



Stefan Ahmann

Always Being, Always Becoming

Reflections on Non-Duality



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*The fool doth think he is wise, but the wise man knows
himself to be a fool.*

Shakespeare, *As You Like It*, V,1

*If the path before you is clear, then you're probably
on somebody else's path.*

C. G. Jung

*In looking out upon the world, we forget that the world
is looking at itself.*

Alan Watts

*Know what is before your face, and what is hidden from
you will be revealed to you.*

Gospel of Thomas

*These things I have spoken to you, that in Me you
may have peace. In the world you will have tribulation;
but be of good cheer, I have overcome the world.*

John 16:33

*If, when thirsty, you drink water from a cup, you see
God in it. But if you are not in love with God, you will
only see your own face in it.*

*I used to think that love and beloved are different.
Now I know that they are the same.
I was seeing two in one.*

Rumi

I laugh when I hear that the fish in the water is thirsty.

Kabir

Introduction

It is really weird that we are here on earth and beyond the fact that we need to provide for ourselves in terms of food, shelter and caring for our families, which animals do as well, we have absolutely no idea who we are, where we came from, where we are going, why we are here or what this is all about. And yet just about everybody acts as if they knew exactly what life was about, as if there was not the slightest doubt about it. When you grow up, you look at your parents and grandparents and they give the impression to know so you believe that they do know and that really everybody knows. What they actually know is how to function, how to survive, but they do not know the answers to the really fundamental questions. Possibly they have rarely, if ever, asked these questions. They are just pretending and so you start pretending, too. Everybody does it.

It is really important to see very clearly how totally ignorant we are and also to recognize that this is such an uncomfortable situation, having no idea whether you are going to survive or just going to disappear etc. So one just concentrates on avoiding pain, always focusing on the day's tasks, on what is at hand and tries to live as comfortably as one can. Which is basically closing your eyes to all existential questions, to the fact that you do not

know anything that is really important. Once you see it, this incredible ignorance, you almost get the idea that forgetting and not knowing are maybe what this is all about. Which is true. But this is just step one, which everybody that is here has already taken. Being on earth, being human, means descending into spiritual ignorance, which means suffering. Step two is important. It consists in overcoming this ignorance and rediscovering your true Self.

PART 1:

THE FOUNDATION

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Part 1: The Foundations of Non-Duality

This might be all the pointing you need

“Unbound consciousness”

Is a good way of pointing

It is not bound by any ideas and projections

You realise that what you really are is just what is

You stop believing in anything else

You are what is present now

You are not anything that you have to think about

What does it feel like to be without having any ideas about what it is?

What is it like to stop going beyond now?

Just noticing the attempts to go beyond now through thinking

Seeing the ghostly character of thoughts

Seeing how thoughts arise and subside in the moment

Never taking you beyond the moment

Seeing how futile these attempts of escaping what is really are

Witnessing thoughts in the moment
Losing interest in them
Becoming more interested in what is really here
Just remaining as what is
Naturally, without effort
Because any effort to escape, any resistance, is utterly futile
It is based in the insane belief that there is somebody who can escape himself
Who can be what he is not
That idea must be seen through
So you can fully let go
Into what you really are
Unbound consciousness

Ego identity

You are either the story, your story, or you are this, here and now, whatever it is. There is no other option or possibility. It really comes down to finding out which of the two you really are. Are you the story in the mind or are you the reality here and now that cannot be described by concepts. It is perfectly unknowable and inexplicable for the mind and yet it is everything there is.

You have been living in your story a lot, maybe most of the time, and you know what it feels like. Or maybe you do not know because you have never even asked yourself what it feels like. If so, you can ask yourself now: "What it does it feel like to live in the story?" And then, in the present moment, you can consciously let go of the story and dive headlong into reality, here and now. And again you can ask yourself: "What does that feel like?" and "Where do I want to be?", "Where do I want to live?" In a way, the question is ridiculous because you cannot really live in the story but you can believe you do and you can identify with it. The question is which of the two "places", which are really different states of consciousness, feels more right, more free, more aligned and natural.

So the “story of you” is one escape route that you can go down, away from reality and who you really are. This is the escape route in time. So we can cut that off and then there is the other escape route, which is localizing yourself, which means imagining yourself to be somewhere in this world that is appearing to you. That has to be cut off, too. Most people feel that they are located in their heads, behind the eyes and between the ears. Take a good look inside your head and see if you can find yourself. Can you find any perception of yourself that is more real than any other perception? Is there a direct perception of yourself as opposed to a perception of something else, which is indirect?

Upon closer scrutiny, you may come to realize: I'm here now, but “here and now” is without time or location. So in my quest of looking for myself I have at least found out what I am not. I am not the story of me, stretching out in time, and I am not in any location in the world of objects. So I suppose that I should just remain as that which is now and without feeling myself localized. This, however, basically means there is no limited, solid entity at all. So it seems like I'm “all over the place” and nowhere in particular, without any form and without any duration.