





# The Formless Self

Integrating Personal Projection  
and Divine Essence



© 2025 Stefan Ahmann

Cover: Christoph Ahmann/ Vecteezy.com

Druck und Distribution im Auftrag des Autors/ Printing and distribution on behalf of (author): Stefan Ahmann

tredition GmbH, Heinz-Beusen-Stieg 5, 22926 Ahrensburg, Deutschland

ISBN

Paperback 978-3-384-47282-3

Hardcover 978-3-384-47283-0

e-Book 978-3-384-47284-7

Das Werk, einschließlich seiner Teile, ist urheberrechtlich geschützt. Für die Inhalte ist der Autor verantwortlich. Jede Verwertung ist ohne seine Zustimmung unzulässig. Die Publikation und Verbreitung erfolgen im Auftrag des Autors, zu erreichen unter: tredition GmbH, Abteilung "Impressumservice", Heinz-Beusen-Stieg 5, 22926 Ahrensburg, Deutschland.

Kontaktadresse nach EU-Produktsicherheitsverordnung:  
[impressumservice@tredition.com](mailto:impressumservice@tredition.com)

The work, including its parts, is protected by copyright. The author is responsible for the content. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, without written permission from the author. The publication and distribution are carried out on behalf of the author, who can be reached at: tredition GmbH, Abteilung "Impressumservice", Halenreihe 40-44, 22359 Hamburg, Germany.

# Table of Contents

<b>Integration, Mastery and a New Earth.....</b>	<b>11</b>
<b>Meditation and self-inquiry.....</b>	<b>23</b>
You are not the mind.....	25
Meditation, distraction and depression.....	34
Your freedom.....	42
Be who you are, allow everything.....	44
Investigating reality.....	53
There is no hope for the ego.....	62
The desire for truth alone.....	64
I AM.....	66
<b>Spiritual skills and pitfalls.....</b>	<b>69</b>
Attention and intention.....	71
Noticing transparency and formlessness.....	74
Suffering and happiness.....	78
Why healing and “fixing” can be traps.....	87
The physical body and the energy body.....	92
Restoring balance.....	98
Be realistic and believe in miracles.....	104
Spiritual frequencies.....	111
<b>The personal and the Divine.....</b>	<b>117</b>
Discovering your true Self.....	119
Beyond identity and the person.....	123
The ego and you.....	127
Giving up brings harmony and equilibrium.....	135
Divine Presence and personal story.....	140
The spiritual meaning of your personal destiny.....	143
Your cross is the world’s cross.....	159
The bigger picture.....	162

<b>Reclaiming our lost humanity.....</b>	<b>169</b>
Brain lateralization and reductionism.....	171
A comprehensive humanist view of intelligence.....	182
Mental health, connectedness and society.....	188
Our relation with nature and with work.....	198
<b>Bibliography.....</b>	<b>211</b>



*Abide in Awareness  
with no illusion of person.  
You will be instantly free and at peace.*

*You have no caste or duties.  
You are invisible, unattached, formless.  
You are the Witness of all things.  
Be happy.*

*Right and wrong, pleasure and pain,  
exist in mind only.  
They are not your concern.  
You neither do nor enjoy.  
You are free*

*You are the Solitary Witness  
of All That Is,  
forever free.  
Your only bondage is not seeing This.*

*The thought: "I am the doer"  
is the bite of a poisonous snake.  
To know: "I do nothing"  
is the wisdom of faith.  
Be happy.*



*A single understanding:  
"I am the One Awareness,"  
consumes all suffering  
in the fire of an instant.  
Be happy.*

*You are unbounded Awareness -  
Bliss, Supreme Bliss--  
in which the universe appears  
like the mirage of a snake in a rope.  
Be happy.*

*It is true what they say:  
"You are what you think."  
If you think you are bound you are bound.  
If you think you are free you are free.*

*You are Self- the Solitary Witness.  
You are perfect, all-pervading, One.  
You are free, desireless, forever still.  
The universe is but a seeming in You.*

*Meditate on this: "I am Awareness alone--Unity itself."  
Give up the idea that you are separate, a person,  
that there is within and without.*

*Ashtavakra Gita 1.4-13,  
(translated by Bart Marshall/holybooks.com)*



# Integration, Mastery and a New Earth

~



Non-dual Awakening and Integration are really about leading a balanced life. Our lives are out of balance: we have forgotten the non-dual, the eternal, living mostly in the dualistic world, and that is unsatisfactory and often quite terrible. We cannot truly live in a dualistic world, but we believe we do, and so it feels like we do. Basically, we become spiritual seekers because something about our lives feels “off”. Usually we think that it is just “us” and fail to take into account to what extent our “personal problems” are also, when viewed from a different vantage point, a symptom of a more general, societal dysfunction. In the final chapter of this book, “Reclaiming our lost humanity”, I am going to explain how and why we, as society and as humanity, could ever become so one-sided and disconnected, so inhumane, really. In that chapter, I am also going to discuss in some detail what adjustments we need to make, in terms of our perspective on ourselves, on our intelligence, on nature, on education, on work, on medicine, on our physical bodies, on intimate relationships etc. In a volume that addresses the topic of “integration” and skilful living, I think it is necessary to include a chapter about human society that discusses our current “polycrisis”, the precarious situation of humanity, and that is rather specific and practical, at least for a non-duality book.

Paradoxically, we can only flourish as humans, we can only express our individuality fully and creatively, when we are also aware of our deeper

nature. Indeed we can only allow others to flourish according to their individuality when we see each human being as an expression of the one Self, of God. In his *Book on the Taboo Against Knowing Who You Are* Alan Watts explains that idea, using the image of a tree whose every branch, in order to flourish, must be sensitively connected to the trunk of the tree. He explains that "differentiation is not separation". But we can only understand this fully if we - not just theoretically but experientially - see ourselves and all our brothers and sisters as fundamentally identical. This deep knowing allows us to accept and live both our own individual expression of the Divine and to enjoy and respect all the other individual, unique expressions of the One ("other people"). The individual expression then becomes something more playful and joyous, like the icing on the cake, or the blossoms on the tree. This endless diversity of forms feels like "the spice of life", to use another phrase from Alan Watts.

If we see ourselves and each other as separate egos, we create an enormous strain on ourselves and on society because we want to be both free and part of the whole. But the ego is capable of neither. It is neither capable of feeling connected, nor is it capable of freedom and creativity. This is because it is essentially tied down and crippled by fear. It consists of the very attempt to defend and perpetuate something that is not even real. What could be a joyful game of exploration and creative

expression, our life, then turns into something that always feels like a fight, a fight for so-called survival, for dominance, for being right, for being safe, always at odds with the world and the others, always in competition. This is how important it is to know who we truly are. A society of people who are self-realized, or even a society which has a significant amount of people that are self-realized and that listens to them, such a society could indeed be something very beautiful, almost like the metaphorical biblical prophecy where the wolf dwells with the lamb (Isaiah 11:6), which could only happen if wolf and lamb recognize that they are essentially the same.

Playing, enjoying one's creativity, artistic enjoyment, aesthetic enjoyment – these are far more important than we give them credit for today. They are not just ways of relaxing so that one can get back to "serious" work, they are an important aspect of what life is about. "All work and no play makes Jack a dull boy." "Work" basically means that you do not enjoy the activity but just want to get it done, in order to reach a future result, aim or purpose. So a lot of your energy is absorbed into thoughts about the future. But an artistic, playful and creative attitude means that you enjoy the activity right now. Then the activity happens within a high-vibrational field; whereas work, if it feels like a chore or a drag, happens in a field of low vibration. The result of such activity will al-

ways be compromised in some way, will not embody your real potential. Those who live only in the future or the past will get frustrated and they will, at some point, lash out and become destructive. Whether it is unconditional love or meditation or creative expression or aesthetic enjoyment: these are what makes us truly human. Because it is here that we transcend the small self, the egoic mind, the fear and the resistance to the Now. Since we have got the capacity for all this, it is also our "birthright". We are not meant to be some kind of machine or cog in the machine, we are designed for creativity and love, for connecting and being in flow. In short: for being fully alive.

This book is about "integration", which, for reasons explained below, is a better term than "mastery", although that is also helpful. By "integration" is meant the integration of different levels of reality. In order to integrate them, one has to first realise each layer or level for what it is. One has to overcome ignorance. Ignorance consists in the belief that the projected level of reality ("objects") is the absolute reality, while the level of Being-Consciousness is overlooked or seen as a mere accessory feature of "reality". *A Course In Miracles* also refers to the importance of not confusing the levels of reality, which means that we are confused about what we are. In my previous German book, *Eine Neue Aufklärung*, I distinguished three basic levels of reality: the physical,



the energetic and the causal or spiritual. Describing those levels subjectively, experientially, we could also use terms like the “mental” level (the level of the mind), the level of feeling and the level of consciousness. If we try to describe the levels objectively we might use the terms “the earthly realm”, “the astral realm” and “the causal or divine realm” or “sphere”.

On earth, when we are incarnated, all three levels are present, but the level of the mind, of physicality, of objects, has the potential to totally obscure the other levels. This circumstance, however, enables our spiritual learning curve. On Earth we can learn deeply about the relation between the levels, how to not confuse them and how to integrate them. This would imply that we would always be aware of our true nature. We would, however, also be able to actively engage on the physical plane, but the engagement in the physical and the resting in the Absolute would not be two different things, as though when you engage in the physical you “go to work” and then you “return home” to rest in the Absolute. “Mastery” consists in skillfully doing both or being both. It means to create a harmony or balance between the different levels, to move freely between them and always know where you are, and on which level you need to “work”. The fact that all three levels can become one organic whole also means that they stop being in any way op-

posed to each other. It is not just the intelligence and inspiration that comes from the Absolute that allows us to live a more harmonious physical life but also the physical experience that deepens our understanding of the Absolute. We are learning what wisdom and power there is in the Absolute and how it can be used.

“Mastery” is a needed but also a dangerous word. This is so because the ego would like to be some grand master, somebody very evolved and special. But mastery is absolutely beyond the ego. Mastery is the conscious and skilful integration (you could also say: the natural integration) of the aforementioned three levels: the level of form, of thought forms; the level of energy, of feelings; the level of the Absolute, the Divine. The Absolute is called the Absolute because it is everything. Everything happens *in* the Absolute. There is no level of thought or of form or feeling that is separate from it. When you have been lost in the level of thought forms and you “return”, like the Prodigal Son, to the level of the formless, the Absolute, you have never really left the Absolute. You could not because you are It. You have merely temporarily forgotten about it. Mastery means that being aware of the Absolute, you keep on skilfully living your role as a human being because that too is simply an expression of the Absolute. There is no contradiction or conflict between the levels, they are one

and not one at the same time. For you, this is not a paradox anymore, it is the universal miracle.

\*\*\*

Ultimately, this integration, this “mastery”, allows us to tap into higher levels and frequencies and use them creatively, in this world of what we perceive to be “matter”, but what is really low-vibrational consciousness. For us, then, “matter” has become transparent, malleable. If right now your reason, your mind, is protesting against these truths, consider that this is just a belief and it is actually the limiting factor that is holding you back. Many thousands of years ago beings on this planet have already used those higher frequencies and we can still see some vestiges of that. But we live in an age of forgetting and have no knowledge of what they did and how they did it. This (so-called esoteric) knowledge is now coming back to us, through inner transformation, i.e. through the realization of the truth of who we are, through external, global, cataclysmic changes and through new revelations that are given to us (because we are ready for them). Bringing higher frequencies into this earthly realm and using them creatively is, in fact, the *only* way to heal the planet. At present we are looking at a heavily damaged planet which has been poisoned in so many ways. While the Earth’s capacities for self-healing are

enormous, I'm afraid that humanity will do its worst to the planet. It will only stop when it has brought itself to the brink of extinction, having found out that "you cannot eat money". By then things will be so bad that they will be beyond repair - unless things happen which we, from today's point of view, would refer to as miraculous. In fact miracles are just manifestations of higher frequencies. The whole earth needs to be reconnected. Having almost killed off the Earth with our spiritual disconnectedness, our next task will be to reconnect and heal it, to make it whole. For that, we first need to become whole ourselves.

Of course one might ask why the world is then not changing for the better right now, as there are already quite a few people whose frequencies have changed. These people, who Eckhart Tolle, in *A New Earth*, refers to as "the frequency holders", are certainly already here and they are certainly helping. However, they are still just too few to have much of an impact on the collective frequency, the collective consciousness. They are those who have had an Awakening, who have had a near-death experience or other deeply transformative spiritual experiences which have fundamentally changed their Way of Being. Some of these work as spiritual teachers, counsellors, healers or mediums, others are totally invisible. But as the destruction of the world is picking up pace, so is our spiritual evolution. I do not know, of course, in what way these