

# Light









**Welcome to this book called Light**

**Here We explore who "We" are –**

**Now at Heart in this Present Moment**

**So let go of every idea of who one is and be open to  
something never thought of.**

**True reality is indescribable.**

**Enjoy**



# **Introductory Texts**





## For Everyone

No matter where we are on our journey, whether we feel as though we are just at the beginning or are an experienced "master", wherever that is, ***it is perfect.***

It Is Perfect.

Everything about it; whether it is sorrow or great bliss – ***it is perfect exactly as it is.***

There is no need to get anywhere or be anything special, what we already are – ***right in this moment*** – is perfect in every way.

Remember: We don't judge a tree for a crooked branch.

## **The Universal Teaching of Letting Go**

Every life experience,

Every suffering moment,

Teaches us to let go.

Attachment is the cause of all suffering.

Be it attachment to people, places, things, substances,  
expectations, fears, dreams, etc.

Any and all attachment leads to suffering.

That is why we must always let go.

And realize, who we really are, has never been holding on.

Who we really are, has always been free.

Who we really are, is free right now.

Always Now Free.

We See,

We Be,

Now

## **Love is Free**

So let it all go & truly be

Loving all infinity

See

&

Enjoy all of thee

Completely loving unconditionally

Relaxed & at ease in profound equanimity

This is the fully open heart being naturally

Like the humble star that shines effortlessly

For and with All as One family

Inseparably & timelessly

Free















## ***PRELUDE***

**This is the prelude to Light**

**As this text contains a peculiar tone.**

**It must be stated Now that Truth is Eternal and cannot be fully expressed or illustrated through words, as words are rigid and are wrapped up in concept and thought.**

**Thus, in reading this text be sure to understand that there is no rigidity to these words. They are mere pointers to a non-conceptual abstract, a true and profound Nature that goes beyond thought and what words can even grasp.**

**Do not hold on to these words. Let them flow through Awareness and spark insight spontaneously. Do not attempt to grasp any meaning, let the meaning reveal itself experientially. Just let it all go, let it all flow.**

**Be the silent witness of Reality as it is.**

**Such-ness – Is-ness – Now**

**Here & Now**



**Light is a book of Love, Light and Insight**

**It helps us BE fully in the now by offering words of insight that are for meditation / deep reflection.**

**Love the Now**

**Be in the Now**

**Be Now**

**Dedicated To:  
Mother Earth,  
The People of Earth,  
The Universe,  
& Awareness.**

**With Love - Love**



# **Part One – Intro to Light**

**This Book is for everyone. It is to Guide  
Us into Light –**

**Into the Here & Now with Love, Joy &  
Authenticity.**

**Now,**

**We are Aware,**

**Aware of Light –**

**Aware of Sound –**

**Aware of Feeling –**

**Aware of Reality as it is –**

**Now is everything.**

**We Be Aware of Now,**

**Fully and Completely,**

**For Now is the only place Truth can Be –**

**In this Moment – Now**

**Now and Every Now –**

**We            Be.            Now.            Fully.**

**We Let Go,**

**We Let it Flow,**

**We Let out the Inner Glow –**

**We Love Unconditionally,**

**We See Compassionately,**

**We Truly *BE – non-judgmentally***

**For we live in this moment and every  
moment with *Full Presence*.**

**For presence is the key,**

**We Let go of all of thee,**

**Even that 'me'.**

**We Be Selfless.**

**For in selflessness, we are fearless, we are unconditionally loving, we are Being Infinitely Free.**

**Infinitely Free in the Now.**

**Egoless, in the Now.**

**We Be with no attachment whatsoever.**

**Attachment is the cause of all suffering.**

**Thus, We Let Go.**

**We are Free from it all.**

**Attachment is the cause of all suffering.**

**Because it takes us away from Now. Into the illusory Past or Future.**

**Thus, We Let It All Go.**

**We Let Go of Everything.**

**Non-attachment**

**Is**

**The**

**Key**

**To**

**Pure**

**Presence**

**Thus, Now is all we really know.**

**If we can say we really know anything.**

**We know we can choose how to feel in this moment, no matter how hard or easy it is.**

**We can always choose to Feel Love, Feel Joy & Feel Peace.**

**We just have to look within and cultivate that feeling within.**

**Nothing outside can force us to feel any way.**

**Ultimately, we always choose how we feel in the moment.**

**So Feel Inspired,**

**Feel Joyous,**

**Feel the flow of life within and let it move the Being from within.**

**Let it out,**

**Create Waves,**

**Waves of Beauty, Love, Happiness,  
Peace & *Everything Naturally  
Harmonious.***

**Make a beautiful impact on this world.**

**In this Life, Now.**

**It all happens Now.**

**All Change happens Now.**

**How are we Changing?**

**What Changes are we Creating?**

**What Are We Creating?**

**For We are The Conscious**

**Creators**

**Of**

**Now.**

**We Are One Creator,**

**In Oneness with all of Reality,**

**Being Here & Now as Infinite Nature.**

**For there is no separation between the  
infinite and Us for we are Infinite.**

**Feel the power within,**

**It is all Here Now.**



**The Power to Create a New World, a  
New Experience, a New Creation –**

**Is in every moment –**

**Here Now within Infinity –**

**We Realize the Great We**

**We Be Free**

**& Truly See –**

**Always**

**Now**

**Living**

**Effortlessly –**

**Now**

**Loving Life**

**Now**

**Being Free**

**Meditating into thee:**

**- Love -**

**- Now -**

**- Oneness -**

**- Presence -**

**- Pure Awareness -**

**Light**

**- Infinity -**

**Part Two – Healing**  
**In Truth Healed**

**Yes, all these words may ring true, yet there is something we do to fully realize them.**

**We Heal.**

**To Heal is to Let Go & release all the attachment.**

**We do this.**

**All.**

**The.**

**Way.**

**We fully realize Light, We fully realize Being, We fully Live Authentically.**

**In Love**

**In Truth**

**In Thee**

***Now***

**We Heal,  
Because in truth,  
We are fully healed,  
Being fully in the Now.**

**Are we holding on to anything?**

**How do we know if we are fully  
Healed?**

**A Way, if not The Way, is to focus the awareness into the Now.**

**Dive Deep inside.**

**Feel all there is to feel.**

**Release attachment.**

**Be the Silent Witness and witness the true nature of Being Now.**

**This is what many call Meditation.**

**We can do this walking, sitting, standing, dancing, singing, and in infinite ways. The key is to not escape, the key is to Dive Into how we *FEEL*. The Key is to be Highly *Aware* –**

***In Truth – Fully Aware.***

**What is Here Now with Us?**

**How does the body Feel?**

**Who are We really?**

**What is *Awareness*?**

**Where/What is the Light?**

**Light is Here Now –**

**We are the Light.**

**Awareness is the Light.**

**We shine it into the darkness.**

**The Darkness we experience,**

**The darkness the world experiences.**

**This is how we all Heal.**

**We Shine THE LIGHT.**

**The Light of AWARENESS.**

**We fearlessly let it all go,**

**all the pain,**

**all the suffering.**



**That means not being afraid to cry.**

**Always going the soft route,**

**The route of softness and open  
heartedness.**

**Don't go Hard otherwise that is just  
escaping the deeper pain of the inner  
child,**

**The deeper pain of the profound  
suffering.**

**So, We dive into the HEART and  
release all there is.**

**We Fully let go.**

**We realize, none of that is even being held onto, it is merely the ego.**

**Thus, what is really holding on?**

**Only the Ego.**

**In truth, We are always Free.**

**The true essence of who we are, is always *FREE*.**

**It is always here deep inside the heart.**

**So, know this,**

**We are all already healed, fully and completely.**

**That means, *who we really are* is always healed.**

**Always Perfect and Whole.**

**Who we really are is *Pure Awareness*.**

**We are the Witness of Reality.**

**We Are,**

**We Be.**

**The pure experiencer, the heart of hearts  
that is within, this is who we are.**

**We are Selfless.**

**We are deeper than any suffering.**

**We are the innocent, unconditionally  
loving nature.**

**We are the Fully Open Heart.**

**The Essence of Life.**

**The Core of Reality.**

**The Creator within,**

**We are that,**

**We are This,**

**We are Everything,**

**We are Nothing,**

**Unbounded by form, we feel the oneness  
with the All.**

**We feel the power of Being fully Now.**

**We feel the presence of the All and  
everything,**

**Here Now with Us, Every Moment.**

**This is Life,**

**This is the beautiful nature of reality.**

**This is Reality as it is.**

**Witness it Now.**

**Witness it.**

**Now.**

**To live from this place, is to not judge.**

***Witness all of reality with profound equanimity.***

***With Infinite compassion for all.***

***With Unconditional Love,***

***Radical Acceptance,***

***Forgiveness,***

***The ALL in ALL of Open Heartedness.***

***This is the Way,***

***To always have good wise things to say,***

***To whole heartedly embrace every day,***

***To always dance and play.***



# **Part Three – Living Light**

***To whole heartedly embrace every Day.***

***To Live Light is This –***

***To Whole Heartedly Live Every Moment.***

**To do this, we live from the heart.**

**Always.**

**So, We Be very Aware, of the Being, of the Heart, of everything that is within.**

**In truth, We Be Fully Aware.**

**Fully Aware of Everything.**

**Within and without.**

**With the focal point of awareness Being the *Heart Centre*, the core of reality.**

**Here *LIFE* emanates.**

***Here the Creator Resides.***



***Truly see within.***

**Don't look for what this book says.**

**Feel and notice what is here.**

**If what this book says is realized not to be true,**

**Live the Truth that manifests.**

**For in Reality,**

**Truth is in everything.**

**The ground of reality manifests in everything – *In Truth – Is Everything.***

**Without attachment, without conceptualizations, without thought, what is left but the raw Truth?**

**We Feel It,**

**We Know it without thinking.**

**It is too obvious to ignore.**

**Because it is Truth,**

**& it is Now.**

**We Be so deeply imbedded in the truth.**

**We Live Truth.**

**That means flowing,**

**That means just glowing.**

**That means always going,**

**Deeper & Deeper**

**Into**

**The**

**Now.**

**We See Reality as it is.**

**We Be the Silent Witness from within.**

**We Realize that Reality simply is –  
*Inexpressible***

**& That everything that is thought to be  
concrete, is actually just empty.**

**Not empty as in non-existent.**

**Empty as in being hollow.**

**Filled with Reality,  
*Light.***

**The Heart of The All.**

**Fully open in the emptiness.**

**Perceptions of Form filling the  
hollowness.**

**It All Being**

**Pure**

**Hollow**

**Spaciousness –**

**Filled with the Light,  
The Light that we are,  
We shine bright as a great star,  
Knowing that life has brought us this far,  
Seeing the truth within the All,  
Living Now never afraid to fall,  
Because Now We Know,  
What it means to let go.  
Now Free as can Be,  
In the Flow,  
The All We See,  
Having that subtle glow,  
We, the Heart, deep within, putting on  
the infinite show.**

***Always Now***

**How Profound, the Reality that is.  
Always changing,  
With Us Inherently Aware –  
Because We are Awareness –  
Thus, Now is all we See,  
Knowing the Love Inside of Thee,  
Unleashing Light because we are Free,  
All we ever have to do is just BE,  
Witnessing Equanimous-ly,  
Seeing Compassionately,  
Loving Unconditionally,  
Diving Deep Fearlessly,  
Shining the Light,  
So Bright.**

**For We Are the Light.**

**We Know this Now.**

**We Know this Now.**

**We Know this Now.**

**This Now Awareness**

***This Pure Presence***

**So Beautiful**  
**The Colours of Life**  
**Always in the Now**

**Now**

**Now**

**Now**

**Love**

**Love**

**Love**





# **Additional Texts**

# **Masks, Veils & Illusions**

Off, lifted & seen through

How deep they go

Arising and passing, ever transient, for the sharp  
awareness to slice through.

Yet, what is present in this moment,

But the mask-less Witness,

The veil-less truth,

Reality as it is.

Here

Now

Fearless

Equanimous

And infinitely Free

# **Bathing in silence**

Feeling,

Sensing,

The Silence from within

The Silence Within.

The profound Silence.

The true Silence.

All pure witnessing

All pure awareness

Is Here Now

In

Inner

Silence

# Stillness Sees

Stillness Frees

Awareness into Now

Feeling, Seeing, Listening

From the silent place within

Observing Reality Exactly As It Is

Now Is All There Is

Ever changing, the transient all

Impermanent everything

Here Now Everywhere

From the Still Silence

Timeless Witnessing

In the Now Always

Awareness Now

Stillness Frees

Stillness Sees

Stillness

Now

# **Be Now Always**

With Compassion & Unconditional Love We Be

This is the way we truly See

We connect through the way of the heart – Into a  
Being Truly  
Free

We let go of that 'Me'

And Be selfless within infinity

That is – We come to know the almighty Thee

It is all Now

Here Now

Always

Be

Now

# Awareness

Infinite possibilities every moment

Spontaneous creativity is always present  
inseparable from *awareness Being*

*This awareness is always present as us all*

*Creative spontaneous present awareness*

*Enlightenment is always present*

*The ground of everything is always present*

*True and profound nature is always present*

*The infinite abundance and power is always present*

*The ineffable is always present*

*It's impossible not to be present*

# Thoughtless Presence

*The ubiquitous effulgent eye is in  
Thoughtless Presence*

*Observe all — even thoughts — from thoughtless presence*

*As, through awareness softly witnessing centred in  
thoughtless presence one sees and experiences the truth of  
all phenomena*

*One is the true seer*

*Presently*

*Always*



# Resting in Nature

*resting in soft open awareness*

*resting in movement and non-action*

*resting in life*

*resting in love*

*resting in contented peace*

*resting in effortless spontaneous being*

*resting inside —*

*this very moment*

*— reality —*

# Let Go of Everything

*& Be free in heart authenticity*

*Liberated into the nature that always is*

*A liberation of simply recognizing what is*

*&*

*What has always been*

*It is Love that swoons & sways us into liberation*

*One in Love*

*Release*

*Into original nature*

*Original Nature*

*Flowing Intuitively*

*Loving Unconditionally*

*Unconditioned in Infinity*

*Light-Hearted as a True Child*

*We Be Here & Now*

*Free*

*Fully*

*Here*

*&*

*Now*

*Selfless*

*Thoughtless*

*Non-Duality*

*Relax Into It*

The Holistic Light  
The All-inclusive Reality  
The Pure Perfect Nature



*The Eternally Present Here & Now*

*The Great Perfection*

*The Truth*

*In Love*

*In Light*

*In Pure Presence*

*Always Now*

*All ways*

*Always*

## The Crystal Vase of the Mind

‘Fully Awakened and established in Reality, we observe the mind and plumb the depths with spirit. Meditating silently within Being & seeing the very origin of all, covered over by nothing, not even the tiniest mustard seed or thin silken hair.

Observing Mind, which has no separateness or bounds. As pure water shimmers with the essence of autumn, as moonlight fills the entire night, Mind is pure white and dazzlingly bright. We Awaken to Mind and have a light with no more darkness, purity with no more stain. Clear and tranquil, bright and illuminating, Mind is and forever will be pure light and perfect stillness. Established at this depth, we feel at rest, yet free from darkness; silent, but totally Awakened: and the crystal vase of the mind turns about in complete transformation\*.’

—HUNG-CHIH

*\*Returns to Original Nature*



‘As mind is detached from everything, perception sees with total clarity. It gives correct and complete knowledge, beyond which nothing remains to be known. The yogic mind abides in total silence. In supreme silence the mind is liberated from the world of change to rest in unbounded consciousness.’

- Yoga Sutras

## *The Cuckoo's Song of Total Presence*

*'All experience, the entire phantasmagoria of the six senses, the diverse multiplicity of existence, in reality is without duality.*

*Even if we examine all parts of Reality in the laboratory of the mind, specifics are seen to be illusive and indeterminate. There is nothing to grasp and there is no way to express it.*

*The suchness of things, their actuality, left just as it is, is beyond thought and inconceivable and that is the here and now.*

*Yet diversity is manifestly apparent and that is the indiscriminating, all-inclusive sphere of Infinite Perfect Nature –*

*Total perfection has always been a fact and there has never been anything to do to actuate this immaculate completion. All endeavour is redundant.*

*What remains is spontaneity and that is always present as our natural condition.'*

True Wisdom Is Experiential

Pure Fully Present

*Awareness*

Now

Truly

Light – Hearted

Fully Aware – Fully Present

Timeless and Wise

Being

Now





*True Reality Is*



*Unconditional Love Is*



*Pure Presence Is*



*The One Eternally Present*  
**Nameless Selfless Boundless**  
**Inexpressible Infinite Awareness**

*Creative-Principle Creator Present-Awareness*  
*Tao Creation Ground God Pure-Presence The Infinite*  
*Nature Mother-Nature The Power Great Spirit The All*  
*Infinity True-Nature Eternal Oneness*  
*Light Reality Super-Conscious Love Unity*  
*Heart Universe **Who We Really Are** Christ Mind*  
*El Elyon Source God Most High Life Selfless Truth*  
*Buddha Nature The Deep Force Intelligence*  
*Dharma Dharmakaya Non-Conceptual Profound-Nature*  
*Allah Suchness The Dreamer Trikaya Isness*  
*Yahweh Universal Spiritual Force Divinity Now*  
*Jehovah Wakan Tanka Source Universal Being*  
*Non-Dual Nature Fundamental Eternal Infinite Intelligence*  
*Inseparable Ultimate Director Conductor True-Essence*  
*Bhagavan Waheguru Silent-Witness The Abstract*  
*The Nagual Infinite Power Unspeakable Energy*  
***The Inseparable All - Omniscient Omnipresent Being***









## Sources:

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The Cuckoo's Song of Total Presence

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Rest of Book

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Here  
&  
Now