

From Within

With a still mind we stand on the edge of a cliff. Looking out we see the immense cloud filled valley and the large rock formations that protrude out from the vapour.

The beauty of this moment.

The long journey we took to make it here, still with us all the reminders of what we had to do to make it here.

Still wearing the clothes that have served us so well up to now.

But now it is time to let it all go. We have to move beyond the places we have known and dive into the unknown. We have to embrace the journey that is ahead and let go of all the stuff of the past. There is so much to let go of... Not just these material attachments we carry with us, for who knows why, but all this mental stuff that holds us down from within.

We can feel it, the subtle pains, the subtle sorrows that exist not physically on this body but within this mind. This mind is still, yet it is ever on the brink of succumbing to the torrents of sorrow and rage. We would never show that on the surface, but we experience it mentally.

We have to let it all go. For this journey ahead will require of us all that we can muster. It will require of us to be fully who we know we are. We cannot allow ourselves to fall back into the habits that we worked so hard to overcome; we cannot allow ourselves to succumb to the darkness within.

We have to be that light that shines so bright even into the darkest of places. The darkest of places that exist in this world, and the dark places that exist within this mind.

For through this experience we have come to realize that no matter what, the light always beats the dark. A shadow is no more once light shines upon it. We know this now. We know the true power that this Being has.

It goes beyond knowing. It goes beyond any conception we can craft within this mind. This power.

It seems as though the only way we can truly feel this power is to surrender to it, surrender to the moment, let it overcome this being from inside. We become a living embodiment of this force that is so overwhelming to the egoic mind. It is as if when this force, this power comes into perception the ego screams from within that it is not ready, it is not able to fully manage the true power that resides within us. It has all this fear, this doubt, this deep deep terror of this power that it has only felt in those moments of deep presence. Those moments that we were fully there in the moment. Those moments when not a single thought caught the awareness and pulled it away from the Here and Now. Those moments when we truly could feel the

power, were the moments that we were truly Being. The moments that we were fully existing with the true essence of who we are. Those moments. Those moments are the ones that define us, those moments are the moments that have crafted this being to make it into who we are now. In this place. In this moment. Those moments were the forging moments of this moment. Every single moment is like that to some extent. Every moment leads to the next, every moments experience gives us something, some lesson, some teaching, some wisdom that serves the future being. And the moments that served us the most, are when we were fully in the moment that we forgot all about who we were, who we want to be, the time we are in, the space even, the moments that wrap us up in that feeling of immensity that we have no other choice but to witness them from pure wonder, pure ecstatic bliss.

After those moments pass, the ego returns to express its worries, express its fantasies over the past moments and the moments to come. We are still working on releasing the ego all together so that we can exist in this space for eternity. So we can exist in this power of truth for eternity.

Will that ever come? Will we ever become fully enlightened?

Who knows?

Still standing on the edge of the cliff as all these thoughts fill the still mind, as all these contemplations flood in. We have nothing else to do, except fully let go.

We jump from the cliff, into the clouds below.

Falling Falling Falling.

To the ground that we can't even see.

Approaching at an ever-accelerated rate.

The mist of the cloud creating a cool sensation upon this skin.

In a moment we will feel it, or not feel it at all. What will we feel?

A flash of light blinds us.

Nothingness

Complete and utter oblivion

The darkest darkness.
We are still aware.

What is this place? How did we end up here?

We feel the body and feel the hands, arms, hair, clothes, everything that we jumped with. It is all still here upon us.

Where are we?

A vision enters the mind.

We see a body falling from a cliff, through a cloud, and all of a sudden a flash of light appears out of nowhere, the body vanishes right before the body hit the ground.

That was us.

But how, but who, but what?

We try to use this voice to ask just that, shouting into the darkness.

How! Who! What!

No response, not even an echo.

We notice that we are not even standing on anything, we seem to be floating within empty space, a completely dark empty space, complete nothingness for all we can see, utter void.

All of a sudden, a feeling, a sensation, Envelopes this Being. Still within this void, yet now feeling, sensing, what seems to be a light. We begin to perceive luminosity, we perceive this lightness, this extrasensory formless light that has unfolded from within.

We seem to be able to perceive the vibrations of this being, the pure essence of who we are. It is like every particle within this being is being felt, every minute vibration, every subtle sensation, every meticulous manifestation that exists within this form, we feel.

It is overwhelming the truth of what we perceive Here Now.

We contemplate upon the reality of the situation. How, Why, What?

Are these all the sensations this mind usually limits from perception, why are we feeling this now?

We notice that not a single thought of anything except this very moment has crossed this mind. This awareness is immersed purely in this very moment, this very void we are floating within. We are reminded of what the great master always told us.

Reside within the emptiness of Being, witness the truth through thoughtless observation of reality. Pure Presence as the pure un-attached selfless witness, the silent witness.

Never fully realizing what was meant by these words, we now realize, we now know what this means.

We notice the mind becoming ever more silent, ever more still.

We exist here now and that is all we know.

We exist in this moment.

We witness this moment.

This eternal moment.

Silence now

Stillness now

The mind becomes completely still *No thought* *Mental silence*

A flash of light

We manifest standing on the ground, underneath some clouds.

The clouds begin to part and the sun begins to shine.

The valley is rich with greenery and life of all types.

Flowers of every colour are blooming all around.

It seems as though the life has been restored.

Never have we ever seen the valley look like this.

We are seeing through new eyes.

The life is vibrant, abundant and ever beautiful.

We fall to the knees and tears of love, tears of joy begin to stream from these eyes.

Now we know. We know who we are. We know what life is.

It is unspeakable, and the only way to know it is to not speak.

Just witness it through pure silence, pure presence.

With these thoughts resounding through the mind.

With tears still streaming down this face.

Looking at the beauty one last time.

We fall back into a moss bed.

We close the eyes.

We drift to sleep to the sound of wind blowing through tree leaves and the birds chirping songs of rejoice.