact,
undeniable fact, absolute certainty that there is existence,
or that there is being - if you will.

Therefore, non-being exists only
as a figment of imagination
that requires Being for its very existence.

The thought, the concept of non-existence
requires Being.

So the very concept of non-existence carries within itself
its own annihilation,
because the concept of non-existence has existence.

There is only Being,
just as there is only Awareness in our experience,
and that makes it possible for the two,
Reality on one hand and Awareness on the other hand,
for the two to be one.

No matter how different
Eastern and Western philosophies seem to be,
at the very core of the greatest philosophers
of the East and the West
is the same understanding, the same experience,
Awareness and Being are one, there is only one Reality
which experience itself as Awareness and all its modalities,
if you will, its modifications,
which are the perceptions.

Just as the waves
are modalities and modifications of the ocean,
the ocean taking the shape of the waves,

Awareness taking the shape of the perceptions,
but just as the ocean and the waves cannot be separated,
the perceptions and the Awareness of the perceptions cannot be
separated.

And Awareness is the substance of the perceptions, just as
Reality is the substance of the world,
of all the beings, animate and inanimate
that exist of all existence,
of all the things; that's what Reality means.

it comes from the word *res*, *res rei* which means 'thing-ing'.

So Reality is that which makes the things, that the things are made of,
the Substance of the things that we perceive in the world.

And Awareness is the substance of our perceptions,
of the human mind.

If these words are too philosophical to you don't worry,
only that which we understand matters.

But once we have understood
one of these statements
we have the key,

and all the doors will eventually open
using the same key.

Sometimes it's a little more difficult to turn the key in the key-hole,
there its some resistance there,
but eventually that door opens.

And at some point we realise
that the same key opens all the doors,
the key we were given the first time we understood something
that was odd to us,
about Awareness

or about Reality.

Now if we direct our attention
to the world and to our body
as we perceive them in this very moment.

First it is obvious that this human body is part of the world.

It is obvious when we see it
in the mirror,

among the other objects in the room, it is very much part of the room.

Or as we see the bodies of our human brothers and sisters,
so similar to ours,

their bodies are in the world, part of the world,
so our body is very much part of the world.

As a result the reality of this body and the reality of the world is the
same.

So even if we allow ourselves
to believe for one moment that this body is what we are,
that this body is our identity,
even then our real identity
is going to be the reality of this body.

In other words our real body is not this human body.

Because the reality of our human body,
although this body seems

separate from the other bodies

and from the other things of the world,

the reality of those things and the reality of our body

IS the reality of the world

which we share and which is our reality.

And therefore our real identity, our Reality, is what we really are.

Our Reality is therefore our real identity, our real Self, our real I.

Now having said that, can we
perceive, in this moment,
this body and the world that is appearing to us
through sounds, bodily sensations, the air we breath,
the contact with the chair, with the floor, etcetera.
All of that as being our real body, without separation,
meaning the body of our Reality,
the body that our Reality is manifesting
from moment to moment,
through bodily sensations and sense perceptions,
leaving aside for the time being
the thoughts, the concepts, the imagination,
just for the time being, for the purpose of this experiment.
Observing, seeing
that the bodily sensations and the external sense perceptions
don't belong
to two separate universes,
to two separate realities,
but that our direct experience is telling us in this very moment
that they are manifestations,
manifestations or creations, if you will,
of our single Reality.
And see how this experience
transforms and realigns the way we perceive the body
and the world that surrounds it.
We are not choosing any longer this sensation
over that sensation or perception,
claiming this one is me, that one is not me... All of that
comes after the fact as a thought

that has no basis in experience.

In our direct experience of the body and the world
see, in this moment,
there is no separation.

Just as all the thoughts in the mind
are unified or united
in Consciousness and as
being made out of Consciousness,
the bodily sensations and
the external sense perceptions are united, or unified
in our direct experience of them,
as being our real Body,
as being our Reality.

And then
we have nothing to do,
because there, there is no conflict any longer,
there is no striving,
there is no lack.

The moment our real Body is the Universe
marks the end of our predicament.

And from there we can move,
we can act.

When the body moves the human body moves within Itself,
within this world,
within this garden in which it plays.

There is no longer conflict, opposition.

We don't have to stay
silent
and motionless.

We can act
and think
and feel
and dance
and create.

It's just
that there is knowingly no separation.
When the body, the human body moves,
at dances,

It moves within Itself.

Just as when Consciousness thinks,
imagines, conceptualises,
perceives, understands,
It does that within itself and with Itself.

Sometimes we are taken somewhere
through this time of guidance.

And later on

you don't remember how you went there
It's as if you were taken there blindfolded.

But even if you were blindfolded on your way there
to use this analogy,

there are still some memories that are left,
perhaps sounds you have heard,
fragrances you have smelled,
that gave you some hints
about the path you took.

So the next time,
even when seemingly blindfolded,
you gather more information, you have more knowledge.

And every time you go there,
the veil that hid the path,
gets thinner,
up until it is removed
and you see
I have always been there.

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