

*TRANSCRIPT OF BEAUTIFUL GUIDED MEDITATION /
EXPLORATION BY FRANCIS (5TH OF MARCH 2021)*

The Thread of Reality

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Welcome the totality of your experience

As it manifests from moment to moment,

in the form of thoughts, bodily sensation, sense perceptions.

No goal, no going anywhere.

And simply direct your attention towards

the source of all appearances.

In other words, your attention is not directed to the perceptions,

But to the Source out of which they flow.

See that this Source is no other than YourSelf.

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Notice also that,

because the Source of all perceptions,

is itself not a perception,

It cannot be perceived as such.

As as a sound, as an image, as a thought, as a bodily sensation.

So the reality of all perceptions,

that which is there before they arrive, during their presence

and after they have disappeared,

is not itself a perception.

Nor is It the absence of perceptions,

because the absence of perceptions

is still a form of perceptions,

which comes after the fact that we first experience

Consciousness without perceptions,
and then the mind tries to picture these experiences after the fact,
have an image of it that is a kind of blank state
or a white wall, a black wall,
something extremely neutral and dull and boring and uniform.

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See that the more you focus towards the Source,
the more It seems to eludes you,
So that this experiment may seem to be a failure.
In other words, the outcome of this experiment
is a failure to visualise the Source of perceptions.
It does not mean a failure of the experiment,
it means it is the outcome of the experiment.

[...]

The conclusion is the Source cannot be visualised
in any fashion or form.

This conclusion has two consequences.

One is that trying to visualise the Source is a futile attempt

In the future as a result of this understanding and this experimenting

We should avoid trying to do it, since the failure is guaranteed.

That's a minor but nevertheless

important consequences of this experiment.

The most important one however,

is that since it is impossible to visualise the Source,

- also known as the Self, also known as I, also known as my true
nature, what I really am -

any qualities that we attribute to the Self,

which is dependent upon and predicated upon such a visualisation,
is a fallacy, does not exist.

In particular, the belief that the Source
Is confined in space, within the boundary of the human body,
is such a fallacy.

It assumes the possibility of visualising the Source
inside a human body.

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And by 'visualise' I mean not solely to see It,
but every kind of perceptions, including bodily sensations.
Because it's obvious that the Source, Awareness,
is not visible, and therefore it cannot be seen inside the body.
However, we may still stick implicitly
to the belief that although is not invisible, It can be felt,
that although it is invisible, It is not in-sensible,
or un-pursuable in terms of feelings, of bodily sensations:
'I feel my body', 'I feel the Source',
'and therefore the Source is part of my body.'
The fallacy here is in the statement
'I feel the Source', 'I feel Awareness'.
This statement is falsified by our experience,
and in fact by the experiment we have just conducted.

[...]

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So it is important, through this experimentation,
to acquire the clarity and the certainty
that Awareness is absolutely un-perceivable,
in terms of mind perceptions, or mentations.
The major importance of this conclusion
is due to the fact that
ignorance is predicated upon the possibility of such a perception.

That's it.

Once the absolute impossibility of such a perception
has been experientially established,
ignorance has lost its very foundation.
Ignorance is then in the position of the
coyote in pursuits of that road runner.
As the coyote has left the cliff, and is now air-born
The road runner is flapping its wings,
the coyote keeps running but not for too long
it has lost its ground, its foundation.

In an analogous fashion

We can say that Awareness, our true nature
is what is left,
When everything else has disappeared.

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To the indiscriminating eye,
it seems that the essence of the necklace is in the pearls,
but its essence, that which unites the pearls,
is the invisible thread that crosses their very centre,
and that gives the necklace
its shape, its unity, its reality, and its beauty.
In the same way, the invisible Presence
Is That which unites all the perceptions we have of the world,
But also all the objects of all the world,
the mind, the physical worlds, the worlds of ideas;
the moment they connect to each other
the connection is through this invisible thread.

At the very centre of our human existence,
is the thread of Reality that unites all things.
Not only all sentient beings, but all things in all words.
One single string.

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