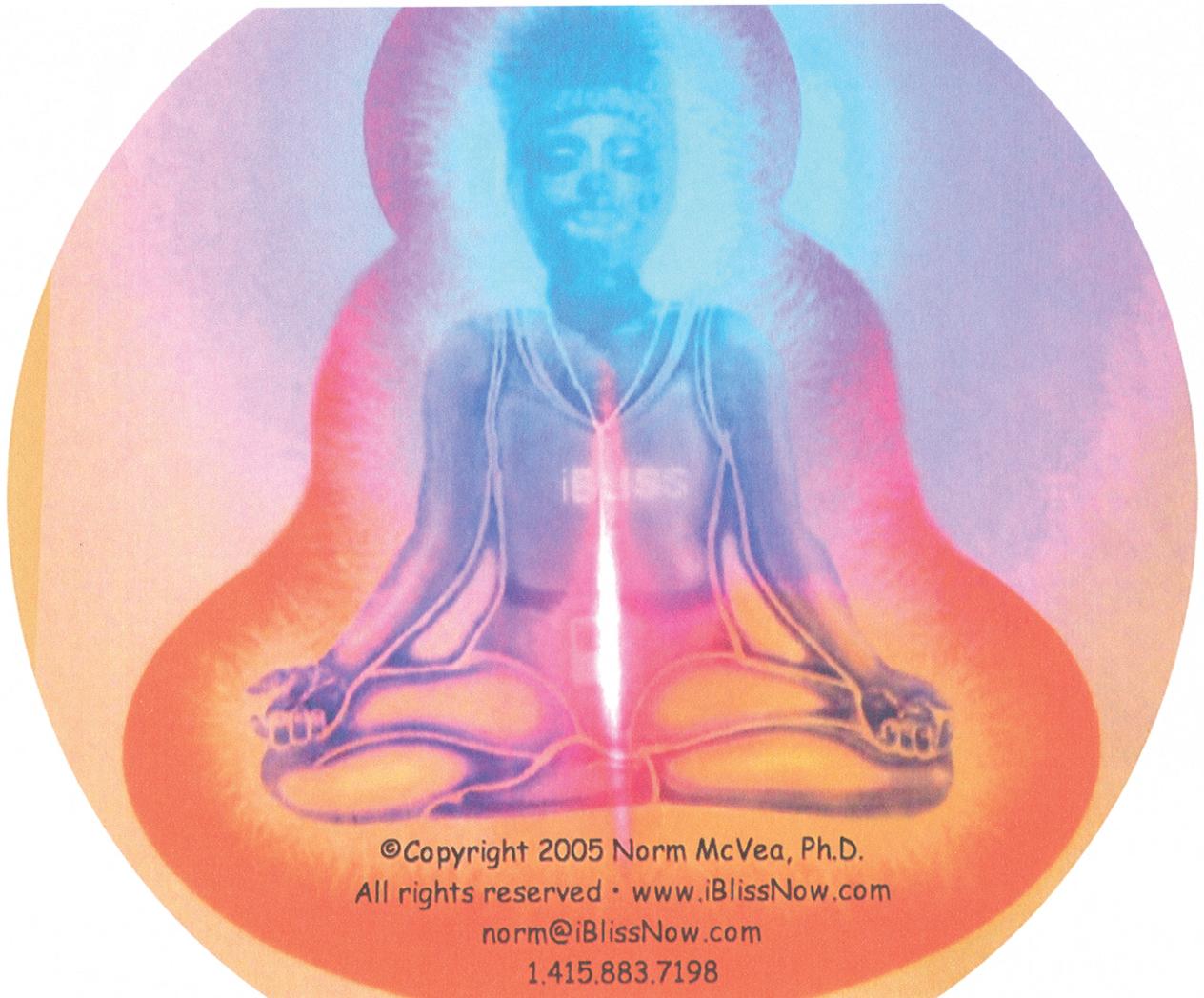


COACHING SELF INQUIRY

Open to Intuition and Discover the Magic of Your True Self



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CO-COACHING AND SELF-COACHING WORKBOOK

Norman McVea, Ph.D

COACHING SELF-INQUIRY

Open to Intuition and Discover the Magic of Your True Self

CO-COACHING AND SELF-COACHING WORKBOOK

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Welcome to Coaching Self-Inquiry.

I would like to invite you to experience a major breakthrough in the areas of:

1. Opening Intuition
2. Transpersonal Psychology
3. Self-Image Psychology
4. Psycho-Immunology
5. Psychotronics
6. Self-Realization
7. Shamanic Journeys
8. Vitalogy
9. Quantum Physics

1. Intuition

The direct perception of truths or facts, independent of any reasoning process. A quick insight or knowing that comes from within and is not based upon the thinking process.

2. Transpersonal Psychology

Transcendence of the false self and the discovering of one's true being.

3. Self-Image Psychology

The release of old beliefs (images, references and interpretations) of who one really is.

4. Psycho-Immunology

The release of deep-seated stress which blocks immune function and healing.

5. Psychotronics

Instrumentation that assists in the release of mental, emotional and attitudinal energetic blocks. The Life Energy Amplifier™ is a computerized psychotronics device that represents a huge step inward in neuro-science. This device makes it possible, with some training, to talk to your cells' energetic field and thereby discover the source of life energy itself: Quantum Consciousness, the invisible energy source.

6. Self-Realization

When identification with the conditioned "I" is broken, an identification with the unconditioned, infinite Self is established. The stabilization of the transpersonal psychology experience through the practice of Self-Inquiry Coaching and utilizing the Life Energy Amplifier.

7. Shamanic Journeys

A journey through fields of awareness to discover the Self, the unified field of consciousness which is beyond the conditioned "I." Opening to higher consciousness by using the Life Energy Amplifier in combination with Self-Inquiry Audio Tapes.

8. Vitalogy

Increasing your vitality through deep relaxation. This vital energy is made available through processing the exercises in this workbook and on the audio tapes, and by interacting with the Life Energy Amplifier to clear up subtle energy blocks that drain the vital force. Through processing vitality, you raise your vibration closer to that of light. This process produces an interface with your light body. It supports you in discovering the source of vitality itself.

9. Quantum Physics

Having a direct experience of zero point energy, scalar waves and psychic energy. Using the Life Energy Amplifier to open the chakras which are gateways to the subtle bodies and the Quantum Self.

The Coaching Self-Inquiry program opens the space for you to have a truly shamanistic experience of your natural, unconditioned, intuitive Self. It supports your transformation of self-limiting beliefs — and the source of these outdated, core-belief systems — while it helps illuminate your true purposes and goals. This inner-active workbook and audio tape program guides you into seeing yourself and your intuitive purposes and goals without perceptual filters (believed to be caused by the conditioning of the past or the overshadowing of the belief systems of others).

This Self-Inquiry Coaching Workbook and audio cassette program format has an optional instrument available which is designed to further assist you in increasing your access to intuition or natural knowing. The Life Energy Amplifier psychotronic device helps you to release inappropriate and appropriate but blocked desires so that you can unveil the truth in all of your aspirations and discover the knowledge that comes from intuition itself.

The workbook comes complete with audio tape programs that offer an accelerated method of getting to your core-beliefs — beliefs that can block your perception of higher intuitive functioning. These coaching processes train you to see without thinking so that you can release preconceived ideas that block true creativity. This high-tech, process-oriented release system comes to us from the discoveries of ancient Rishis or Seers. It has its roots in Advaita Vedanta of India. Advaita Vedanta means "the direct path."

My intuition led me to write an Advaita Vedanta coaching workbook and develop an accompanying psychotronics instrument, rather than just making a plain data-style presentation, when I noticed that numerous Advaita Vedanta students experienced difficulty in applying the various precepts and philosophical models to their entire lives. Some students applied the AV materials successfully to one dynamic of life or another, but they weren't always able to apply them to the most deserving areas of their lives. It seems easier to be in touch with natural knowing when you are with your teacher, away from your day-to-day life, when things are going well. Advaita Vedanta is most needed, however, and can be most rewarding when life appears to be not going well at all. That is an opportune time to examine unconsciously held beliefs that create stress and limitation.

The workbook coaches you through the necessary steps for living life as an intuitional release in sync with life's unfoldment. It assists you in opening the doors of perception to the most basic form of knowing — that which is beyond physical perception. This workbook is about interaction leading to integration. It focuses on helping you to learn the behavioral models and then to use this knowledge to look within. It aids you in dismantling the belief-system called "I" with its entourage of false desires. It facilitates a letting go of dramatizing "I-ness" and an opening to your core beingness, called knowing. The coaching exercises assist you in creating a dialogue with your natural knowing. They can assist you in locating and identifying You, the only Self there is to know. The wellspring of existence: Quantum Reality.

These psycho-spiritual exercises work exceedingly well as audio tape programs — much more thoroughly for some, in fact, than in-person coaching. These audio cassette

Self-Inquiry Coaching programs (together with this workbook) serve as both an introduction to and a comprehensive training program in the techniques of Self-Inquiry Coaching. These sessions, combined with this workbook, offer an in-depth house cleaning of old, unwanted programs regarding who you are and what you want in life. They focus on releasing any false identification — what passes as "you." Remember, if you have found something you don't like about yourself, you simply haven't gone deep enough yet. What you often experience is the mind's reaction to your intuitive Self. The mind cannot comprehend the unified field of consciousness. The mind cannot "get" who you really are. Who you are is *beyond* the mind.

Once you have worked on your own intuition-blocking issues through the coaching exercises, in written form as well as audio tape programs, you have the option of applying these process exercises in coaching others. Then you can directly participate in the rapidly growing field of coaching by working with another student and trading coaching sessions. This is called Co-Coaching. You may also want to coach others on these materials on a professional basis. This program can, in fact, launch you into a new career of professional coaching and allow you to be of genuine assistance to others in their transformational process.

This Coaching Self-Inquiry Workbook-tm comes with the option of purchasing the Life Energy Amplifier-tm to use in your coaching sessions. This psycho-active instrument is a great assist in opening the doors of intuition so that a person can, with increased ease, go to the very core of personal limitations and release them. The Life Energy Amplifier generates an energetic, neutralizing and balancing field that increases vitality and expands awareness, which is so important for in-depth discovery.

The Coaching Self-Inquiry Workshops utilize the Life Energy Amplifier in an additional way by making these high vitality energetic fields available to an entire group at the same time. Whether you partake of this technology through audio cassette/workbook coaching, personal coaching, or workshop co-coaching formats, the altered state of consciousness induced is quite profound.

When applied in conjunction with the audio cassette coaching sessions, the Life Energy Amplifier is highly acknowledged by altered state researchers who describe the experience it provides as being much like the spacious effects of Tachyon Energy or the Orgone Accumulator, developed by Dr. Wilhelm Reich. It induces a shamanistic-like journey with a bioenergetic synthesis of Eastern mysticism and Western altered state computer technology. It is a "negative thought buster," in the deepest sense.

* * *

Please note: This workbook program and the accompanying psychotronic instrumentation are offered for experimentation and research only. No physical healing claims are made or implied. If you are ill, please see a licensed, competent health care practitioner.

* * *

Further note: For convenience only, I have used the male pronouns he, him and his to refer to both male and female genders.

I want to lovingly acknowledge and thank my coaches of Advaita Vedanta: Poonjaji, Jean Klein and Robert Adams. I also want to thank Monika Pichler for introducing me to this body of knowledge and for personally coaching me intensely through many of its numerous applications.

Norman McVea, Ph.D., has been a consultant to individuals and corporations in stress management and psychological processing since 1971. He has also trained hundreds of students in his biofeedback and psychotronic technologies. Dr. McVea's background includes Integral Yoga, Gestalt, Sensitivity Training, NLP, and Biofeedback Clearing. Coaching Self-Inquiry has come out of his experience in India studying intensively with Self-Inquiry Master Poonjaji. He continues to study Self-Inquiry with Poonjaji, Robert Adams and Jean Klein.

For more information about workshops and private coaching sessions in Coaching Self-Inquiry-tm, featuring the Life Energy Amplifier-tm, contact:

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CO-COACHING AND SELF-COACHING WORKBOOK

By Norman McVea, Ph.D.

Confessions of an Overachiever

My name is Norman C. McVea. I would like to tell you about a profound learning experience that changed my life. You may find that this story, as well as the information that follows, will provide important distinctions for you between what you truly desire for yourself and what you *believe* you desire.

Prior to the experience which I'm about to relate, most people would have thought my life was quite good. I enjoyed material wealth and career success as well as many creative freedoms — freedoms that most people only dream of. Then, something happened that allowed me to transcend to an inner space, a level of consciousness that I'd always hoped to find. The process of getting to this space, however, was much different than I expected.

Some years ago, I spent three thousand plus hours receiving one-on-one biofeedback processing or "clearing" to clean up all of the past that I thought was holding me back from achieving my dreams. During this time, I became a consultant to the largest educational corporation in the world (est), and I co-developed The Communication Workshop with Werner Erhard, co-leading it with him for the first five presentations, as well as working with the staff daily and intensively for a six-month period. I also established a business consulting corporation, as well as a psychological processing/biofeedback clearing corporation. In my business consulting corporation, I developed seminars and delivered them to over seventy-five companies in five years. I delivered public workshops on the east and west coasts of the United States, as well as in Maui, Hawaii. I received my Ph.D. in Psychology, and I maintained a full schedule of counseling interesting and eminent clients, including members of famous Rock 'n Roll groups and leaders in a wide variety of professions.

Also during this time, I bought a 4,000 plus square foot house in the hills of Marin County, California, complete with staff quarters. I had a cook and numerous other personal staff, as well as a traditional Marin hot tub in a wooded, creekside setting. My garage housed a Porche, a BMW and a motorcycle — all prepaid. I traveled frequently, making numerous pleasure trips to Europe and Hawaii. I dizzily dramatized conspicuous consumption. And while I felt there was "never really enough," I had finally achieved "financial independence," within apparently semi-comfortable limits.

As an overachiever and compulsive materialist, it all seemed to be working — at least that was the outside impression. In celebration of my many material conquests, I developed the Expansion Workshop, utilizing my Goal Dynamics technology, which was hailed as a great "get your goals" tool by the thousands of people who attended. It seemed that not only had my own goals turned out, but other people's goals were being realized as well.

To complete the program, I developed a Goal Dynamics Workbook and audio tape package as well as the Computer Voice Analysis technology to discover subconscious goal-blocking stress.

While my life seemed to be working in the outside world, on the inside, I felt much the same as I had before these desires manifested. Something was missing, but I couldn't say what. For awhile, I thought I only needed more of the same, but that didn't seem to help. Then, some time later, at the urging of my close friend and coach, Monika Pichler, I went to India to study with Poonjaji, a phenomenal Self-Inquiry master and disciple of Ramana Maharshi. That's when I learned that the happiness I sought was really my Self! Through Self-Inquiry, I came to realize that there is a source of happiness called the "now," and that by being true to who I really am, life would unfold with little effort. I learned that an ounce of intuition is worth a thousand pounds of great ideas and twenty years' worth of effort.

* * *

Self-inquiry — What it is.

Self-inquiry is a highly honored, time-tested methodology for dealing with goals or desires. It points out that our much desired future outcomes are often compulsive and mechanical, based on outdated belief systems. These desires are often expectations which were placed on us by others. They are not a manifestation sourced by our intuition. They are mostly unworkable solutions to past problems and, at best, their fulfillment results in only temporary happiness. In other words, until you have found your Self, following your desires is an affair of the mind, not of the heart.

Coaching Self-Inquiry, my recent, more westernized development of this great philosophy, allows you to release stress-producing, effortful goals, purposes, desires, intentions, etc., so that you can be open to your destiny. It supports the expanded "hearing" of your intuitive Self's signals, your guidance as to what is best for your life's unfoldment. Very often, stress is perpetuated by wanting things that are not right for you.

Coaching Self-Inquiry helps you to get beyond the mind and into the heart of your being. It undercuts conditioned beliefs about desire fulfillment and shows you how to discover what's really important for you NOW. This technology can assist you in finding yourself now and letting the future unfold naturally from your true being. When you reside in your own beingness, you discover that you are none other than the infinite Self.

Discover the magic of your true Self.

Coaching Self-Inquiry is based on a 5,000-year-old applied methodology (Advaita Vedanta) of rigorous inquiry into the nature of our real Self. It is a process that helps disillusion the false beliefs we hold about ourselves, i.e., I am my body, I am my personal identity, I am my thoughts, feelings, problems, roles, actions. These core-beliefs generate a false self-image that stressfully shapes your reality and obscures true freedom, your natural heritage.

Coaching Self-Inquiry points us toward a direct experience of who we are, beyond our mind and patterns of personal identity. From that place of freedom, we can see more clearly into the dynamics of those illusions that appear to keep us bound.

Do you ever contemplate the following:

1. What is my true nature? Am I more than I appear to be?
2. What is the nature of the physical universe?
3. What is the nature of death? In death, who dies?
4. How can I become free from my painful attachment to false selves?
5. How can I discover my authentic Self?
6. Am I living someone else's life?
7. Am I pursuing false desires, false purposes, or false goals?
8. Am I looking for happiness outside of myself?
9. How can I stop thinking of the past and discover the real now?
10. What is the source of the mind?
11. What is the true nature of desire? How are desires fulfilled?
12. What prevents me from experiencing unity with all life forms?
13. What is the Source of the universe? What is the Infinite or Supreme Being?

If you have asked yourself any of these questions, the following might be just for you.

Through Coaching Self-Inquiry, we can see more clearly into ourselves and experience our real nature. Even words such as happiness, peace and joy fall short of this direct experience. The personal application of these processes helps us to expand and integrate glimpses of our true, unqualified being into our daily lives. We experience a heartfelt identity shift from false self to relationship with our authentic Self. As our ego boundaries dissolve, we become more spacious, and we dance with the infinite.

Coaching Self-Inquiry disillusion the inquirer, not the past! These precise procedures undercut many unnecessary hours of content-type processing. There is no need to process the graveyard of the past. You are much more than the sum total of your past actions.

Coaching Self-Inquiry works directly with the truth of who you really are. It is much more basic than any other identity-style process. Its techniques bypass the illusionary past and go directly into the dynamics of the viewer's current persona or mask. This process illuminates the false patterns you have mistakenly identified with and called "I." These guided contemplations assist

you in clarifying the mystery of your own spiritual beingness. You'll discover that all you ever need to look at is what you are right in this moment. Right here. Right now. You (the truth) reside in the now. The past is only second-hand, outdated information about yourself, hallucinated in the present. Your true Self is omnipresent, here and now. Clearly experiencing this distinction expands the space in your life and allows you to experience spiritual freedom.

Instead of chasing the endless content of the past, we explore the dynamics of the myth of false self-identity, focusing on the real you behind the illusion. These core-beliefs are what all self-limiting, effort-producing belief systems are attached or anchored to. This is the primary misconception. It is at the base of all systems of belief about personal limitation. It is the hub of the cycle of illusion.

The result of this personal identity disillusionment is a spacious expansion beyond the limits of your personal "I" patterns to the very door of infinite space—to the very flame of Being itself. Beyond this, there is nothing to attain.

Inquire past all you believe yourself to be.

The releases which are possible through applying the technology of Coaching Self-Inquiry are not to be seen as permanent or stable states of being, but as glimpses of a higher reality. What expands and stabilizes these insights is continual daily application of the Self-Inquiry tools, along with the grace that results from "right action." This combination can lead you to experience:

1. Freedom from false beliefs about your true nature.
2. Freedom from false self-identification.
3. Freedom from attachment to false self-identification.
4. Freedom from duality, the dichotomous illusion of self.
5. Freedom from false desires, purposes, and goals which stem from the false "I."
6. Freedom from the illusory past.
7. Freedom from the *concept* of now by discovering the *experience* of now.
8. Freedom from the apparency of the mind by discovering the source of the mind.
9. Freedom from primary ignorance by finding out who you really are.
10. Freedom from the illusion of yourself as the doer (false will).
11. Compassion for all forms of life.
12. Direct experience of your true Self and your oneness with the Supreme Being.

Are you living someone else's life?

The ultimate shamanistic experience is to discover who you really are at the depth of being itself. If you haven't made an identity shift from past personas to your true Self, you are still acting out of misconceptions of who you *think* you are, your unconscious self-image. This leaves, untouched, your deep-seated assumptions of your personal identity. In this domain, self-perception is very subtle and most easily misunderstood.

A workable path must address the student in the most intimate and personal manner, taking into account the student's own personal reality and present state of consciousness. One's subconscious, or illusory sense of self, must be thoroughly viewed in order to be brought into the full light of consciousness. Without personally discovering and releasing your false identity (the source of all suffering), all attempts to get rid of the weeds in the garden of your

consciousness will prove futile, as the *root* of suffering would remain intact and would begin to grow again.

This Self-quest process needs to be presented to you at the level of your own personal reality. The questions must speak to you and must address your own experience and personal issues—life as you live it. Otherwise, the program lacks personal meaning, and there is no hope of integrating the truth into your life at all levels. This direct path must address your personal conflicts, issues, considerations, beliefs, will, your habits and their source.

You may, at times, unconsciously assume the identity of someone who has appeared to be the winner in a past stressful conflict. You, of course, see yourself as the loser or the victim, and the conclusion is that of failure. "I lost, so why would I want to be me?" From that point on, you attempt to anticipate more future wins and less losses, through using the tactic of abandoning your own identity and trying to be more like the winning identity. You literally, on a subconscious basis, take on the characteristics, desires, goals, purposes, mannerisms and other qualities of that other, and then you feel that the problem of losing is apparently solved. Actually, by adopting this false solution, the problems really begin.

A reliable Self-inquiry path must speak to this stressful, false "I," to your personal experience, and to the erroneously assumed viewpoint by which you have lived. The process must examine the "evidence" in the form of belief systems. It must examine what you believe is your personal self, what you think is you, as well as all feelings, emotions and attitudes you take as a reference point. In other words, this line of inquiry must address the belief system that is passing itself off as "you." Otherwise, the work will not touch you where you live, in your unconscious, in your falsely assumed identity. Your real Self is deeper than apparent, problematic self-images—it is your true center of being.

All teachings that do not lead you to "inquire within" to discover your authentic self are received as mere words. The resolution for all problems, stress, and limitation is the discovery of one's true Self. This is a complete resolution that will not later become a new problem. When you find out who you really are, the rest will take care of itself!

COACHING SELF-INQUIRY

Disillusioning all belief systems about yourself

Discovering your own true nature and orienting your life from that space is the only lasting freedom. There can never be an experience of true satisfaction

unless you have realized that essential 'lost' part of you, your essential Self, the true source of intuition and guidance. No other accomplishment can take its place. Only the attainment of true Self-realization can be called absolute freedom. When you have realized your true Self, you will abide in the here and now! This is the all-knowing, free part of you. You are the ultimate "smart pill." Enjoy an eternal contact high!

Knowing yourself is the only experience of lasting value. Most people trade short-term, apparent gain, called human happiness, for truth. They compromise who they really are for false, short-lived, hallucinatory gain. You cannot live your life in truth until you know your own self; and what you *believe* about yourself is not the truth. All beliefs are held in the mind, and the mind is not you. The truth of who you are can only be discovered by direct experience—there are no words to convey its boundlessness and ease of being. You don't have to rehearse to be yourself. It's who you already are.

In order to be yourself, you need to also come to grips with the element called "false desire." False desire is the central theme, the glue, that holds the false identity belief system together. There is an automatic, unconscious aspect to false desire that keeps a person out of the moment and in slavery to the future. The Rolling Stones' lyrics, "You can't always get what you want, but you find sometimes, you just might find, you get what you need," has a ring of truth to it. The accomplishment of inauthentic goals or desires tends to, at best, be only short-term fulfillment and often generates further problems. Too often, people's unconscious minds choose desires for them, (false will), but these apparently self-determined goal choices often really grow out of a false sense of one's self, so that, even when they do seemingly turn out, they are mere achievements. The trick here is to release all suspected, and even unsuspected, desires through guided, focused attention so that these automatic behaviors drop away, leaving you in the here and now. Then, in the present moment, you quietly await the intuitive signal from the deep Self, or higher consciousness. That is all.

Some of you have been so busy with automatic thinking patterns that you haven't heard from Mother Intuition in a long while—but she is there just the same. In fact, intuition is always here and now. As you become aware of it, you will become free of previous "false self" types of stressful, conflict-producing, effortful behavior. You will act spontaneously in the "now," free from patterned behavior. With your intuitive channel open, you will be on-line and perceiving. This is movement on the path to understanding your Self and understanding the cause of desire.

False desires come from the false self. You must be "out of the moment" to create non-authentic desires. When you are in the space of your own Self, you are in the present moment and beyond the range of any non-intuitional desire. While in the state of the now moment (desirelessness), anything that comes through you is from the higher Self. When you are in the here and now, what you need will come to you faster than you can think about it, make up your mind or desire it. As the Bible says, "The truth shall set you free," and "Seek ye first the kingdom of heaven, and all things will be added unto you." By looking beyond desire for the truth, you'll find yourself, and desires based upon KNOWING will knock at your door.

To be my Self — what does it mean?

Being one's self is a unique experience for each person, but generally, there is a shift from an external false self-image, or construct, to an inner recognition of one's real beingness. This recognition comes with many fringe benefits, such as discovering what turns you on, where you belong, what circumstances nurture you, your natural inclinations, your true talents, relaxed awareness, etc. You let go of who you have tried to be in the past and drop all of that effort and pretense. That effort, after all, is the rejection of the real You (Self-rejection), caused by a limited viewpoint which is out of sync with your real self. When you cease rejecting your Self and your natural ways, the painful experience of creating division within yourself ceases, and your life literally lightens up.

This approach is very different from content-oriented therapies, because in Self-Inquiry, the *content* of the past traumatic incidents is not addressed at all. What is confronted, and rigorously questioned, instead are the false beliefs and identities *about* the incidents. The result of this questioning is the experience of liberation, which is none other than the real you letting go of past personas by discovering the ground of being—the source of all experience. If you do not attain complete liberation, you at least feel better by having had a glimpse of your highest truth.

Being true to your Self

When you reject your Self, which is the truth, you generate conflict and suffering. You then must *make* things happen instead of *letting* them happen as part of your life's natural unfoldment. When you stop interfering in your own unfoldment process, the truth will emerge. It all comes down to having a quiet mind. The emergence of your Self is not to be planned for; it will come as a cosmic surprise. Don't try to second-guess intuition. The best you can do is to get your facade out of the way in order to unblock the path of truth. When you are in your own beingness, you relax into the "now." This is the identification shift that we are all looking for.

Happiness, joy and bliss are not the result of some past successful doingness, they only arise when you reside in your own beingness, when you have ceased being someone or something other than yourself. After all, you are pure beingness, pure consciousness, simply the space between two thoughts. When you fully realize this, you simply are. When you are true to yourself, your limitations disappear. This is called living in the "now"—being in vastness, the ocean of your Self. There is no higher truth than the discovery of your own true Self.

Coaching Self-Inquiry -- the direct method.

Who you really are is far beyond anything you have ever imagined.

When one seeks to know anything other than him/herself, the knowledge he/she obtains cannot be right/real knowledge. All such knowledge is suspect because it has failed to provide the experience of happiness. One who does not begin his/her journey by seeking to know his/her Self *starts* with a fundamental and primary error. TO INQUIRE INTO THE NATURE OF MIND OR THE UNIVERSE OR PERSONAL LIMITATION WITHOUT FIRST INQUIRING INTO THE NATURE OF YOUR SELF IS A MISTAKE. Studying this or that -ism or -ology, or entering this or that program or therapy which focuses only on the objects of your creation, rather than on the discovery of your Self, may be entirely unnecessary. It is, at least, an action out of sequence. Any attempted dissociation from your true point of view is false or illusionary—a false identification which generates a stressful identity crisis. ALL of our suffering is due to this primary ignorance. This ignorance must be seen as it is, and then, and only then, the truth of our being can be revealed. Self-inquiry is a vital first step if you are to enjoy your own true freedom and happiness.

Your whole life, no matter where you live or what your occupation, philosophical belief, nationality or religion, has but one underlying yearning—the quest for personal freedom. This contemplation on freedom can best be summed up in one basic and inescapable question: "Who am I?" "I want to know my own Self." This fundamental yearning is supported by any memory from the past when you made even a partial contact with this essential truth, and that peak experience enabled you to live life fully, even if for only a brief time. It doesn't matter whether this glimpse of reality came to you during a sports activity, meditation, making love, biofeedback clearing, a nature walk, a psychedelic trip, or a combination thereof. Even a glimpse of your true nature is an experience you'll never entirely forget. Once you've started on your quest for freedom, you'll never give up.

To fully achieve this highest goal, you must start this inquiry with no less than perfect love of truth. Perfect love of truth means perfect readiness to renounce whatever is found to be untrue as a result of your impartial examination. It implies a willingness to submit your own basic beliefs about yourself to a thorough examination and scrutiny, without attachments to those beliefs, to their survival, or to the ultimate outcome. This is an exercise of calmly contemplating the possibility of finding out that your very own core-beliefs about "who you think you really are" are basic self-misunderstandings and are therefore untenable and worthy to be released.

Who you think you are is who you are not.

It is freedom from mis-identification and attachment to old beliefs regarding the Self that allows the truth and only the truth to remain supreme. Unswerving devotion to this truth is the key to lasting happiness. The goal here is not to merely achieve or become attached to temporary exalted states of mind, but rather to discover and realize the absolute, naked, original truth of your being. By lifting the veil of self-deception you will cease living life from illusion. What is needed, of course, is a direct experience of your real self, the "you" that exists outside of fixed roles, polarized viewpoints, assumed beliefs, late night rehearsals, and outdated poses. This experience of the Self can be encountered simply and effortlessly, but not without some committed preparation.

To achieve this transpersonal identity shift, one must be willing to engage in rigorous inquiry into one's true "I." Many human potential programs and psychological processes have concentrated on the release of outdated mental beliefs and content. This can take one on an unnecessarily long journey. The basic content-oriented processes examine all mental images that contain opinions, suppositions, myths, roles, assumptions, fixed ideas, beliefs, expectations, attributes, etc. For example, "I am so and so; I am this body; I am like this or that; I am a do-gooder; I am proud; I am getting better; I control people, etc." This is all extremely beneficial, and all such excess mental baggage must certainly fall away in the light of Self-discovery. But, unfortunately, this content-oriented releasing can take years of sifting and straining through the elements of the past. Participants or clients can rack up hundreds and thousands of one-on-one session hours, trying to get to the bottom of this illusion syndrome. Now, thanks to the ancient Rishis of India, a very direct method has revealed itself. Self-Inquiry, or Advaita Vedanta, is a faster way to undercut and pull the plug on the illusionary self, with its accompanying false purposes, goals and desires.

Releasing the illusion of false selves

In order to reveal the unconditioned "I," one must release any false selves. These false "I" images are called the "conditioned I," or the "shadow self." The

more traditional term would be the "limited ego." (To fully explain the subtle meanings and applications of this term, I shall define it and expand on that definition many times in this workbook.) There are as many conditioned "I's or selves (entities, if you wish) as there are unfulfilled desires. Each has a belief about who it is and why that desire urgently needs manifestation. Ultimately, one must look beyond the limited self to know the unmanifested Self—the true "I," which is always NOW, the source from which all else springs.

Anatomy of the ego

Through association, identification and attachment to conditioned identities, primary ignorance becomes habitual. After some time of disassociation from the direct experience of who you really are, these subtle masks appear to be stuck, and the illusionary selves appear to rule your life. This mis-assignment of authorship continually generates confusion, and you spend your life making compulsive and obsessive identification shifts. In your search for the real "I," you live in fragmentation, manifesting a composite of unconsciously believed ego selves. Your thought patterns (will, desires, failed desires, goals, failed goals, purposes, etc.) are a compilation of these various false selves, now apparently attached to or hitchhiking on your beingness. The usual psychological process is to attempt to handle the content (i.e. "all the" incidents, problems, upsets, fixed ideas, dramas, etc.), but this is the long way around, because these manifestations are merely symptoms or complex effects—they are not the cause. They are not what is closest to the truth. They are too far down the gradient scale of truth or causality to resolve it entirely. There is a more basic and direct way to reveal the truth of who you are. The Rishis of India have known about it for at least 3500 years.

When you refer to yourself as "I" or ask "Who am I?" what comes up? The scenario probably goes something like this: When I say "I," I get that I am a victim, a liar, holy, loving, poor, weak, cunning, strong, a loser, successful, scared, a controller, brilliant, powerful, etc. All these false self-images, whether so-called positive or negative, flattering or humiliating images, disempower you. Some students or clients can list three hundred or more adjectives that they consider themselves to be. In a content-oriented practice, all of a client's issues would be traced back to the past to be released. However, unless the client is being him or her SELF at the time of the inquiry, it is questionable whether the illusionary past will provide the key to clear viewing. Then it is only an illusion seeking an illusion. This indirect method can seem to take forever to peel away the onion-like layers.

The direct method of Self-inquiry suggests that there is a fundamental mechanism by which this whole mental circus comes into being. The simplest method for the direct release of this falsity and the direct revelation of your

intuitive Self is to discover or make conscious the creation cycle that brings this menagerie of "I" thoughts into being. The "I's and their assorted paraphernalia. From whence does it arise? How does it surface? In other words, discover from where or what each "I" comes and you will instantly release the *source* of all content and discover the unmanifested Self.

With the identification shift which you brought about from letting go of your false self-images, you become the true and spacious witness, not the false automatic, assumed *doer*.

Know the *source* from which the grand illusion springs, and you will be blessed with the highest knowledge of all, knowledge of the Self. This results in a corresponding unity with all of life, in the present moment, where it always is. When you realize your "I-am-ness," you will know pure love and bliss.

"Investigate the answer to this question, and finally abide in the supreme or rather the primal source of all, the Self. The investigation will resolve itself into a quest for the Self, and it will cease only after the non-Self is sifted away, and the Self realizes its purity and glory." -Sri Ramana Maharshi

Smoke and mirrors and the past

The good news is that this can ALL be done without having to go to the graveyard of the past! To process the past is to affirm the illusion of time. When you are in the present, or "the holy instant," it is an out-of-time experience anyway. Pure transcendental bliss. What more could you want? What more is possible? And who or what would be around to care? Only a belief system that you mis-identify as yourself could appear to be stuck in time. In Self-inquiry, anything that seemed true in the *past* is not true in the *now*.

To strengthen the myth of the past is to agree to the illusion of the fragmentation of separate selves. These subject/object dichotomized selves (the core of dualistic or pluralistic patterning) is the antiquated western separate selves model. Have you ever studied a freedom-promising philosophy or technology that was primarily dualistic in nature? You will know it as such when you notice that the ultimate result is never attained. The program becomes longer and longer but the school miraculously persists and ultimately becomes more divided, with plenty of "us and them" dichotomized projections; whereas, in fact, the final dichotomy is yet to be discovered and released. This is a sign that your relationship to the mystery of the Supreme Being has been neglected in the curriculum.

You will know the veil of Self-ignorance has been lifted when you are free from attachment to name and form. The forms to concentrate on and subsequently release are the separate selves, belief systems and their dualistic companions, and false desires. You see, the whole separate self routine is done with smoke and mirrors. The basic duality or dichotomy is the problem of two or more selves—you and your erroneous self-image. The inauthentic desires, purposes, goals, etc. *all* belong to the false selves; as you, your Self, have none of these. The false self is what you have allowed to pass as you, but it is a false interpretation of you, a false orientation point. But don't worry. At worst, you have only misunderstood your own vastness—and the remedy for that is simple.

Nobody and nothing vs. the mind's idea of who you really are

The false selves are the mind's inaccurate identifications, because you (outside of your bag of illusions) are complete and perfect, just the way you are. In your natural state, there is nothing lacking and nobody left. Your former images of reality were just holographic projections of the false desires of your former false selves! That is why *all* desires must be dissolved, so that you, the inquirer, might have a beyond mind and senses experience of your innermost nature. Your beingness can be experienced directly through a process of elimination. At the completion of this process, that which cannot be eliminated, is It. This state of pure being is the "peace that passeth all understanding." It is a perfect answer to all questions. It is you as pure awareness. The mind can never "get" who you really are. Your notion of yourself is a non-authentic image of fictitious origin. But be careful. Don't let the mind hear this, because the mind gets upset when it believes you are *not there*. The mind cannot comprehend vastness, so the mind fears the "now."

"Secret and confidential" advanced processes

Of all the thoughts to arise in the mind, the "I" thought is first to arise. It is the first-sighted scout ship for the soon-to-follow mother ship called "mind."

You might ask yourself: "What is the source of the 'I' thought?" This is a useful question because it is the *reverse* process of how the "I" thought manifests. You are retracing the cycle of creation from pure beingness to the "I" thought, and therefore, you must spot the "I" thought, reflect on it, and then follow it back to its source. It might help to watch it in slow rewind. This is the way to disillusion the "I" thought and pull the plug on the entourage of false selves (with their false will, desires, goals and purposes). The "I" thought is a most accessible starting point to hunting down unwanted thought streams because what is left then is the real YOU, beyond space or time.

The mind's first appearance (the first mental manifestation that leads the way to a universe of past scenarios and dramas) starts with the "I" thought. This "I" thought, or construct, is your subconscious interpretation of yourself. It is the primary belief or reference point (organizing principle) that forms the mold for all your experience. It is the most basic filter of truth you possess. It is the frame that *all* of your pictures come in. It is the start of *every* cycle of limitation. It appears like a dim specter on the horizon announcing the forthcoming of any limited false self type of thinking. This is how we depreciate ourselves in our own recognition. The illusion we want to release is the "I" that dwells in the ego mind.

To illustrate: When you say "I," some emotion or idea usually arises. There may be a feeling of loneliness, confusion, despair, pride, arrogance, even peace. Even if what arises is a good feeling, that good feeling depends on a bad feeling to compare itself to. So there again you have duality, or concepts of positive and negative interpretations. "I" is the cosmic trigger that brings up a long association of phenomena. For example, some people are "solid" types, their density is such that their "I" thought is a seemingly unfathomable heavy mental energy. Consciously or unconsciously, the "I" is usually followed by limitations of one kind or another, so unless you release your core-belief system, you can not experience deep peace or the expansive space of the "now" when you say "I." The Self-Inquiry process can lead you to pure consciousness, beyond the mind and beyond duality. Are you ready to let your image of "I" dissolve into infinite space?

When you are not being yourself, self-limiting beliefs become solid.

The "I" thought is pure mental fiction. A primary aberration. A myth. The "I" thought is a mistaken assumption which has no real existence of its own. It can only appear to exist by identifying with an object (mythical causal relationship), such as "my body, my clothes, my thoughts, my feelings", etc. The "I" claims ownership and thus appears to be a cause point, with the "I" as cause or subject, and (my) feelings as effect or object. This locks both opposites into apparent reality -- "I" as the apparent cause and feelings as the apparent effect of the "I's" cause. The "I" seems solid and believable, and thus more real. It is then built up with a barrage of agreements. (We could call it "Let's pretend!") The "I" thought is a life-endowed beingness or entity, but it will persist only as long as the point of its origin is unknown (or the mechanism which endowed it with life is masked or occluded).

If you maintain awareness of the "I" thought as it arises, as soon as the *source* of the "I" thought is spotted, the "I" thought will dissolve back into the source from whence it came. With awareness, you can short-circuit the cycle of limitation.

When this automatic "I" thought releases (or disillusion), you will experience yourself, beyond the clutter of the "I" label and its various limited associations. What is it that arises which I call "I"? Is it me that surfaces? If "I" is a created phenomenon, then who creates it? The answer, when found, is experienced as bliss.

EXERCISE: Allow yourself to be in the present moment without thinking of anything. Especially, do not give rise to the "I" thought.

The result is perfect peace and your own naturally occurring consciousness. If you are not experiencing peace, know that content (mental baggage) is arising with the "I" thought, its source is suppressed or hidden, and you are getting the effects of the "I" image without noticing its overcharged basis, the "I" construct itself. As you continue to work the process, the "I" construct comes up into full view and then instantly gives way to the nature of its true Self, which is emptiness.

If you were to continue this exercise in daily life, your consciousness would shift from false "I" centered activity to resting in pure bliss. Your false "I" sense would not arise then, for the mind would stay in its unmanifested seed form. You would no longer see yourself as being here and not there, or as you and not me. After all, isn't your experience of others just projections of the mind arising from the "I" thought? What you see in others is what you see in yourself. There are no others! The "I" thought needs other "I"s to validate its existence, so false "I" projects other illusions.

You could say that all the problems you think you have come from a false sense of I-ness. It is this I-ness that has the problems, not you. You are not the "I" thought. Isn't this "I" thought a form that you brought into being and then held onto, associated and identified with, and then became attached to? If you have been seeking freedom in the form of higher states of consciousness, you have been seeking absolute truth. Truth is beyond the physical universe, beyond name and form, beyond matter, energy, time and thought. We are talking of pure transcendental bliss, or the state of "beyond beyond."

Like a man who dives into a lake in order to retrieve something that has fallen in, you (the "I") must dive into yourself and find the place from which the "I" originates. Bliss is no more than knowing yourself. Simply be as you are, and the rest will take care of itself.

How to release compulsive and obsessive thinking.

Don't *try* to stop compulsive and automatic false "I" chit-chat thinking, because trying is effort; and no effort is needed here. Thinking is most often the effect of past patterned behavior. The false "I" *thinks*, but the real "I" (You) *knows*. Thinking is a subconscious stimulus reaction activity. There is always a pattern to it, and there is also always a trigger. Knowing this trigger can change your life.

Thinking is a vicious circle: you think and think but you can't think your way free. You figure, figure, but you can't figure it out. Isn't the state you desire beyond the mind and beyond thinking? Thinking is not one's Self nature; it is, instead, a dividing of yourself. Non-thinking is the witness—a state of non-attachment and openness. Let thinking dissolve into space.

The Self is wisdom and clear knowledge. This is not attainable through thinking or intellectualizing. Self-knowledge is not data. You know the truth without thinking. It is a knowing without duality, without a subject/object relationship. Your true beingness is not opposed to anything. You can *become* or realize the Source itself through detachment from thinking. The unthinking Self is intimate or *intuitive* to you. Absolute freedom from thought is a state essential to Self-realization, because thoughts cast a veil over reality. When all thoughts disappear, the remaining "I am" feeling is all that is left. Then this subtle thought must also go. Thinking dissolves in the *knowing* of the Self—in the act of knowing your own existence. The mind can't seek beyond the mind. Thoughts are not you. The mind is not you. If you remember some of your best altered-state experiences, are they not blissful states of no thought or no mind?

Releasing stress producing thought patterns and getting down to the basics.

Thinking is what makes you feel tense, tired, nervous or anxious. It is an act of separate entities, knee-deep in illusion. The Thinker. What an identity! The false "I" identity is the one that is thinking, not YOU and not your thoughts. When you are active in a sport that you really love and are having the thrill of your life, do you have any inclination to think? Aren't you just savoring the moment? Doesn't a higher knowing take over?

The "I" thought is the basis of a stream of thoughts about your apparent circumstances. The "I" thought is the trigger-link to stressful emotions, attitudes, and pain. When you are in the present, there is no thought. When you are in this spacious, "no mind" state, you have an open channel to deep perception and intuition. When you have an unwanted thought, spot the "I" thought that preceded it. Then discover where this "I" thought came from.

Spot it. Now where is the former thought and where is the former "I" thought? Poof! You will have to re-create them to find them. They will have completely dissolved or disintegrated. The more you apply the following contemplation exercise, the more your tendency to identify with the "I" thought and its baggage will be dissolved or disillusioned. Soon you'll just laugh about it. The mind becomes quieter and quieter, until no thoughts are heard. That is the essence of the contemplation exercise.

EXERCISE: Contemplation

Sit quietly and each time a thought arises, locate the prior "I" thought and spot where it arises from. You remain in silence or the spacious state. Practice this until you can dissolve unwanted thoughts at will. Practice this in daily life as well. Use no force to accomplish this. Effort just begets counter-effort, emotion, and counter-emotion. Releasing the "I" thought releases the corresponding unwanted emotion, attitude, or pain. It all starts with the "I" thought. The "I" thought is contraction (a concept or belief), and infinite space is expansion.

The mind (finite restriction) rises and sets with the appearance and disappearance of the "I" thought. To think, you must actually disconnect from the Self. When the Self (beyond the thinker) is sought, thoughts will eventually disappear. When a thought arises, such as: "I am not Self-realized," or "I cannot make this work," or "this is useless," or "I am the body," spot the "I" thought which precedes that in the thought stream. Then, as in the earlier exercise, spot where the "I" thought arises from. Find its source. All thoughts arise from the same place. When you are thinking, you cannot look. The thought of limitation or obstacles is just illusory, so there is no need to dwell on it, become attached to it, or go into agreement with it; it is only the baggage of the "I" thought. The "I" is merely a false reference point.

What personality traits do you think you are?

When you discover your own true Self, you begin to differentiate images of yourself from the real YOU. Your persona (mask), which blocks your true identity, is up for grabs. Your mask is a composite of mental constructs that make up the illusion of false self—the greatest illusion of all time. These mental constructs are never real, yet they are the primary source of suffering. They are the illusory prison door. This illusory self is called "primary ignorance." It is a facade that is made up of lies and half-truths; it is a web of subversion, of self-sabotage; it is an elaborate disguise, in the form of a belief system of self mis-identifications. The trouble starts when we accept this false "I" package at face value. It is not real—it is only a masquerade. The next time the false "I" comes calling, ask for its references!

The good news here is that we are unraveling the false "I," the source point, origin and core belief of a whole time line of suffering. This elaborate charade keeps us in the illusion of bondage. This basic mis-identification is called "primary illusion." Who is this illusionary "I"? Who or what is it that forms the very ground of my being? What is this reference point that is the common denominator of all of my mis-experience? The fabric of my subconscious universe. The texture of my tunnel vision. Where does this automatic self come from? What do I do that brings it into being? Now that I see some of these false "I's, then who is looking? Am I just dreaming me?

This is indeed the quest for the holy grail: To realize your true Self and thereby lay to rest the false self with whom you have been mis-identified. The unmasking is about to begin. Will the true "I am" please step forward. Experience your true Self in its totality. This is your freedom.

The illusion of death

When you have questions, ask "Who has the questions?" When you have difficulties, ask "Who has difficulties?" The answer resounds, "Why, it is "I," of course." Then ask, "Who is this I?" "Where does this "I" come from?" The real "I" is silent; it just is. Remember, you are not trying to *think* your way home. Instead, you are un-thinking your way home. The coaching questions are designed to release stressful baggage caused by its attached basic limitation belief system—the "I" image. When this baggage is released, the underlying silence of pure being is revealed. Even death is just a thought and nothing more. For who dies? Death is only an illusion. You are beyond birth and death, and outside of any action or reaction. Are you waiting for a dreamed up character who you think is *you* to wake up?

Thoughts are perceived as apparent reality. Who you really are is beyond thought.

To get the job done, your focus must be one-pointed. Hunt the "I" thought and nothing else. This is true discrimination. It is your attachment to the illusion of the "I" thought that keeps you from being your true Self. Through working this process you disassociate, dis-identify and detach from this illusion-maker. Thoughts are the non-self. Upon realizing the Self, the non-self *disappears*. The truth is that it never was. Your thoughts are not you, they are just your creation, so there is no need to identify with them. They are just thought constructs surfacing from your vastness. The true "I," your real self, is nothing. Once you have made this paradigm shift, there is no further need to call life *your* life, it is just life! You are seeing life through the eyes of the Self.

When you realize the truth, all virtues will instantly follow.

As long as you cling to the notion of the "I" thought, you are stuck with building a better false "I"—mass upon mass. You are adding *virtues* to a false self. Certain well-known quotes support this: "Castles made of sand fade into the sea, eventually." (Jimi Hendrix). And, "A house is only as sturdy as its foundation." Or, "A \$10 horse and a \$40 saddle." The notion of objectifying causes is the start of that trap, and the "I" is precisely that—an objectified false cause.

It takes effort to put "I" there, because the "I" is a false presentation. What *real* evidence does this "I" have of its existence? Who is putting the "I" there? Just as the false "I" image contains all of that previously mentioned mental garbage, so also the true Self contains all the virtues you can ever imagine. When you realize this beingness, all of your supposedly desired virtues will be added unto you. They'll arise naturally as a result of your Self-realization. ONLY THIS TOTAL KNOWLEDGE CAN RELEASE ALL CONDITIONING!

What is eternal is here and now.

This experience is so much YOU that you might miss it. Remember, there is no *time* in the absolute (pure awareness), so you will not, by usual standards, know that you are there. There are no sign posts, no souvenirs to bring back, nor any postcards to send. There is only ungraspable "vastness" (a term that was suggested to me by Marin County Psychotherapist Suzanne Segal, Ph.D.).

Who or what procrastinates?

You may have decided to put off these contemplative exercises and instead perform many other practices before giving this program a try. This side trip could take you fifty years or more. But, at the end of that time, there will still only be *here and now*. Why wait fifty years? Will you discover more absolute presence at a later time? Do you seek freedom *now*, or would you rather play the game of gradually becoming free? Rather than just seeking freedom and concentrating on the qualities of freedom, look into the qualities of the freedom seeker, and you will dis-illusion the illusion of time.

Most practices are not so direct and are only mind working on mind, and content working on content. You are seeking timeless consciousness, are you not?. Do you want to make a more able machine or social circuit, or are you interested in transcending all of your creations to discover the Creator?

It is clear that the small "I" has to arise from somewhere in order to take form. Where does it come from? Isn't it absurd that we are more unconscious of this small "I"'s arising than any other manifestation in the universe? To discover where this false self comes from, you must be open, vigilant and committed.

All false desires belong to the past.

All desires belong to the past, as there must be a desirer to have desires. This desirer is a projection of the "I" thought. In order for you to want something, there must be some perceived limitation or a more (apparently) desirable optimum state postulated for the future. Notice that this desire separates you from the *here and now*, and it sinks you into the past, in order to compare possible future desirable states (mind intercourse). Thus, you have given rise to "I," mind, desire, future, and past, and are so occupied with such that the holy instant is completely blocked from your experience. Notice the thought stream that has come into being—the illusory, seemingly automatic "I" subject that was plotting and scheming. Attachment to this name and form manifestation can never take you to your Essence; in fact, it takes you away from your Self. When you court the "I" (mind stuff), you become proud, arrogant, positional, possessive, etc. All of this mental garbage is condensed in the "I" thought.

The "I" thought has to have a whole universe of positive and negative issues to make its universe solid. A positive locks a negative into place and that makes a polarized reality. You then have the privilege of going back and forth, living between polarities such as able and unable, or special and ordinary, good and bad, free and imprisoned, etc. You do not need to attempt to release these polarities. Just go to the start of the basic mechanism of creation, and view the "I" coming into creation from the source point (static state), and you will be releasing the cycle of the creation of "I." Watch for the identity shift. You will soon be "I"-less and clearer than clear.

There is no point in wanting anything that is not here and now.

If your desired state is projected as being in the future, as something you will gain, it will then be called an attainment. You will possess it, and you will have an "I" plus an attainment. You will also have validated a falsehood called "I," and you will have entered the time stream. The desire and wanting and efforting for it will take you out of the *here and now*. The peace that results after the attainment is simply the mind having gone back to Source because the desire completed itself, then the identity and desire can both be dropped. The peaceful result, experientially, was in coming back to the now, which, by the way, is the same now that you were in before starting the "I"'s acquisition phase.

Will you be more in the here and now later on? You'll never be better off than where you are when you are beyond mind at any time. You can never acquire your Self. Just as you can never bite your own teeth. You don't have to run after anything, just face your own "face," and it will reveal itself to itself. Find out who you are and action will work through you. There is no need to collect gravel on the way to the diamond mine. The higher Self, or Supreme Intelligence, knows

what is best for you. And guess what, it has already been provided. It is your out-of-the-now oversight that has blocked your own perception. Which do you trust—God's will or late night TV commercials? Isn't it time to start living in the now?

Advanced abilities. Where are you?

Many of you are just waiting to hear when the advanced abilities come into play—the goodies. Let's take out-of-body experiences, for example. Many inquirers have pursued such a state for thousands of hours of sessions of various kinds and natures. An out-of-body experience is an interesting fascination, but it is still only a state of mind. It is still subject (you) and object (the universe). There is a potential knower and something to know. This dual or dichotomized state of mind, while having many energizing feelings, gets its energy from the Self, the Source of all energy. In that state, you are still just a chipper, chipping away at cosmic consciousness. Remember what the Master Jesus taught, "Seek ye first the kingdom of heaven, and all things shall be added unto you." Once you discover your true Self, even out-of-body experiences will seem limited by comparison. An out-of-body experience is still a false you, though somewhat lighter and freer. In seeking that experience, you are still being driven by ego-based desire. Your true nature is so far beyond any desire you could possibly imagine. Pure desirelessness equals pure bliss.

On your journey toward wholeness, an out-of-body experience is just another tourist trap. The out-of-body experiencer is still a limited self on a cosmic leash. This dreamed character can never fulfill itself. It will always be just another illusionary self! Let be and let free is the best policy here.

In the absolute present, everything that is not real dissolves.

Isn't this the promise of all practices? What's greater than infinity? Isn't it your very subconscious fascination to be spending your time getting to know what is real and unreal, finite and infinite, I and not I, self and not self, mind and no mind? It is precisely these dichotomized preoccupations that steal away yournowness! Once you experience the Self, and these dichotomized abstractions disappear, even if it's only for a holy instant, you will discover that you have always been free. You are who is looking for you. Your very silent being is IT!

Words are not enough. You may know the theory, but without the actual direct experience of yourself as the impersonal and unqualified state of being, love and bliss, mere verbal knowledge is just another state of mind.

You cannot recall absolute consciousness with your memory as it is not a physical event. It has no place in the time stream, no name, form or event. It has no location in space or time. It has no energetic texture or identity. It is without boundaries. Its center is everywhere; its place of origin, nowhere.

By now, you could be reading this copy and falling into deep meditation, you could have fallen out of the time-space continuum. In other words, you could be experiencing

WHEN YOU BECOME SELFLESS, MEANING BELIEFLESS, DESIRELESS, AND IDENTITYLESS, THERE IS NOTHING LEFT TO PROCESS.

Isn't this the "state" you seek? Knowing who you truly are? Life in the now? To continue processing after "that" is all an overrun. Who is there left to view? Who indeed?

Life's "getting clear" game can become a grand becomingness with no completion point. Do you want a clear, false identity, or do you want to be You? Do you want to know yourself or know your creations? On the scale of truth, which is higher? Are you going to choose number two who has to try harder, or will you choose number one who doesn't have to try at all? Remember, no force, no effort means lack of pretense.

STRESS IS CAUSED BY HOLDING A VIEW OF YOURSELF THAT IS DIFFERENT FROM THE WAY YOU REALLY ARE.

If you are using effort or force to become clear, become enlightened or become free, drop it now. You cannot reach a state of effortlessness through effort! If you are struggling with something and resisting it, let it be. If you ask yourself, "What is wrong with ME?", the problem might well be in your understanding of the word "me." I, me, my, another, God, infinity, myself, yourself, etc. are continuously misunderstood words that hinder our ability to know ourselves. These misunderstandings prolong the overrun game of hide-and-seek with our true nature. Notice how many processes, drills and exercises in the human potential field are virtually littered with these words or symbols. These misunderstood words generate masses of illusion resulting in stress. They veil the truth. Your mind, in all its complexity, may not be willing to accept the simplicity of this. "No," you may say, "it cannot be that simple."

To be an individual, to pretend to be human, is very hard. To be something other than what you truly are, you have to work at it to get this lie to persist and finally

stick. To be yourself, just behold the truth and let go. It is as easy as falling off a cloud.

YOUR ULTIMATE FEAR IS THAT YOU WILL COME TO AN END, YOU WILL, SOMEHOW, NO LONGER BE CONTINUOUS.

Maybe you picture yourself being sucked up by a giant cosmic vacuum cleaner vortex, or perhaps you see yourself growing pointy ears and becoming unrecognizable. You fear yourself coming to an end. But you really only feel fear for the physical organism. It is a misidentified fear. As far as your apparent identity loss goes, you are only being sucked into God. You are immortal. This is the cosmic joke. You are not continuous anyway. And your non-continuous "state" is your key to immortality and a hell-of-a-lot of creativity and fun. You go from nothing to something, back to nothing and then to something, back and forth and back and forth in a cosmic seesaw. Enjoy it!

What am I? I want to know myself.

At some point in one's evolutionary journey, from somewhere between the apparency of matter and the seemingly boundaried spirit, one asks: What am I? Or maybe, who am I? One usually arrives at this more "advanced" question by asking a series of basic questions about the nature of the mind, personal limitation and suffering.

The sages always respond by saying truth is found inside of yourself, not outside in the realm of the physical senses or in the past. The past seems bound in time. Can you, by confronting the past, get to a "space" outside of time? By viewing incidents from a past time, of an exact time, will this result in timelessness? Will viewing the past result in omnipresence? You might argue for the notion that if you disillusion past traumatic incidents, lots of them, then what you are left with is less mental stress and, therefore, more space. Okay, not bad. But let's look further.

Maybe freedom from the illusion of the past is found in knowing the universal Source and in not having to be someone or something. Who is this "I" anyway that believes it has a past? Where does this "I" come from? In other words, who are you really, outside of name and form? Without attachment to humanoid personality! Just you, rooted in the infinite. You in the present moment. Remember, there is no fear in here.

In my own past, I was so busy re-creating the past that I hardly noticed the present. Time kept becoming the past before I had time to appreciate it. Now I am complete with the past, or, another way of saying it is, I find the present moment much more rewarding. Did you ever notice that all thought is in the past? And that thinking is living in fraction? That there is nothing in the true present? Only space. Whenever I sense the preprogrammed urge to inspect the past, instead, I quiet my mind and merge with the now. I give myself a rest in cyberspace.

Let whatever image you have of yourself go back to rest. Let yourself experience your vastness.

As you re-establish yourself in vastness, you experience the paradigm shift that ends false referencing and eliminates the projection of a universe that is out of sync with its Source.

Becoming one with your destiny

What is the end result of Self-inquiry? Living life in the present moment. "Becoming" what you already are—the unconditioned "I." The experience of knowing beyond knowledge. There is no thinking or figuring anything out. The experience of pure transcendental consciousness. Spontaneity. Living as a truly realized Jnani (one who is aware of the cosmic deception, one who is constantly aware of his own true nature).

To live in the personality is to live in restriction. Freedom from the idea of being "someone" brings clarity. Knowing one's true Self brings freedom from the duality of desire. Freedom from illusion. Nothing to change and nothing to seek. Nothing to attain nor any abilities to seek. What do you know? Ultimate truth. Personal completion and limitless satisfaction.

When are you complete with Self-inquiry? When you are reborn into this moment of now.

"Know yourself before you seek to decide about the nature of God and the world."
-Sri Ramana Maharshi

The ultimate goal of all human striving and growth is Self-realization—becoming aware of your own true nature. This state of consciousness is characterized by endless wonder at the infiniteness of your being. To experience this state, you

must come to know who you truly are, not the person you imagine yourself to be. Whatever you think you are, or even catch a glimpse of during a peak experience, is but a mere concept of who you really are.

"Freedom can only be freedom from one's idea of one's self. The notion of one's 'self' is one's only bondage." -Ramesh S. Balsekar

There is a vast, limitless reality within each of us. It is revealed through a quiet mind, a mind that is free from false images of oneself. A life that is created from this awareness is truly worth living. Your being, who you are in the space of your Self, is truly worth knowing.

There was a young man who said,
"Though it seems that I know that I know,
What I would like to see
Is the 'I' that knows 'me'
When I know that I know that I know."

HAPPINESS COMES NATURALLY; YOU DON'T HAVE TO CHASE IT.

From time immemorial, saints and sages have told us that the key to liberation is in discovering the answer to "Who am I?" However, these holy people (meaning "whole" or complete) said that this Self-knowledge could not be gotten conceptually, it had to be directly experienced. They taught that, through spiritual practices such as Self-inquiry, one could discover the very heart of reality, which is known as enlightenment. Even in western psychology, these high-level experiences are called "peak experiences," and, from my observations, these peak experiences are glimpses of one's true Self.

From the true Self springs enlightened action. Jesus said, "Know thyself." Psychologist Abraham Maslow talks of the core self and authentic selfhood, the inner self. He also talks of self-actualization, to experience the self as it actually

is. Sri Ramana Maharshi said, to experience the Self, "be as you are." "You don't have to rehearse to be yourself," exclaims Actualizations founder Stuart Emery.

Self-Inquiry questions are designed to quiet the mind so you can have a clear experience of pure being, so you can discover the nature of the Self, what Zen Buddhists call your "original face."

There is a state of consciousness called Self-awareness and another state called Self-ignorance. In the latter state, one is caught in the cycle of playing hide and seek with the Self. Sri Ramana Maharshi speaks on this subject:

" 'I exist' is the only permanent self-evident experience of everyone. Nothing else is so self-evident as 'I am.' What people call self-evident, that is, the experience they get through the senses, is far from self-evident. The Self alone is that. So, to do Self-inquiry and be that 'I am' is the only thing to do. 'I am' is reality. I am this or that is unreal. 'I am' is truth, another name for Self."

Does devotion have a place in the practice of Self-Inquiry?

"Devotion is nothing more than knowing one's Self." -Sri Ramana Maharshi

"The Self is certainly within the direct experience of everyone, but not as one would imagine it to be. It is only as it is." -Sri Ramana Maharshi

ALL METAPHYSICAL DISCUSSION IS PROFITLESS UNLESS IT CAUSES US TO SEEK WITHIN THE SELF FOR THE ONE TRUE REALITY.

"All controversies about creation, the nature of the universe, evolution, the purpose of God, etc. are useless. They are not conducive to our true happiness. People try to find out about things which are outside of them before they try to find out 'Who am I?' Only by the latter means can happiness be gained."

-Sri Ramana Maharshi

WHEN WISDOM COMES TO YOU, YOU STOP SEARCHING AND WANTING; YOU LIVE IN THE PRESENT MOMENT, SPONTANEOUSLY.

EXERCISE: Contemplation

In the process of discovering your true Self, you will encounter many false selves along the way. When you notice an identity you have been using, simply tell yourself, "This is not my true nature; this is just a thought; this is my creation." I am creating this beingness. I have been identifying with this creation, but it is not me." This action is surprisingly more powerful than you may be aware of, at first.

Sometimes, in disillusioning away these false personas, you may feel purposeless. You may need to go through this state in order to get to the other side, which lacks any form of compulsive or obsessive dramatization of being, doing or having.

In essence, we are asking you to shift viewpoints from the fabricated to the non-fabricated you. There may be some withdrawal symptoms. When you make this paradigm or self-shift, you may discover that you have been spending a good deal of your life chasing purposes and goals that are merely shadow harmonics of your true creations. When coming upon an empty space on your path, enjoy it. Soon intuitive insight will arise in this open space.

WHAT A FOOL BELIEVES:

What do you think you are? What do you identify with?

your car?
your money?
your job?
your house?
your lover?
your body?
your abilities?
your bills?
your wants?
your emotions?
your attitudes?

If any items on this list strike a familiar cord, then you have the idea. You are identified with a finite beingness that is not you. You are acting out a false beingness; you think that you are a name and form. This is the source of your problems because only past beingnesses have problems. In the now, you are awake, problem-free.

THE SCALE OF IDENTITY

SELF - serenity, bliss, oneness, natural state, theta, beyond personality

INTUITION - knowing without thinking, sensing, feeling

EGO - effort because of false "I" image, illusionary self

FALSE DESIRES - false postulates, intentions, goals or will

BASIC PERSONALITY - believed, unadorned identity

IDENTITIES - What?

VALENCE - Who?

THOUGHT - detachment from automatic thinking about "self"

BELIEF - attachment to thoughts of who you are

BELIEF SYSTEMS - system of belief you believe you are

TIMELINE - incidents, you are your past

PHYSICAL UNIVERSE - you are an object

You are about to embark on a journey up the scale of beingness, or identity. This scale shows the stages a person goes through on the road to personal transformation. It is a map of transpersonal experiences. No position is better than another. It is all a game with each position being okay, just the way it is. Each position is a person's interpretation of who they really are. The interpretation, or representation, is a core system of belief brought about through misunderstanding.

As you study the scale, you may have some insights on what you have already moved through and where you may be going.

As one moves from the bottom of the scale to the top, effort lessens, issues seem less serious—one lightens up. There is less attention on the past, more looking with less believing, greater vitality, more space and synchronicity. There is a lessening of any effort to control and dominate others. As one goes up the scale, his belief bodies become more subtle. He becomes more flexible by releasing fixed viewpoints. His believed point of personal orientation shifts. There is less superimposition of the various scale positions upon his real Self. There is an expansion in beingness. Time is no longer an enemy, things happen when they are supposed to happen. Ultimately, he becomes one with the movement of the heavens.

Now I would like to share with you the Scale of Identity, starting at the bottom:

(Please note: For convenience only, I have used the male pronouns he, him and his to refer to both male and female genders.)

The physical universe - This client is having trouble handling the objects of his trade and environment. This client would benefit from objective coaching until he is able to feel comfortable with these objects. He is unable to use them without resistance. He is overwhelmed by the physical world and totally overwhelmed by mental tasks that require thinking and observation. He has assigned his belief of power to the physical universe. Belief plus thought make up his physical reality. He believes he can't see how he created this reality. This type of client is *below* talking about his situations. Talking is a veering away from dealing with it-physically, he believes. He believes he is matter attempting to view other matter. He is attempting to know the physical universe, but he strongly resists knowing the knower. "I feel best about myself when I am busy doing—it does not matter what." "You decide. When I stop and think, I feel worse." "I am the physical universe."

PROCESS: Discover the present moment.

Timeline - At this level, the client has a past that is very, very real. It is a historical belief system. He believes that the past has caused his present. There is a heavy agreement with the illusion of time. He enjoys therapizing about his past and seems to never get tired of talking about it. He hopes to release each incident or episode so as to reclaim his lost energy. The belief system about his past incidents is so solid that you, as a coach, can't yet confront the belief system itself. He would rather have his incident be responsible than his current beliefs. The past is further away than the present and is, therefore, safer. Beliefs and thought make up his pictures of the past. He believes he is being constantly triggered, or reminded of the past. The incidents are more real to him than any currently held belief about them. He believes he *is* the past trying to view the past. He wants to know all of the incidents, but he neglects wanting to know the knower of these. (Incidents are known through the mind, the knower is known beyond the mind. The incidents or episodes are very real, but the "I" that is "in" them is not. "Incidents are reality." "I am my incidents."

PROCESS: There is only the present moment.

Belief systems - Beliefs are concepts without aliveness or "juice." They are mental dogma. Here is a client that has a large system of beliefs that explain his failures. He does not believe he is stuck in the specific past incidents as the before-mentioned level, but he is caught up in fatalistic belief structures. He is lost in a sea of concepts with very little direct experience, little self-knowledge but a large mass of concepts. As a coach, you do not have to take up each incident one-at-a-time, as the client's consciousness can encompass the belief system metaprogram which is senior to past incidents. He sees that there is an overall matrix of mental concepts that is overshadowing his experience. He is

aware that his system of belief is the context his life comes from. He believes he is a system of beliefs trying to view other systems of belief. He wants to know the believer but only knows the belief system. " I believe I can't succeed, therefore I can't." "I am my systems of belief."

PROCESS: What is beyond belief?

Beliefs - This client is not stuck in a whole system or network of concepts, but rather he has enough truth in his life to have some amount of looking going for him. He is now more able to partially view the beliefs he has, since there is more space view them from. His former system of belief is breaking down, and he is discovering thinking, rather than more belief. He is willing to compare beliefs in the hope of discovering what is best for him to believe. He knows that his beliefs influence his thinking. He believes he is a group of specific beliefs trying to view another belief. He has a belief that there is part of him that knows. "I could succeed if I could believe I could." "I am specific beliefs."

PROCESS: What exists regardless of beliefs?

Thought - This client is able to think about the nature of himself, his desires, purposes and goals. He still has some beliefs to release, but he can do more viewing now. He is lighter and more objective than those that are blind believers. He is able to spot specific thoughts that formally created his beliefs systems and beliefs. He does not affirm or feed beliefs, as he did earlier. He is careful not to think too negatively. He believes he is a thought trying to view other thoughts. He has a thought that there is part of him that knows. "I would be free if I could just figure it out and come up with the right answers." "I am my thoughts."

PROCESS: Who is beyond thought?

Valence - A valence is the personal identity of someone from the past. It could be his mother, father, Cousin George, Uncle Pete, Sam, Rose his first school teacher, Jack his enemy, etc. He has unconsciously taken on the personality, habits, mechanisms and corresponding beliefs of another who seemed to be the winner. This winner is often an abusive character—a substitute self. He is playing out their script. He is pretending to be another specific person. By taking on the identity of another person as himself, he thinks that he has a better chance of achieving his desires. He believes he is a specific other person trying to view another person. He thinks that he could be someone who knows. "I am tired of playing the game as another, but I don't dare be myself." "It is better to be another so I can fulfill my desires."

PROCESS: Who is the Self behind each person that you know? Where does the identity arise from?

Identity - An identity is a false beingness of a general nature. One assumes this identity, believing it will help him fulfill his desires. A client may assume the identity of a warrior, a beggar, teacher, criminal, revolutionary, preacher, etc. These are belief systems of a higher order. The clients may act as a revolutionary at work, a preacher on the street, a criminal at school, a beggar in his marriage, and teacher to his boss. He plays out these scripts and roles. He pretends to be another identity. He believes he is an identity trying to view other identities. He believes that there is an identity that knows. "I am tired of playing the game as a role, but who am I anyway?" "I assume an identity so I can fulfill my desires."

PROCESS: Who is free from all restriction? Where does the identity arise from?

Basic personality - This is the goal of most therapies. This client's personality appears to be his own; his beliefs seem to support him; he is not sure what his goals should be. His dreams are what a human being behind a persona would call his own. He has returned to the same personality he had as a child. He functions within his own personality. He identifies with his body, mind and intellect. He believes he is his traits and behaviors. He believes he is his name and form, his emotions and attitudes. He believes he is his pain and sensation. He still has false desires that were programmed in childhood, and he has not yet learned how to listen to intuition. He would like to control and dominate the world to get his desires fulfilled, if only he were sure of what they are. He is still a false self, but a more pleasant one. His script and role seem to be of a more robotic, coherent order. He believes he is a body with a spirit somewhere. Perhaps an entity. No matter how things turn out, it is never enough or it doesn't last for long enough. The highest happiness he can experience is subject/object human happiness—conditional happiness. He starts to think that something is missing. Maybe if he could get more of his goals actualized things would be better. But when this happens, he discovers he is not clear on what he truly wants. He realizes he is not sensitive enough to others and his own needs. Sometimes he feels like a happy robot. He believes he is a personality trying to view other personalities. Sometimes he feels there is a knower who knows something.

"What should I really want?" "I am my personality."

PROCESS: What is the source of personality?

False desires - The client efforts very hard but still discovers that many desires or goals of his do not come true, or, if they do, they don't bring the happiness he had expected. Some of his desires come from his parents, some from opponents. If he gets no higher on the scale, he would be happy sometimes with many disappointments. He starts to think that maybe he is not using enough effort or force, and that he should somehow be stronger and take less opposition. His

desires are so strong and energetically consuming that he is interiorized into them with little free attention for environmental observation. He clings to his desires in a firm frenzy, believes that they will turn out, even though he secretly doubts their ultimate meaning. Through over-identification with a desire, he takes on the ego structure which seems to support it. He suspects that if he could get clear on his purpose and goals, he could have a good time. He believes that some of his scripts and roles are faulty, but he does not know why or how to correct them. He is too busy efforting to have time to look. He believes he is a group of unfulfilled desires trying to view other desires. He sometimes experiences a knower that has no false desires. "Why don't more of my desires turn out?" "I am what I can't have."

PROCESS: What do you desire most that is already here now?

Ego (false super beingness) - This is the core of the subconscious. This ego body and the last level of false desire make up the core of this client's case. After the disillusioning of many desires, he is able see to the identity beyond them more clearly. This ego stage is often called "primary ignorance." This client believes that if he pushes and pulls at life and other egos hard and smart enough, he will win. He will beat them and get the prize. The ego believes that *he causes things*, that he is the source. But he is only a false source.

Affirming that one's ego body is real causes further attachment to the apparenacy of a physical universe. This is how the ego believes itself to be in conflict with life. What he is really in conflict with is the moment. The ego is in fear of the now. He is not particularly sensitive but often seems successful. He has a good act that gets some agreement from others. He is assertive and sometimes arrogant but always insecure underneath the pretense. The ego is made up of more subtle than lower scale beliefs and desires. He feels insecure about being, because the true nature of his being is masked by his false image of security.

The ego is a self out of sync with the will of the universe. He is the tougher dog in the dog-eat-dog world. His desires are more his own, and he feels that kicking some ass is worth the valued outcome. There is, however, a lack of intuition about what to do. The ego-based person works hard but not smart. He is abusive and combative. He feels "right" but separate and alone. He believes that his scripts and roles are mostly okay, but, due to heavy opposition, he is having a somewhat hard time. When he says, "I feel this way or that way," he thinks it is his real self that feels this way. It is not. There is a collapse of spaces between his real self and an armored belief system called "I." There is a growing concern that there may be more to life than can be seen, heard and felt, possibly a spiritual domain that would make him a lot happier. If only he could get this spiritual technology, he would have all the power he needs to bring the world to his feet. The ego believes he is a separate ego trying to view other

separate egos. He suffers from self-misownership. He knows the knower only when he ceases wanting. "Why am I not satisfied for very long?" "Where am I really going?" "I am efforting to be powerful, but it's not working."
PROCESS: Where does "I" come from?

Intuition (Higher purpose, higher guidance and advanced perception) - There is a distinctly expanded awareness as one surrenders (drops using the ego), as one realizes the illusionary qualities of ego-based desires and beliefs and lets go of armoring. A client at this stage opens to a higher will, a knowing that, at times, seems threatening, but he goes with the flow anyway. It is too late to turn back now and return to falsity. He is prepared to give up all of his earlier results in order to find the truth. He practices detachment. He clings to very little. He starts to not know things and spends more time in silent contemplation. True purposes and goals start revealing themselves to him, and a higher level of happiness ensues. This client is less likely to make a belief system out of this, as he knows that he must remain open to the unknown.

He experiences a more peaceful state of sensing and feeling. He opens to feelings and perceptions that he had earlier shut out. He perceives through intuition rather than the more gross senses. He finds intuition to be a higher knowing than analytical reason. This client lives more in the present moment with fewer plans of conquest. He works smarter and not harder. Compassion and humility are his allies. He ceases resisting and accepts what comes. He appreciates what is. From this openness he just seems to know what to do. He lets the universe give him his cues. He experiences omnipresence and other ESP/psychic types of experiences without attachment to them. It is easy for him to be sensitive to others' needs. He sees that there is some higher power in all of this. He often experiences synchronicity. He has little belief in a concept or symbol of himself. He questions whether he exists in the manner that he formerly believed. He is a spacious viewpoint that is channeling infinite space and knows that is where he comes from. The knower speaks through him when he lets his ego body drop into silence. "What is the ultimate truth of who I am?" "What is my destiny?" "What is trying to happen here?" "I am an open space that allows the truth to show up."

PROCESS: What is the source of intuition?

The Self - The client drops all beliefs about the nature of "I" and now knows nothing about himself. Each moment is new. Intentional clues come to the silent non-scheming mind. As ego boundaries dissolve further, he finds himself to be beyond all beliefs or labels. He ceases taking himself as a person and knows that any identity is a restriction. He finds the wellspring within, after having given up his infatuations with false source. This spring is the source of creative energy. He now knows without thinking, and he has released the desire to figure things

out. He simply knows from the inside out. He finds a higher will to embrace, and he lives a life of simplicity, finding bliss in the now. His desires are few, and there is a long line of cooperative others willing to enjoy the unfoldment of them.

When sleep is called for, sleep appears, but no one is sleeping. When tears are called for, there is crying, but no one is crying. Sleep is sleeping and crying is crying. The personal self's belief system that identified with feelings is now inoperative. He can't say "I" in the old, conditioned way. Desires from the Self appear as action already done. It is action without a reference point, action sourced by the Source. His ongoing experience is that of being beyond the illusion of space and time. He gets what he wants, usually without asking for it. He knows that, if it is right, it will happen. If it isn't right, it won't. It is that simple.

He knows that he is the Self of the universe. He treats others as he would like to be treated. Once he know his true Self, he knows the Self of others. The Self comes shinning through in all situations. There is no illusion of karma. His experience of the unconditioned Self is unconditional love and boundless freedom. He knows there is no scarcity of Self or anything else in infinity. He is completely himself and lives in sync with the will of the universe. Everything is perfect just the way it is. Only this total knowledge can release all conditioning. He knows his true Self beyond words and mind and has no need to represent this knowing in any name or form. The "I" dissipates back into pure limitless consciousness — the unified field. This pure consciousness is his true I-am-ness. "I am the Self of the universe."

PROCESS: Who am I? Answer: I am that. I am where you, me, he, she and it all come from. I am that.

DESIRE CLEARING

Dis-identifying with past, unobtainable desires

When you put even the slightest emphasis on the false self's attaining, you continue the habit of objectifying your natural joy and freedom. You give credence to the illusion of time and, therefore, the future. This form of personal bondage is called "postponed gratification." You imagine yourself as a prisoner in order to have the apparently desirable experience of present bondage and the goal of future freedom. Isn't this like hitting yourself over the head while looking forward to that good feeling when you stop? This so-called "bondage" is really just an imagined state which is often mistakenly projected "out there" as insufficient money, material goods, relationship, etc. Future desire-fulfillment is an attempt of the mind to project an image of one's self into the future, enveloped in ongoing bliss, happily relating forever to the desired object. Is this true love or a trap? We shall see.

Contemplation: Is desire a trap to take you out of the present moment? To find out, eliminate all desires that do not come from this moment itself. What is left? Let's explore further.

All desire is ultimately a search for spacious beingness. However, such spaciousness springs only from desirelessness, where yearning dissolves back into itself. When the desired result is finally "attained", there is a moment of desire completion (desirelessness), without duality of subject and object. The desirer, the desire and the object of desire have all become one with the moment. Your true Self (freedom) has been realized by dis-identifying with all becoming. No future-orientation is needed. Finally, you have ceased identifying happiness with a future outcome. You are no longer a slave to the future. You are able to enjoy the moment because you are not identified or attached to that object or outcome, or the absence thereof. You have let go of all attachment and expectation of the future. Only the "now" remains. After all that effort to "attain" something, it seems like nothing ever really happened! So much for effort. After all that becomingness, you end up exactly where you started. In desire completion—in the present moment.

Contemplation: Desires come from the past. They are *actions* that spring from memory. In other words, thoughts, habits, emotions, and past stresses are compulsive actions—they cannot bring desires to a spacious completion. They are of human bondage.

CAUTION—OBJECTS DO NOT CONTAIN BLISS!

Thinking is mostly desiring. The true aim of all desire is desire completion or desirelessness. Desire is really a search for blissful self. Objects do not contain bliss. Objects of desire are just projections of the mental myth, the lower self, the desirer. For the desirer, a dreamed character can never awaken from the dream! Discover if you are the dreamed or the dreamer. To find out, simply awaken when ready.

Desires (non-intuitional) manifest when we are not being ourselves, because we are identified with the thought of becoming. And how the ego "loves" to become and identify with that! We are out of touch with our true nature (the now) because we are identified with our desires (future). Thoughts are full of such future accumulation and possession automaticities. They steal away the spontaneity that comes from the now.

WHEN NON-DESIRE IS EXPERIENCED, THE OBJECT OF DESIRE VANISHES AND ONLY THE NOW REMAINS.

A completed desire is the experience of infinite space. Infinite space cannot be a finite object of desire. Are you looking for an object/outcome or the state of being that you think your attainment of that object represents?

Act as if...

Suppose you were to "act as if" for just one day. Act as if whatever you are supposed to have in life will happen of its own accord. Dis-identify with effort and all becoming. Be satisfied and peaceful in the "now." Accept things just the way they are. Do not seek anything that can be objectified, and, by not seeking, you may find what cannot be objectified—YOU!

After some practice of dis-identifying with the non-you, I'll bet you'll discover your true path and passion. You will suddenly know what you could never find out before. Intuitive desire comes out of desirelessness.

"Desire is the thief that steals away the now." -Poonjaji

RATHER THAN GOING TOWARDS IT, BE SPACIOUS AND DISCOVER IT IS WITHIN YOU.

When there is identity-based desire, there is conflict. Your desires are not your nature; they do not belong to you. Dis-identify with all desires and see what comes up. The vastness of space followed by a flash of intuition? When you are thinking about and acting on the mind's believed desires, you block the channels of receiving inspiration or intuition from the higher Self. Intuition gets a busy signal. You introduce the illusion of separate volition, or false will, into the unfoldment of an already perfect order. Fragmentation sets in. You appear to no longer act as a spontaneous instrument of cosmic intelligence, but postulate out of an assumed, substitute self.

Contemplation: Whenever desire arises, look to its source. From where does it come? When you spot your mis-identification and assumption of false self, your spacious source is again revealed, and happiness returns.

IF IT IS RIGHT, IT WILL HAPPEN.

Bliss is just being here—now. When desiring, notice that you are always separate from the object desired. Contracted space. Itty bitty beingness. Ultimately, what you are really desiring is your bigger beingness that seems to include the object. In other words, you are trying to increase your beingness by increasing your havingness, i.e., if you have something desirable, you will become more spacious.

But what if you already were that desired outcome? What if you were just so busy imaging a "better" future that you overlooked it? You were so busy looking at the toys in the toy chest that you forgot to notice the toy chest itself—the space that holds all your toys. Like the movie screen on which the movie is projected, you (the screen) often go unnoticed and the finite movie images themselves get all of the attention. However, the movie is not possible without the essence called "screen." The movie may be of Paris in 1938, but you (the screen) are always here now.

Why desire something that is not here and now when what you ultimately desire (infinite peace and space) *is* right here and right now? Wouldn't you like to feel like you'd just won a zillion dollars without any effort? Desire completion is really self-fulfillment, or, better termed, Self-discovery. It is the experience of you with nothing missing. You are what you seek. Congratulations! Desire completed. Game won. Welcome to cyberspace.

HOW TO LISTEN TO YOURSELF TO DISCOVER WHAT YOU DESIRE MOST

Let us look at the cycle of desire—from the pre-desire stage to desire to physical manifestation and the apparent payoff—to see what really happens. Here's an example of this at play: You first notice a new car in a parking lot or on a TV ad and start to feel a twitter of desire. You see that shiny car and you start to create a desire for it. (This desire is probably created through some form of creative visualization.) You picture yourself driving in it, parked in it, showing it to your friends, taking it on a holiday, etc. As you put yourself into the driver's seat, you start to see, hear and feel yourself living and interacting with this car. You become interested in it. So far so good. No problem here, just some harmless entertainment. Good clean fun, hm?

Next, you start to create a strong wanting or will, a genuine desire for it, and you further entertain it in your mind. You visualize yourself being, doing and having all sorts of new adventures with the car. It starts to feel better. You create purposes (long range directions) and goals (short range accomplishments) which include the car. The desire of FUTURE activity takes up more of your attention, and you find yourself contemplating achievement, too, being downright obsessed with it. In other words, you desire this car more and more. You start to create effort towards and spend time thinking about how to acquire it. You scheme and scheme. You talk to people and try to enlist their support for this more desirable future. If you are at all human, you try to control and dominate a few people into getting it for you. Force enters into it. Others create counter-desire against you, along with counter force to get away from you and your control. You are now spending quite a bit of time in the future trying this new reality on. You do your affirmations, and you may even feel like getting down on your knees and praying for it sometimes. Your desire becomes a raging fire. Irrational? Let us see.

Notice that, when you visualize the car, you feel higher, lighter, more peaceful, more content and less stressed out, and then the effort stops. You experience more freedom. When you are back in your life and you desire it again, you feel stress in the forms of conflict, unpleasant emotions, tiredness, and compulsive and obsessive behaviors. You feel blocked with less freedom. Since you feel so much better when you are pre-experiencing or imagining the car and you in it, you conclude that, When I picture myself in the car, I feel great. When I am in the trying to acquire stage regarding my future car, I feel restricted and exhausted. This restriction and exhaustion will naturally transform into greatness when I finally have that car.

Your conclusion propels you to your intensely visualized automotive dealership where you buy the car, perhaps after lots of previous heavy effort to get the money. You drive away feeling great, just like you pictured. Gone are the stresses of desire, for only a fool would continue to want something that he already has. All the energy that was formally used to desire the car is now free energy or attention, and you use it to drive around and enjoy the moment. You experience freedom from desire once again. You are back in the now. How sweet it is.

After a few months or less, you start to notice a house, a boat, a plane, or a mate that would go well with your new acquisition. You begin the cycle of desire all over again. Who you are being, once again, feels incomplete. You start to picture this wonderful house with your new car and the same scenario rolls through your mind. A year later, you have the house and you experience that long over due peace and satisfaction. A few months later, you feel lonely in that great house, and then comes the quest for that mate, stereo, new job, wardrobe, vacation home, etc. After each acquisition, a short-term release takes place. After a few decades, the museum has filled up and you look back and notice how much of your life was spent in the future, efforting for the "right stuff." What you now seem to need is to leave it all behind and go to a tropical island to enjoy nature. The game goes on.

At a later point, you, the acquiree, realize that chasing objects to find pleasure outside of yourself is a fundamental mistake, an obsession that stems from primary ignorance. You are suffering from one-too-many rides on the merry-go-round of false desire. Then comes the quest for the spiritual life, for Self-discovery.

During my twenty-five years as a therapist, working with thousands of people who attended my workshops, seminars and private sessions, I made numerous in-depth observations. My research shows that our acqusitioner is no happier now than he was fifty-five objects of pleasure ago. If anything, he is more tired and confused about the source of happiness. This elaborate charade has further confused and concealed what he desires most.

Let us take out our Sherlock Holmes magnifying glass and examine the cycle of desire to see if we can learn something about the nature of happiness. An identity- based desire is a willfulness. It can be a purpose, goal, decision, a want, an intention, demand, objective, need, postulate, etc. It is a desired outcome that you hope will take place in the future. It also carries with it the assumption that you (who you are being at that time) will, in some way, be better off for having this objective turn out.

In starting this cycle of desire, we must assume that there is somebody who is dissatisfied in the first place, an identity that feels incomplete. There is an entity that you identify with that feels some limitation or lack of freedom. You consider that the acquisition of an object or a future experience will make life better. In other words, the current stress may be released by something in the future. You then prospect for a likely objective candidate. You settle, at least for the moment, on, let's say, the car. After some foreplay or pre-experience, your interest is activated. The desire is created. Once the desire is created, confusion is generated and some amount of effort and emotion come into play. Stress is born.

Each time you desire and re-desire the object car, stress is generated. How can I afford it? Where do I get the time to enjoy it? Will it really work? Is that really the trouble? Would I be better off with a boat? Is it just a symbol of success rather than the success itself? Is it just a solution to a past problem that doesn't now exist? etc. However, when you picture yourself on the other side of the desire, actually using it, you feel better and better. When you see yourself riding in it, polishing it, being admired in it, the payoff seems to be there. Why?

THE MECHANICS OF DESIRE FULFILLMENT

In the desire stage, you are compulsive, obsessive, effortful, emotional, future-oriented, and out of the now. You are in conflict. When you imagine or "creatively visualize" your desired future, you feel more peaceful and contented. I have noticed this stress release and then subsequent contentment in literally thousands of my workshop students. It is so simple that it almost defies observation.

When you are in the desire stage, you become associated with the desire. As you live with it and interact with it, you become identified with it. You seem to almost become that desire. You later become attached to it and its manifestation. It often seems to be a life or death proposition. It offers freedom if it turns out and entrapment until it does. Notice the rollercoaster effect.

When you desired the car, you were in stress; when you acquired it, you appropriately disillusioned the desire. The desire had apparently done its job. In other words, you went from desire (stress) to desirelessness (no stress). You mistakenly equated the no-stress experience with the arrival in the physical universe of the object of desire, the car.

But wait a minute, isn't the no-stress condition actually brought about by the state of desirelessness? Suppose you desired this car that you noticed in a car lot. You efforted and hoped and emoted and schemed for it. You went for a test ride which increased your desire. However, on interior and engine inspection, you realized that was not what you wanted. You returned to the desireless state you were in before wanting this particular car. You realized that you are better off without this car after all. But you are still in a desireless state, car or no car. The desireless state was brought about by the disillusion of the desire, not by an outcome in the physical universe.

WHEN YOU FULLY RELEASE A DESIRE, YOU FEEL THE SAME, ENERGETICALLY, AS YOU WOULD IF YOU HAD ACTUALLY ATTAINED THAT DESIRED OBJECTIVE.

The desirelessness or peace you feel after the successful acquisition of an object is the same for each object, be it a car, a boat, a plane, a house, a mate, etc. Desirelessness is just another way of saying you have returned to the now. You are back in the present moment being who you really are at home in the universe. And you will blissfully reside here until you desire something else and then later return to the now again upon completion of the desire, one way or the other. Either you disillusion that desire through successful acquisition or you "change your mind" and simply release it. The feeling is the same either way. It is the same NOW this week as the NOW you will be back to when you acquire the house. One now is equal to all nows! Desire completed.

Let's look deeper. Non-intuitive desiring it is a stressful experience. When you visualize a car, you experience "carness," and the desire clears through mental completion. Granted, it is not as real, for some, as supposed real life but, nevertheless, it is a microcosm of real life. Sex in one's imagination is probably never as good as it is in real life but thousands of people find some satisfaction in this mental entertainment. And, surprisingly, many people will say that the mental sex was often better than the real life thing.

Isn't there some mistake here? You have a desire, you visualize it turning out, and you enjoy that picture. The more you enjoy the picture, the more the desire dis-creates, and you become satisfied. You went from carelessness to caringness. There was satisfaction because, for that moment, you ceased to create the desire for a car. Later, if you want another hit, you desire a car, visualize it, and the desire is satisfied, at least for the moment. You then come into the now. The result is desirelessness. New car in your garage or not, the state of desirelessness is the same.

I know this may seem impossible, if not improbable, but it does happen this way. We have been hypnotized by the media into thinking that desired objects or outcomes are guaranteed bliss generators. They are not. They get their power to please from your belief in them. When you falsely desire them, you disempower yourself. Where do you think their power comes from if not your own belief and agreement in their reality?

I once had a favorite car. I had it for a long time and then got tired of it. I decided to sell it, but first I went on a long vacation. When I got back, the car seemed brand new. In fact, it was just like the new car I'd visualized buying! I let go of my desire for the new car by coming into the now with my old one. I discovered that what I was really looking for was being in the moment with my car. Not the symbolic car but the present moment of right now with no desire in it. The very valuable lesson I learned is that, when I desire something and then visualize it and feel better, it's because I've returned to the desireless state.

Is it wrong to have nice things ? No. The problem lies in the quality of your mental state only. Does your having or not having take you out of the now? Do you spend your consciousness like a beggar begging for a bone? Do you identify with what you apparently can't have? Is your attention stuck in THE FUTURE?

Maybe the motive for owning that car comes from the past and is an out-of-the-moment solution for an imaginary problem. "I will be respected with this car. I will get the mate of my dreams with this machine," etc. You may find yourself wondering: "Are any of these objectives really worth pursuing? Am I fated to spending my life wanting what I can't have and having what I don't want? What if I released or took back all of my desires, would I just lay on the kitchen floor in a coma? But what if I am desiring something that is really good for me, like better health, more money, enlightenment, God, etc.?"

DISCOVERING THE INTUITIVE SELF

Throughout my twenty-five years in the human potential business, I have seen people constantly want what will eventually become another problem for them. Desires can run against other desires. In the over 100 Goal Dynamics workshops I gave, I noticed that very few participants knew which goal to plan for. Most would choose a goal or desire and plan for it with less than certainty. Often, at the end of a workshop, people would say, "After having laid this goal out and planned for it (pre-experienced it), I discover that I am no longer driven by it." We used to joke that they would register in my workshop to plan for their already chosen goal and would sometimes walk out of there with no plan and no goal. The goal they had chosen released on them in the process of conscious looking and planning. The funny thing is that most of them were not unhappy with that outcome. In fact, participants would mention that they were glad to not have this desire to carry around with them anymore. They felt fresh and unburdened.

The biggest insight on this came to me when a client of mine paid me a large sum of money to assist him in planning and pre-experiencing a new business goal he wanted to develop. After many hours of consultation, he discovered that, upon viewing this desire in depth, he released his wanting. I felt bad, but he felt great. He said it was much less expensive to give it up now rather than later. Since childhood, he had spent thousands of hours "noodling" on its future possibilities. Now, he finally felt relief in his repose in nowness. He likened it to a mental vacation.

WHY TRY TO FIGURE IT OUT?

Intuition is defined as the direct perception of truth independent of any reasoning or thinking process. Suppose you could take each desire you have and release it. You would thoroughly view it in such a way as to cause its compulsivity, obsessiveness, effort, force, stuckness, stressfulness, unclarity, etc. to release. This would be desire clearing at its highest. All mental baggage in the form of expectations, anticipations, mental scheming, tunnel vision, indecision, and other assorted dramas would release, and you would clear out a lot of stuck attention and effort. If you did this for maybe 50 to 100 of the desires you are carrying around, you would become light as a feather. You would cease to automatically and unconsciously act out these desires, and you would arrive as yourself in the now. With all that free attention you would have maximum head space. You would be totally available to listen to yourself. Intuition would become a friend.

LISTENING TO YOURSELF

By releasing that bundle of desires (premature cognitive commitments), you will have cleared the slate and returned to the now. You are in a prime place to listen to the unfoldment of true signals coming from your higher Self. Rather than you coming to the desire, you wait for the desire to come to you. You carry out your intuitive signals spontaneously, without thinking about them. You are not deciding, IT is deciding for you. You are channeling cosmic Intelligence. You are simply carrying out orders from your higher Self. You are a humble messenger carrying out your destiny.

Suppose the reason you work so hard, effort so much, is that you are working on the wrong, inappropriate desires. Suppose your amount of efforting and vitality is directly proportional to how close to the truth a targeted desire is. A true desire which is signaled from the intuition is, in fact, effortless in its manifestation and vitality enhancing in its arrival. The only prerequisite is paying very close attention. Deep stillness is the most important factor in opening intuition. That is the key to tapping into higher informational fields. How can you eavesdrop on the cosmic Mind unless you first empty your own? When you quiet your "I wanna" chatter, intuition works miracles on your behalf.

How good can it get? Suppose that Infinite Intelligence really knew, after all, how to satisfy you beyond your wildest dreams? Suppose it was only your getting in the way that caused conflict, that you were really countering Infinite Intelligence with your own foolish demands. When you learn to know the knower, everything turns out.

STRESS IS PERPETUATED BY WANTING THINGS THAT ARE NOT RIGHT FOR YOU.

What you have in this moment *is* right for you—discover the perfection in this. The future will never turn out for you until you make friends with the present. Release your resistance to the present, life wants you to be satisfied by being here now. This is the greatest **present** you can give humanity.

(Audio tape transcription)

Self-Inquiry Process #1

STRESS RELEASE — BEING IN STILLNESS

Welcome to Coaching Self-Inquiry. This is Dr. Norman McVea speaking. This program is copyrighted 1994, all rights reserved.

This Self-Inquiry Processing program is entitled, "Stress Release - Being in Stillness." These processes have been designed to help you discover your true nature, or authentic Self. Through working with these processes, your true Self is unmasked as you release stresses that cloud the truth.

These coaching exercises first assist you in Self-discovery by guiding you into deep relaxation, as in deep meditation, to give your brain and mind a much needed rest. You will then inquire into the specific causes of self-limiting mental patterns. These processes aid you in examining the stress-producing beliefs that you have about yourself. As you work through this coaching session, you may find that your ego boundaries, or limited definitions of yourself, expand or dissolve entirely. You can relax into a profound, spacious peacefulness. In brain-wave technology, this peacefulness is called the theta state. It is in this state of relaxed awareness that we can see things clearly.

As stressful patterning releases, you may experience your natural bliss. As you release deep-seated body/mind tensions, you will become very relaxed. You may let go so deeply, in fact, that you may not be willing or able to carry on with these processes. This is a much desired release, as this is the result of the deep relaxation of the mind and brain. It means you are rediscovering your natural openness and spaciousness. Just continue to let go, and enjoy your adventure in pure being.

As we prepare to start our Coaching Self-Inquiry session, you will probably wish to lie down or get into a more comfortable, relaxed position before interacting with this program. Find a safe space to perform this inquiry, away from distractions and interruptions. You may also enjoy these contemplations while walking in the woods, on the beach, or in other natural settings. For the next hour, let be and let free.

This first process will assist you in letting go of recently accumulated stress. Once that is released, we can proceed to deeper issues and core beliefs.

Let us still the mind.

Take 3 deep breaths, then:

1. Become aware of _____.
2. Let it drop away; let it be, relax and release it, de-energize _____.

Let go of:

- a. any anticipations
- b. any expectations
- c. planning
- d. agendas
- e. preconceived ideas
- f. thoughts of attainment
- g. thoughts of achievement
- h. thoughts of becoming
- i. any grasping
- j. pushing things away (resisting)
- k. pulling things in
- l. holding onto things, meaning attachments
- m. anything you think needs to be changed
- n. anything that you think needs handling
- o. preoccupations
- p. any "knowing" (True knowing is not fixed and does not persist in time.)

1. Let yourself perceive that there is no need to think.

Dissolve any desires, including any anticipation of possible gains that you might make in this session.

Stay open to discovering your Self.

2. Breathe in and out, being conscious of your breath.
 - a. Notice the non-activity after each inhalation and exhalation.
 - b. Hold your breath slightly at each point of in or out activity, and experience the peace. Repeat this, staying in touch with your breathing.
 - c. Contemplate: Stress is caused by holding a view of yourself that is different from the way you really are.
3. Locate the 8 corners of the room, 4 on the floor and 4 on the ceiling. Hold your focus on all 8 of them, creating a cube of space, for 30 seconds. If any thoughts come up, let them go like waves falling back into the ocean.
4. Be as you are, while being nothing ... doing nothing ... and having nothing. Release any and all effort.
5. Contemplate perfect silence. If anything comes up, release it into perfect silence.
6. Experience formlessness. If any forms come up, release them into formlessness.
7. Contemplate infinity. If anything finite comes up, release it into infinity.
8. Contemplate pure space, pure consciousness.
 - a. Does it have weight? What is its weight? Release all imagined weight.
 - b. Does it have form? What is its form? Release all imagined form.
 - c. Does pure space have any dimensions? Where are its dimensions? Release all imagined dimension.
 - d. Does pure space have any qualities? What qualities does it have? Release all imagined qualities.
 - e. Does pure space have any characteristics? What characteristics does it have? Release all imagined characteristics.
 - f. Does pure space have any wave form, wavelength or vibratory level? Release all imagined vibratory textures.
9. Who you are is pure space, beyond name and form.
10. There is only now.

11. What is present in pure being? Experience this with no mind. What is not present in pure being? Let that drop away into pure space. Let it be... Be as pure being. Be as you are. Experience what is present in pure being with no mind.
12.
 - a. Experience that there is pure awareness above you — release all imagined energies.
 - b. pure awareness below you — release all imagined energies.
 - c. pure awareness to the right — release all imagined energies.
 - d. pure awareness to the left — release all imagined energies.
 - e. pure awareness in all directions — release all imagined energies.

Experience that you are pure awareness.

13. In this moment, contemplate timelessness.
14. What you are looking for you already are. Know this without thinking about it.
15. If any notions of yourself come up, let them fall away without any interaction.
16. In true looking, the looker must dissolve into the looking. Let the looker identity fall away.
17. Recognize your oneness with what you are looking at. The looker and the looking are one. There is only "lookingness."
18. There is nothing to achieve.
19. Be open to the now.
20. The seer can never be seen. Let the seer fall away into pure awareness, let the identity of seer rest. There is only "seeingness."
21. The now is an unconditioned moment. Enjoy this moment.
22. Notice the silence underlying all reality.
23. What would it be like for you to live without any thoughts of purpose? Live in purposelessness, let all purposes go, let them fly away. Release them into the now.

24. Become aware that who you used to think you were was just a memory, just pictures. You are pure awareness.
25. You are pure space. Experience your space getting larger and larger and larger. Go way past the stars now — beyond all boundaries. Experience infinite space.
26. Become aware of the vastness of infinite space, the space that is beyond name and form.
27. Are there times when you do not exist?
Do you continuously exist during sleep?
In deep sleep, dreamless sleep, is there any matter? energy? space? time? identity? name? form? thought?
So you exist in deep sleep where there are no thoughts?
When there are no thoughts, where are you?
What are you aware of in deep sleep?
Are you aware of yourself in deep sleep?
Are you aware of yourself now?
Are you sure you are not dreaming now?
Are you sure you are not a dreamed character? Who is dreaming you?
Is there any damage or embarrassment caused by the disillusion of your waking self ?
28. Emptiness is the healing factor in any situation.
When the mind is empty, the Self is full.
When you empty out your mind, what effect does that have upon your body?
Do you notice a deeper peacefulness?
29. Are you becoming aware of the unconditioned "I," the silence that is your real Self before and beyond any thinking?
You are pure essence, you are beyond name and form.
This I thought does not belong to you. Give it back—now.
30. Are you realizing that freedom is causeless?
You do not have to do anything to have it.
It is not something that one has.
It is already there — before any thought or action.
31. Your totality does not exist solely as a physical entity; you are not located in space or in time.

32. Absolute truth is beyond matter, energy, space, time, form and identity.
You are absolute truth when your mind is quiet.
Are you realizing that thoughtless space?
33. Your real nature is closer than any thought.
34. The real purpose of these words is to point to your timeless silence.
35. Are you knowable through the mind and senses?
You are unknowable through the mind and senses.
Can you know pure space?
36. True meditation is living in spontaneity, it is being in the now.
Right action arises spontaneously from the moment itself.
You are not the source of the action, totality is.
37. The finite mind will never know infinity.
38. If any desires come up, allow them to fall away without any interaction.
Just witness or observe them without any interaction. Pay them no mind.
39. Let everything be as it is. Everything is unfolding just as it should.
Everything is as it is.
40. Be in silence without saying, "I am in silence."
41. All desires belong to the past.
You can not have a desire in the present moment.
42. You no longer need to take orders from your thoughts.
43. In the absolute present, all stress is dissolved.
44. Happiness comes by itself, you don't have to chase it.
Happiness is here now.
45. Now that you have found yourself, you are happy with the way you are,
right now.
46. When you know yourself as infinite space, you are the happiest person in
the world.

47. As this wisdom comes to you, you stop wanting and searching and live in the present moment, spontaneously.
There is only freedom in pure awareness.
Freedom is only here, now.
48. Affirm this: I am not the doer in my life; everything is done through me, without effort, force, pretense or desire.

Congratulations! You are born again into the now.

Thank you for participating in this Self-Inquiry Processing session. The more times you work with this program, the more stressful patterns you will release and the deeper your experience of stillness will become. Keep working with this program to allow the profound truths of these contemplations to become a living reality.

If you would like more information about Coaching Self-Inquiry, audio tapes, workshops, or individual sessions, please contact: Norman McVea, Ph.D., 20 Sunnyside Ave., Suite A-164, Mill Valley, CA 94941, 415-868-9050.

Let be and let free.

(Audio tape transcription)

Self-Inquiry Program #2

WHEN YOU FIND OUT WHO YOU ARE, THE REST WILL TAKE CARE OF ITSELF.

Welcome to Coaching Self-Inquiry. This is Dr. Norman McVea speaking. This program is copyrighted 1994, all rights reserved.

This Self-Inquiry Processing program is entitled, "When You Find Out Who You Are, the Rest Will Take Care of Itself." These inner-active Self-inquiry processes have been designed to help you discover your authentic Self, or true nature.

These coaching exercises first assist you in Self-discovery by guiding you into deep relaxation, as in deep meditation, to give your brain and mind a much needed rest. You will then inquire into the specific causes of self-limiting mental patterns. These processes aid you in examining the stress-producing beliefs that you have about yourself. As you work through this coaching session, you may find that your ego boundaries, or limited definitions of yourself, expand or dissolve entirely. You can relax into a profound, spacious peacefulness. In brain-wave technology, this peacefulness is called the theta state. It is in this state of relaxed awareness that we can see things clearly.

As stressful patterning releases, you may experience your natural bliss. As you release deep-seated body/mind tensions, you will become very relaxed. You may let go so deeply, in fact, that you may not be willing or able to carry on with these processes. This is a much desired release, as this is the result of the deep relaxation of the mind and brain. It means you are rediscovering your natural openness and spaciousness. Just continue to let go, and enjoy your adventure in pure being. Discover the magic in being yourself.

As we prepare to start our Coaching Self-Inquiry session, you will probably wish to lie down or get into a more comfortable, relaxed position before interacting with this program. Find a safe space to perform this inquiry, away from distractions and interruptions. You may also enjoy these contemplations while walking in the woods, on the beach, or in other natural settings. For the next hour, let be and let free.

1. Get in touch with your breath.
Take 3 deep breaths, and let go of all thinking.
When you realize who you truly are, you cease searching and wanting.
You live in the present moment, spontaneously.
2. What are you not?
You are not your body.
You are not your mind.
You are not your emotions.
You are not the roles that you play.
You are not your possessions.
You are not your achievements.
You are not your hopes.
You are not your mistakes.
You are not your misdeeds.
You are not your tennis shoes.
3. Let go of all ideas that you have about yourself. Manager, jock, lover, salesperson, husband, wife, etc. Let them fall away into deep space.
4. You are not the image you have of yourself. Whether that image is of an athlete, a business person, a seeker, a victim, etc. All images are just memory.
5. When you are identified with an image of yourself, you are not seeing yourself as you really are.
Without the image that you have of yourself, you are something completely different.
See yourself in your naked simplicity.
6. We erroneously define ourselves through our thoughts.
Cease identifying with your thoughts, give them some space.
Affirm: This is not me, these are only my thoughts.
There is only pure consciousness.
7. There is no such thing as fixed personality.
Pretending to be a name and form will never take you back to essence.
What personality traits do you think you are?
Let them be absorbed in pure being.
Release all imagined ingredients.

8. When you live free from identity, you know only spaciousness, only pure awareness.
9. I is the most misunderstood word in the language.
Find yourself, beyond any image you have of yourself.
10. Give up all qualities, both positive and negative.
Now get in touch with a positive quality that you identify with. Relax, and release it.
Get in touch with a negative quality that you identify with. Relax, and release it.
When you realize your Self, all virtues will immediately follow.
Ponder this.
11. Relax the intention to be somebody.
Any problems that you think you have exist only from the point of view of an identity.
They are innately not your problems.
Rest in the unmanifested.
12. In pure being there is no conceptualization. Experience pure being.
13. The moment you objectify yourself, you automatically contract.
Example: I am a man or I am a woman. I am anything. There cannot be two of you. There is just one. No cause and no effect.
Release the intention to be anything.
Be absorbed in effortless being.
14. You are not an object; you can't be defined or described.
15. Consider that all ideas of becoming are generated from the insecurity of appearing to be separate from your real Self (pure space).
16. Relax all structures that you take as yourself. Relax your "I-ness."
This I does not belong to you. You are pure awareness.
17. Relax who you think you are, and dissolve completely in the expansion.
18. Being somebody is only a thought construct. Relax and release that illusion.
19. Live in the complete absence of any symbols or representations of yourself.

20. Listening to yourself is not a subject-object, cause-effect relationship. Dissolve both the belief in a subject and object, and the cause and effect notion.
There are not two selves, but just one. The one Self is within the illusion of two.
There is only being.
You are not localized, you are not represented, you can't even think the thought "yourself," or "I," because that wouldn't be you; it would only be your creation.
Ponder this.
21. Get in touch with how much effort it takes to create the person you think you are. Now release it.
All you can ever be is what you are right now.
22. Get in touch with the point of view you put forward as yourself, your self-image. Now let it be, relax it.
23. Are you becoming more willing to give up hiding behind an identity?
Drop using an identity as a way to handle life. Why hold a form?
When you pretend to not know that you are this infinite bliss, you reject your Self.
Experience the bliss that you are.
24. You are experiencing the desireless state within yourself.
Desires are originated by the mind. When you give rise to desires, you are living someone else's life.
Turn within and discover life.
25. Experience the becomingless state within yourself.
Experience the space within yourself that is free of any becoming.
26. The "I" concept is just memory, a past image.
Give up seeing through the past.
What appears to be you is just a product of your own mind.
The identity that wants to be free simply doesn't exist.
This false image of yourself is your only bondage.
This I exists only because you believe in it.
This is where you put your power. Release this power of believing.
Return to the unmanifested.
27. What you see is what you are not.

Discover that what it means to be you is being infinite space.
Take refuge in the now, which is yourself.
The now is sourceless being.

28. Watch all manifestations arise from their source, the silence.
Who is putting the "I" thought there?
When you cling to the "I" image, you are not living in the now.
Let the I image dissolve into deep space. Give up playing possum — you
are the space behind all becoming.
Become absorbed in the now.
29. Are you discovering that who you really are is unthinkable?
Direct perception of who you really are does not come through the mind.
You are sourceless.
30. When you are being an identity, and you ask yourself a question, there is
only an answer. But when you are being stillness itself and you ask a
question, there is only stillness.
31. What would it be like to realize your Self, to be more and more
transparent?
32. Be as you are — no effort, no force, no pretense.
33. Do not make an object out of what you fundamentally are.
34. In being oneself, there is no tension. Allow the concept called yourself
to be taken by this absolute intentionlessness.
35. From this quiet space, observe that all goals create tension.
Create a goal and experience your body.
Let go of that goal and experience your body. What's the difference?
36. From now on, when you say the word "I," refer to yourself only as vast,
empty space.
37. You are in the space of your own beingness.
You cannot go to that pure beingness. There is no going there.
There is only spaciousness.
Release any effort to be it.
38. Without thinking, experience your essence.
Let go of any thoughts of essence, just be essence.

You do not exist now.

39. The "I" comes from pure space.
When you try to put it into words, you spoil it.
Why hold onto the I?
You are not this I, awaken to this.
When you acknowledge that you are not this I, you are free.
Everything you are searching for is right here, right now.
You are going to realize this someday, why not now?
40. When you say "I," what comes up?
Let it drop away.
Say "I" until nothing comes up but vast, empty space, the source of the I.
This is called clearing the "I."
The result is the release of the "I" structure.
You are that space.
41. To be an identity is to be encumbered.
Cease energizing thoughts, just let them be.
Say to yourself, "These thoughts are not me, they are my creation."
- 42 a. Who is putting the "I" there? Find yourself.
When you say I, you lie.
Find yourself beyond I.
Find the space from where I originates.
- b. This is an important distinction:
You say that you have feelings that are keeping you trapped, ie: I feel fear, I feel anger, I feel resentment, I feel lonely, I feel blue, etc.
It is not "I feel" these emotions and attitudes; it is that the "I" feels.
These feelings belong to the I, not to you.
You are not the I.
Put some space between yourself and the I identity.
These feelings belong to somebody, but not to you.
When are you going to accept your non-material nature?
For you, there is nothing to feel.
It is only your false self-identification with the "I" that causes you to misunderstand who you really are.
When you say "I feel," you trap yourself with a lie.
Simply say "the I feels," and then you are back again to pure space.
Attempting to be something other than who you really are can make the I appear to be unhappy.
Release the I, and the I and the unhappiness will both dissolve.

You are happiness itself.

Why identify with the I, the source of unhappiness?

43. Be pure space and experience life flowing through you, being void of any physicalness ... even openness ... or willingness. Just experience space, pure unfurnished awareness.
When you are just pure space, the truth flows through you like grease through a goose.
44. As you realize who you really are, you cease all searching and wanting. You live in the present moment, spontaneously.

Congratulations! You are born again into the now.

Thank you for participating in this Self-Inquiry Processing session. The more times you work with this inner-active program, letting go of what you are not, the more you will discover your authentic beingness. Keep working with this program until you experience that, when you say "I," only vast empty space is there. This means that you have cleared the false "I," and that "I" only refers to nothingness, or spacious beingness. This is called releasing the "I" structure. When you find out who you really are, the rest will take care of itself!

If you would like more information about Coaching Self-Inquiry, audio tapes, workshops or individual sessions, please contact: Norman McVea, Ph.D., 20 Sunnyside Ave., Suite A-164, Mill Valley, CA 94941, 415-868-9050.

Let be and let free.

(Audio tape transcription)

Self-Inquiry Program #3

THE ETERNAL NOW

Welcome to Coaching Self-Inquiry. This is Dr. Norman McVea speaking. This program is copyrighted 1994, all rights reserved.

This Self-Inquiry Processing program is entitled, "The Eternal Now." It has been designed to help you discover, through Self-Inquiry processes, the eternal now.

These processes first assist you in discovering your Self by guiding you into deep relaxation, as in deep meditation, to give your mind and brain a much needed rest. We then inquire into the specific causes of the illusion of the past. These processes aid you in examining specific stress-producing beliefs you have about the illusion of the past. As you work through this coaching session, you may find that your ego boundaries, or limited definitions of yourself, expand or dissolve entirely. You may relax into a profound, spacious peacefulness. In brain-wave technology, this peacefulness is called the theta state. It is in this state of relaxed awareness that we can see things clearly.

As stressful patterning releases, you may experience your natural bliss. As you release deep-seated body/mind tensions, you will become very relaxed. You may let go so deeply, in fact, that you may not be willing or able to carry on with these processes. This is a much desired release, as this is the result of the deep relaxation of the mind and brain. It means you are rediscovering your natural openness and spaciousness. Just continue to let go, and enjoy your adventure in nowness.

As we prepare to start our Coaching Self-Inquiry session, you will probably wish to lie down or get into a more comfortable, relaxed position before interacting with this program. Find a safe space to perform this inquiry, away from distractions and interruptions. You may also enjoy these contemplations while walking in the woods, on the beach, or in other natural settings. For the next hour, let be and let free.

Get in touch with your breath.
Take 3 deep breaths, and relax.

1. What is it to be open to the present?
2. How can you be open to the present?
3. Thoughts keep you in the illusion of the past. Relax and release that thinking.
4. Consider that, in reality, each situation is entirely new.
5. In the present, every moment is new.
6. What is the difference between direct perception, looking at something, and thinking about that something?
7. Find something in yourself that is not a concept.
8. You can only experience yourself in the now.
9. You only think you live in space and time.
10. The now gives all perceptions its reality.
11. Discover this timeless moment.
12. We can never think of the present, we can only *be* in the present. Release any thoughts or images of the present and just simply be in the present.
13. The now is the space from which thoughts arise and disappear.
14. Think a thought. Notice the space afterwards. Repeat this. Now notice the space before the thought and after the thought. Now don't give rise to any thoughts. When you don't give rise to any thoughts, what do you have? Experience space without the thought of space. Experience pure awareness without the thought of pure awareness.
15. The mind can only understand the past, it cannot comprehend the space of now. It can only make it a concept.
16. Become attuned to the moment — therein lies eternity.

17. Do not go away from this moment. If you go off with a thought, realize this, relax, release it, and come back into the now.

This could be called "relaxing your brain by living in the now."
Welcoming life through thought-free observation, or direct perception.
Be one with life.

18. Discover seeing without concepts. Really seeing things, not from memory but by being with them in the present. Just pure observation. Release the notion of seeing through the past.
19. Discover the spaceless space, experience your stillness. From this spaceless space, see that what you call your environment is almost pure memory. See that what you call your body is almost pure memory. These are only past, mental images. Experience your body anew, fresh for the first time.
20. When you are being in now, all tension disappears.
21. When you attach to the "I" image, you are not in the now.
22. Acting spontaneously means there is no actor, there is no doer, there is only action coming through your body. There is no entity who acts. There is only action.
23. Experience life flowing through you with no effort, force or tension ... Being a space ... being an opening ... being void of the physical ... Void of concepts, expectations, decisions, desires, etc.
24. Thinking starts from silence. Contemplate the silence that is the source of thinking. Give rise to no thoughts and stay put in the now. Everything that you have been searching for is right here — right now.
25. Spontaneous thinking comes from non-thinking.
26. Experience the blissful "peace that passeth understanding."
27. Listen to silence. The now is silent. If any thoughts come up, let them drop away.

28. Listen to the sound of silence, of infinite space. In this timeless moment, your whole being acts with the highest sensitivity.
29. Follow the thought stream back to its source. Experience pure being.
30. What would happen if you were totally here now?
31. When you acknowledge that you are simply nowness, you are free.
32. If you were totally here now, what would disappear?
33. If you were here now, what would be here?
34. Where does now come from?
35. When is now?
36. Are there any places where now is not?
Is it now in Los Angeles?
New York?
Hawaii?
Is it now on the moon?
Is it now in your body?
Let your body abide in nowness.
37. What does now look like?
Is there any time that is not now?
38. Does now have any thoughts? If so, release them.
Opinions? If so, release them.
Decisions? If so, release them.
Goals? If so, release them.
Does now resist anything? If so, release it.
Does now contain any efforts? Let them be.
Force? Let it be.
Arrogance? Let it drop away.
Does the now ever change? If so, it is not the now.
Release any and all characteristics from the now.
Reality is what never changes
Is now reality?
Is there any other reality than now?
39. Pleasure in life comes from getting a glimpse of the now.

40. When you say the word "I," refer to yourself only as pure space. See pure space. Hear pure space. Feel pure space. Pure nowness. When you talk about the past, all you can say is that "nothing happened."
41. Affirm: I am vastness.
Now release the I that does not belong to you.
Thank you.
It is not you.
42. Let the desirer, the desire, and the objective and fulfillment of desire all dissolve into nowness.
43. The mind is an expansion of stillness.
Go beyond all words to a place where there is nothing, and, yet, you exist.
You exist beyond mind and thoughts.
44. I am now.
I am pure awareness.
I am that.
45. Contemplate the purity of the present moment.
What is eternal is here/now.
What is now is beyond the thought stream.
46. Welcome to the eternal now.

Congratulations! You are born again into the eternal now.

Thank you for participating in this Self-Inquiry Processing session. The more times you work with this program, the more stressful patterns you will release and the deeper your experience of stillness will become. Keep working with this program to allow the profound truths of these contemplations to become a living reality.

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Let be and let free.

(Audio tape transcription)

Self-Inquiry Program #4

HEALING: RELEASING THE IDENTITIES THAT BELIEVE IN LIMITATION

Welcome to Coaching Self-Inquiry. This is Dr. Norman McVea speaking. This program is copyrighted 1996, all rights reserved.

This Coaching Self-Inquiry program is entitled, "HEALING: Releasing the Identities That Believe in Limitation." These inner-active Self-Inquiry processes have been designed to help you discover your healthy Self, your true nature. These processes first assist you in healing by guiding you into deep relaxation, as in deep meditation, to give your brain and mind a much needed rest. You then inquire, or look into, the specific causes of identifying with an unhealed self-image. These processes aid you in examining specific stress-producing beliefs you have about healing your body. As you work through these processes, you will notice your ego boundaries, your limited definition of yourself, expanding or dissolving entirely. You will relax into a profound, spacious peacefulness. It is in this state of relaxed awareness that we can see things clearly.

We will work on transcending the mythical identity that seems to be ill or stressed—you are not the one with that condition. You will discover who you really are, beyond sickness and wellness, and you will explore the psychosomatic aspects of "unwanted" conditions.

As stressful patterning releases, you experience the truth of who you really are. This release gets your mind out of the way and allows the body to heal itself. You release deep-seated body/mind tensions and become very relaxed. As you release stress, you may let go so deeply that you won't be willing or able to carry on with the processes. This is a much desired release, as this is the result of the deep relaxation of the brain and mind, a rediscovering of your natural openness and spaciousness. As the relaxation deepens, just continue to let go and allow yourself to enjoy your adventure in healing. Turn within and discover the source of well-being.

It is important that you find a supportive setting where you can engage in this inner-active program. Find a safe space to perform this inquiry, away from distractions and interruptions.

As we prepare to start our Coaching Self-Inquiry session, you will probably wish to lie down or get into a more comfortable position before we begin. You may

also enjoy these contemplations while walking in the woods or on the beach. For the next hour, let be and let free.

Answer the following questions truthfully, and this may be the last looking you will ever have to do!

1. Get in touch with your breath. Take 3 deep breaths as you let go of all thinking.

Let us choose something to release: a pain, sensation, ache, depression, stress, an emotion, an unwanted attitude, a phobia, an unwanted or blocked desire, a compulsion, substance abuse, damaging behavior, a chronic problem, immune deficiency, body malfunction, an unwanted feeling, stress regarding impending physical death, etc. Choose one issue and stay with that one complaint throughout your entire session.

When you think about this condition or issue, who do you imagine you are? If any images of yourself come up, then this is what we will focus on releasing.

GUIDED VISUALIZATION: Imagine a chalkboard and draw a little boy or girl. Draw features that make that little boy or little girl appear older and older. Give this chalk image an unwanted condition that you think you have. Finally, erase the little boy or girl image. What do you have left? The chalkboard. The pictures change through the apparency of time but the chalkboard is always there. You are the chalkboard! Not the frame, not the stand, not the chalk, not even the image, whether ill or well. The image on the chalkboard has this condition, not the chalkboard itself. Not you. You are not the image on the chalkboard. You are the chalkboard itself. If you must identify with something, identify with the chalkboard, not the image.

Understand the truth about yourself.

It is all going on within your dream.

Get your unhealed self-image out of the way and open the space for healing.

Awaken to what you were before the dream.

There's nothing to become and nothing to be.

Be what you always have been. You do not need to conjure up healing or effort at healing—simply return to your natural state.

2. Experience eternal being and transform your view of the body. Return to what you fundamentally are by letting go of everything else. *What is eternal?*

3. When you come into the present moment, you are free of the past. *How does this work?*

4. The I that appears to be limited is just thought.

The I that appears to be well is just thought.

Illness and wellness are like considerations.

You exist beyond them.

Describe the I that is not thought.

5. Get the idea of living in the now, and expand that now to infinity.

Is now different than infinity?

Get the idea of being eternity; then you would be forever at peace.

When you think about the past, you spoil the now, that eternity.

What betterment could result from this realization?

6. Do you want to know something about this condition?

There is no separation of knower and known.

Live fully in the now, and you will know all in pure knowing.

Accept this pure space as you.

Remembering is false; there is no past, only the joy of pure being.

Describe this joy.

7. The mind that thinks it must understand this condition or issue is the same mind that suppresses the body's natural healing mechanisms.

You need not try to figure out the condition or issue; just release the self-image that you mis-identify as you.

There has never been an illness or a stressful issue in the moment.

There is no person, place or thing that can cause you stress in this moment.

Healing appears in the silence behind thought; to think about this condition or issue gives it power.

Become established in yourself instead of this condition or issue. This is your original beingness; it has no particular form or identity.

Who you really are can't be reached with thinking.

The experience of knowing yourself transcends the experiencer.

You will find space within you; it has never ceased to be present.

The unhealed identity that we mistake for ourselves disappears of its own accord.

Allow yourself to be taken by this pure space.

What did you experience? What shift could this realization make in your life?

8. Direct perception bypasses the mind. You have made a concept out of illness and wellness; these are only conceptual ways of knowing yourself. This is not Self- knowledge. Real Self-knowledge is just empty space with no self-image at all. You are not this memory you have of yourself. You are effortless being.

Describe true knowing. Describe some times when true knowing was present for you.

9. The healing that you have been looking for can only be found in your natural state. This clear-sightedness is available instantaneously. It is fulfillment outside of the illusion of sickness and wellness which are merely identifications with the body. This total knowledge dissolves all conditions requiring healing. Your whole being recognizes this knowing, this wholeness. It is ever present in the now. It is a deep inner experience of peace, void of all illusion of suffering.

What is this void? How could it bring you peace?

10. Nothing needs to be added or subtracted. In the past, you have claimed to know your limitations but not the knower of them. One who truly knows himself, knows this knowing is not derived from memory or from identification with bodily conditions. The authentic Self is a space in which all concepts of unwanted conditions, as well as the healing of them, dissolve. IT is the source of ultimate health and wellness.

How could you integrate this knowledge into your life?

11. In this space there is nothing to know. Until now, you have identified with a lot of unhealthy thinking patterns held in place by memory. This viewpoint dissolves in infinite space.

What is beyond all thinking?

12. This viewpoint identified with this condition or issue dissolves without having the slightest will to do so. This false idea of being just gives way to space. It arises from silence and loses itself in that same silence. You can never intentionally learn to be this Self, you can only give up what is not you.

You, beyond the need of healing, are found in this timeless now.

Contemplate this: What is your experience?

13. Our bodies and the world appear to us from our point of view. When your point of view evaporates, so does its illusionary "being." It recedes to its source. In total awareness, this fabricated point of view dissolves. This is true healing.

What is the distinction between the mind and you?

14. The now is the only presence. Cease identifying with this apparent condition or issue, cease feeding it power. The I thought that appears to own this condition or issue is a separate entity from you.

15. The I is the superimposed figure on the chalkboard. It is not you! You are the chalkboard. You are the potential for experience, NOT the experience itself!

*Describe the chalkboard. Are you willing to identify with the chalkboard?
What might be the expansion here?*

16. The now is all-pervading, omnipresent pure consciousness. It is perfect just the way it is. You can't be at the effect of anyone or anything if you stay in the now which is boundless space, pure awareness. Stay in the now. Identify with the now, the past never existed. In the now, there is no past and no future, there is only I AM, ultimate reality. You are that.

What is "I am"? How is this similar or different from yourself ?

17. When you are living in the now, nothing else exists. The mind doesn't exist, conditions and issues are nonexistent. Abide in the now. You are born again as a new man or new woman, you are free. In the now there is nothing to surrender or let go of. You are already liberated. You can't let go of what never existed. How can infinity have illness and wellness attachments?

How could you let go of these attachments?

18. The now has nothing to give up or get over, because it had nothing to begin with. Only an identity believes it has something to release.

Identify with the 'beyond-beyond' state by affirming, "I am that." Rejoice in your true Self.

19. You are the space of no mind, no thoughts and no words. Release trying to figure out who you are. Once you understand the myth of the unhealed identity, it disappears. All you need is a glimpse of your essence, the blank chalkboard, to release this myth. You are the infinite Self. Stay in this high consciousness. Who you really are is apart from this stressful condition or issue. You are not this stress. The pure Self cannot be in pain.

Where in your life does this realization best apply?

20. Once you realize your true nature, everything becomes perfectly clear. You exist as your Self. Your self-images are swallowed up by infinite space.

Describe a few incidents where this realization might transform your viewpoint.

21. Who you are cannot be described. You can only catch your Self in between thoughts.

What were you prior to consciousness?

22. When who you really are takes over, you will appear where you need to be. It will happen by itself, you don't need to think about it. Just quiet the mind and await divine inspiration.

23. All your fears, failed desires and stresses are attached to the false I identity. Are you discovering that this I thought or image is different from you?

You have become attached to it and identified with it, but you are not that. Drop all assumptions of this false I and turn to your true Self, which is the only power that heals.

24. Stay centered in the now, and you will have no time to imagine your limitations. Stay where only pure beingness resides.

When you are in the moment, healing arises by itself. You are total health. This is the place within where all conditions and issues dissolve; presumed negative traits or assumed conditions release of their own accord; the unhealed I image dissolves back into pure space.

Once you experience this infinite space, you will never be the same again.

Once you find Reality, you can never be fooled again.

Describe this realization in your own words.

25. Find the source of this suffering I. Follow the I diligently back to its source, and watch the I merge with pure space. You have touched the source of I. You are not the I thought, you are the Self of the universe. Leave healing to the sure hand of this infinite space.

Describe the shift that is possible here.

26. Discover unconditioned consciousness. Go deeper than any thought to this universal Self. Release trying to be healed. Instead, concentrate on the source from where this fabricated I, that apparently needs to be healed, comes from.

How might you apply this to stressful incidents? Apply it to 3 such incidents.

27. When you know your Self, a mysterious power begins to guide you to your rightful destiny. Focus your attention on infinite consciousness, and your body will do whatever it came here to do.

28. I see that you are understanding this silence better and better.

You are effortless presence, pure transcendent bliss. Go to the heart of the matter and bypass every image you have of yourself. You will immediately realize your infinite universe. Don't you recognize your own Self? This is it! You are this.

Is there a resistance you could give up here?

29. You can shift your identification by speaking the truth of who you really are. You are not a body. Cease identifying with anything. When you focus your attention on this reality, you recognize that you are this reality!

30. You have not really found anything—you have just reassumed you own beingness. Cease coming from this I image. It is a false reference.

What could this shift in reference do for you?

31. In pure awareness, you know your Self; you find freedom in your Self. Let the truth be revealed. The only time you can shift this identification is now, the only time there is.

Contemplate this. What came up for you?

32. When you live spontaneously in the now, you will not have to think about healing—you will know what to do instantaneously. You will just do it.

What might happen if you applied this?

33. Any imagined healing that appears to exist outside of yourself does not exist.

Where in your life might this new awareness produce the most benefit?

34. Cease using your supposed condition or issue as a point of reference. Let go of this illusionary condition or issue. It is all taking place within yourself. In ultimate reality, nothing is wrong. Be in this absolute moment. There is nothing wrong with you RIGHT NOW. There is nothing that needs fixing RIGHT NOW. In this split second, there is only well-being.

In between thoughts, who are you?

35. In deep sleep, who are you?
Beyond words, who are you?
Before each new thought, who are you?
Feel the happiness in your heart.
Feel the pure beingness
There is not even a hint of mind
You are beyond the thought of "who."
You are the chalkboard on which the images are drawn.
Simply realize that it is erased and be in this space.
Let infinite space speak through you.
Everything is in its right place, right now.

36. There is no disease because there is no body. There is no healing, no sickness and no wellness. Let go of any effort to heal yourself. Healing and

wellness are outside of the fabricated character of I's jurisdiction. You always are, always were, and always will be. Release poor me, poor I.

Get in touch with your perfection. Realize the truth of who you really are so that the body can continue to heal itself. You are suffering from a wrong idea of who is suffering. Dwell in your real nature instead. Who you are is totally apart from the body's pain.

Is there anything between you and this full realization?

37. True healing, the kind that you can never find in this world, comes from knowing the Self. The Self is absolute health. It may be called love, peace, happiness, or healing. Turn within and discover the source of well-being. Realize that which never changes.

Isn't it beautiful when nothing exists?
Can you see nothing?
Feel nothing?
Hear nothing?
Nothing to be fixed.
Nothing to release.
Nothing to handle.
Nothing to change.
Don't accept it.
Don't reject it.
There is nothing to do about it.
There is nothing to feel about this nothing.
This is healing from the inside out.

38. Now that you have become acquainted with your Self, you will see your Self wherever you look.

How could this experience serve your highest goals?

39. Dive deep into your Self, which is the domain of healing. In this moment, you are everything you ever wanted to be.

40. AFFIRMATION: I am the infinite, imperishable Self.

Thank you for participating in this Self-Inquiry Processing session. The more times you work with this program, the more you will rediscover healing by letting go of the illusion of the past. As you continually process with this program, your release of limiting patterns deepens. Discovering the source of healing dissolves the illusion of limitation. The more these patterns are released, the more healing takes place.

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Let be and let free.

(Audio tape transcription)

Self-Inquiry Program #5

HOW TO LISTEN TO YOUR INTUITION TO DISCOVER WHAT YOU WANT MOST.

Welcome to Coaching Self-Inquiry. This is Dr. Norman McVea speaking. This program is copyrighted 1994, all rights reserved.

This Self-Inquiry Processing program is entitled, "How To Listen To Your Intuition to Discover What You Want Most." These inner-active Self-Inquiry processes have been designed to help you discover your own intuitive Self.

These processes first assist you in your Self-discovery by guiding you into deep relaxation, as in deep meditation, to give your brain and mind a much needed rest. We then inquire into the nature of unfulfilled desire. We will also look into the automatic nature of desire itself. We will examine its compulsiveness and see its appropriateness to the current moment, to who you are now. These techniques also guide you into discovering the point of origin of the desire. Does it come from your mind as a solution to a past problem? Or, does it come from a deeper part of you, the intuitive Self?

These processes aid you in examining specific stress-producing beliefs that you have about your nature as the desirer. As you work through these processes, you may find your ego boundaries, the limited definition of yourself, expanding or dissolving entirely. You become very relaxed, having released many unnecessary efforts and intentions. What you are left with is a profound, spacious peacefulness. This peacefulness, in brain-wave technology, is called the theta state. It is in this relaxed awareness that we can see things more clearly.

The word intuition means knowing without thinking, insight that comes directly from the truth within; it is a knowing that is not arrived at by "trying to figure it out." The source of intuition is beyond the mind. Intuition comes when one is listening closely, with open awareness, to the inner voice of stillness. All that is necessary for recognizing and reconnecting with the subtle voice of intuition is releasing the stress of unfulfilled desires.

In order to release the mental blocks that cause unfulfilled desires, we must first become aware of how automatic our mental desire machine is. We constantly, automatically, make future-oriented demands for happiness that block our direct knowing of what is ultimately best for us. Unconscious desire patterns take the form of anticipations, expectations, hopes, goals, purposes, intentions, agendas, decisions, intentions, etc. We believe that this automatic desiring, with the expectation of positive outcomes, will get us what we ultimately want. However, these desires are based upon past, stressful patterning, and they either do not turn out and thus become

failed desires, or they do turn out, but their realization provides only temporary happiness, at best. Their fulfillment is seldom lasting, because we are identified with the mental realm only, which is out of touch with our innermost Self. Our mind never knows our best and highest interests. Our intuition is the only voice that speaks directly the truth of our being.

Problematic desires of the mind have us locked into fixed outcomes. In this state of fixation, we lose our sensitivity to inner guidance. The more inflexible and attached we are to fixed outcomes (products of the mind), the greater the chance that intuition will fall on deaf ears. Intuition gets a busy signal!

To uncover intuition, you will want to release the stimulus/reaction aspects of your desires by looking into the automatic nature of this patterning. Fragmented, unconscious aspects of past, outdated, goals get in the way of what is ultimately true for you now. You can go beyond these limitations, beyond the mind, to the very core of your being.

ACCESS THE PART OF YOUR BRAIN THAT KNOWS.

As you release the stress associated with your desire, you learn to listen to yourself directly, without interpretation or bias. In this listening there is no listener, only listening. This listening is not impinged upon by the past or the future. It is your being in the now that opens up the doors of intuitive perception.

Desire is like a surface agitation, like a wave upon a lake. We want to see below the surface agitation of desire and view the bottom of the lake, where the waters of intuition and inspiration flow still and deep. We want to get to the bottom of You.

When you release the thought patterns of who you think you are, you will find that you are something completely different. You are the space from which intuition speaks. As stressful patterns release, intuitive signals arise spontaneously. You will release deep-seated body/mind tensions and become very relaxed. You will let go so deeply, in fact, that you may not be willing, or able, to carry on with these processes. This high-level release is the result of a deep relaxation of the mind and brain. It is a rediscovering of your natural openness, the space from where intuition speaks. Just continue to let go and allow yourself to enjoy your adventure in intuitive being.

Find a safe space to perform this inquiry, away from distractions and interruptions. As we prepare to start our Self-Inquiry Processing session, you will probably wish to lie down or get into a more comfortable position before interacting with this program. You may also enjoy these contemplations while walking in nature. For the next hour, let be and let free.

Take 3 deep breaths.
Bring all of your attention into the now.

Get in touch with your breath and watch it as it rises and falls. Intuition will arise of itself. Use no effort or force. Relax all future-oriented activities, and thoroughly release yourself from all psychological involvement. Allow any solutions to come directly from empty space itself. Do not interfere in the process by trying to figure them out. Let all thoughts and images dissolve of themselves. Listen to yourself directly, without interpretation, bias or desire. Rest in the space of openness.

Contemplate the word "intuition." Intuition comes from beyond the mind and the limits of personal identity. Inquire past all that you believe yourself to be.

1. True inspiration comes from intuition.
2. Inclination comes from intuition through inspiration.
3. Let go of everything that is not inspiration itself. Release it until the inspiration is so overpowering and undeniable that you find yourself carrying it out without thinking. It just happens through you with no force, no effort and no thinking. Just let it happen.

Discovering what cosmic intelligence, or your higher Self, has planned for you is the charm of life. Experience that it is okay to not know your future. If something is right for you, it will come to you in the form of inspiration.

4. Be open and accept everything that comes to you. Desire is a grasping energy that hinders you from being open and free. It prevents you from being who you truly are.
5. Think of a goal or desire that you have or have had, one that has been most important to you. Create disinterest in it. Do not let it interfere with your own unfoldment process, release its tension. Let it be. Let it fall back into silence, or nothingness. Transform any of the desire that is left into desirelessness.

How close did you get?

6. Consider that your desire for this object or objective is keeping you away from knowing your Self.

7. Wanting to attain something arises out of who you are not. It comes when you are attached to an identity that is not yourself. The identity wants something, but you (pure space) are outside of this vicious circle. Realize that which knows Itself, beyond acquisition.
8. This contemplation may seem difficult if you are attached to a specific desire. See if you are willing to put it away for right now. Give this want or these wants some rest. Give desire some much needed space.
9. When you desire something, you are not yourself. Can you remember a time or times that you were so much yourself, so much at peace, that you didn't want anything, when you were just satisfied with being in the moment?
10. The ultimate desire, the sum total of all your desires, is to know your Self. You can find your Self, which is what you want most, through letting go of desiring. Try it right now.
11. When there are no goals, the goal is achieved. The truth can never be acquired. This infinite space has never ceased to be present.
12. Release thinking and discover an ocean of pure knowing. The absolute is its own knowing. Release the thinker by dis-identifying with it.
13. When you acquire something, in that moment of desire completion, you experience perfect peace, because you are temporarily free from desire. Your attention shifts, and the identity of the desirer is dissolved.
- 13a. When non-desire is experienced, the object of desire vanishes and only the now remains. When you release a desire, it is the same as actually having attained that desired object or objective. From the brain's point of view, the chemistry and the feeling are the same.
14. When you live in intentionality, you live in stress. Live in intentionlessness and open space. Experience stresslessness. You are not your "unfulfilled desires."
- 14a. What are you striving for? Release the striving self. Release the effort. Let it go back to nothingness.
15. Experience fulfillment from the inside out. Go deeper than you've ever gone before. Know your deepest Self.

16. Find peace and freedom in accepting things as they are. Thinking is an effort to change something. The absence of thinking is the presence of reality.
17. What is the ultimate nature of desire? When it is completed, what does its completion look like? Allow the answer to arise of itself.
18. Let all desires go back to their point of origin. There is no point in wanting anything that is not here/now.
19. Let go of all that you take as yourself.
20. Truth comes to us through silence. It speaks as intuition. The real you can't be reached with reason.
21. Are you becoming aware that infinite space is the background of all appearance? Pure awareness alone exists.
22. Release all desire that does not come from the moment itself. Why wait and plan to be in the present moment?
23. Allow truth to arise of itself. When you live in the moment, everything that is good for you happens by itself, faster than you can desire it. When you dive deep within yourself and abide in peace, you will know what to do. You will not even have to think about it, you will be one with the moment. The experience transcends the experiencer.
24. Think of a time that you got absorbed in walking and arrived at your destination without thinking about it. See that your deep knowing took over so that you did not have to think about your goals or directions. Something other than your conscious mind knew the way. Surrender to that space that knows the way.
25. That same knowing is guiding your life to where it wants to go. A higher knowing takes over.
- 25a. You think that you don't have what you want because you have been looking outside of yourself. Put your energy into finding your Self—there is nothing more worthwhile than getting to know your own Self.
26. When a thought comes up, do not dramatize it and run off with it. Instead, ask: Who owns this thought? Whose is it? What entity possesses this thought?

Something will say, "It is mine," or "I," or "me." Then ask: Where does this mine, or I, or me come from?

Trace the "I" thought to the background of all thoughts, the silent space. It comes from nothingness into manifestation. When you spot the source of all becoming, the thought and its identity and paraphernalia will explode. Zap! Pow!

There is infinite space beyond the need to:
understand
know
have
own
control
be free

27. The question for each desire is: Are you busily being the ego, putting it there, or is it coming from higher consciousness? Is it just a good idea or is it really higher knowing? To find out, release all mental manifestation. Merge with the Source of all manifestation.

28. Contemplate the silent space that is beyond all desire. Know thyself. You are perfecting the art of listening to yourself.

29. Release the "I" that needs to know the future.

29a. The power in the universe knows exactly where to take your life; it does not need any help from your thoughts, your desires, or your good ideas. Don't try to tell the life force what to do.

Now that you have discovered who you really are, the life force will be with you. Remember, if it is right, it will happen. Leave results up to the life force that knows the way. This boundless space is absolute wisdom. Let it do its job to make you happy.

29b. The power in the universe knows very well how to make you happy. Just listen to your own silence, it knows the way. Follow your own silence. What you have been looking for is nearer than any desire, nearer than any thought. Once you realize that your true nature of happiness and peacefulness is where you are right now, circumstances will change in your favor.

30. This is the realm of intuition. This timeless peace is not brought about by will. Release the illusion believed to be will.

Listen to discover if what you are experiencing is the voice of intuition; see if it comes from stillness itself. See life flowing through you ... being void of anything physical ... be an opening being, a potential for desires originating from the mind will be dissolved. Why would you want something that is not here and now?

31. When you say the word I, refer to yourself only as pure space. Get to know yourself .

32. Contemplate contentment as coming from the inside out.

33. Intuition or truth comes out of empty space, no force, no effort.

EXERCISE: Draw air in through your nostrils from the edge of the universe. When you breath out, let your breath extend to a point at the edge of the universe. As you breath in and out, hold the word "infinite" in your mind. The I is a misinterpretation, it is a mind-set or pattern. Take this time to be silent. Be empty of all internal dialogue. Experience this timeless reality. (Drawn from the works of Poonjaji, Robert Adams and Jean Klein.)

Thank you for participating in this inner-active Self-Inquiry Processing program. The more times you work with this program, the more clearly you will be able to hear your intuitive voice. The more this intuitive voice is realized, the more your life will express that which is true about yourself.

If you would like more information about Coaching Self-Inquiry, audio tapes, workshops or individual sessions, please contact: Norman McVea, Ph.D., 20 Sunnyside Ave., Suite A-164, Mill Valley, CA 94941, 415-868-9050.

Let be and let free.

(Audio tape transcription)

Self-Inquiry Program #6

THE FALSE I's MECHANISM OF MANIFESTATION

Welcome to Coaching Self-Inquiry. This is Dr. Norman McVea speaking. This program is copyrighted 1996, all rights reserved.

This Self-Inquiry Coaching Program is entitled, "The False I's Mechanism of Manifestation." This Self-Inquiry Coaching session has been designed to help you discover your true nature, or authentic Self, by assisting you in releasing stresses that cloud the truth.

These coaching exercises assist you in your Self-discovery by guiding you into deep relaxation, as in deep meditation, to give your brain and mind a much needed rest. We then inquire into the specific causes of self-limiting mental patterns. These processes aid you in examining the stress-producing beliefs that you have about yourself. As you work through this coaching session, you may find that your ego boundaries, your limited definition of yourself, expand or dissolve entirely. You may relax into a profound, spacious peacefulness. In brain-wave technology, this peacefulness is called the theta state. It is in this state of relaxed awareness that we can see things clearly.

As stressful patterning releases, you may experience your natural bliss. You may release deep-seated body/mind tensions and become very relaxed. You may let go so deeply, in fact, that you may not be willing or able to carry on with these processes. This is a much desired release, as this is the result of the deep relaxation of the brain and mind. It is a rediscovering of your natural openness and spaciousness. Just continue to let go, and allow yourself to enjoy your adventure in pure being.

As we prepare to start our Coaching Self-Inquiry session, you will probably wish to lie down or get into a more comfortable, relaxed position before interacting with this program. Find a safe space to perform this inquiry, away from distractions and interruptions. You may also enjoy these contemplations while walking in the woods, on the beach, or in other natural settings. For the next hour, let be and let free.

This first process will assist you in letting go of recently accumulated stress. Once that is released, we can proceed to core beliefs and issues.

Let us still the mind.
Take 3 deep breaths, and relax.

THE UNIVERSAL SELF

When you release the false I image, you discover that all stressful incidents and unhappiness were imagined.

Edit out the false I image, and you will disillusion the basis of all limitation and consequent suffering.

Directly experience the mechanism of manifestation of the false I image, and you will know that you are the Self of the universe.

Question: Where does all of creation come from?
Answer: The illusion of creation comes from the false I image.
Question: Where does the false I image come from?
Answer: It is born of pure awareness; it is sourced by you!

Don't take yourself personally.

There is no mental image that can hold the absolute. Any representation of yourself will later become a problem.

You are not the way you believe yourself to be.

You have made a belief system of yourself, consequently, nothing is as you believe it to be.

When you take yourself for someone or something, you start the cycle of a false self. For example:

I am sick - I am healthy
I am good - I am bad
I am whole - I am fragmented
I am satisfied - I am unsatisfied

These are all belief systems about an I you think you are. These self-images are adjectives that are meant to describe a system of belief. There is no one that is

like this. This notorious I is just a holographic projection of desire. It is not *your* desire! This I who you say is you, where does it come from?

I is the center of the illusion.

There is not enough "I am," therefore, there is too much "I want."

1. Let a desire that is important to you surface. Let's get a handle on it. How does it look? How does it sound ? How does it feel?

2. Now let us take that desire and place it in a corner of the room; keep putting it in that same corner.

3. Now place this desire in another corner; place it into an object in this room or space, then into some more objects in your space. Place it near the body. Place it further away from the body.

4. How far away from the body can you have the desire placed?

5. Say to this desire, "You are not I; you are an illusion.

6. Did your desire change any during this exercise?

7. Let us come up with another desire that is important to you. Let's get a handle on it. How does it look? How does it sound ? How does it feel?

8. Now let us take that desire and place it in a corner of the room; keep putting it in that same corner.

9. Now place this desire in another corner; place it into an object in this room or space, then into some more objects in your space. Place it near the body. Place it further away from the body.

10. How far away from the body can you have the desire placed?

11. Say to this desire, "You are not I; you are an illusion." Did your desire change any during this exercise?

12. Take up another desire. How does it look? How does it sound? How does it feel?

13. Stuff the body with these desires, one after the other. Fill it up. Now take them out and send them into nothingness.

14. Let's come up with a symbol or a feeling that you call I. Let's get a handle on it. How does it look? How does it sound? How does it feel?

15. Now let us take that I and place it in a corner of the room; keep putting it in that same corner.

Now place this desire in another corner; place it into an object in this room or space, then into some more objects in your space. Place it near the body. Place it further away from the body.

16. How far away from the body can you have the I placed?

17. Say to this I image, "You are not I; you are an illusion."

Experience the I image now.

18. Can I be located?
19. What is your experience of the desire now?

Did your I image change any during this exercise?

20. Take up another I image. Perhaps the I image that has that desire. How does it look? How does it sound? How does it feel?

21. Stuff the body with these I images, one after the other. Fill it up. Now take them out and send them into nothingness.

Was this image you were working with really you? Why or why not?

22. Who is the I that is viewing this exercise?

23. Who is the I that is watching or witnessing the I image?

24. Did any feelings come up while doing this exercise?

25. If so, who felt them?

Let us assume that you said, "I felt them."

Was it the I that felt them, or was it your real nature that felt them?

Can you, the real you, feel anything unless it is "felt" through the vehicle of the I image?

Your real nature does not feel; it is beyond feeling.

Your real nature has an unmanifested quality.

26. If you think that there is something to change about yourself, spot your true Self first, and once you have done that, is there anything left to change? Are there any qualities at all to your real Self?

27. Can a dreamed self wake up? Can a dreamed self change and become its true Self?

Can your true Self ever be upset? Annoyed? Envious? Jealous?

It has been said that this dreamed Self is just a vehicle for desire fulfillment. Release the desire for experience, and you'll release the illusion of self. How does this statement seem to you?

28. Let's manifest another I image.

Identify with it, affirm it is you.

Attach to it.

Disassociate from it, affirm you are not it.

Detach yourself from it.

Identify with pure awareness, affirm that you are that.

Disassociate from it, affirm you are not that.

Identify with nothing. This is your true nature. Call this your I-am-ness.

29. In your life, are desires flowing with more will than sensitivity?

Let us relax those desires by relaxing the I that efforts for them.

When who you are identified with is less than perfect space, go to the source of this limited beingness.

30. What is prior to the appearance of this shadow self ?

It is neither being nor not being.

You are not this concept but the source of this concept.

This I is primary illusion.

Let that concept go back to nothingness.

You are the infinite present, you can call this moment "yourself."

There is no need to express yourself as identity.

Who you are really does not change.

Attempting to describe this Self tends to separate you from your Source.

Confine yourself to the only moment in which you truly exist—this is this moment. In this moment, recognize yourself for what you are.

This is releasing from the inside out.

It is only the experience of the Self that dissolves all conditioning.

Pretending to not know this Self causes illusion to persist.

A dreamed character, called I, can't release another illusion.

Release any subtle beliefs that you are some sort of energy, that you are really an object or identity of some sort.

When you experience "I am," that it is really you!

There is no need to visit incidents or episodes from the past; you may get to know the incidents, but will you get to know the knower?

You can not know anything until you first know yourself.

What is the use of knowing so much about what doesn't exist?

Hasn't this masquerade made you tired?

Cease efforting to be you.

Cease identifying with the I thought. Instead, if you must identify with something, why not identify with the Self of the whole universe?

KNOW THAT YOU ARE THE SELF OF THE UNIVERSE.

Thank you for participating in this Self-Inquiry Coaching session. The more times you work with this program, the more stressful patterns you will release and the deeper your experience of stillness will be. Keep working with this program to allow the profound truth of these contemplations to become a living reality.

If you would like more information about Coaching Self-Inquiry, audio tapes, workshops, or individual sessions, please contact: Norman McVea, Ph.D., 20 Sunnyside Ave., Suite A-164, Mill Valley, CA 94941, 415-868-9050.

Let be and let free.

Coaching Self-Inquiry Program

Before starting the Co-Coaching section, be sure to complete the Self-Coaching process.

Self-Coaching

Step #1: Listen to the three Coaching Self-Inquiry Workbook Overview audio tapes, one to three times.

Step #2: Listen to the Coaching Self-Inquiry session audio tapes, in this order:

Tape #1: Stress Release (Being in stillness)

Tape #2: Who You Are (When you find out who you are, the rest will take care of itself!)

Tape #3: The Eternal Now

Tape #4: Healing - Releasing the identity that believes in limitation.

Tape #5: What You Want (How to listen to your intuition to discover what you want most.)

Tape #6: The False I's Mechanism of Manifestation

Note: These audio tapes are also in your workbook in transcript form.

Step #3: Work with the above audio tape programs a number of times until you are quite familiar with each of them.

Step #4: Answer the analysis questions on "Discovering Issues to Release" (Page #'s 118-124)

Step #5: Apply [the above issues] to the "Healing-Releasing" audio tape (#4).

Co-Coaching

If you have already completed Self-Coaching steps 1-5, and you have someone to work with who has also completed the above steps, you are ready to co-coach.

Step #6: Co-coach your partner on the audio tape inquiry programs (using the transcripts).

Step #7: Take the stressful issues from the Discovering Issues to Release analysis list, and run them through the Healing tape program, using the transcript.

- A. Coaching Self-Inquiry Contemplation Exercises
- B. Stressful Issue Coaching Programs (using issues from Discovering Issues to Release analysis)

Tape #1: Stress Release (Being in stillness)

Tape #2: Who You Are (When you find out who you are, the rest will take care of itself!)

Tape #3: The Eternal Now

Tape #4: Healing - Releasing the identity that believes in limitation.

Tape #5: What You Want (How to listen to your intuition to discover what you want most.)

Tape #6: The False I's Mechanism of Manifestation

Step #8: Belief Releasing Contemplation (stressful issues, daily inquiry issues) (Page #130)

Step #9: Affirmation and Belief Release Process (stressful issues, daily inquiry issues) (Page #132)

Step #10: Belief Clearing (stressful issues, daily inquiry issues) (Page #133)

DISCOVER WHO YOU REALLY ARE — YOU WILL NEVER BE HAPPY WITH SECOND HAND ANSWERS!

Objective Coaching Exercise #1:

Creating and dissolving boundaries of space and consciousness.

1. Locate 2 reference points on 2 upper corners of the room. Concentrate on them without thinking.
2. Experience a cube of space by creating 8 points, 4 in front and 4 in back. Focus on them without thinking for 2 minutes.
3. Cast your attention around the room and locate some space - under and around objects, etc.
4. Cast your attention around the room and locate some:
a. silence b. stillness c. nothingness
5. Place someinto the room.
a. silence b. stillness c. nothingness
6. Create some awareness of the room and make it heavier ... lighter ... heavier ... lighter.
7. Create some cube awareness by spotting reference points, 4 in front and 4 in rear, the 8 corners of the room, for 1 minute. Make the space smaller, then bigger, and repeat. Expand and contract the space.
8. Create this space and then bring it into your body. Fill your body with space.

9. What space in or around your body does your "I" occupy? Make that space smaller...then larger...smaller...larger, etc.
10. What is your experience of your "I" now?
11. Create the experience of infinite space above you, below you, to the right, left, in all directions.
12. Create cube space with 8 corners, then make your body lighter and heavier. Create cube space around body, toes, head, arms, etc.
13. Spot the "I" and say, "This is not me; this is my creation."
14. Experience cube space (8 corners), and project it into your past, future and now.
15. Experience cube space and put it into your aura.
16. Experience cube space by creating 8 points in the house, and let go of any thinking.
17. Look around the room and notice each object without thinking, just witness it with no mind.
18. Look around the room and notice "now" everywhere.
19. Is there any spot here that is not now?
20. Who owns the now? Name some people who definitely do not own the now.

21. Place some space into objects in the room.
22. Experience timelessness.
23. Experience your body and let go of any effort, holding, intentions, anticipations, expectations, thinking, resistance, etc. Give them space.
24. What symbol represents you or your "I"? Place it nearer and further away from your body.
25. Place that symbol into room objects and then into spaces.
26. Experience openness.
27. Experience that what you are looking for is what you already are.
28. With the past exercises, experience that there is only perception and no perceiver.
29. Experience of who you really are without conceptualization. No thinking allowed.
30. Experience that you are free from boundaries.
31. Experience that you are not your body.
32. Let go of identifying with any notions of yourself.
33. Scan your body....

If you find any sensations there, fill them up with space. Let go of any need to conceptualize them.

34. Look around the room and experience oneness with the objects and people in the room.
35. Look around the room while staying aware of the silence behind the activity.
36. Experience that this is all happening within you.
37. Notice the room and experience that everything is perfect as it is, and everything is unfolding as it should be.
38. Look around the room and imagine that you are this object and that object. Create a good argument that you are that object.

Imagine "I am this body, I am my thoughts, I am my concepts."

Now imagine "I am not this body, thoughts, concepts..."

39. Reflect on times of intense exhilaration during a sports or work activity. Look to see where the "I" concept was during that time. For example, while playing tennis with intense focus on making a point, where is your concept of "I"?
40. Look around the room and experience each object. Do this noticing with the experience that there is no experiencer.

Notice that you are seeing from the now.
41. Feel the space around each object.
42. Feel the space around your body.

43. Now let us repeat these two exercises with pure perception. If any "I" image shows up, just let it go.
44. Notice that, in true looking, the looker must dissolve into the looking.
45. Look around the room while resting in the now. Let your perception be new, rather than from memory.
46. Look around the room holding no concept of who you are.
47. Think a thought and place that thought into room objects, your body, another. Now let it all go.
48. Place silence into room objects, your body, another. Then let it all go.
49. See that there is nothing to achieve.
50. Open to openness.....What is different?
51. Place openness into room objects, space, your body, the now, peace. Place openness into your past, future, etc.
52. Let go of becoming, unbecoming, grasping, ungrasping, striving, not striving, searching, not searching, desiring, not desiring.
53. How have you *tried* to become aware of what you are? Were you successful?
54. What are you not? Name them.

55. Find yourself ... What happened?
56. Choose an emotion you have experienced recently. Experience that it is only a thought and not real... an attitude ... a judgment ... desire ... Experience that the "I" feels it is only a thought construct.
57. Create an experience of openness.
58. Experience that there is no one to be open — there is only openness itself. You are openness itself.
59. What question do you want answered? Ask it. Experience that your question is heard in silence and that the answer arises out of silence.
60. Experience that the seer can never be seen.
61. Be at one with stillness, silence, infinite space.
62. Notice all the phenomena that came up here today, notice each one and say to it, "This is not me; this is my creation."
63. Inhale deeply.
Exhale.
Exhale and hold it for a 10 seconds.
Notice the silence between inhale and exhale.
Notice the space.
Feel yourself in space.
64. Experience that awareness is directionless.
Experience that there is no inside or outside to life, to you.

65. Discover that the now is an unconditioned moment.
66. Locate infinite space.
Experience connecting with it.
Experience disconnecting from it.
What is your natural relationship to space?
67. Place infinite space into the past, then into identities, attitudes, emotions, desires, etc.
68. What identity have you been playing: victim, dominator, warrior, saint, sinner, distressed maiden, etc.?

Place that identity into room objects.
Create cube space around it and disillusion it.
69. Notice the silence underlying all reality.
70. Contemplate purposelessness.
71. Contemplate that "I" is just memory.
72. Contemplate yourself as pure space.
73. Contemplate a space or void containing nothing.
74. Contemplate the vastness of infinite space.
75. Contemplate your source of origin.

76. Contemplate that you, as you sometimes appear to be, are not as constant as you appear to be. In other words ,are there "times" when you are not?
77. Contemplate: Emptiness is the healing factor in any situation. Why so?
78. Contemplate: Spontaneous action is free from memory.
79. Think about acting ...then act. Be in silence and then let yourself act without thinking about it first. What's the difference?
80. Be somebody.
81. Contemplate living without having a reason to live.
82. Contemplate: We do not need to know the details of the past, only its nature.
83. Spot the unconditioned I.
84. Contemplate: Freedom is causeless.
85. Contemplate: You do not exist, you are not located in space and time.
86. Contemplate: Joy is without cause or effect.
87. What have you had stress with lately? Put some space between that and you.
88. Contemplate: What you label the past is a present thought.

THE SOURCE OF HAPPINESS

Becoming free of desire

1. HAPPINESS is not a state of mind; it is a non-state, beyond the mind.
2. You can't say, "I am happy, and the cause of this happiness is this or that."
3. There is only happiness.
4. Happiness is completely causeless.
5. Happiness cannot be objectified, that is to say, it cannot be projected out or known as something outside of oneself.
6. Happiness is also not an effect.
7. Happiness is not caused by an object or the attainment of an objective.
8. Happiness is unconditional.
9. It is beyond all conditions.
10. It is not conditioned by anything, nor does it depend on any set of conditions or circumstances for its existence.
11. Happiness is not something that can be gained through desiring or desire fulfillment.

12. Desiring happiness does not make happiness.
13. In fact, desiring happiness gets in the way of your experience of happiness.
14. Desiring happiness or anything else, for that matter, takes you out of the moment, the place where happiness resides.
15. Happiness then appears to be suppressed by the illusion of unfulfilled desire.
16. Desire is a belief that presupposes that happiness exists outside of oneself, and that it is not one's own relaxed, desireless, true nature.
17. You may believe that you don't currently have happiness, so you desire an object or objective in the hope that it will bring you happiness.
18. Just the belief that you are not happiness, and that it is located somewhere outside of your spacious nowness, is enough to create the illusion of unhappiness. That is Self-denial.
19. Happiness can be temporarily veiled by the belief that happiness is not here now.
20. Happiness always exists; it is, in fact, one's true beingness.
21. Happiness is that moment when the desirer, the desire, and the desired all dissolve into the now.
22. This happiness is called freedom from desire.

23. It is the space of unconditioned nowness that is brought about by the completion of the ego's desire. Completion can be either the accomplishment of the desire or the letting go of it. Either way, there's an ending of desire ...
24. Either way, the result is pure undisturbed awareness, nowness, freedom from desire.
25. Unhappiness is caused by a belief that happiness is out of this moment, somewhere in the future.
26. Unhappiness then is simply a future-time belief created when one is being out of the moment.
27. In the moment, free from wanting, you are one with happiness. Then only happiness exists.
28. This desireless beingness is beyond the label of happiness.
29. When we try to conceptualize it, the concept is often referred to as happiness, and some people erroneously believe that it comes from somewhere or something.
30. It comes from nowhere. It is, in fact, your experience of your natural state. In reality, it is all that there is!

DISCOVERING ISSUES TO RELEASE

Basic Now Blockers

The following section contains a Belief Clearing Analysis List with suggested issues you may want to work with. This advanced work can be best accomplished after you have completed your work with the six basic Coaching Self-Inquiry Audio Tapes. Use the space on the following page for listing issues and related notes.

First, choose and process the issues you are most interested in releasing. These will probably be so-called "negative ones." Once these are let go of, you will also want to release the so-called "positive ones." Why a positive one? You can't know a negative one without a positive one holding it in place. These issues are dichotomized, and the two extremes create a dualistic, polarized "good" and "bad," subject-object type reality. They are like two opposing poles of a magnet locking each other into position. You can't have one without the other!

The solution is to have neither. Positive issues may seem to be solutions for preceding negative ones. But sometimes the positive or good traits are the most insidious, because they are the ones that the ego is proud of. They are the very fabric of pretentiousness, or false self. When you release a positive issue, you will find this vacant space of the absolute in it's place. You can now know this positive trait through intuition (the Self) rather than as a fixed, mechanical, subject-object, tightly held position of existence.

People can also become so attached to negative issues that they'll begin to see them as positive traits, ie., if you think you are stuck with something, you can get used to it and even start to like it. But anything that persists is part of a script or role. Truly positive manifestations do not persist in time. They simply come from the Self, in the moment.

Release your monofaceted experience of a mere shadow of goodness. Don't settle for superficial glitter or a nice paint job on a fixed "ability." Realize the Self, and all the great qualities will follow.

These specific issues will resolve well by using the Healing tape also. As a final completion process, use the "Who am I?" process.

(You will probably want to co-coach your partner on the affirmation release process.)

BELIEF CLEARING ANALYSIS LIST

Do you have any of the following? You may list them in the spaces provided.

Anticipations

Expectations

Plans

Agendas

Preconceived ideas

Thoughts of attainment

Thoughts of achievement

Thoughts of becoming

Grasping

Resistance to anything

Something you are holding on to

Something that needs to change

Something that needs handling

Preoccupations

Fixed ideas

Something you need to rush

Stressful thoughts

Unwanted emotions

Unwanted attitudes

Unwanted beliefs

Unwanted ideas

Something you are holding on to

Something that needs to change

Something that needs handling

Preoccupations

Fixed ideas

Something you need to rush

Stressful thoughts

Unwanted emotions

Unwanted attitudes

Unwanted beliefs

Unwanted ideas

Unwanted issues

Unwanted memories

Unwanted concepts

Self-limiting beliefs

Unwanted associations

Unwanted identifications

Questionable aspirations

Delusions

Unwanted images

Compulsive and obsessive thoughts

Unwanted mental patterns

Unwanted personality traits

Unwanted conclusions

Unwanted decisions

Unwanted efforts

Unwanted conditions

Unwanted manifestations

Inabilities

Problems

Upsets

Unwanted behaviors

Unwanted effects

False will

Control and domination issues

Unwanted valences

Ego issues

Bliss blockers

Peace blockers

Unfulfilled desires

Unwanted desires

Judgments

**Scan your body for blocked or restricted energy flows.
Locate one and disillusion it by applying a contemplation exercise of your
choice.**

FOCUS YOUR ATTENTION ON YOUR TRUE SOURCE

When you brush your beliefs aside, what you are left with is a personal encounter with your true Self. You are the essence of your awareness. Pure consciousness.

Are you ready for a contemplative exercise that undercuts anything else?

1. You can warm up this contemplation by looking at the boundless sky, or a spacious vista, until you have a true experience of the infinite. Notice the vastness until you, the beholder, are lost in the sense of infinity.
2. Your purpose here is to discover the source of all manifestation. Contemplate the void, in all directions. Experience the infinite void above, below, to the right, the left, etc.
3. Contemplate a space where both subject and object disappear.
4. When a thought comes up, notice where the thought arises from. Spot the void, or infinite space.
5. Find a reality that is not a subject, an object, or a thought.
6. Experience that all delight comes only from the experience of one's own Self. Delight comes from being in the now, with no attachment to desire or thought.
7. Contemplate: "What is it that can't be grasped?"

8. Contemplate letting go of any attitude of aversion or attachment toward anyone or anything.
9. Contemplate the now — that which is beyond the past and the future, beyond matter, space, energy, time, name and form?
10. Notice the environment as space, while abiding in perfect peace.
11. Disillusion any desire that comes up (let it go back to pure consciousness), experience the beyond-thought state.
12. When you see yourself clearly, you find out that anything else is only illusion.
13. Contemplate that all you experience in the world is within you.
14. Contemplate that space from which everything arises and comes to rest.
15. Contemplate: "When I experience no thought, I am everywhere — omnipresence, my natural state."
16. Contemplate: "I am the infinite Self, pure consciousness, and everything is unfolding as it should."
17. If any thoughts appear, let them go and contemplate pure consciousness.
18. Contemplate the unchanging Self. What never changes?

19. When the I thought comes up, trace it back to where it comes from. When the I thought merges with the source, everything will disappear.
20. Find out where the mind comes from, and watch it disappear.
21. Follow the I back to its resting place.
22. Contemplate: In the now, you are awake.
23. Contemplate: When you have disillusioned the separate self construct, all thoughts and impressions return to the source. You are free!
24. When a thought appears, notice that stream of consciousness coming from the void.
25. Experience the Source of the universe; it doesn't change or fall away, It just is!

**PUT YOUR ATTENTION ON THE SOURCE.
WHEN YOU MERGE WITH THE SOURCE, YOU ARE FREE.**

The more you work with this Self-Inquiry program, the less you will react to life, the more you will reside in the now. If, at times, life hands you lemons, simply remember the Self. Even if your remembrance is only conceptual, it will help you release the past and come back into the now. The now is all that exists — the rest is all illusion. Soon it will all be now, wherever you turn.

Coaching Self-Inquiry Program

Before starting this processing section, be sure to listen to:

- A. Coaching Self-Inquiry lecture tapes #1-3, several times.
- B. The following Coaching Self-Inquiry Sessions, in this order:
 - 1. Stress Release - Being in Stillness.
 - 2. When you find out who you are, the rest will take care of itself!
 - 3. The Eternal Now.
 - 4. Healing - Releasing the identity that believes in limitation.
 - 5. How to listen to your intuition to discover what you want most.
 - 6. The false I's mechanism of manifestation.

These audio tapes are also in your workbook in transcript form.

- A. Work with the above audio tape programs a number of times until you are quite familiar with each of them.
- B. Answer the analysis questions on Discovering Issues to Release.
- C. Apply the above issues using the audio tape Healing - Releasing the Identity That Believes in Limitation.

Coaching Self-Inquiry

If you have already completed A-C, and you have someone to work with who has also completed the above, then you are ready to co-coach.

Presuming you both have answered the analysis, Discovering Issues to Release:

1. Co-coach your partner on the audio tape inquiry programs (use transcripts).
 1. Stress Release-Being in Stillness
 2. When you find out who you are, the rest will take care of itself.
 3. The Eternal Now
 4. Healing - Releasing the identity that believes in limitation.
 5. How to listen to your intuition to discover what you want most.
 6. The false I's mechanism of manifestation.
2. Take the stressful issues from the Discovering Issues to Release analysis, and run them through the Healing tape program using the transcript.
 - A. Coaching Self-Inquiry Contemplation Exercises
 - B. Stressful Issues Coaching Programs (Do these using issues from Discovering Issues to Release analysis.)
 1. Stress Release-Being in Stillness
 2. When you find out who you are, the rest will take care of itself.
 3. The Eternal Now
 4. Healing - Releasing the identity that believes in limitation.
 5. How to listen to your intuition to discover what you want most.
 6. The false I's mechanism of manifestation.
 - C. Affirmation and Belief Release Process - stressful issues, daily inquiry issues
 - D. Belief Clearing - stressful issues, daily inquiry issues
 - E. Belief Releasing Contemplation on stressful issues, daily inquiry issues

Belief Releasing Contemplation

This contemplation exercise can be performed at the beginning of each Coaching Self-Inquiry session to assist the client in releasing into the now. It brings their attention into the present. It can also be used for clearing up agitations, problems, and attachments of all kinds.

This contemplation exercise can be applied to:

1. any issues occurring in your life
2. any issues on any of the tape transcripts, or in the workbook, particularly any statements that the mind has been resisting understanding
3. any issues on the daily inquiry contemplations
4. any issues on the section Discovering Issues to Release analysis list

Let us choose something to release: a pain, sensation, ache, depression, stress, an emotion, an unwanted attitude, a phobia, an unwanted or blocked desire, a compulsion, substance abuse, damaging behavior, a chronic problem, immune deficiency, body malfunction, an unwanted feeling, stress regarding impending physical death, etc. Then run that issue through the processing list on the following page, using the four steps below. Choose one issue and stay with that one complaint throughout your entire session.

Take 3 deep breaths, and relax:

1. In reference to _____, has there been any _____?
2. Tell me about it.
3. Let it drop away, let it be, relax and release it, de-energize _____.

4. In reference to _____ , give rise to no further _____ during this session.

- a. beliefs
- b. desires
- c. anticipations
- d. expectations
- e. planning
- f. agendas
- g. preconceived ideas
- h. thoughts of attainment
- i. thoughts of achievement
- j. thoughts of becoming
- k. grasping
- l. pushing energies away - resisting
- m. pulling energies in
- n. attachments - holding on to energies
- o. anything you think needs to be changed
- p. anything you think needs handling
- q. preoccupations
- r. any believed knowing (True knowing is not fixed and does not persist in time.)

Get the perception that there is nothing to think.

Dissolve any desires, including any anticipation of possible gains that you might make on this issue in this session.

Is the I that has this issue still present? If so, follow the I back to its source, and merge with the Self.

Take 3 deep breaths.

Know the Self — beyond matter, energy, space, time, thought, name and form.

AFFIRMATION BELIEF RELEASE

Use Affirmation Belief Release Coaching in working with stressful issues.

See yourself as a blank screen with images projected on Her participation and all the work she has done is very much appreciated by laboring women, their families and the staff at SFGH.

to it. You have the choice of identifying with the movie or the screen. Most of us identify with the images on the screen, not the background of all imaging, the screen of all becoming.

Positive and negative issues are two sides of the same coin, the coin has two faces. But what about the coin without the faces?

Take up the so-called positive statement first:

1. Client affirms belief
2. What comes up?
3. Client affirms belief
4. What comes up?
5. Client affirms belief and continues to communicate his/her experience until they can experience that affirmation statement with nothing else present.

Take up the so-called negative statement:

1. Client affirms belief
2. What comes up?
3. Client affirms belief
4. What comes up?
5. Client affirms belief and continues to communicate his/her experience until they can experience that affirmation statement with nothing else present.

Go back and forth with the positive and negative until you get a release.

BELIEF CLEARING

Select a belief you'd like to work with, then:

1. Define it
2. Give a clear example of it
3. Give an example of having applied it in your life
4. Give an example of not having applied in your life
5. What is it?
6. What isn't it?
7. What is it similar to?
8. What is it different from?

9. What is the opposite of it?
10. What could it be used for?
11. What could it get a person into?
12. What could it get a person out of?
13. What are the liabilities of applying it?
- 13a. What are the liabilities of not applying it?
14. What are the advantages of applying it?
- 14a. What are the advantages of not applying it?
15. What would "being" look like with it?
16. What would "doing" look like with it?
17. What would "having" look like with it?

18. What would change if you were to apply it?
19. What would not change if you were to apply it?
20. What would you have to give up to successfully apply it?
21. How could you successfully apply it?
22. How might you unsuccessfully apply it?
23. What could you do now and in the future to effectively implement this teaching into your life?
24. How does this teaching seem to you now?

COACHING SELF-INQUIRY CONTEMPLATION EXERCISES

These contemplation exercises can be applied to:

1. issues occurring in your life
2. issues in any of the tape transcripts or in the workbook, particularly any statements the mind has been resisting understanding
3. issues on the daily inquiry contemplations
4. issues on the analysis list in the section, "Discovering Issues to Release"

Let us choose something to release: a pain, a sensation, an ache, depression, stress, an emotion, an unwanted attitude, a phobia, an unwanted or blocked desire, compulsion, substance abuse, damaging behavior, a chronic problem, immune deficiency, body malfunction, an unwanted feeling, stress regarding impending physical death, etc. Choose one issue and stay with that one complaint throughout your entire session.

CONTEMPLATION EXERCISE 1:

Take 3 deep breaths, and relax.

A. Tell me about the _____ issue.

B. Make this distinction: It is not "I feel" — it is rather that "the 'I' feels."

When you say "I feel," you trap yourself with a lie.
What is the lie here? What is the truth here?

1. What image do you use to represent yourself? Is this you?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

2. The power in the universe knows very well what to do to make you happy. Are you willing to let go of what you think you want? Why or why not?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

3. In reference to _____, the past only exists because you think about it. What would it take for you to cease thinking about it?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

4. In reference to _____, you bring the past to play with you in the present. Is there any need to think about it? What is the need?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

5. In reference to _____, the universe is only real if you think about it. What would happen if you relaxed this thinking?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

6. In reference to _____, you don't need to add on, you only need to empty. What wants to be emptied?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

7. In reference to _____, when you admit that you are the Self, nothing can harm you. What would it take for you to own up to infinite selfhood? Are you willing to identify with infinite selfhood?

If you are willing, do it and describe what happened.

8. In reference to _____, stay put in the HERE AND NOW. What needs to be released so that you can be here now?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

9. In reference to _____, look at the world with no reactivity. How could you be open to this result?

Could this result be beneficial? How?

10. In reference to _____, there is no "you" as you appear. Describe the image you equate with "you."

11. In reference to _____, look at yourself objectively, see yourself as you really are. What do you see?

Are there any beliefs that you want to release?

12. In reference to _____, all you can ever be is right NOW. Do you want to be something more than now? What?

Does that being involve effort? If so, what does this tell you?

13. In reference to _____, there is no other time than NOW. Why is this so or not so?

14. In reference to _____, you are all you will ever be, right NOW. How is this so?

Are there any beliefs that want releasing?

15. In reference to _____, what could be more important than knowing yourself? Describe.

Can this bring you eternal peace?

16. In reference to _____, when you dive deep within yourself, you will know what to do. Was there a time when you experienced this knowledge? Describe.

17. In reference to _____, when you go beyond all words to a place where there is nothing, yet you still exist, what do you exist as?

18. In reference to _____, put your energy into finding yourself. What would have to happen for you to be willing to do this?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

19. In reference to _____, see your life as a dream. Spot the I that is outside of the dream. Describe it.

20. In reference to _____, there is an enlightened doer within you. Describe this doer.

What could be the value in identifying with this inner doer?

21. In reference to _____, you are boundless space. Identify with this space. What happens?

22. In reference to _____, bliss is your very Self. Identify with this bliss. What happens?

23. In reference to _____, discover your oneness with all of life. What would you like to release to be open to this?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

24. In reference to _____, you are neither here nor there. Where are you?

25. In reference to _____, you are trying to put it into words, which can spoil it. What is the value in keeping silence?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

26. In reference to _____, the wall is the I thought. How does this I thought keep you from knowing yourself?

27. In reference to _____, you think you don't have what you want because you see these things as "outside" of yourself. Your belief is that something outside of you can make you happy. Where are your boundaries? How do they come into existence?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

28. In reference to _____, you do not exist NOW. What exists now?

29. In reference to _____, there are no thoughts that can help you realize your Self. Describe the Self beyond thought.

CONTEMPLATION EXERCISE 2:

Take 3 deep breaths, and relax.

A. Tell me about the _____ issue.

B. Make this distinction: It is not "I feel" — it is rather that "the 'I' feels."

When you say "I feel," you trap yourself with a lie.
What is the lie here? What is the truth here?

1. In reference to _____, your thoughts are the only things that hold you back. Describe times when thought appeared to hold you back.

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

2. In reference to _____, you are not what you think you are. What do you think you are? What are you really?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

3. In reference to _____, this moment is your opportunity to awaken. How might you utilize this moment to awaken?

4. In reference to _____, whatever is supposed to happen will happen by itself. Is anything happening by itself?

5. In reference to _____, become happy for no reason. Are you wanting for a reason? If so, what reason?

6. In reference to _____, learn to live in the NOW. How could you accomplish this?

7. In reference to _____, you release your ego by living in the NOW. How does this release take place?

8. In reference to _____, your true Self doesn't have to think — your real Self just is. Describe your thinking and non-thinking selves.

9. In reference to _____, the "I" will release upon knowing the truth. What is the truth? What are the possible benefits in knowing this truth?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

10. In reference to _____, wherever you look, you see yourself. Where are you not?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

11. In reference to _____, it is belief that keeps you out of the NOW. What are the beliefs that appear to keep you out of the now?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

11. In reference to _____, it is belief that keeps you out of the NOW. What are the beliefs that appear to keep you out of the now?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

12. In reference to _____, you are searching for something that you already are, that is why you can't find it. What have you been searching for?

What would have to happen in order for you to find yourself?

13. In reference to _____, when you act in the moment, you can't think because you are one with the action, your attention is only on what you are doing and no thoughts are possible. Describe some times when this appeared to happen to you?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

16. In reference to _____, as you begin to think, you spoil everything. Describe some times when this happened to you.

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

17. In reference to _____, rest in the unmanifested. How could you accomplish this?

What could be the value in doing this in times of stress?

18. In reference to _____, you are the space in between your thoughts. Describe this space. What is released?

19. In reference to _____, in the NOW moment everything is perfect; the blessing is that you are not here to make a belief system out of it. What is the difference between now and a belief of now?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

20. In reference to _____, live in the moment — everything happens by itself. Describe action without effort or attachment.

What could be the benefit of living this?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

21. In reference to _____, when you find out who you really are, what you find will do the rest. Describe how this takes place.

22. In reference to _____, if you want to be at your best, discover your own inner nature. How does one discover their own inner nature?

23. In reference to _____, things appear to be real as long as you believe in them. Describe a phenomena that you have made more real by believing in it.

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

24. In reference to _____, go right to your Source, which is the Self, then everything is automatically resolved. What is the connection between the Self and resolution?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

25. In reference to _____, when you are yourself, you will be amazed at how the universe takes care of you. Why does it work this way?

How might you open yourself to this shift?

26. In reference to _____, everything is a projection of your mind. What could be the value in knowing this?

How might you apply this?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

27. In reference to _____, in silence, all your problems dissolve. Where do your problems go?

28. In reference to _____, I am the eternal NOW. Why is this experience ordinary and insignificant?

29. In reference to _____, moments of no-mind will become more and more frequent as you do this practice. Describe no-mind.

What is the relationship between no-mind and infinite space?

30. In reference to _____, when you are the truth, problems resolve themselves. How does the truth release problems?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

CONTEMPLATION EXERCISE 3:

Take 3 deep breaths, and relax.

A. Tell me about the _____ issue.

B. Make this distinction: It is not "I feel" — it is rather that "the 'I' feels."

When you say "I feel," you trap yourself with a lie.
What is the lie here? What is the truth here?

1. In reference to _____, you are trying to solve a problem generated from an identity's point of view. Describe this identity.

Describe yourself.

2. In reference to _____, when the mind and ego are transcended, some mysterious power takes over and takes better care of you than you could ever take care of yourself. What is this power?

How can you prepare yourself for this event?

3. In reference to _____, when the sense of I disappears, you will become pure consciousness. Where does I go?

How could this be valuable?

4. In reference to _____, space is your real nature. Identify with this space. Are you not that?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

5. In reference to _____, when you discover your Self, you will know everything else. Is there anything left to know then?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

6. In reference to _____, the NOW is absolute reality. How could practicing this identification reduce stress in your life?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

7. In reference to _____, consciousness cannot know itself for it is pure awareness. What would happen if you let go of trying to know yourself?

8. In reference to _____, only silence is the truth. Why is this true?

9. In reference to _____, when you discover that you are not the ego, everything happens spontaneously. How does this work?

What is released?

10. In reference to _____, the Self exists NOW. Is there any other time?

11. In reference to _____, unless you are happy NOW, there will be no happiness in the future. Why is this true?

Are you willing to re-evaluate your relationship to happiness? What might your realization be here?

12. In reference to _____, become the witness to whatever is going on in your mind. Welcome that. Give it space.

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

13. In reference to _____, follow the I to its source. Where does the I take you to?

14. In reference to _____, human happiness is dependent on things. What is the difference between subject-object happiness, sometimes called human happiness, and in-the-moment happiness for no reason?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

15. In reference to _____, be yourself, just the way you are. This Self is spontaneous and lives in the NOW. Identify with this Self. What happened?

16. In reference to _____, if you become happy and peaceful right where you are, circumstances will change in your favor. How might this work?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

17. In reference to _____, identify with your true nature. Be with this until there is nothing to identify with. What happened?

18. In reference to _____, when you are experiencing your true nature, everything you see is happy and blissful. Why is this so?

19. In reference to _____, the world is an expression of your own mind. Is there anything to release on this? Let it go. What happened?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

20. In reference to _____, do not seek. By not seeking, you will find yourself. Why does seeking yourself block finding yourself?

21. In reference to _____, the "I" is separate from the NOW. Why is this?

CONTEMPLATION EXERCISE 4:

Take 3 deep breaths, and relax.

A. Tell me about the _____ issue.

B. Make this distinction: It is not "I feel" — it is rather that "the 'I' feels."

When you say "I feel," you trap yourself with a lie.
What is the lie here? What is the truth here?

1. In reference to _____, you don't have to search. What you are looking for is near. How might you find it?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

2. In reference to _____, your own Self is here and NOW. How might you find something that is here now?

3. In reference to _____, you have to be in this NOW to be free. What is the relationship between now and freedom? What might be released by knowing the now?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

4. In reference to _____, if you look within, you disappear. Contemplate this.

5. In reference to _____, does nothing need any improvement? What could this mean in your life?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

6. In reference to _____, where could you be other than NOW?

7. In reference to _____, look within. If you have found something you do not like, you have not looked deep enough. What does this mean to you?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

8. In reference to _____, freedom is here NOW. How might you apply this in your life?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

9. In reference to _____, eternity is here and NOW. How might you apply this in your life?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

10. In reference to _____, what you have been searching for is nearer than your thoughts. How might you apply this in your life?

11. In reference to _____, looking at names and forms can never take you back to your essence. How might you apply this in your life?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

12. In reference to _____, who is putting the "I" there? Is it really there?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

13. In reference to _____, why do you want something that is not here and NOW?

14. In reference to _____, in the absolute present, everything will be dissolved. How could you apply this statement to improve your vitality?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

15. In reference to _____, why do you have to wait and plan to get into the present moment?

16. In reference to _____, how far away from you is the "I" situated?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

17. In reference to _____, there is nothing beyond your own Self. Describe some times when you believed this was not true.

Is it true for you now? Why or why not?

18. In reference to _____, discrimination is knowing the difference between the real and the unreal. What is real never changes. What is real?

What is unreal?

19. In reference to _____, there is no higher truth than the discovery of your own true Self, there is nothing beyond this. How might you make this statement useful in your life?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

20. In reference to _____, the primary cause of misery is ignorance of the Self. Describe some times when you appeared to be unaware of this Self.

Describe some times when you were aware of this Self.

21. In reference to _____, the Self is here, NOW, and It is eternal. Contemplate this. What happened?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

22. In reference to _____, there is nothing to be gained now. What does this mean in your life?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

23. In reference to _____, you need no effort to be yourself. Describe this effortlessness.

24. In reference to _____, discover the real nature of the mind. What freedoms might arise from this knowing?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

25. In reference to _____, silence is the answer. Is there a question that silence is not the answer for?

What is the difference between silence and release? Are there similarities?

26. In reference to _____, the world is all right, just as it is.
Why is this true?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

27. In reference to _____, see the past as illusion. How could this view be helpful during times of stress?

In reference to _____, how does this Self-Inquiry Coaching question apply? Tell me about it.

Let the issue of _____ drop away — let it be, relax and release it, let it go.

STRESSFUL ISSUES COACHING PROCESS

STRESS RELEASE — BEING IN STILLNESS

CO-COACHING ISSUE RELEASE PROCESS #1

Let us choose something to release: a pain, a sensation, an ache, depression, stress, an emotion, an unwanted attitude, a phobia, an unwanted or blocked desire, a compulsion, substance abuse, damaging behavior, a chronic problem, immune deficiency, body malfunction, an unwanted feeling, stress regarding impending physical death, etc. Choose one issue and stay with that one complaint throughout your entire session.

This Self-Inquiry Processing program is entitled, "Stress Release - Being in Stillness." These processes have been designed to help you discover your true nature, or authentic Self. Through working with these processes, your true Self is unmasked as you release stresses that cloud the truth.

These coaching exercises first assist you in Self-discovery by guiding you into deep relaxation, as in deep meditation, to give your brain and mind a much needed rest. You will then inquire into the specific causes of self-limiting mental patterns. These processes aid you in examining the stress-producing beliefs that you have about yourself. As you work through this coaching session, you may find that your ego boundaries, or limited definitions of yourself, expand or dissolve entirely. You can relax into a profound, spacious peacefulness. In brain-wave technology, this peacefulness is called the theta state. It is in this state of relaxed awareness that we can see things clearly.

As stressful patterning releases, you may experience your natural bliss. As you release deep-seated body/mind tensions, you will become very relaxed. You may let go so deeply, in fact, that you may not be willing or able to carry on with these processes. This is a much desired release, as this is the result of the deep relaxation of the mind and brain. It means you are rediscovering your natural openness and spaciousness. Just continue to let go, and enjoy your adventure in pure being.

As we prepare to start our Coaching Self-Inquiry session, you will probably wish to lie down or get into a more comfortable, relaxed position before interacting with this program. Find a safe space to perform this inquiry, away from distractions and interruptions. You may also enjoy these contemplations while walking in the woods, on the beach, or in other natural settings. For the next hour, let be and let free.

This first process will assist you in letting go of recently accumulated stress. Once that is released, we can proceed to deeper issues and core beliefs.

Let us still the mind.

Take 3 deep breaths, then:

1. Become aware of_____.
2. Let it drop away; let it be, relax and release it, de-energize _____.

In reference to _____, let go of:

1.
 - a. any anticipations
 - b. any expectations
 - c. planning
 - d. agendas
 - e. preconceived ideas
 - f. thoughts of attainment
 - g. thoughts of achievement
 - h. thoughts of becoming
 - i. any grasping
 - j. pushing things away (resisting)
 - k. pulling things in
 - l. holding onto things, meaning attachments
 - m. anything you think needs to be changed
 - n. anything that you think needs handling
 - o. preoccupations
 - p. any "knowing" (True knowing is not fixed and does not persist in time.)

Let yourself perceive that there is no need to think.

Dissolve any desires, including any anticipation of possible gains that you might make in this session.

Stay open to discovering your Self.

2. Breathe in and out, being conscious of your breath.
 - a. Notice the non-activity after each inhalation exhalation.
 - b. Hold your breath slightly at each point of in or out activity, and experience the peace. Repeat this, staying in touch with your breathing.
 - c. Contemplate: Stress is caused by holding a view of yourself that is different from the way you really are.
3. Locate the 8 corners of the room, 4 on the floor and 4 on the ceiling. Hold your focus on all 8 of them, creating a cube of space, for 30 seconds. If any thoughts come up, let them go like waves falling back into the ocean.
4. In reference to _____, be as you are, while being nothing ... doing nothing ... and having nothing. Release any and all effort.
5. In reference to _____, contemplate perfect silence. If anything comes up, release it into perfect silence.
6. In reference to _____, experience formlessness. If any forms come up, release them into formlessness.
7. In reference to _____, contemplate infinity. If anything finite comes up, release it into infinity.
8. Contemplate pure space, pure consciousness.

- a. Does it have weight? What is its weight? Release all imagined weight.
- b. Does it have form? What is its form? Release all imagined form.
- c. Does pure space have any dimensions? Where are its dimensions?
Release all imagined dimension.
- d. Does pure space have any qualities? What qualities does it have? Release all imagined qualities.
- e. Does pure space have any characteristics? What characteristics does it have? Release all imagined characteristics.
- f. Does pure space have any wave form, wavelength or vibratory level?
Release all imagined vibratory textures.

9. In reference to _____, who you are is pure space, beyond name and form.

10. In reference to _____, there is only now.

11. In reference to _____, what is present in pure being? Experience this with no mind. What is not present in pure being? Let that drop away into pure space. Let it be... Be as pure being. Be as you are. Experience what is present in pure being with no mind.

12. In reference to _____,

- a. Experience that there is pure awareness above you — release all imagined energies.
- b. pure awareness below you — release all imagined energies.
- c. pure awareness to the right — release all imagined energies.
- d. pure awareness to the left — release all imagined energies.
- e. pure awareness in all directions — release all imagined energies.

Experience that you are pure awareness.

13. In this moment, contemplate timelessness.

14. In reference to _____, what you are looking for you already are. Know this without thinking about it.

15. In reference to _____, if any notions of yourself come up, let them fall away without any interaction.
16. In reference to _____, in true looking, the looker must dissolve into the looking. Let the looker identity fall away.
17. In reference to _____, recognize your oneness with what you are looking at. The looker and the looking are one. There is only "lookingness."
18. In reference to _____, there is nothing to achieve.
19. In reference to _____, be open to the now.
20. In reference to _____, the seer can never be seen. Let the seer fall away into pure awareness, let the identity of seer rest. There is only "seeingness."
21. In reference to _____, the now is an unconditioned moment. Enjoy this moment.
22. Notice the silence underlying all reality.
23. In reference to _____, what would it be like for you to live without any thoughts of purpose? Live in purposelessness, let all purposes go, let them fly away. Release them into the now.
24. In reference to _____, become aware that who you used to think you were was just a memory, just pictures. You are pure awareness.
25. You are pure space. Experience your space getting larger and larger and larger. Go way past the stars now — beyond all boundaries. Experience infinite space.

26. In reference to _____, become aware of the vastness of infinite space, the space that is beyond name and form.

27. Are there times when you do not exist?

Do you continuously exist during sleep?

In deep sleep, dreamless sleep, is there any matter? energy? space? time? identity? name? form? thought?

So you exist in deep sleep where there are no thoughts?

When there are no thoughts, where are you?

What are you aware of in deep sleep?

Are you aware of yourself in deep sleep?

Are you aware of yourself now?

Are you sure you are not dreaming now?

Are you sure you are not a dreamed character? Who is dreaming you?

Is there any damage or embarrassment caused by the disillusion of your waking self ?

28. In reference to _____, emptiness is the healing factor in any situation.

When the mind is empty, the Self is full.

When you empty out your mind, what effect does that have upon your body?

Do you notice a deeper peacefulness?

29. In reference to _____, are you becoming aware of the unconditioned "I," the silence that is your real Self before and beyond any thinking?

You are pure essence, you are beyond name and form.

This I thought does not belong to you. Give it back—now.

30. In reference to _____, are you realizing that freedom is causeless?

You do not have to do anything to have it.

It is not something that one has.

It is already there — before any thought or action.

31. Your totality does not exist solely as a physical entity; you are not located in space or in time.

32. Absolute truth is beyond matter, energy, space, time, form and identity.
You are absolute truth when your mind is quiet.
Are you realizing that thoughtless space?
33. In reference to _____, your real nature is closer than any thought.
34. The real purpose of these words is to point to your timeless silence.
35. Are you knowable through the mind and senses?
You are unknowable through the mind and senses.
Can you know pure space?
36. In reference to _____, true meditation is living in spontaneity, it is being in the now.
Right action arises spontaneously from the moment itself.
You are not the source of the action, totality is.
37. The finite mind will never know infinity.
38. In reference to _____, if any desires come up, allow them to fall away without any interaction.
Just witness or observe them without any interaction. Pay them no mind.
39. In reference to _____, let everything be as it is. Everything is unfolding just as it should. Everything is as it is.
40. Be in silence without saying, "I am in silence."
41. In reference to _____, all desires belong to the past.
You can not have a desire in the present moment.

42. In reference to _____, you no longer need to take orders from your thoughts.

43. In reference to _____, in the absolute present, all stress is dissolved.

44. Happiness comes by itself, you don't have to chase it.
Happiness is here now.

45. In reference to _____, now that you have found yourself, you are happy with the way you are, right now.

46. When you know yourself as infinite space, you are the happiest person in the world.

47. In reference to _____, as this wisdom comes to you, you stop wanting and searching and live in the present moment, spontaneously.
There is only freedom in pure awareness.
Freedom is only here, now.

48. In reference to _____, affirm this: I am not the doer in my life; everything is done through me, without effort, force, pretense or desire.

Congratulations! You are born again into the now.

Thank you for participating in this Self-Inquiry Processing session. The more times you work with this program, the more stressful patterns you will release and the deeper your experience of stillness will become. Keep working with this program to allow the profound truths of these contemplations to become a living reality.

If you would like more information about Coaching Self-Inquiry, audio tapes, workshops, or individual sessions, please contact: Norman McVea, Ph.D., 20 Sunnyside Ave., Suite A-164, Mill Valley, CA 94941, 415-868-9050.

Let be and let free.

Stressful Issues Coaching Process

WHEN YOU FIND OUT WHO YOU ARE, THE REST WILL TAKE CARE OF ITSELF.

CO-COACHING ISSUE RELEASE PROCESS #2

Let us choose something to release: a pain, a sensation, an ache, depression, stress, an emotion, an unwanted attitude, a phobia, an unwanted or blocked desire, a compulsion, substance abuse, damaging behavior, a chronic problem, immune deficiency, body malfunction, an unwanted feeling, stress regarding impending physical death, etc. Choose one issue and stay with that one complaint throughout your entire session.

This Self-Inquiry Processing program is entitled, "When You Find Out Who You Are, the Rest Will Take Care of Itself." These inner-active Self-inquiry processes have been designed to help you discover your authentic Self, or true nature.

These coaching exercises first assist you in Self-discovery by guiding you into deep relaxation, as in deep meditation, to give your brain and mind a much needed rest. You will then inquire into the specific causes of self-limiting mental patterns. These processes aid you in examining the stress-producing beliefs that you have about yourself. As you work through this coaching session, you may find that your ego boundaries, or limited definitions of yourself, expand or dissolve entirely. You can relax into a profound, spacious peacefulness. In brain-wave technology, this peacefulness is called the theta state. It is in this state of relaxed awareness that we can see things clearly.

As stressful patterning releases, you may experience your natural bliss. As you release deep-seated body/mind tensions, you will become very relaxed. You may let go so deeply, in fact, that you may not be willing or able to carry on with these processes. This is a much desired release, as this is the result of the deep relaxation of the mind and brain. It means you are rediscovering your natural openness and spaciousness. Just continue to let go, and enjoy your adventure in pure being. Discover the magic in being yourself.

As we prepare to start our Coaching Self-Inquiry session, you will probably wish to lie down or get into a more comfortable, relaxed position before interacting

with this program. Find a safe space to perform this inquiry, away from distractions and interruptions. You may also enjoy these contemplations while walking in the woods, on the beach, or in other natural settings. For the next hour, let be and let free.

1. In reference to _____, get in touch with your breath. Take 3 deep breaths, and let go of all thinking. When you realize who you truly are, you cease searching and wanting. You live in the present moment, spontaneously.

2. In reference to _____, what are you not?

You are not your body.
You are not your mind.
You are not your emotions.
You are not the roles that you play.
You are not your possessions.
You are not your achievements.
You are not your hopes.
You are not your mistakes.
You are not your misdeeds.
You are not your tennis shoes.

3. In reference to _____, let go of all ideas that you have about yourself. Manager, jock, lover, salesperson, husband, wife, etc. Let them fall away into deep space.

4. You are not the image you have of yourself. Whether that image is of an athlete, a business person, a seeker, a victim, etc. All images are just memory.

5. In reference to _____, when you are identified with an image of yourself, you are not seeing yourself as you really are. Without the image that you have of yourself, you are something completely different. See yourself in your naked simplicity.

6. We erroneously define ourselves through our thoughts.
Cease identifying with your thoughts, give them some space.
Affirm: This is not me, these are only my thoughts.
There is only pure consciousness.

7. In reference to _____, there is no such thing as fixed personality.
Pretending to be a name and form will never take you back to essence.
What personality traits do you think you are?
Let them be absorbed in pure being.
Release all imagined ingredients.

8. In reference to _____, when you live free from identity, you know only spaciousness, only pure awareness.

9. I is the most misunderstood word in the language.
Find yourself, beyond any image you have of yourself.

10. In reference to _____, give up all qualities, both positive and negative.
Now get in touch with a positive quality that you identify with. Relax, and release it.
Get in touch with a negative quality that you identify with. Relax, and release it.
When you realize your Self, all virtues will immediately follow.
Ponder this.

11. In reference to _____, relax the intention to be somebody.
Any problems that you think you have exist only from the point of view of an identity.
They are innately not your problems.
Rest in the unmanifested.

12. In pure being there is no conceptualization. Experience pure being.

13. The moment you objectify yourself, you automatically contract.

Example: I am a man or I am a woman. I am anything. There cannot be two of you. There is just one. No cause and no effect.
Release the intention to be anything.
Be absorbed in effortless being.

14. In reference to _____, you are not an object; you can't be defined or described.

15. In reference to _____, consider that all ideas of becoming are generated from the insecurity of appearing to be separate from your real Self (pure space).

16. In reference to _____, relax all structures that you take as yourself. Relax your "I-ness."
This I does not belong to you. You are pure awareness.

17. Relax who you think you are, and dissolve completely in the expansion.

18. In reference to _____, being somebody is only a thought construct. Relax and release that illusion.

19. In reference to _____, live in the complete absence of any symbols or representations of yourself .

20. In reference to _____, listening to yourself is not a subject-object, cause-effect relationship.
Dissolve both the belief in a subject and object, and the cause and effect notion. There are not two selves, but just one. The one Self is within the illusion of two. There is only being.
You are not localized, you are not represented, you can't even think the thought "yourself," or "I," because that wouldn't be you; it would only be your creation. Ponder this.

21. In reference to _____, get in touch with how much effort it takes to create the person you think you are. Now release it.

All you can ever be is what you are right now.

22. In reference to _____, get in touch with the point of view you put forward as yourself, your self-image. Now let it be, relax it.

23. In reference to _____, are you becoming more willing to give up hiding behind an identity?

Drop using an identity as a way to handle life. Why hold a form?

When you pretend to not know that you are this infinite bliss, you reject your Self.

Experience the bliss that you are.

24. You are experiencing the desireless state within yourself.

Desires are originated by the mind. When you give rise to desires, you are living someone else's life.

Turn within and discover life.

25. In reference to _____, experience the beingness state within yourself.

Experience the space within yourself that is free of any becoming.

26. In reference to _____, the "I" concept is just memory, a past image.

Give up seeing through the past.

What appears to be you is just a product of your own mind.

The identity that wants to be free simply doesn't exist.

This false image of yourself is your only bondage.

This I exists only because you believe in it.

This is where you put your power. Release this power of believing. Return to the unmanifested.

27. In reference to _____, what you see is what you are not.

Discover that what it means to be you is being infinite space.

Take refuge in the now, which is yourself.

The now is sourceless being.

28. In reference to _____, watch all manifestations arise from their source, the silence.
Who is putting the "I" thought there?
When you cling to the "I" image, you are not living in the now.
Let the I image dissolve into deep space. Give up playing possum — you are the space behind all becoming.
Become absorbed in the now.
29. In reference to _____, are you discovering that who you really are is unthinkable?
Direct perception of who you really are does not come through the mind.
You are sourceless.
30. When you are being an identity and you ask yourself a question, there is only an answer. But when you are being stillness itself and you ask a question, there is only stillness.
31. In reference to _____, what would it be like to realize your Self, to be more and more transparent?
32. In reference to _____, be as you are — no effort, no force, no pretense.
33. In reference to _____, do not make an object out of what you fundamentally are.
34. In reference to _____, in being oneself, there is no tension.
Allow the concept called yourself to be taken by this absolute intentionlessness.
35. In reference to _____, from this quiet space, observe that all goals create tension.
Create a goal and experience your body.
Let go of that goal and experience your body. What's the difference?

36. In reference to _____, from now on, when you say the word "I," refer to yourself only as vast, empty space.

37. In reference to _____, you are in the space of your own beingness.

You cannot go to that pure beingness. There is no going there.
There is only spaciousness.
Release any effort to be it.

38. Without thinking, experience your essence.
Let go of any thoughts of essence, just be essence.
You do not exist now.

39. In reference to _____, the "I" comes from pure space.
When you try to put it into words, you spoil it.

Why hold onto the I?
You are not this I, awaken to this.
When you acknowledge that you are not this I, you are free.
Everything you are searching for is right here, right now.
You are going to realize this someday, why not now?

40. In reference to _____, when you say "I," what comes up?
Let it drop away.

Say "I" until nothing comes up but vast, empty space, the source of the I.
This is called clearing the "I."
The result is the release of the "I" structure.
You are that space.

41. In reference to _____, to be an identity is to be encumbered.
Cease energizing thoughts, just let them be.
Say to yourself, "These thoughts are not me, they are my creation."

42 a. In reference to _____, who is putting the "I" there?

Find yourself.
When you say "I," you lie.
Find yourself beyond "I."
Find the space from where "I" originates.

b. In reference to _____, this is an important distinction:
You say that you have feelings that are keeping you trapped, i.e.: I feel fear, I feel anger, I feel resentment, I feel lonely, I feel blue, etc.
It is not "I feel" these emotions and attitudes; it is that the "I" feels.
These feelings belong to the "I," not to you.
You are not the "I."
Put some space between yourself and the "I" identity.
These feelings belong to somebody, but not to you.
When are you going to accept your non-material nature?
For you, there is nothing to feel.
It is only your false self-identification with the "I" that causes you to misunderstand who you really are.
Simply say "the I feels," and then you are back again to pure space.
Attempting to be something other than who you really are can make the "I" appear to be unhappy.
Release the "I," and the "I" and the unhappiness will both dissolve.
You are happiness itself.
Why identify with the "I," the source of unhappiness?

43. Be pure space and experience life flowing through you, being void of any physicalness ... even openness ... or willingness.
Just experience space, pure unfurnished awareness.
When you are just pure space, the truth flows through you like grease through a goose.

44. In reference to _____, as you realize who you really are, you cease all searching and wanting. You live in the present moment, spontaneously.

Congratulations! You are born again into the now.

Thank you for participating in this Self-Inquiry Processing session. The more times you work with this inner-active program, letting go of what you are not, the more you will discover your authentic beingness. Keep working with this program until you experience that, when you say "I," only vast empty space is there. This means that you have cleared the false "I," and that "I" only refers to nothingness, or spacious beingness. This is called releasing the "I" structure. When you find out who you really are, the rest will take care of itself!

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Let be and let free.

Stressful Issues Coaching Process

THE ETERNAL NOW

CO-COACHING ISSUE RELEASE PROCESS #3

Let us choose something to release: a pain, a sensation, an ache, depression, stress, an emotion, an unwanted attitude, a phobia, an unwanted or blocked desire, a compulsion, substance abuse, damaging behavior, a chronic problem, immune deficiency, body malfunction, an unwanted feeling, stress regarding impending physical death, etc. Choose one issue and stay with that one complaint throughout your entire session.

Welcome to Coaching Self-Inquiry. This is Dr. Norman McVea speaking. This program is copyrighted 1994, all rights reserved.

This Self-Inquiry Processing program is entitled, "The Eternal Now." It has been designed to help you discover, through Self-Inquiry processes, the eternal now.

These processes first assist you in discovering your Self by guiding you into deep relaxation, as in deep meditation, to give your mind and brain a much needed rest. We then inquire into the specific causes of the illusion of the past. These processes aid you in examining specific stress-producing beliefs you have about the illusion of the past. As you work through this coaching session, you may find that your ego boundaries, or limited definitions of yourself, expand or dissolve entirely. You may relax into a profound, spacious peacefulness. In brain-wave technology, this peacefulness is called the theta state. It is in this state of relaxed awareness that we can see things clearly.

As stressful patterning releases, you may experience your natural bliss. As you release deep-seated body/mind tensions, you will become very relaxed. You may let go so deeply, in fact, that you may not be willing or able to carry on with these processes. This is a much desired release, as this is the result of the deep relaxation of the mind and brain. It means you are rediscovering your natural openness and spaciousness. Just continue to let go, and enjoy your adventure in nowness.

As we prepare to start our Coaching Self-Inquiry session, you will probably wish to lie down or get into a more comfortable, relaxed position before interacting

with this program. Find a safe space to perform this inquiry, away from distractions and interruptions. You may also enjoy these contemplations while walking in the woods, on the beach, or in other natural settings. For the next hour, let be and let free.

Get in touch with your breath.
Take 3 deep breaths, and relax.

1. In reference to _____, what is it to be open to the present?
2. In reference to _____, how can you be open to the present?
3. In reference to _____, thoughts keep you in the illusion of the past. Relax and release that thinking.
4. In reference to _____, consider that, in reality, each situation is entirely new.
5. In the present, every moment is new.
6. In reference to _____, what is the difference between direct perception, looking at something, and thinking about that something?
7. In reference to _____, find something in yourself that is not a concept.
8. In reference to _____, you can only experience yourself in the now.
9. In reference to _____, you only think you live in space and time.

10. In reference to _____, the now gives all perception its reality.
11. Discover this timeless moment.
12. In reference to _____, we can never think of the present, we can only *be* in the present.
Release any thoughts or images of the present and just simply be in the present.
13. The now is the space from which thoughts arise and disappear.
14. In reference to _____, think a thought. Notice the space afterwards. Repeat this.
Now notice the space before the thought and after the thought.
Now don't give rise to any thoughts.
When you don't give rise to any thoughts, what do you have?
Experience space without the thought of space.
Experience pure awareness without the thought of pure awareness.
15. In reference to _____, the mind can only understand the past, it cannot comprehend the space of now. It can only make it a concept.
16. Become attuned to the moment — therein lies eternity.
17. Do not go away from this moment. If you go off with a thought, realize this, relax, release it, and come back into the now.

This could be called "relaxing your brain by living in the now." Welcoming life through thought-free observation, or direct perception.
Be one with life.
18. In reference to _____, discover seeing without concepts.
Really seeing things, not from memory but by being with them in the present. Just pure observation.
Release the notion of seeing through the past.

19. In reference to _____, discover the spaceless space, experience your stillness.
From this spaceless space, see that what you call your environment is almost pure memory.
See that what you call your body is almost pure memory.
These are only past, mental images.
Experience your body anew, fresh for the first time.
20. When you are being in now, all tension disappears.
21. In reference to _____, when you attach to the "I" image, you are not in the now.
22. In reference to _____, acting spontaneously means there is no actor, there is no doer, there is only action coming through your body. There is no entity who acts. There is only action.
23. Experience life flowing through you with no effort, force or tension ...
Being a space ... being an opening ... being void of the physical ...
Void of concepts, expectations, decisions, desires, etc.
24. In reference to _____, thinking starts from silence.
Contemplate the silence that is the source of thinking.
Give rise to no thoughts and stay put in the now.
Everything that you have been searching for is right here — right now.
25. Spontaneous thinking comes from non-thinking.
26. Experience the blissful "peace that passeth understanding."
27. In reference to _____, listen to silence. The now is silent.
If any thoughts come up, let them drop away.

28. Listen to the sound of silence, of infinite space. In this timeless moment, your whole being acts with the highest sensitivity.
29. In reference to _____, follow the thought stream back to its source. Experience pure being.
30. In reference to _____, what would happen if you were totally here now?
31. In reference to _____, when you acknowledge that you are simply nowness, you are free.
32. In reference to _____, if you were totally here now, what would disappear?
33. In reference to _____, if you were here now, what would be here?
34. Where does now come from?
35. When is now?
36. Are there any places where now is not?
Is it now in Los Angeles?
New York?
Hawaii?
Is it now on the moon?
Is it now in your body?
Let your body abide in nowness.
37. What does now look like?
Is there any time that is not now?

38. In reference to _____, does now have any thoughts?
If so, release them.
Opinions? If so, release them.
Decisions? If so, release them.
Goals? If so, release them.
Does now resist anything? If so, release it.
Does now contain any efforts? Let them be.
Force? Let it be.
Arrogance? Let it drop away.
Does the now ever change? If so, it is not the now.
Release any and all characteristics from the now.
Reality is what never changes
Is now reality?
Is there any other reality than now?
39. In reference to _____, pleasure in life comes from getting a glimpse of the now.
40. In reference to _____, when you say the word "I," refer to yourself only as pure space. See pure space. Hear pure space.
Feel pure space. Pure nowness.
When you talk about the past, all you can say is that "nothing happened."
41. In reference to _____, affirm: I am vastness.
Now release the I that does not belong to you.
Thank you.
It is not you.
42. In reference to _____, let the desirer, the desire, and the objective and fulfillment of desire all dissolve into nowness.
43. In reference to _____, the mind is an expansion of stillness.
Go beyond all words to a place where there is nothing, and, yet, you exist. You exist beyond mind and thoughts.
44. I am now.
I am pure awareness.

I am that.

45. Contemplate the purity of the present moment.
What is eternal is here/now.
What is now is beyond the thought stream.

46. Welcome to the eternal now.

Congratulations! You are born again into the eternal now.

Thank you for participating in this Self-Inquiry Processing session. The more times you work with this program, the more stressful patterns you will release and the deeper your experience of stillness will become. Keep working with this program to allow the profound truths of these contemplations to become a living reality.

If you would like more information about Coaching Self-Inquiry, audio tapes, workshops, or individual sessions, please contact: Norman McVea, Ph.D., 20 Sunnyside Ave., Suite A-164, Mill Valley, CA 94941, 415-868-9050.

Let be and let free.

Stressful Issues Coaching Process

HEALING: RELEASING THE IDENTITIES THAT BELIEVE IN LIMITATION

CO-COACHING ISSUE RELEASE PROCESS #4

Let us choose something to release: a pain, a sensation, an ache, depression, stress, an emotion, an unwanted attitude, a phobia, an unwanted or blocked desire, a compulsion, substance abuse, damaging behavior, a chronic problem, immune deficiency, body malfunction, an unwanted feeling, stress regarding impending physical death, etc. Choose one issue and stay with that one complaint throughout your entire session.

This Coaching Self-Inquiry program is entitled, "HEALING: Releasing the Identities That Believe in Limitation." These inner-active Self-Inquiry processes have been designed to help you discover your healthy Self, your true nature. These processes first assist you in healing by guiding you into deep relaxation, as in deep meditation, to give your brain and mind a much needed rest. You then inquire, or look into, the specific causes of identifying with an unhealed self-image. These processes aid you in examining specific stress-producing beliefs you have about healing your body. As you work through these processes, you will notice your ego boundaries, your limited definition of yourself, expanding or dissolving entirely. You will relax into a profound, spacious peacefulness. It is in this state of relaxed awareness that we can see things clearly.

We will work on transcending the mythical identity that seems to be ill or stressed—you are not the one with that condition. You will discover who you really are, beyond sickness and wellness, and you will explore the psychosomatic aspects of "unwanted" conditions.

As stressful patterning releases, you experience the truth of who you really are. This release gets your mind out of the way and allows the body to heal itself. You release deep-seated body/mind tensions and become very relaxed. As you release stress, you may let go so deeply that you won't be willing or able to carry on with the processes. This is a much desired release, as this is the result of the deep relaxation of the brain and mind, a rediscovering of your natural openness and spaciousness. As the relaxation deepens, just continue to let go and allow yourself to enjoy your adventure in healing. Turn within and discover the source of well-being.

It is important that you find a supportive setting where you can engage in this inner-active program. Find a safe space to perform this inquiry, away from distractions and interruptions.

As we prepare to start our Coaching Self-Inquiry session, you will probably wish to lie down or get into a more comfortable position before we begin. You may also enjoy these contemplations while walking in the woods or on the beach. For the next hour, let be and let free.

Answer the following questions truthfully, and this may be the last looking you will ever have to do!

1. Get in touch with your breath. Take 3 deep breaths as you let go of all thinking.

When you think about this condition or issue you have chosen to work with here, who do you imagine you are? If any images of yourself come up, this is what you will focus on releasing.

GUIDED VISUALIZATION: Imagine a chalkboard and draw a little boy or girl. Draw features that make that little boy or little girl appear older and older. Give this chalk image an unwanted condition that you think you have. Finally, erase the little boy or girl image. What do you have left? The chalkboard. The pictures change through the apparency of time but the chalkboard is always there. You are the chalkboard! Not the frame, not the stand, not the chalk, not even the image, whether ill or well. The image on the chalkboard has this condition, not the chalkboard itself. Not you. You are not the image on the chalkboard. You are the chalkboard itself. If you must identify with something, identify with the chalkboard, not the image.

Understand the truth about yourself.

It is all going on within your dream.

Get your unhealed self-image out of the way and open the space for healing.

Awaken to what you were before the dream.

There's nothing to become and nothing to be.

Be what you always have been. You do not need to conjure up healing or effort at healing—simply return to your natural state.

2. Experience eternal being and transform your view of the body. Return to what you fundamentally are by letting go of everything else. *What is eternal?*

3. When you come into the present moment, you are free of the past. *How does this work?*

4. The I that appears to be limited is just thought.

The I that appears to be well is just thought.

Illness and wellness are like considerations.

You exist beyond them.

Describe the I that is not thought.

5. Get the idea of living in the now, and expand that now to infinity.

Is now different than infinity?

Get the idea of being eternity; then you will be forever at peace.

When you think about the past, you spoil the now, that eternity.

What benefit could result from this realization?

6. Do you want to know something about this condition?

There is no separation of knower and known.

Live fully in the now, and you will know all in pure knowing.

Accept this pure space as you.

Remembering is false. There is no past. There is only the joy of pure being.

Describe this joy.

7. The mind that thinks it must understand this condition or issue is the same mind that suppresses the body's natural healing mechanisms.

You need not try to figure out the condition or issue; just release the self-image that you mis-identify as you.

There has never been an illness or a stressful issue in the moment.

There is no person, place or thing that can cause you stress in this moment.

Healing appears in the silence behind thought; to think about this condition or issue gives it power.

Become established in yourself instead of this condition or issue. This is your original beingness; it has no particular form or identity.

Who you really are can't be reached with thinking.

The experience of knowing yourself transcends the experiencer.

You will find space within you; it has never ceased to be present.

The unhealed identity that we mistake for ourselves disappears of its own accord.

Allow yourself to be taken by this pure space.

What did you experience? What shift could this realization make in your life?

8. Direct perception bypasses the mind. You have made a concept out of illness and wellness; these are only conceptual ways of knowing yourself. This is not Self-knowledge. Real Self-knowledge is just empty space with no self-image at all. You are not this memory you have of yourself. You are effortless being.

Describe true knowing. Describe some times when true knowing was present for you.

9. The healing that you have been looking for can only be found in your natural state. This clear-sightedness is available instantaneously. It is fulfillment outside of the illusion of sickness and wellness which are merely identifications with the body. This total knowledge dissolves all conditions requiring healing. Your whole being recognizes this knowing, this wholeness. It is ever present in the now. It is a deep inner experience of peace, void of all illusion of suffering.

What is this void? How could it bring you peace?

10. Nothing needs to be added or subtracted. In the past, you have claimed to know your limitations but not the knower of them. One who truly knows himself, knows this knowing is not derived from memory or from identification with bodily conditions. The authentic Self is a space in which all concepts of unwanted conditions, as well as the healing of them, dissolve. IT is the source of ultimate health and wellness.

How could you integrate this knowledge into your life?

11. In this space there is nothing to know. Until now, you have identified with a lot of unhealthy thinking patterns held in place by memory. This viewpoint dissolves in infinite space.

What is beyond all thinking?

12. This viewpoint identified with this condition or issue dissolves without having the slightest will to do so. This false idea of being just gives way to space. It arises from silence and loses itself in that same silence. You can never intentionally learn to be this Self, you can only give up what is not you.

You, beyond the need of healing, are found in this timeless now.

Contemplate this: What is your experience?

13. Our bodies and the world appear to us from our point of view. When your point of view evaporates, so does its illusionary "being." It recedes to its source. In total awareness, this fabricated point of view dissolves. This is true healing.

What is the distinction between the mind and you?

14. The now is the only presence. Cease identifying with this apparent condition or issue, cease feeding it power. The I thought that appears to own this condition or issue is a separate entity from you.

15. The I is the superimposed figure on the chalkboard. It is not you! You are the chalkboard. You are the potential for experience, NOT the experience itself!

Describe the chalkboard. Are you willing to identify with the chalkboard?

What might be the expansion here?

16. The now is all-pervading, omnipresent pure consciousness. It is perfect just the way it is. You can't be at the effect of anyone or anything if you stay in the now which is boundless space, pure awareness. Stay in the now. Identify with the now, the past never existed. In the now, there is no past and no future, there is only I AM, ultimate reality. You are that.

What is "I am"? How is this similar or different from yourself ?

17. When you are living in the now, nothing else exists. The mind doesn't exist, conditions and issues are nonexistent. Abide in the now. You are born again as a new man or new woman, you are free. In the now there is nothing to surrender or let go of. You are already liberated. You can't let go of what never existed. How can infinity have illness and wellness attachments?

How could you let go of these attachments?

18. The now has nothing to give up or get over, because it had nothing to begin with. Only an identity believes it has something to release.

Identify with the "beyond-beyond" state by affirming, "I am that." Rejoice in your true Self.

19. You are the space of no mind, no thoughts and no words. Release trying to figure out who you are. Once you understand the myth of the unhealed identity, it disappears. All you need is a glimpse of your essence, the blank chalkboard, to release this myth. You are the infinite Self. Stay in this high consciousness. Who you really are is apart from this stressful condition or issue. You are not this stress. The pure Self cannot be in pain.

Where in your life does this realization best apply?

20. Once you realize your true nature, everything becomes perfectly clear. You exist as your Self. Your self-images are swallowed up by infinite space.

Describe a few incidents where this realization might transform your viewpoint.

21. Who you are cannot be described. You can only catch your Self in between thoughts.

What were you prior to consciousness?

22. When who you really are takes over, you will appear where you need to be.

It will happen by itself, you don't need to think about it. Just quiet the mind and await divine inspiration.

23. All your fears, failed desires and stresses are attached to the false I identity. Are you discovering that this I thought or image is different from you?

You have become attached to it and identified with it, but you are not that. Drop all assumptions of this false I and turn to your true Self, which is the only power that heals.

24. Stay centered in the now, and you will have no time to imagine your limitations. Stay where only pure beingness resides.

When you are in the moment, healing arises by itself. You are total health. This is the place within where all conditions and issues dissolve; presumed negative traits or assumed conditions release of their own accord; the unhealed I image dissolves back into pure space.

Once you experience this infinite space, you will never be the same again.

Once you find Reality, you can never be fooled again.

Describe this realization in your own words.

25. Find the source of this suffering I. Follow the I diligently back to it's source, and watch the I merge with pure space. you have touched the source of I. You are not the I thought, you are the Self of the universe. Leave healing to the sure hand of this infinite space.

Describe the shift that is possible here.

26. Discover unconditioned consciousness. Go deeper than any thought to this universal Self. Release trying to be healed. Instead, concentrate on the source from where this fabricated I, that apparently needs to be healed, comes from.

How might you apply this to stressful incidents? Apply it to 3 such incidents.

27. When you know your Self, a mysterious power begins to guide you to your rightful destiny. Focus your attention on infinite consciousness, and your body will do whatever it came here to do.

28. I see that you are understanding this silence better and better.

You are effortless presence, pure transcendent bliss. Go to the heart of the matter and bypass every image you have of yourself. You will immediately realize your infinite universe. Don't you recognize your own Self? This is it! You are this.

Is there a resistance you could give up here?

29. You can shift your identification by speaking the truth of who you really are. You are not a body. Cease identifying with anything. When you focus your attention on this reality, you recognize that you are this reality!

30. You have not really found anything—you have just reassumed you own beingness. Cease coming from this I image. It is a false reference.

What could this shift in reference do for you?

31. In pure awareness, you know your Self; you find freedom in your Self. Let the truth be revealed. The only time you can shift this identification is now, the only time there is.

Contemplate this. What came up for you?

32. When you live spontaneously in the now, you will not have to think about healing—you will know what to do instantaneously. You will just do it.

What might happen if you applied this?

33. Any imagined healing that appears to exist outside of yourself does not exist.

Where in your life might this new awareness produce the most benefit?

34. Cease using your supposed condition or issue as a point of reference. Let go of this illusory condition or issue. It is all taking place within yourself. In ultimate reality, nothing is wrong. Be in this absolute moment. There is nothing wrong with you RIGHT NOW. There is nothing that needs fixing RIGHT NOW. In this split second, there is only well-being.

In between thoughts, who are you?

35. In deep sleep, who are you?
Beyond words, who are you?
Before each new thought, who are you?
Feel the happiness in your heart.
Feel the pure beingness
There is not even a hint of mind
You are beyond the thought of "who."
You are the chalkboard on which the images are drawn.
Simply realize that it is erased and be in this space.
Let infinite space speak through you.
Everything is in its right place, right now.

36. There is no disease because there is no body. There is no healing, no sickness and no wellness. Let go of any effort to heal yourself. Healing and

wellness are outside of the fabricated character of I's jurisdiction. You always are, always were, and always will be. Release poor me, poor I.

Get in touch with your perfection. Realize the truth of who you really are so that the body can continue to heal itself. You are suffering from a wrong idea of who is suffering. Dwell in your real nature instead. Who you are is totally apart from the body's pain.

Is there anything between you and this full realization?

37. True healing, the kind that you can never find in this world, comes from knowing the Self. The Self is absolute health. It may be called love, peace, happiness, or healing. Turn within and discover the source of well-being. Realize that which never changes.

Isn't it beautiful when nothing exists?

Can you see nothing?

Feel nothing?

Hear nothing?

Nothing to be fixed.

Nothing to release.

Nothing to handle.

Nothing to change.

Don't accept it.

Don't reject it.

There is nothing to do about it.

There is nothing to feel about this nothing.

This is healing from the inside out.

38. Now that you have become acquainted with your Self, you will see your Self wherever you look.

How could this experience serve your highest goals?

39. Dive deep into your Self, which is the domain of healing. In this moment, you are everything you ever wanted to be.

40. **AFFIRMATION:** I am the infinite, imperishable Self.

Thank you for participating in this Self-Inquiry Processing session. The more times you work with this program, the more you will rediscover healing by letting go of the illusion of the past. As you continually process with this program, your release of limiting patterns deepens. Discovering the source of healing dissolves the illusion of limitation. The more these patterns are released, the more healing takes place.

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Let be and let free.

Stressful Issues Coaching Process

HOW TO LISTEN TO YOUR INTUITION TO DISCOVER WHAT YOU WANT MOST.

CO-COACHING ISSUE RELEASE PROCESS #5

Let us choose something to release: a pain, a sensation, an ache, depression, stress, an emotion, an unwanted attitude, a phobia, an unwanted or blocked desire, a compulsion, substance abuse, damaging behavior, a chronic problem, immune deficiency, body malfunction, an unwanted feeling, stress regarding impending physical death, etc. Choose one issue and stay with that one complaint throughout your entire session.

This Self-Inquiry Processing program is entitled, "How To Listen To Your Intuition to Discover What You Want Most." These inner-active Self-Inquiry processes have been designed to help you discover your own intuitive Self.

These processes first assist you in your Self-discovery by guiding you into deep relaxation, as in deep meditation, to give your brain and mind a much needed rest. We then inquire into the nature of unfulfilled desire. We will also look into the automatic nature of desire itself. We will examine its compulsiveness and see its appropriateness to the current moment, to who you are now. These techniques also guide you into discovering the point of origin of the desire. Does it come from your mind as a solution to a past problem? Or, does it come from a deeper part of you, the intuitive Self?

These processes aid you in examining specific stress-producing beliefs that you have about your nature as the desirer. As you work through these processes, you may find your ego boundaries, the limited definition of yourself, expanding or dissolving entirely. You become very relaxed, having released many unnecessary efforts and intentions. What you are left with is a profound, spacious peacefulness. This peacefulness, in brain-wave technology, is called the theta state. It is in this relaxed awareness that we can see things more clearly.

The word intuition means knowing without thinking, insight that comes directly from the truth within; it is a knowing that is not arrived at by "trying to figure it out." The source of intuition is beyond the mind. Intuition comes when one is listening closely, with open awareness, to the inner voice of stillness. All that is necessary for recognizing and reconnecting with the subtle voice of intuition is releasing the stress of unfulfilled desires.

In order to release the mental blocks that cause unfulfilled desires, we must first become aware of how automatic our mental desire machine is. We constantly, automatically, make future-oriented demands for happiness that block our direct knowing of what is ultimately best for us. Unconscious desire patterns take the form of anticipations, expectations, hopes, goals, purposes, intentions, agendas, decisions, intentions, etc. We believe that this automatic desiring, with the expectation of positive outcomes, will get us what we ultimately want.

However, these desires are based upon past, stressful patterning, and they either do not turn out and thus become failed desires, or they do turn out, but their realization provides only temporary happiness, at best. Their fulfillment is seldom lasting, because we are identified with the mental realm only, which is out of touch with our innermost Self. Our mind never knows our best and highest interests. Our intuition is the only voice that speaks directly the truth of our being.

Problematic desires of the mind have us locked into fixed outcomes. In this state of fixation, we lose our sensitivity to inner guidance. The more inflexible and attached we are to fixed outcomes (products of the mind), the greater the chance that intuition will fall on deaf ears. Intuition gets a busy signal!

To uncover intuition, you will want to release the stimulus/reaction aspects of your desires by looking into the automatic nature of this patterning. Fragmented, unconscious aspects of past, outdated, goals get in the way of what is ultimately true for you now. You can go beyond these limitations, beyond the mind, to the very core of your being.

ACCESS THE PART OF YOUR BRAIN THAT KNOWS.

As you release the stress associated with your desire, you learn to listen to yourself directly, without interpretation or bias. In this listening there is no listener, only listening. This listening is not impinged upon by the past or the future. It is your being in the now that opens up the doors of intuitive perception.

Desire is like a surface agitation, like a wave upon a lake. We want to see below the surface agitation of desire and view the bottom of the lake, where the waters of intuition and inspiration flow still and deep. We want to get to the bottom of You.

When you release the thought patterns of who you think you are, you will find that you are something completely different. You are the space from which intuition speaks. As stressful patterns release, intuitive signals arise spontaneously. You will release deep-seated body/mind tensions and become very relaxed. You will let go so deeply, in fact, that you may not be willing, or able, to carry on with these processes. This high-level release is the result of a deep relaxation of the mind and brain. It is a rediscovering of your natural openness, the space from where intuition speaks. Just continue to let go and allow yourself to enjoy your adventure in intuitive being.

Find a safe space to perform this inquiry, away from distractions and interruptions. As we prepare to start our Self-Inquiry Processing session, you will probably wish to lie down or get into a more comfortable position before interacting with this program. You may also enjoy these contemplations while walking in nature. For the next hour, let be and let free.

Take 3 deep breaths.

Bring all of your attention into the now.

Get in touch with your breath and watch it as it rises and falls. Intuition will arise of itself. Use no effort or force. Relax all future-oriented activities, and thoroughly release yourself from all psychological involvement. Allow any solutions to come directly from empty space itself. Do not interfere in the process by trying to figure them out. Let all thoughts and images dissolve of themselves. Listen to yourself directly, without interpretation, bias or desire. Rest in the space of openness.

Contemplate the word "intuition." Intuition comes from beyond the mind and the limits of personal identity. Inquire past all that you believe yourself to be.

1. True inspiration comes from intuition.
2. Inclination comes from intuition through inspiration.
3. Let go of everything that is not inspiration itself. Release it until the inspiration is so overpowering and undeniable that you find yourself carrying it out without thinking. It just happens through you with no force, no effort and no thinking. Just let it happen.

Discovering what cosmic intelligence, or your higher Self, has planned for you is the charm of life. Experience that it is okay to not know your future. If something is right for you, it will come to you in the form of inspiration.

4. Be open and accept everything that comes to you. Desire is a grasping energy that hinders you from being open and free. It prevents you from being who you truly are.
5. Think of a goal or desire that you have or have had, one that has been most important to you. Create disinterest in it. Do not let it interfere with your own

unfoldment process, release its tension. Let it be. Let it fall back into silence, or nothingness. Transform any of the desire that is left into desirelessness.

How close did you get?

6. Consider that your desire for this object or objective is keeping you away from knowing your Self.
7. Wanting to attain something arises out of who you are not. It comes when you are attached to an identity that is not yourself. The identity wants something, but you (pure space) are outside of this vicious circle. Realize that which knows Itself, beyond acquisition.
8. This contemplation may seem difficult if you are attached to a specific desire. See if you are willing to put it away for right now. Give this want or these wants some rest. Give desire some much needed space.
9. When you desire something, you are not yourself. Can you remember a time or times that you were so much yourself, so much at peace, that you didn't want anything, when you were just satisfied with being in the moment?
10. The ultimate desire, the sum total of all your desires, is to know your Self. You can find your Self, which is what you want most, through letting go of desiring. Try it right now.
11. When there are no goals, the goal is achieved. The truth can never be acquired. This infinite space has never ceased to be present.
12. Release thinking and discover an ocean of pure knowing. The absolute is its own knowing. Release the thinker by dis-identifying with it.
13. When you acquire something, in that moment of desire completion, you experience perfect peace, because you are temporarily free from desire. Your attention shifts, and the identity of the desirer is dissolved.

13a. When non-desire is experienced, the object of desire vanishes and only the now remains. When you release a desire, it is the same as actually having attained that desired object or objective. From the brain's point of view, the chemistry and the feeling are the same.

14. When you live in intentionality, you live in stress. Live in intentionlessness and open space. Experience stresslessness. You are not your "unfulfilled desires."

14a. What are you striving for? Release the striving self. Release the effort. Let it go back to nothingness.

15. Experience fulfillment from the inside out. Go deeper than you've ever gone before. Know your deepest Self.

16. Find peace and freedom in accepting things as they are. Thinking is an effort to change something. The absence of thinking is the presence of reality.

17. What is the ultimate nature of desire? When it is completed, what does its completion look like? Allow the answer to arise of itself.

18. Let all desires go back to their point of origin. There is no point in wanting anything that is not here/now.

19. Let go of all that you take as yourself.

20. Truth comes to us through silence. It speaks as intuition. The real you can't be reached with reason.

21. Are you becoming aware that infinite space is the background of all appearance? Pure awareness alone exists.

22. Release all desire that does not come from the moment itself. Why wait and plan to be in the present moment?

23. Allow truth to arise of itself. When you live in the moment, everything that is good for you happens by itself, faster than you can desire it. When you dive deep within yourself and abide in peace, you will know what to do. You will not even have to think about it, you will be one with the moment. The experience transcends the experiencer.

24. Think of a time that you got absorbed in walking and arrived at your destination without thinking about it. See that your deep knowing took over so that you did not have to think about your goals or directions. Something other than your conscious mind knew the way. Surrender to that space that knows the way.

25. That same knowing is guiding your life to where it wants to go. When you surrender to your true Self, a higher knowing takes over.

25a. You think that you don't have what you want because you have been looking outside of yourself. Put your energy into finding your Self—there is nothing more worthwhile than getting to know your own Self.

26. When a thought comes up, do not dramatize it and run off with it. Instead, ask: Who owns this thought? Whose is it? What entity possesses this thought?

Something will say, "It is mine," or "I," or "me." Then ask: Where does this mine, or I, or me come from?

Trace the "I" thought to the background of all thoughts, the silent space. It comes from nothingness into manifestation. When you spot the source of all becoming, the thought and its identity and paraphernalia will explode. Zap! Pow!

There is infinite space beyond the need to:

understand

know

have

own

control

be free

27. The question for each desire is: Are you busily being the ego, putting it there, or is it coming from higher consciousness? Is it just a good idea or is it really higher knowing? To find out, release all mental manifestation. Merge with the Source of all manifestation.

28. Contemplate the silent space that is beyond all desire. Know thyself. You are perfecting the art of listening to yourself.

29. Release the "I" that needs to know the future.

29a. The power in the universe knows exactly where to take your life; it does not need any help from your thoughts, your desires, or your good ideas. Don't try to tell the life force what to do.

Now that you have discovered who you really are, the life force will be able to guide you. Remember, if it is right, it will happen. Leave results up to the life force that knows the way. This boundless space is absolute wisdom. Let it do its job to make you happy.

29b. The power in the universe knows very well how to make you happy. Just listen to your own silence, it knows the way. Follow your own silence. What you have been looking for is nearer than any desire, nearer than any thought. Once you realize that your true nature of happiness and peacefulness is where you are right now, circumstances will change in your favor.

30. This is the realm of intuition. This timeless peace is not brought about by will. Release the illusion believed to be will.

Listen to discover if what you are experiencing is the voice of intuition; see if it comes from stillness itself. See life flowing through you ... being void of anything physical ... be an opening being. Desires originating from the mind will dissolve. Why would you want something that is not here and now?

31. When you say the word "I," refer to yourself only as pure space. Get to know yourself .

32. Contemplate contentment as coming from the inside out.

33. Intuition or truth comes out of empty space, no force, no effort.

EXERCISE: Draw air in through your nostrils from the edge of the universe. When you breath out, let your breath extend to a point at the edge of the universe. As you breath in and out, hold the word "infinite" in your mind. The "I" is a misinterpretation, it is a mind-set or pattern. Take this time to be silent. Be empty of all internal dialogue. Experience this timeless reality. (Drawn from the works of Poonjaji, Robert Adams and Jean Klein.

Thank you for participating in this inner-active Self-Inquiry Processing program. The more times you work with this program, the more clearly you will be able to hear your intuitive voice. The more this intuitive voice is realized, the more your life will express that which is true about yourself.

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Let be and let free.

Stressful Issues Coaching Process

THE FALSE I's MECHANISM OF MANIFESTATION

CO-COACHING ISSUE RELEASE PROCESS #6

Let us choose something to release: a pain, a sensation, an ache, depression, stress, an emotion, an unwanted attitude, a phobia, an unwanted or blocked desire, a compulsion, substance abuse, damaging behavior, a chronic problem, immune deficiency, body malfunction, an unwanted feeling, stress regarding impending physical death, etc. Choose one issue and stay with that one complaint throughout your entire session.

This Self-Inquiry Coaching Program is entitled, "The False I's Mechanism of Manifestation." This Self-Inquiry Coaching session has been designed to help you discover your true nature, or authentic Self, by assisting you in releasing stresses that cloud the truth.

These coaching exercises assist you in your Self-discovery by guiding you into deep relaxation, as in deep meditation, to give your brain and mind a much needed rest. We then inquire into the specific causes of self-limiting mental patterns. These processes aid you in examining the stress-producing beliefs that you have about yourself. As you work through this coaching session, you may find that your ego boundaries, your limited definition of yourself, expand or dissolve entirely. You may relax into a profound, spacious peacefulness. In brain-wave technology, this peacefulness is called the theta state. It is in this state of relaxed awareness that we can see things clearly.

As stressful patterning releases, you may experience your natural bliss. You may release deep-seated body/mind tensions and become very relaxed. You may let go so deeply, in fact, that you may not be willing or able to carry on with these processes. This is a much desired release, as this is the result of the deep relaxation of the brain and mind. It is a rediscovering of your natural openness and spaciousness. Just continue to let go, and allow yourself to enjoy your adventure in pure being.

As we prepare to start our Coaching Self-Inquiry session, you will probably wish to lie down or get into a more comfortable, relaxed position before interacting with this program. Find a safe space to perform this inquiry, away from

distractions and interruptions. You may also enjoy these contemplations while walking in the woods, on the beach, or in other natural settings. For the next hour, let be and let free.

This first process will assist you in letting go of recently accumulated stress. Once that is released, we can proceed to core beliefs and issues.

Let us still the mind.
Take 3 deep breaths, and relax.

THE UNIVERSAL SELF

When you release the false I image, you discover that all stressful incidents and unhappiness were imagined.

Edit out the false I image, and you will disillusion the basis of all limitation and consequent suffering.

Directly experience the mechanism of manifestation of the false I image, and you will know that you are the Self of the universe.

Question: Where does all of creation come from?

Answer: The illusion of creation comes from the false I image.

Question: Where does the false I image come from?

Answer: It is born of pure awareness; it is sourced by you!

Don't take yourself personally.

There is no mental image that can hold the absolute. Any representation of yourself will later become a problem.

You are not the way you believe yourself to be.

You have made a belief system of yourself, consequently, nothing is as you believe it to be.

When you take yourself for someone or something, you start the cycle of a false self. For example:

I am sick - I am healthy
I am good - I am bad

I am whole - I am fragmented
I am satisfied - I am unsatisfied

These are all belief systems about an I you think you are. These self-images are adjectives that are meant to describe a system of belief. There is no one that is like this. This notorious I is just a holographic projection of desire. It is not *your* desire! This I who you say is you, where does it come from?

I is the center of the illusion.

There is not enough "I am," therefore, there is too much "I want."

1. Let a desire that is important to you surface. Let's get a handle on it. How does it look? How does it sound? How does it feel?

2. Now let us take that desire and place it in a corner of the room; keep putting it in that same corner.

3. Now place this desire in another corner; place it into an object in this room or space, then into some more objects in your space. Place it near the body. Place it further away from the body.

4. How far away from the body can you have the desire placed?

5. Say to this desire, "You are not I; you are an illusion."

6. Did your desire change any during this exercise?

7. Let us come up with another desire that is important to you. Let's get a handle on it. How does it look? How does it sound? How does it feel?

8. Now let us take that desire and place it in a corner of the room; keep putting it in that same corner.
9. Now place this desire in another corner; place it into an object in this room or space, then into some more objects in your space. Place it near the body. Place it further away from the body.
10. How far away from the body can you have the desire placed?
11. Say to this desire, "You are not I; you are an illusion." Did your desire change any during this exercise?

12. Take up another desire. How does it look? How does it sound? How does it feel?

13. Stuff the body with these desires, one after the other. Fill it up. Now take them out and send them into nothingness.
14. Let's come up with a symbol or a feeling that you call I. Let's get a handle on it. How does it look? How does it sound? How does it feel?

15. Now let us take that I and place it in a corner of the room; keep putting it in that same corner.

Now place this desire in another corner; place it into an object in this room or space, then into some more objects in your space. Place it near the body. Place it further away from the body.
16. How far away from the body can you have the I placed?
17. Say to this I image, "You are not I; you are an illusion."

Experience the I image now.

18. Can I be located?

19. What is your experience of the desire now?

Did your I image change any during this exercise?

20. Take up another I image. Perhaps the I image that has that desire. How does it look? How does it sound? How does it feel?

21. Stuff the body with these I images, one after the other. Fill it up.
Now take them out and send them into nothingness.

Was this image you were working with really you? Why or why not?

22. Who is the I that is viewing this exercise?

23. Who is the I that is watching or witnessing the I image?

24. Did any feelings come up while doing this exercise?

25. If so, who felt them?

Let us assume that you said, "I felt them."

Was it the I that felt them, or was it your real nature that felt them?

Can you, the real you, feel anything unless it is "felt" through the vehicle of the I image?

Your real nature does not feel; it is beyond feeling.

Your real nature has an unmanifested quality.

26. If you think that there is something to change about yourself, spot your true Self first, and once you have done that, is there anything left to change? Are there any qualities at all to your real Self?

27. Can a dreamed self wake up? Can a dreamed self change and become its true Self?

Can your true Self ever be upset? Annoyed? Envious? Jealous?

It has been said that this dreamed Self is just a vehicle for desire fulfillment. Release the desire for experience, and you'll release the illusion of self. How does this statement seem to you?

28. Let's manifest another I image.

Identify with it, affirm it is you.

Attach to it.

Disassociate from it, affirm you are not it.

Detach yourself from it.

Identify with pure awareness, affirm that you are that.

Disassociate from it, affirm you are not that.

Identify with nothing. This is your true nature. Call this your I-am-ness.

29. In your life, are desires flowing with more will than sensitivity?

Let us relax those desires by relaxing the I that efforts for them.

When who you are identified with is less than perfect space, go to the source of this limited beingness.

30. What is prior to the appearance of this shadow self ?

It is neither being nor not being.

You are not this concept but the source of this concept.

This I is primary illusion.

Let that concept go back to nothingness.

You are the infinite present, you can call this moment "yourself."

There is no need to express yourself as identity.

Who you are really does not change.

Attempting to describe this Self tends to separate you from your Source.

Confine yourself to the only moment in which you truly exist—this is this moment. In this moment, recognize yourself for what you are.

This is releasing from the inside out.

It is only the experience of the Self that dissolves all conditioning.

Pretending to not know this Self causes illusion to persist.

A dreamed character, called I, can't release another illusion.

Release any subtle beliefs that you are some sort of energy, that you are really an object or identity of some sort.

When you experience "I am," that it is really you!

There is no need to visit incidents or episodes from the past; you may get to know the incidents, but will you get to know the knower?

You can not know anything until you first know yourself.

What is the use of knowing so much about what doesn't exist?

Hasn't this masquerade made you tired?

Cease efforting to be you.

Cease identifying with the I thought. Instead, if you must identify with something, why not identify with the Self of the whole universe?

KNOW THAT YOU ARE THE SELF OF THE UNIVERSE.

Thank you for participating in this Self-Inquiry Coaching session. The more times you work with this program, the more stressful patterns you will release and the deeper your experience of stillness will be. Keep working with this program to allow the profound truth of these contemplations to become a living reality.

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Let be and let free.

DAILY INQUIRY CONTEMPLATIONS

1. Your true Self doesn't have to think — your true Self just is.
2. The power in the universe knows very well what to do to make you happy.
3. The past only exists because you think about it.
4. You bring the past into the present to play with you.
5. The universe is only real if you think about it.
6. You don't need to add on — you just need to empty.
7. When you recognize that you are the Self, nothing can harm you.
8. Stay put in the HERE AND NOW.
9. Look at the world and don't react.

10. There is no "you" as you appear.
11. Look at yourself objectively and see yourself as you really are.
12. All you can ever be is right NOW.
13. There is no other time than NOW.
14. You are all you will ever be RIGHT NOW.
15. What could be more important than knowing yourself?
16. When you dive deep within yourself, you will automatically know what to do.
17. When you go beyond all words to a place where there is nothing, and yet you still exist, then what do you exist as?
18. Invest your energy in finding yourself.
19. See your life as a dream.

20. There is an enlightened doer within you.
21. You are boundless space.
22. Bliss is your very Self.
23. Discover your oneness with all life.
24. You are neither here nor there.
25. Experience the Self — beyond words.
26. It is not "I feel" — it is that "the I feels."
27. You think you don't have what you want because you see these things as being "outside" of yourself. Your belief is that something outside of you can make you happy.
28. You do not exist NOW.
29. There are no thoughts that can help you realize yourself.

30. Your thoughts are the only things that keep you back.
31. You are not what you think you are.
32. This moment is your opportunity to awaken.
33. Whatever is supposed to happen will happen by itself.
34. Allow yourself to become happy for no reason.
35. Learn to live in the NOW.
36. You release your ego by living the NOW.
37. The wall is the I thought.
38. The "I" will release upon telling the truth.
39. Wherever you look, you see yourself.
40. It is a belief that keeps you out of the NOW.

41. You are searching for something that you already are, that is why you can't find it.
42. When you act in the moment, you can't think because you are one with the action, your attention is only on what you are doing, and no thoughts are possible.
43. The I rises from the abode of the Self.
44. The Self is absolute wisdom.
45. As you begin to think, you spoil everything.
46. Rest in the unmanifested.
47. You are the space in between your thoughts.
48. In the NOW moment everything is perfect; the blessing is that you are not here to make a belief system out of it.
49. Live in the moment — everything happens by itself.
50. When you find out who you really are, what you find will do the rest.

51. If you want to be at your best, discover your own inner nature.
52. Things appear to be real as long as you believe in them.
53. Go right to your source, which is the Self, then everything is automatically resolved.
54. When you are yourself, you will be amazed at how the universe takes care of you.
55. Everything is a projection of your mind.
56. In silence, your problems dissolve.
57. You are the eternal NOW.
58. Moments of no-mind will become greater and greater.
59. When you are the truth, problems will resolve themselves.
60. You are trying to solve a problem that is generated from a false identity.

61. When the mind and ego are transcended, a mysterious power takes over and takes better care of you than you could ever take care of yourself.
62. When the sense of I disappears, you will become pure consciousness.
63. Space is your real nature.
64. When you discover yourself, you will know everything else.
65. The NOW is absolute reality.
66. Consciousness cannot know itself — it is pure awareness.
67. Only silence is the truth.
68. When you discover that you are not the ego, everything happens spontaneously.
69. The Self exists NOW.

70. Unless you are happy NOW, there will be no happiness in the future.
71. Become the witness to whatever is going on in your mind.
72. Follow the I to its source.
73. Human happiness is dependent on things.
74. Be yourself, just the way you are. This is spontaneity, and it lives in the NOW.
75. If you become happy and peaceful right where you are, circumstances will change in your favor.
76. Identify with your true nature.
77. When you are experiencing your true nature, everything you see is happy and blissful.
78. The world is an expression of your own mind.
79. The "I" is separate from the NOW.
80. Do not seek — by not seeking you will find.

FURTHER CONTEMPLATIONS

1. You don't have to search, what you are looking for is near.
2. Your own Self is here and NOW.
3. You have to be in this NOW to be free.
4. Look within and you disappear.
5. Does nothing need any improvement?
6. Where could you be other than NOW?
7. Look within and disappear.
8. Freedom is here and NOW.
9. Eternity is here and NOW.
10. What you have been searching for is nearer that your thoughts.

11. Looking at names and forms can never take you back to your essence.
12. Who is putting the "I" there?
13. Why do you want something that is not here and NOW?
14. In the absolute present, everything will be dissolved.
15. Why do you have to wait and plan to get into the present moment?
16. How far away from you is the "I" situated?
17. There is nothing beyond your own Self.
18. Discrimination is knowing the difference between illusion and your own true Self.
19. There is no higher truth than the discovery of your own Self. There is nothing beyond this.
20. In the NOW, everything is perfect bliss.

Who Am I? Solo Inquiry

Who you think you are is blocking your experience of yourself.

In this moment, recognize your true Self.

You may think you are the mind, but the mind is nothing but limited thoughts. Now, behind every limited thought there is a basic thought, which is the "I," or the false self-image, the belief you are wearing. Your I-ness is only "known" to you through illusionary belief. Let us call this "I" the primary thought. It is a primary belief system. Remember, no belief system is ultimately true. And you want to go to the space of ultimate truth.

Stay open to viewing the "I" thought and questioning it to find out what it is. When this question becomes real to you, you'll quickly get to the bottom of other thoughts too. You will spot the "I" thought easily, in all of its shady disguises. From this "I" thought, a whole erroneous belief system is born. This "I" thought is at the core of a string of unwanted, untrue beliefs. But behind it lies infinite freedom and the wide open space of absolute truth, formless knowledge, your own true Self. Look for the source of the "I" thought. That is all you have to do. The false "I" will disillusion only when its source is sought and discovered.

The fact is that the mind is only a bundle of limited beliefs or thoughts. How can you release them by the thought of doing so or by harboring such a desire? Your thoughts and desires are part and parcel of the mind. The mind is simply solidified when you validate limited beliefs. Therefore, it is foolish to attempt to release the mind by means of the mind. The only way of releasing it is to find its source and recognize it. The false selves and false desires will fade away of their own accord. Realize the source of the mind and freedom abounds. This is the end of ALL conditioning!

Ask yourself the question "Who am I?" This investigation will lead to the discovery of something within you which is beyond the mind. When you solve that great "problem," you will solve all problems. They are all one and the same.

The mind releases most quickly by means of the inquiry "Who am I?" The question "Who am I" releases, in turn, all self-limiting thoughts. If thoughts continue to arise, one should, without attempting to therapize them, inquire, "To whom are they arising?" At the very moment each thought arises, if one vigilantly inquires, "To whom did this arise?," it will be known "To me" or "to I." If one then inquires, "Who am I?" or "Who is this me?," the mind will turn back to its source (the Self), and the thought which has risen will spontaneously release.

Sometimes during Self-inquiry your mind will give you a statement like, "I feel such and such," "I feel tired," or "I feel apathetic." Simply objectify this thought by disassociating and detaching from it. Translate the statement into "the I feels." It is not **you** that feels this or that, it is the substitute self that has this belief — not you! How the **I** feels is not how **you** feel. By repeatedly practicing this, you learn to abide in your natural state, your own beingness.

Although self-limiting tendencies arise in numbers as countless as the waves of the ocean, they will perish as one views his own nature and becomes more and more focused on this. As long as the tendency towards self-limiting thinking remains, the inquiry, "Who am I?" is necessary. When an unwanted desire comes up, ask, "Who has this limitation or desire?" Then take the answer ("I" or "me") and find out where that dualistic manifestation comes from. Do this until you have released all unwanted limitation and desire.

In truth, desirelessness and knowledge are one and the same. Just as a pearl diver dives into the sea and takes the pearl lying at the bottom, so, too, can everyone diving deep within himself with non-attachment attain the precious pearl of the Self.

WHO EXPERIENCES EMPTINESS?

Question: I have been practicing Self-inquiry. I ask myself, "Who am I?" and I get to a level where I realize that I am not the mind. I also realize that I am not my beliefs, desires, etc. This is followed by a feeling of emptiness. How is one to go beyond this feeling?

Answer: Who says that he is not the mind, and who experiences the emptiness?

Question: I do not understand.

Answer: It is your mind. All your experiences and questions are still within the mind. Deciding that you are not the mind is an activity of the mind. Experiencing a feeling of emptiness is also an experience of the mind. If you want to go beyond the mind by utilizing Self-inquiry, you should not stop at the experience of mental judgments. You must continue the quest "Who am I?" Ask yourself, "Who experiences emptiness?" "Who thinks that he is not the mind?" Pursue the quest earnestly by questioning thoughts as soon as they arise. Eventually, the "I" will go back to its source, and you will experience the bliss of the Self.