

IT IS WHAT IT IS
The Singular Theory of Everything
(excerpts)

David Hall

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PREFACE

The initial aim in writing this book, was to write something more immersive than I had done before, allowing the information to be absorbed more deeply in the mind of the reader. That meant it was going to be a bigger book, a longer read. What it has developed into is something like a *Human's Guide to the Universe and You*. There is essential information here for all humanity. It is hoped that those who read it will gain an understanding of reality, the laws of the universe, the human experience, and the nature of our infinite being.

The core truth here, which I somewhat tongue-in-cheekily call *The Singular Theory of Everything*, is that there is only an infinite oneness. The world appears to be made of many separate things, but if we look at it more closely we find that there is no true divide and there are no true limits to anything in the universe, or in fact the universe itself. There is only One, which has no beginning or end. It is the Infinite One.

This core truth is nothing new. It is the essence of the teaching of Nonduality or Advaita that has been known by humanity for thousands of years. In this book we will explore and understand the dualistic appearance of the world, which I like to call The World of Opposites. Understanding the apparent duality or multiplicity of the world, is like a stepping stone to the higher knowing of Oneness.

From the initial recognition that separation is only illusory in the world, we can begin to understand the Singularity. We will look at the nature of reality, the universe and you, considering the appearance of the world, of space and time, spirit and matter, and look deeper into the human experience. We will explore the formation of worlds and the evolution of forms. We will consider patterns in the world that point to a greater understanding, and elaborate on the nature of being, infinity, the mind, the ego, beliefs and acceptance. It's hoped this book will be a pouring out of knowledge for you. Let it sink in and open the mind to the truth of infinite oneness. It is both a book about the universe and reality, and a self help guide to the human life.

It will be noticed that initial capitals are used for some words, such as with Awareness, Consciousness, the Infinite One, or What Is. The aim here is to emphasise that this is something beyond the mere word or concept. For example, we can consider consciousness as the human awareness of the world, but Consciousness capitalised is used to refer to that which is beyond the world and truly beyond conceptualisation. Equally Harmony capitalised relates to the perfect unexpressed harmony beyond any appearance of harmony. Other terms are capitalised as names for processes, models or

theories, such as The World of Opposites, or The Continuum of Acceptance.

Ideally the chapters in the book should be read through in order, pausing from time to time to contemplate or allow it to sink in. Once the book is read then it can be useful to dip into different chapters or sections of the book. As with my previous books, the sections and topics are written at different times in small chunks and later grouped with similar topics and polished off. So they can stand alone to some extent, but it's important for the reader to firstly gain a good understanding of Nonduality, which is the Singular Theory, and also the appearance of the World of Opposites. The whole of the book is dependent on understanding the basics of this, which lead us to comprehend more fully how this applies to our human lives and the world. You will find that some topics overlap. But they all make up the whole picture of *It Is What It Is*.

1 THE SINGULAR THEORY OF EVERYTHING

Begin the Beguine

This book will explore how the understanding of Nonduality explains the appearance of everything, the universe and you. I call it *The Singular Theory of Everything*. In this first chapter we'll consider the core of this understanding.

So let's get straight to the point. The Singular Theory of Everything could be summarised as this: Reality is a Singularity; the universe appears as a World of Opposites in separation.

Reality is an Infinite Singularity that appears to have split into opposite energies, positive and negative, that interacted and multiplied exponentially, forming a universe based on vibrating energies and the interaction of opposites.

The Singularity formed a World of Many. The Infinite One formed its opposite, an apparently limited many.

Or so it appears. In reality separation is impossible. The Infinite Singularity cannot be split. It's infinite. Throughout space and time as we know it, the Singularity remains unchanged. It is what it is.

However, the world can be understood as a reflection of the Infinite Singularity: an appearance of separation and a World of Opposites. The opposites of the unchanging Singularity give rise to the appearance of distance that we call space, and the appearance of change that we call time.

Furthermore, this Infinite Singularity is not lifeless. It is Life itself. It is the Consciousness within which the world appears, and which experiences the world through localised perspectives of conscious beings within the world.

From the perspective of conscious beings it seems that this Infinite Consciousness is within. From the perspective of Consciousness there is

neither inside nor outside. There is only the Infinite One.

Recognising Infinity

Infinity is here wherever you look. Hold your hand in front of you. The eyes just see what is. But the mind labels it as a hand and sees the fingers and a thumb. But the hand, the fingers, the thumb, they are not separate. The mind separates them out with labels, and the labels are not clearly defined. We cannot define an exact point where the fingers end, or where the hand ends and the arm begins. The arm, in turn, is considered to be attached to the body, but it's not really an exactly defined section of the body.

Let's consider the body and where it begins and ends in time. We can choose an arbitrary point in the body's development when we can say the body began, such as when the egg is fertilised or some other point soon after. But this is the mind trying to impose finite limits on the infinite. Truly, the body does not begin or end. The body is a flowing organism not separate from the planet and not separate from the universe. Not only does its beginning fade in the distance of time, but its form is always changing and interacting with its environment, and its apparent end fades into the whole. Although the body can maybe jump up and down and seem to be separate from the world, it is not. It can never be separate from the world. It only appears to be separate, and its limits in space and time cannot be accurately defined.

The formation of plants and animals on the planet demonstrate infinity. Trees grow from seeds that have grown from trees that have grown from seeds, and so on. It is the same in the animal kingdom. We know that there is no clear beginning or end to this, and it has given rise to the conundrum: *which came first, the chicken or the egg?* What appears as finite rises out of infinity and returns to infinity, whilst remaining ever in infinity.

How far is the furthest we can see? How small is the smallest we can see? Technology allows us to see further and further into space, and deeper and deeper into microscopic realms. Where will it end? It begins and ends in infinity.

We may think that the universe was created from a Big Bang, where time and space began and a multiplicity appeared explosively from a singularity. The question arises: what was before the Big Bang? There was no time before, because the Singularity is timeless. Equally there was no space before, as the Singularity is infinitely the same, without limits or differences to define distance.

Do we think that infinity created the finite world then disappeared? No, infinity gave the appearance of a finite world but it can never truly be finite.

Infinity can only create an appearance of separation, of beginnings and ends.

It is strange to consider how infinity is overlooked, but it is overlooked simply because it is always here.

Reality

Reality is a perfectly simple Infinite Singularity. It has no duality, no separate parts, no beginnings or ends. From the human perspective it can be considered as Everything and Nothing. Well, really words and concepts can't accurately describe it, but this is a book about it, so words will have to do. From the human perspective the Singularity is alive. It is pure Life itself. It has no time or space. It is purely Here and Now. If you've never considered this before, bear with it, as really it is the key to understanding the universe and your place in it.

The world that we perceive, know and experience as humans appears as a split in the Singularity. It's as if the Singularity separated into opposites across the span of space and time – appearing as what is and what is not. From a neutral Singularity, appeared the birth of opposites that we can consider as positive and negative energy. These opposites interacted and multiplied exponentially, forming the elements as we understand them, the stars and the planets, and the evolution of what we call life. The universe has spread out like the branches of a tree from the splitting seed of the Singularity.

This is an overview, of course, but it's a rough conceptualisation of the formation of the world and the expansion of time and space. I call it The World of Opposites or the World of Motion, because prior to the appearance of this world, there was only the perfect stillness of the Singularity. 'Prior to' isn't strictly true, as time is only an appearance within the infinite timelessness of the Singularity.

You will notice that the word 'appearance' is used when referring to the world. That's because the world needs to be understood as just that. There is only an appearance of separation. The Singularity does not really split into opposites. The opposites that we can understand in the world are not really separate. It's more like there is a stretching of opposites, forming a spectrum or continuum between them. And the stars, planets, plants, and animals we see are all a flowing of life as vibrating energy. The molecules of the universe flow continuously from one form to the next.

The universe gives an appearance of being finite, but its true nature is infinite. As humans we see a world that appears finite. We see the stars, planets, plants, and animals as distinct entities. But this is an illusion of sorts. Ultimately it is the Infinite Singularity playing at being finite. The Infinite One has formed a World of Many within itself.

The Formation of the World of Opposites

It is as if, in a moment of creation/destruction, the Singularity split into two opposite forces. This created a chain reaction that continued a pattern of separation, interaction, and multiplication. Light and darkness appeared. Space and stars were created. Elements were formed. Forces spun out to create galaxies and planets. It's a World of Opposites.

The pattern of many from one continues. Stars spiral around a centre. Planets spin around the stars. Here we sit on planet Earth, which spins around its own centre, whilst spinning around the star at the centre of our solar system. This system spins as part of an arm of a spiral galaxy made of stars and solar systems, stretching out through space.

Reactions continue within planet Earth. Life forms develop and interact. Trees on the planet show in their branches the echo of one separating into many. Rivers across the planet show the same pattern. Waves on the ocean have peaks and troughs, and the tide comes in and goes out. Spiral patterns appear throughout the planet. The forces of separation and circular motion continue. In time the human species develops to a point of being able to understand the world. The species itself still demonstrates the initial moment of creation. They are male and female and are attracted to each other sometimes, and sometimes repulsed. They join together and multiply. They bond, they break up. Their families branch out like the tree, and they scatter and grow across the planet, in a pulsating flow of life.

So here we have it, the World of Opposites. But it's not quite right. See, there is a problem with separation. It can't really happen. The universe is only an appearance of separation. The Singularity still remains as it is. So throughout the appearance of the universe the Singularity remains as the immovable, unchanging, invisible, all-powerful, source from which this song of life began. Some people call it God. Some say it is what it is.

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Consciousness

This Infinite Singularity is not a lifeless something, it is a being of pure life. From its pure state of Life appear the opposites of alive and not alive, conscious and not conscious. Consciousness is the simple nature of its being. It perceives all perceptions from localised points of view, that we call conscious beings. What we think of as our own consciousness is a localised point of view within the Infinite Consciousness of the Singularity. We could say the mind is like a wave on the Ocean of Consciousness.

How do we know that the Infinite Singularity is Consciousness or Awareness? Well, all we can ever know is known in consciousness. Every experience you have, every thought, every perception, every feeling, all happens in consciousness. Consciousness is always here throughout your experience, and it is the same for all people. Nothing is ever known or experienced that is not in consciousness.

Your experience of reading this book is entirely in consciousness. The whole of the world that you have experienced was right here in consciousness. It's not possible to ever separate consciousness from the world. Consciousness is the root of all experience of the world.

I use the terms Awareness and Consciousness synonymously in this book. Equally, the term the Infinite Singularity is the same. The Singularity is not a lifeless condition. It is the basic nature of what is, of reality, of existence. Its nature is knowing, or Awareness or Consciousness. It is the root of all experiences of the world.

Although the world displays the opposites of what is aware and not aware, the truth is that there is only Awareness. The appearance of these opposites is a natural consequence of the illusory splitting of the Infinite One into what it is and what it is not.

This Awareness experiences itself as the world, where it appears to separate itself and look back at itself. The apparently many aware beings are simply the one Awareness perceiving itself in apparent separation as the world. The awareness of the apparently separate individuals develops to a point of self awareness, as the pinnacle of knowing in the world. All the while this is just a play of development, as Awareness is always present. Even things that appear not to be aware or conscious nevertheless appear in Consciousness.

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2 INFINITY AND THE ILLUSION OF SEPARATION

The Illusion of Separation

If you read nothing else in this book, read this. The rest of the book is consequential to this one principal: the sense of separateness that is perceived in the world is not true. There are no perfect definitions of things that can accurately separate them from others.

Even if you don't believe it, don't ignore it. It's the basis of Nonduality, which has long been part of human history. Don't ignore it if you want to understand the world and your place in it. See if it's true or not. See if definitions of things truly can stand alone separate from others.

The Appearance of Separation

Fundamental to this book is recognising that separation is only an appearance. It's generally accepted in our human view of the world that there are many separate things. We have names for different animals, different flowers and trees, different subtypes of animals, different countries, different cities, different cultures, different ethnic origins, different colours, and so on. These names, labels and concepts that we use are based on the human experience of the world. They do not truly define and they are not permanent.

This separation anomaly is fascinating. The world seems to present itself as full of separate things, but ultimately it is only one thing, giving the appearance of being many. And of course, the animate 'things' seem to have an individual life of their own. Although we can understand that the many humans that are active in the world are really part of this Infinite One, it's clear that they act relatively independently. It's not normal for the thoughts of one to be known by another, so there appears to be some kind of separation of thoughts. This is very impressive: the Infinite One that is the world,

appears to not be limited by infinity, and it appears to be able to be a multiplicity of separately defined beings. You've got to admit, that seems pretty miraculous.

Well, it is and it isn't. Because, you see, it's not really possible for the Infinite One to become many. It's always infinite. It's just an appearance of many, an appearance of definition and separation. Space and time appear to separate the universe, but has anyone ever experienced them as anywhere other than Here and Now. By that, I mean that whenever you experience a place it is where you are, and whenever you experience a moment of time you experience it now, at the present moment.

In a sense, space and time are right here and now. The appearance of separation and movement happens in this timeless, spaceless place that is here now. A bit like when you watch a movie at the cinema: you watch the screen that doesn't move or change, but upon it a magical world can appear, wars can be fought, friendships made, mountains climbed, buildings burnt, oceans crossed. But the screen remains unchanged throughout the movie. The screen is like the heart of your being that experiences space and time within its infinite timelessness.

Understanding Infinity

In this book there are many names for That Which Is. None of the names are wholly accurate. It's a Singularity beyond the sense of any plurality, where there is truly neither many nor one. The term 'singularity' relies on a sense of what 'one' is. But the reality is that there are no numbers.

This Infinite Singularity is infinite beyond the sense of what finite is. Finite limited objects do not really exist. They only appear to have limits. Reality has no limits. There is only infinity. Yet the meaning of infinity as we know it is dependent on a sense of limits, which itself is untrue.

It's difficult for the mind to comprehend this, as the mind prefers finite terms. It is similar to when we think of the location of the Infinite One. It doesn't exist in time and space. It is here and now. Time and space appear within it. Here isn't really anywhere.

So the Infinite Singularity is Here beyond space, Now beyond time, One without other, and Limitless without reference to limits. It is what it is.

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3 THE WORLD OF OPPOSITES

Understanding Opposites

The world we humans live in appears as a World of Opposites. It's easy to see opposites in the world. The world functions by way of opposites. Everything has an opposite: good and bad, hot and cold, high and low, mountains and valleys, hard and soft, day and night, happiness and sadness, strength and weakness, and so on. There is even mirror imaging of opposites in animal and human forms. We have a left side that has a reflective opposite appearance of our right side, and there are the opposites of male and female forms of each animal species. Recognising this is key to gaining an inner understanding of the universe as a whole.

The opposites, of course, are linked together. Human and animal forms seek to unite male and female of the same species, to procreate. In our breathing, we breathe in and breathe out, repeatedly, flowing from one to the other to the other. Ocean waves have highs and lows. Tides flow in and flow out. Water evaporates upwards and falls downwards as rain. This is a pendulum swing motion between opposites, where there is a circular pattern of rising, falling, rising, falling. This happens throughout the world. The World of Opposites is flowing. I also call it the World of Motion, because everything moves and changes. Even where there appears to be stillness, there is always motion and change. It's just that some move slowly, some move quickly.

You Can't Have One without the Other

Opposites can appear to be linked but separated from each other. So a mountain and a valley are part of the same earth formation, one rising high, the other sinking low. It's similar to a ripple on a pond. There is a peak and a trough, and it appears that you can't have one without the other. Both the water and the land can have this wave formation. The soft water can be more flowing and can move quickly, whilst the hard land flows much more slowly.

Depending on the location, areas usually have warm seasons and colder seasons, dry seasons and wet seasons. There is a fluctuation or flowing between opposites.

In human and animal forms, the male and female are needed together to produce the next generation. Both opposites are needed to create one. This pattern perpetuates throughout the universe, where forces have equal but opposite qualities. The simple reason for this is that the universe remains a complete system.

Opposites appear as if there is a separation or stretching of the Singularity. But the Singularity remains intact. Although a gain and loss can be experienced from different perspectives, there is always a complete whole. There is never truly a separation of opposites or a division of the Singularity. The Singularity remains timelessly complete.

The Continuum of Opposites

Once we understand that the world appears as an interplay of opposites, this can lead us to the next revelation. What we think of as opposites are part of the same quality. You could say that opposites are connected, but it is more that opposites appear as a continuum of one quality. This is a deeper insight that leads us to understand the Singularity. You see, the opposites that we conceptualise and which seem to be necessary for the functioning of the world, are not truly separate. When we consider opposites as appearing on a continuum, there is not one quality and its opposite. There is one quality expressed as a continuum of varying degrees, stretched out from its initial quality to one that seems so far removed that we can say it is its opposite.

The continuum of opposites is where we can understand opposites as being variations of degrees of the same quality, ranging from more to less. For example, all substances have different degrees of resistance/pliability. If we think of this as a Continuum of Resistance, there is a range or spectrum like this: extremely resistant – very resistant – moderately resistant – less resistant – very little resistance. We could also call it the Spectrum of Pliability, and range it like this: very little pliability – less pliable – moderately pliable – very pliable – extremely pliable.

This continuum of opposites shows that the two opposites can be considered as a range or spectrum of one quality, from one end to the opposite end. We can think of Height as a continuum, from very low to very high. We can think of Goodness as a continuum from extremely good natured to extremely bad natured. Or Temperature as a continuum from extremely cold to extremely hot. It works. Opposites naturally fit this way of understanding them.

When discussing opposites I use the term ‘continuum’ or ‘spectrum’ interchangeably. There is no real preference. The terms are used to try to describe an unbroken range from one to another.

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4 THE INFINITE ONE

Who, What, Where, When, Why and How

Who is this Infinite Singularity? By nature there is not really a who. There is not a person. What we know as people, personalities, or created beings, is not what the Infinite One is. There is no 'who' when there is only what is.

What is this 'what is'? We can't really say what it is because any words, descriptions, or concepts we use are all relative. It would be like trying to explain silence by whispering. It wouldn't quite be right. There are a lot of words used in this book to point the reader to what is, but ultimately what is is beyond words and descriptions.

Where is this Infinite One? Nobody can say here it is or there it is. To say the Infinite One is in a particular place would imply that it is not somewhere else. Even saying it is everywhere isn't strictly accurate. It is beyond the concept of space and distance. It is right here. The appearance of space and distance happen within it.

When did the Infinite One arise? The Infinite One has no beginning or end in time or space. It is before the appearance of time and space. It is beyond time, being unchanging and formless. The appearance of time happens within the Infinite One.

Why does the Infinite One exist? It is the nature of What Is to be what it is. There is no need for the question of why it is. It is like asking why infinity is unending. It is what it is.

How did the Infinite One come to be? The Infinite One is not created. It is the core, unperceivable nature of existence. It is the nature of life. It is life. It is the formless one within which forms appear. It is the original timeless, unchanging, infinite being.

Outside of This, Inside of That

Outside and inside only appear to be real. As mentioned already, separation isn't true, so there is no real outside of this or inside of that. There are no this and that separate things. There is a seeming contradiction when I say that true stillness, the Singularity, is at the heart of all, or if one is advised to look within to find one's true nature. What's happening here is that we are trying to describe something that is beyond description, and we are using finite concepts to describe the infinite. The words we use can never truly be what we are trying to describe, so they fail.

Elsewhere in this book, I use the wheel as a symbol expressing the multiplicity and singularity in one. The spokes go out from the centre and appear more separate from each other as they go further and further from the centre. The centre of stillness, the hub of the wheel, is like the Oneness and the spokes are like the apparently separate beings or objects. Yet the whole wheel is one.

From the perspective of humanity, it seems more accurate to say that the Infinite One is within you. It is the heart or deepest point within the mind, the point of stillness perceiving the apparent movements in the mind and the world. From the apparent outside, or from the human view, on the inside there is a singular Consciousness that is the Awareness of what happens to each and every being. This can be useful to understand and to point to that inner stillness. But along the way to reaching that Awareness, the sense of inner and outer must be discarded. Because the truth is here all along. We don't really need to reach it.

Like the example of the wheel, if we look at and label individual parts, then it is the centre that is the point of oneness. But the wheel is itself one, and really there are no separate parts where the One is not. It is the same with the world. It is all only the Infinite One. If we pick out separate parts and label them, then that mistake leads to us trying to explain the Oneness in terms of this and that.

It's not even One. It is no number. Truly, it is what it is.

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The Infinite Ocean of Awareness

Humans, and for that matter all beings, are like localised swirls of perception in the Infinite Ocean of Awareness. The apparently separate being is a focal point of perception within the world, with the ability to respond to and interact with the world, of which it is a flowing part. 'Part' isn't a correct

enough term. Maybe ‘quality’ better expresses how a seemingly finite being is a flowing quality of the world.

When we withdraw from the belief that we are human and we are the body, our concentration falls within the mind, where we recognise that we perceive the thoughts, the bodily sensations, and the world apparently around us. The mind then is like the swirl in the ocean. The swirl is made of the same stuff as the ocean. It is the ocean. The localised mind is a swirl in the ocean of Infinite Awareness.

This localised perception is the means by which Infinite Awareness can perceive the apparently finite world. There is no limit to how many localised perceptions there can be, because the ocean in which they swirl is infinite.

Picture the scene: there is a boundless ocean, and within that ocean there are countless swirling eddies, each of them slightly different, some bigger, some smaller, some clashing with each other. Some of these swirling eddies last a while; some fade away quickly. But it’s all just the ocean. This is how it is with conscious beings. We may think that we are all separate, and different from all the other conscious beings, and we may clash with them. We may live longer than some we have known. But we are not really different from them. We are not really separate. We are the same stuff.

There is only the Infinite Ocean of Awareness. This individual swirl of consciousness we may think we are, is a flowing quality within the Infinite One. For a time you may identify as a separate swirl in the play of life, but there is always only the Infinite One.

The Sun Always Shines On TV

The TV is common in many homes. You can watch movies, the news, sports, dramas, documentaries, video games. So many things. What we have right there in our living rooms and bedrooms is a great example of the world and the Singularity.

The TV may show a busy city, with many people, cars, buildings and trees. Some things appear still, like the buildings, and other things appear to be moving around, like the cars and people. Many things can appear on the TV screen, but really there aren’t many things. It’s a TV screen. It’s the mind that identifies and labels the multiple individual things on the screen. The reality is it’s just the screen. On the screen there aren’t really lots of people and cars and buildings. It’s just the screen.

There might be a movie with explosions, a volcano erupting, or a tsunami flooding the coast. But the TV doesn’t burn or get soaking wet. That’s obvious to us, because we know it’s a TV screen. But if someone had never seen a TV before and for the first time saw one with a fire burning on it, they

would reasonably expect it to be hot.

It's the same with our true nature and the perceivable world. We are the One Consciousness within which many things appear to be real. But it's all the Infinite One Consciousness. The Infinite One doesn't have to break apart into many for many to appear. It remains as one, unchanged by the appearance of things.

Humans generally believe in the multiplicity they see in the world, but really the world appears within Pure Consciousness, like a movie appears on the TV screen. There could be a cosmic explosion in the world, which appears to create a separation from a singularity, but this would be happening within Pure Consciousness that can never be damaged. Pure Consciousness is the screen within which the play of the world appears. It is a perfect, unchanging, unmoving Singularity.

Pure Consciousness is the heart and whole of our being. Humans hear, see, smell, and feel the world. Pure Consciousness is the unchanging heart that sees the human experiences come and go.

In some ways the invention of the TV screen is inevitable, as an expression of the expression expressing. What I mean by that is this: the world is an expression of the Infinite One expressing itself, and within that there are an infinite amount of expressions further expressing themselves. The expression appears to multiply, and within the expression it inevitably expresses what it is in multiple ways. That might take some reading to understand, but I mean that trees demonstrate the expression of the universe, as do flowers, as does the human body, and inevitably the human mind expresses itself in ways that display the expression of the universe.

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6 SPACE AND TIME

Anyone Out There

You may think you are a man, a woman, a human, a mind, a soul, consciousness. Whatever you think, it is experienced here. When you read this or think the word 'here', for instance, the thought is experienced in the place I mean. It's not a distinct place that you can reference. You could say it's in the mind, which of course is a little vague. But you have a sense of where 'here' is.

All experiences are here. If there's a noise, you experience it here. You may get a sense of a place in space where that noise is occurring, but your experience of the noise and its position in space is experienced here. The hearing is here. If you look out on a landscape of houses, hills, mountains, sky and clouds, you have a sense of distance and you can label different objects, but the actual seeing is experienced here. It is experienced here as one seeing. The labelling is what the mind does. It's similar to how the mind can consider a painting of a landscape to have buildings, hills and trees, whilst it is just one painting.

So all perception of space that you have is really experienced here. It is here that you experience the sense of depth, height and distance. Whether something appears far away or very near, it is experienced right here. There is nothing that you have experienced outside of this place right here.

It is the same with time. Your perception of time is always experienced here and now. You cannot experience the past and you cannot experience the future. You can recall a memory of the past, but the perceiving of the memory is here and now. Even if you could see into the future you would be seeing it now.

If you experience something happening, you experience it happening here and now. The movement of clouds in the distance – you experience the seeing of that here and now. Any change is experienced now. If you watch a time-

lapse scene on a screen, where a view of a landscape is sped up, the screen doesn't move. The change appears right there on the permanence of the screen. It is similar with our perception of time and change in the world.

These experiences appear within the mind from the senses. All perceptions are experienced within the mind. Any experiments about space and time are experienced within the mind of those who perceive them. Although there is a sense of space and time, that sense of distance and change is experienced here and now.

Ultimately you can never be aware of something outside yourself. Really there is no outside. The general human perspective is that the mind is inside and the body and the world is outside. But this duality of inside and outside is only a perspective in the mind. In fact both the apparent inside and outside are experienced in the same place, here and now. There is only an appearance of outside.

That point of Here and Now is without space and time. But that doesn't mean that Here is infinitely deep or wide. It simply has no depth, no distance. Now doesn't 'last for all time'. It has no time. It is simply timeless. Space and time are illusions that play out in the infiniteness of What Is. Here and Now is the simple nature of What Is, and there is no need for a creation theory about it. It is formless and uncreated. It simply is.

We cannot put a point on where this Here and Now is. When you really explore it, you can't put a definitive point on where anything is. The reality is that space and time are illusory, and Here and Now just is what it is.

How Far Can You See?

How far can you see? Such a small question, but not that easy to answer. If you look into the night sky on a clear night without clouds blocking the view, how far can you see? Well, it depends on the ability of the eye, and this can range from person to person.

On average, people can generally see the light from stars in the Andromeda Galaxy, which is 2.5 million light years away, which equates to about 23 quintillion miles. That's incredibly far. It's all about the eye receiving light energy, or photons, from the object. If the ability of the eye is able to pick up that energy then it's seen, but in theory there is no limit to how far away that can be.

However, although we may perceive something as far away it is seen right here. You can't see anything without it being seen right here. Distance is perceived right here where there is no distance. Space and time appear in the place of no space and time. The Infinite One is without space or time. If space and time are to appear, they can never be observed anywhere other than

here and now, because space and time are illusory. There is only the Singularity here and now.

Distance – Near and Far

It's very helpful to consider distance. The universe appears to have a lot of space. Even the room I'm sitting in has a lot of space. We could say that space is what's in-between things. But even the things themselves have space in them. So it's probably fair to say that space is everywhere, and objects appear in this space. If there was only space, then distance wouldn't really matter. Distance appears when apparently separate things occupy space. So we think of distance from one point to another. Distance is relative. It requires two points relative to each other.

We use our own measurements to describe distance. But in terms of opposites we can say that something is very near, near, far, or very far. We can be more descriptive than this, of course, but the point is that we can think of distance as a continuum from near to far. These opposites sit nicely on the Continuum of Closeness.

What's so important about this? Well, although the world appears with things near or far, the world actually only ever appears to us as Here. We can never really be near to or far from things. We can experience near and far, but we experience them right Here in our centre of experience. To put it more simply, if I see the planet Jupiter in the night sky, I know that it is very far away but I can only experience its image right here through my eyes and in my consciousness. My experience of it is Here.

So although there is an experience of the opposites Near and Far, and there appears to be a Continuum of Closeness, the real human experience is right Here. And whether something appears far away or very near, it is actually experienced right Here in the mind.

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7 SPIRIT AND MATTER

No Matter What

It is generally accepted that the world is made of matter, our bodies are made of matter, and we each have a mind that is the product of an evolutionary development of the brain, which is made of matter.

But what is matter? Matter is generally considered to be the building blocks of life, and life is made out of matter. Science tells us that matter is made of molecules and empty space. There is an appearance of solidity in matter, but it is permeable. No matter is truly solid to the extent that nothing can pass through it. Matter vibrates at different rates, and some wavelengths can pass through others.

How do we perceive matter? No human can perceive matter except within consciousness. When you see or touch a material object, such as an apparently empty glass, you experience it within consciousness. The sensing of touch and seeing are perceived within the mind, and the mind is perceived within consciousness. Whatever we conceive of matter, our only experience of it is within consciousness.

In fact there is nothing that can be experienced outside of consciousness. Consciousness is where the experiencing happens. If we see a distant star in Orion's belt, the seeing is perceived right here in consciousness. You can look at it through a telescope to get a more detailed view, but you are still perceiving it in consciousness. Consciousness is perceiving, and everything you have perceived has always been in consciousness. In fact, it is the one constant throughout your human life. Consciousness is here right now, perceiving this book.

So we can look at matter from a different angle, which is more encompassing, accepting the singular nature of what is. The Singularity is Consciousness, and this world of matter is ultimately the world of

consciousness. The appearance of matter is vibration of consciousness within consciousness. It can be considered as a condensed form of consciousness, a bit like ice floating in the ocean. But this is only illusory, as consciousness doesn't really change. It only appears to change.

Spirit in the Sky

Let's consider spirit and matter. Generally humanity has a sense of what is spirit and what is matter, even if some people don't believe in spirit. It would be fair to say that a lot of people believe in matter. People talk about it being a material world, where humanity gets what it can out of the material substance of the planet. We generally consider matter to be the solid stuff that things are made of, but it extends to liquids, gases and plasmas too. The physical world that humans can know through the standard senses is mostly accepted as matter.

Spirit on the other hand is something that humans can't see with the standard senses. It's something that maybe religious people or 'spiritual' people believe in. It has something to do with God, and it's something that outlives the material body. Many people have a vague view of spirit as this. Some people believe that view. Some people don't believe it.

Here's the view from the Singular Theory of Everything: there is only Infinite Awareness. Spirit, Consciousness and Awareness are the same thing said in different ways. We use different words to explain different aspects of the unexplainable Infinite One.

So Awareness can be called Spirit, and in that sense it is the ever present unseen quality of what is. That unspeakable essence of what Life is. This Spirit of Awareness is expressed in the world as a Spectrum of Spirit, from the most free and formless of forms to the most limited and dense of forms. It is those denser forms that can be labelled as matter. But we can also call it dense spirit. There is only the one substance, for want of a better word. It may be better to say there is only One Spirit, and when that One Spirit takes form there appears to be a distancing from the unseen pure nature of true Spirit, true Awareness. Distance from the complete freedom of true Spirit, appears as a condensing and restricting of form into what we think of as matter. But it's still spirit, in a similar way that ice is a condensed, hardened form of water.

Is the world made of matter only? No. Matter is just a human label for a hardened form of spirit. Spirit is all that is.

Do you have a spirit? No. There is One Spirit. Nobody has it. Nobody owns it. It is right here now. It is what it is.

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8 NUMBERS

The Origin of Numbers

Before the beginning there was None. That Nothing was One. It was an Infinite One, undifferentiated, without beginning or end. It was One without change, without movement, without time, without distance. Being without time or change it is eternal. There is no 'was' about it. It has no past or future. There is nothing other than it, and although time and space appear, they are only an appearance within its infinite timelessness.

There are no real numbers of things, only the concepts of numbers applied to portions of infinity. There are always fuzzy edges to any 'definitions'. It's just one continuous Infinite One that can have the appearance of being many different things. In one sense, its unlimitedness allows for it to appear as if there are limits.

When we talk about 'creation' or 'the universe' we are talking about the world that is here in front of us, that humans and animals, planets and stars, are part of. This appearance of many. Let's consider how this 'many' came to appear.

Zero – Empty – Nothing

We'll start with zero. It's rightly represented by the figure '0', showing its infinite origin and emptiness. Zero is the number of emptiness and nothing. It is the number of equal opposites in harmony. From zero, any positive number plus an equal but opposite negative number will always total zero. From zero, numbers can be equally stretched out from the centre in opposite directions without losing their totality of zero. In this way all numbers can be said to originate from zero.

Emptiness is discussed elsewhere in this book, but it is worth mentioning

here that although zero represents emptiness and nothing, it is a complete totality, so it can also be considered as fullness and everything.

One

The number one is represented as a single line. It is the first appearance in the world. Although I often use the term the Infinite One in this and other books, to describe that which is, it isn't strictly one, because it's infinite. Although the finite number one that we know of in the mind is limited and separate, it can give us a sense of the Infinite One that cannot be expressed. Infinity has a quality of oneness, whilst being numberless.

The finite number one is like the opposite of the Infinite One, whilst in the world its opposite can be considered as zero. One and zero both express aspects of the Infinite One. One cannot appear without zero. They are the symbols of what is and what is not.

In human terms, the extreme expression of the finite one shows its opposition to the Infinite One. The finite one is expressed as the ego, the extreme of which, is the isolated separate individual, who distances itself from others, and lives in an incomplete state of unhappiness, want and sometimes fear or hatred of humanity or the world. This extremity appears as the opposite of the Infinite One. The Infinite One is not separate from others, is complete, total peace, and total love. Remember, these finite numbers are not real. It is only when imbued with the reality of the Infinite One that they appear to exist.

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9 PATTERNS AND SYMBOLS

Patterns

There are common patterns in the appearance of the world, which at the very least indicate some formative forces that are behind the world we perceive. Some important patterns to observe are: many from one, reflections and symmetry, the fluctuation between opposites, the spectrum, repeating circles, and the hollow.

That may sound a little technical, but they're all part of our everyday experiences. You may be able to see a tree near where you are. The branches of a tree show the ubiquitous pattern of many from one. There is symmetry in the formation of its leaves. And the branches may blow in the breeze, as they fluctuate from one side to another, with the vibration of energy flowing upon them. There's the circle of life where many seeds fall from the tree, the tree rises up, and the seeds are scattered again. Many from one, flowing up then down, in a repeating circle of life.

The hollow can be found in plant stems or bamboo branches, in our bones, in the storm's eye, and in the whirlpool. It shows the full emptiness and stillness within.

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The Wheel

Picture a cartwheel or bicycle wheel, with a central hub and many spokes. The hub is a singular point at the centre. The spokes are close to each other near the centre, but as they reach outwards they appear more and more separated. This is a great symbol of the universe. There is a centre point of Oneness,

then separateness appears from it and things become more separate further and further from the centre, to a point where they stop.

It's useful to contemplate that. It's a simple thing: a wheel with a central hub and spokes going outward. It really is a symbol of you and the universe. The hub is the heart of all, that remains still whilst the world moves around. The movement cannot happen without the still centre.

Separateness appears from the Singularity of the hub, and it spreads outwards. Humans may identify as separate beings, like the far reaches of the spokes on the wheel. Isolation, loneliness, being different to others, feeling lost, unfulfilled – these feelings arise when we identify as distant from the true Oneness, when we seem to stray from the heart of being. For the most part, that's what humanity does. People don't generally live with a recognition of Oneness with all.

But even as the spokes of the wheel may appear to be far from the hub and distant from the other spokes, the wheel is always one. There is only an appearance of a hub, spokes and outer limiting frame. It's all one. It's the same, of course, with the world. We humans may seem separate from others, but we are not. Only when we focus on a part of the whole does it seem separate. Separation is only a concept, a mistaken concept.

The Triangle

It's useful to consider the Point as the first manifestation, the first appearance in the world. It's a World of Opposites, so the Point doesn't appear on its own. There appears what is and what is not: the Point and the space within which it appears. You may think that it's a duality, but there is also another: the difference between the Point and the Space. Imagine a lone star in space. There is the star, there is the space, and there is a quality of difference between them.

So from the one we have the number three. The triangle. The number three is often used in spiritual symbology, noticeably in the Christian religion. The three wise men. The Father, the Son, and the Holy Spirit. The resurrection after three days.

In Hinduism, there is the triumvirate of Brahma, Vishnu and Shiva. They represent creation, sustaining and destruction. The two opposites have a middle. There is a beginning, a middle and an end. The positive, neutral and negative. Left, centre and right points.

The triangle is the spiritual symbol of multiplicity in unity. It symbolises the primal forces of the manifest universe held within the Singularity.

The Cross

The symbol of the cross represents separation, the material world and death. It shows separation of the singular central point, outwards to become many. It's a kind of separation in unity. Although the arms of the cross point outwards in four directions, they remain as one. Apparent separation is a quality of the material world, a world of living and dying. But there is always only One. Death is only an appearance.

The Cross, the square and the number 4 often represent the material world, whilst the triangle and the number 3 represent spirit. The burden of the cross is the heavy world of matter.

There are different versions of the cross in human culture; the common two being the equal armed cross and the elongated cross. In the Christian religion the elongated cross is prominent, as a symbol of the sacrifice of Jesus on the cross. It represents the sacrifice of God in human form, experiencing death in the material world and overcoming death.

So primarily the cross is the symbol of separation, matter, death, burden and the sacrifice of taking human form. In itself it shows the human experience. The Infinite One sacrifices its unlimited nature to experience the apparent world of forms from a limited perspective as an apparently separate entity that is born and dies. That is the human experience.

The appearance of separation in this way gives rise to the form of matter, as a condensation of spirit far from the wholeness of God, the Infinite One. In terms of consciousness, Infinite Awareness experiences itself through the perceptions of an apparently finite mind within a world of itself in apparent separation.

The sacrifice is the experience of the loss of wholeness, Oneness. The burden is the condensed weight of matter, opposed to the weightlessness of the Infinite One. The burden is experienced and the sense of separation gives rise to the suffering of humanity. The eternal experiences birth and death.

But the cross is not all doom and gloom. Although the cross displays separation, it remains as one. Separation is only an experience, not a reality. The Cross can represent the overcoming of the world, the end of the illusion of death and separation. The Infinite One is the Kingdom of God within each human form, which is expressed in humanity as peace, love, compassion, kindness, wisdom, truth and endless life.

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Yin and Yang

The Yin and Yang symbol is commonly known and originates from Chinese philosophy. It is a circle in which appear two swirling forms, equal but opposite, one black, one white, each with a circle (or hole or eye) of opposite colour. It resembles the symbol of Pisces, appearing like two fish dancing around each other, one male, one female.

Chinese philosophy has a deep recognition of the nature of opposites in the world, and the underlying singularity, the “Supreme Ultimate,” the state of oneness from which the opposite and complementary forces of Yin and Yang arise.

Yin and Yang symbolise the creative force of opposites that permeates the world. They flow, interact and complement each other, in the creation and destruction of the world. The containing circular shape shows the infinite oneness that contains the forces of opposites.

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13 LOVE

What's Love Got To Do With It?

Whilst writing this book it seemed important that Love should have a chapter of its own. Why is Love so important? Well, it is the nature of the Singularity. It is your true nature.

The love we know of, where two people meet, fall in love, and spend their lives together, sometimes happens. But sometimes it doesn't work out that way. Sometimes we fall in love. Sometimes we drift apart. That's the way of the World of Opposites.

There's a higher love too, which we think of as compassion for others. It doesn't have the same excitement and magnetism, but it has a nobler quality. There is a sense that this nobler love is a great thing. Indeed, having compassion for others is more godly than disregarding others. Compassion is closer to true Love.

One Love

True Love is the nature of the Singularity, whereas the love we experience in the world is a Continuum of Love. It goes something like this: compassion for all, compassion for a group, loving someone close, liking someone, having no feeling towards someone, disliking someone, hating someone, hating a group, hating all. That got a bit harsh there towards the end, but that is the way the Continuum of Love appears in humanity. Hate appears as a reflection of love at the opposite end of the Continuum of Love.

When we see the spectrum of colours within a natural rainbow, this appears as a result of the dispersion of wavelengths of light within white light. In a similar way the Spectrum or Continuum of Love can be considered as appearing from the True Love of the Singularity. The World of Opposites

stretches out Love between its opposites. Its highest and lowest qualities appear on a continuum. To put it another way, those closest in likeness to the Singularity and those least like it appear through a continuum.

Our true nature is this One Love. It is a love beyond closeness. It is a love beyond 'me' and 'you'. It is a love even beyond loving all. It is solely love without other. It is this love that gives rise to the world. The love that humans experience is a result of the Pure Love within shining through, dispersed in this World of Opposites, like white light dispersed into a spectrum of colour. The spiritual goal for humanity is to drop the resistances that prevent this love from shining through in its pure form.

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15 SENSING AND PERCEIVING

Senses Working Overtime

By this point in the book you'll have at least some conceptual understanding that you are not a human, you are not a body, and you are not a human mind. That's old-school thinking. We are One Awareness experiencing localised awareness from the perspective of transient forms. Within the universe the One Awareness experiences multiple perspectives from apparently limited forms. Each apparently limited form (here we are focusing on humans) has a localised perspective of the universe via multiple methods of perception, i.e. the senses. So the One experiences the universe in the form of many, and each of the many experiences the world through multiple senses. In this chapter we'll take a closer look at the senses.

This will be by no means a detailed analysis of the senses. The aim is more to get a practical understanding of what's going on in Awareness through the localised human perspective. By understanding sensing and perceiving, we gain a deeper knowledge of where we are sensing and perceiving from.

There is seeing, where light waves reflect off surfaces and this is detected through the eyes. Hearing is where we perceive sound waves through the ears. Smelling is the olfactory sense through the nose. Tasting is the perception of chemical reactions mostly on the tongue. Touching is the perception of contact via sense receptors in the skin. There is also the sensing of the inner body, the tingling sensation felt in our hands, feet and so on. There is a sensing of pain or pressure in the body. There is the feeling of emotions. There is the awareness of thinking.

There are other senses, but these are the main ones we will notice if we sit and relax. So let's sit and relax. If we close our eyes, that reduces the seeing sensation and makes it easier to focus on the other senses. But realise that sensing requires no effort. The senses just work by themselves. Maybe if we

want to focus on a particular sound, taste or distant object, some effort is needed to point our attention to it, but otherwise hearing, tasting, seeing and so on just happens.

Notice that what you seem to hear are sounds. But the sounds aren't really separate. Hearing is the sensing of vibration in the air over a frequency range. The vibration is recognised as being of different frequencies, and these can give an audible picture of separate sounds. There is also a sense of where sounds are coming from. But basically, hearing happens and it is perceived here.

With our eyes closed, we can focus attention on the body. There may be a feeling of pressure, where the body is sitting. We can feel tingling sensations if we consider our hands or feet. Again, this is a feeling of vibration in the body. Feeling happens and it is perceived here.

As we do this exercise, thoughts flow within the mind. We are aware of this. We can 'watch' or 'listen to' the thoughts or images in the mind. Like seeing and hearing, thinking happens and we are aware of it. Thinking is like a subtler form of seeing and hearing.

The important recognition here is that we are Awareness perceiving these perceptions and sensations.

Drop the Pilot

The common human viewpoint is that we see objects, we hear sounds, we think thoughts etc. But truly there are no separate objects, no separate sounds, no separate thoughts. This needs a refocus.

We may assume that thoughts are being thought, but it is more like a flowing of thought energy. It is more accurate to say and to recognise that there is thinking, rather than there are thoughts. We are dropping the object and recognising the perceiving. Dropping the noun and recognising the activity.

Similarly with sounds. We might assume that we hear a noise, maybe a bird whistle, a car exhaust, a plane up in the sky, somebody's voice. The mind identifies what we hear and labels it. But what's really happening is that we are experiencing the perception of sound as vibrating energy. We are hearing. The hearing is a perceiving of sound wave motion. It is closer to the truth to accept it as hearing rather than labelling individual sounds.

When we see, the mind is drawn to label things that we see. We may see a tree, a car, a dog, some people. The mind automatically labels these as objects we see. But really there is just seeing.

These perceptions are all experienced in Awareness. Seeing, hearing,

thinking, smelling tasting, and physical feeling. They are like different levels or frequencies of perceiving within Awareness, and they are all right here.

The Ocean of Awareness

The Infinite One is Pure Consciousness, and Consciousness is like an endless Ocean of Awareness. It is within this Infinite Awareness that localised pockets of perception appear, like swirling eddies in the ocean. These pockets of perception are the viewpoints into the world that we think of as conscious beings. They could be humans, horses, dolphins, giraffes, mice, and so on. It is through the medium of these apparently finite forms that Infinite Consciousness looks into the world of apparently finite things.

I say apparently, because it's not really true that there are finite things and finite beings, but it helps to explain it that way. More accurately it is the Infinite Ocean of Consciousness being aware of itself through the medium of itself, expressed as an apparent multiplicity of itself within its Infinite Self. But that's not so easy for everyone to understand.

We can consider the world as the appearance and formation of Consciousness within itself. Consciousness is formless, timeless, and without dimension. But there is an apparent world here that we are aware of. It is the illusion of the projection of the Infinite One into the World of Many. Within the Infinite One multiple layers appear, from invisible to visible, from imperceptible to perceptible. The perceptible appears as a reflection of Consciousness, which in truth cannot be perceived.

There appears a range of perceptible forms, from the least dense to the most dense. Where least dense, forms appear more flowing, and where they are most dense they are hard and appear unmoving. However, all forms are made of vibrating waves within the Ocean of Consciousness. They may appear solid, but that is only relative to the observing form's abilities of perception. The waves vibrate at different frequencies, creating the appearance of degrees of solidity and fluidity. Stillness and change appear within the boundless stillness of the Infinite One.

Sounds we hear are waves. The visual colours we see are a reflection of light waves off forms. The sense of touch is the vibration of the skin making contact with another surface or form vibrating within a frequency range, as the forms the skin detects are solid, liquid or gas. This flowing of vibration is all a play of waves within the Ocean of Awareness.

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16 THE EGO

The Ego and Selfishness

In some ways the ego can be considered as the reflection of reality. We think of the extreme ego as the devil, who epitomises selfishness and cruelty to others. This is the opposite of reality. Reality is the pure, selfless, Infinite Awareness; not the troubled, limited, selfish ego identity.

Yet the ego is what human experience is about right now. Within Infinite Awareness the ego is allowed to appear. Selfishness is allowed to appear, and it could be considered as a natural consequence of the unfolding of the World of Opposites. Opposites manifesting from the timeless Infinite Singularity appear to be a division or separation of the One. The opposites stretch away from each other, and the reflection of What Is becomes the extreme opposite of What Is. The selfish ego identity appears.

Selfishness is the opposite of godliness. God is the Infinite One. Selfishness is the expression of the opposite of this. Selfishness separates itself from others, and holds itself higher than or more important than others. It is unsatisfied, craving satisfaction for itself.

The Selfish Delusion

Selfishness is the delusion of the ego. It is not necessarily a genetic thing, but it is an inevitable consequence of the World of Opposites. You see, selfishness is the opposite of the selfless truth of the Infinite One.

As the apparent world seems to spiral out from the heart of the Infinite One, opening out into opposites that reflect the original source, Infinite Consciousness seems to condense into many dense limited forms. From the selfless nature of infinite oneness, appears the selfish world of forms clashing and competing against each other or uniting against others. Identity forms in

the minds of beings in this world, where limits seem real.

As thought energy formulates its sense of self in the mind, it develops its identity as separate from others. Thought forms identify as a condensed physical form. In our case, thoughts identify as being human. This identity has a sense of its own separateness from others, which inevitably brings a sense of being incomplete. It feels the need to belong or interact with others. If it can't belong with others or it clashes with others too much, it will spin away on its own, increasing its sense of separateness.

This thought energy develops into what we call the ego, or what can also be called the selfish delusion. The ego is a bundle of beliefs in separateness that formulate a sense of self separate from others. It is the big mistake, the opposite of truth.

The extreme of this selfish ego presents as a hardened personality, emotionally cold, bereft, and stuck in the dark side of life. It dwells in darkness and death, hurt and suffering, pain and loneliness, lies and deception. This pain and suffering spreads like a disease to others it makes contact with.

This belief in the dark side of life is the selfish delusion. For this world of light and dark is only an apparent splitting of opposites from the pure light and perfect oneness of the Infinite Singularity. The truth is not this World of Opposites. The selfish ego is the opposite of truth. The truth is Infinite Oneness, a boundless being of peace, clarity and life. There is no other. It is what it is.

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20 ACCEPTANCE

Why Does It Always Rain On Me?

Sometimes it can seem that everything is going wrong. Maybe you're trying to get a job. You keep applying, maybe you get interviews, but it doesn't work out. Maybe you're trying to buy a house, but the sale falls through, or there is delay after delay. Maybe your relationships don't work out: you meet someone and think they're wonderful, but then they don't feel the same about you and you break up. Sometimes family members or friends die within a few weeks or months of each other, and it brings you huge sadness. It may be a number of these things happen one after another, and it seems like everything in life is going wrong.

Well, it's not going wrong. This is the human experience. In some ways it's right that it goes wrong. Humans are a developing species and challenges are a common part of life. Also, you are not a human, and as long as you believe you are then the human experience will bring some tough challenges and there will be suffering. The universe cannot allow the error of the separate identity to continue. The universe naturally responds by challenging it, and humanity won't grow without challenges.

But there's another very important thing to consider, and Shakespeare expresses it well in *Hamlet*: "There is nothing either good or bad, but thinking makes it so." When you think you are thinking that everything is going wrong in your life, that's the mind thinking it. You are not the mind. You are the Consciousness within which the mind appears to exist and without which the mind cannot exist. The mind is part of the World of Opposites. It labels and classifies things in the world. But really there are no labels, no classes and no things. There is only What Is.

The mind has a tendency to label things in terms of opposites. So if you have a plan or a sense of how things should go, and that doesn't work out, the

mind labels this as “going wrong”. But really it just is what it is.

Part of awakening is recognising that you are not the thoughts and you are not the thinking mind. You are formless Awareness, experiencing the human life through its senses, and you witness the thoughts that appear in the mind. As this realisation dawns, there is a recognition that the labels are not true. Nothing is truly finite, so it cannot be truly labelled anyway, and perceptions of right and wrong are dependent on the human experience. The universe will play out how it plays out.

It is an important part of awakening to accept that the universe is what it is. The human is not the master of the universe. The human is far from in control here. But it’s okay, you are not human, you are Consciousness aware of the world through the human experience. Nothing is happening to you.

The Importance of Letting Go

Simply put, holding onto things holds you back. You may want to hold onto things, and maybe you don’t mind being held back. That will be the way for some for a time, but it’s doubtful that’s the way for you if you are reading this book.

Considering God, God is infinite. Considering reality, reality is infinite. Considering truth, truth is infinite. Considering peace, peace is infinite. If you are searching for God, reality, truth, or peace, then the answer is infinite, without bounds. These are all of course the same Infinite One. If you want to realise this then you’ll need to let go.

In truth there are no limits to things. There is no this and that. There is nothing to hold onto. There is no you who holds on. All is one and one is all.

But we humans have this experience of holding onto things. Holding onto anger, holding onto pain, holding onto possessions, holding onto beliefs, holding onto thoughts and concepts as if they are real. These things can appear very real relative to the world in which they appear. But within the realm of truth, they’re transient, they come and go. The only permanent is you. Not you the person, but you the Infinite One who is experiencing the human life or perspective.

Holding onto things that naturally come and go in the World of Opposites will lead to difficulties. We must let them come and go. It’s fine to experience the happiness when something pleasant comes along, but it will turn sour if we hold onto it. Let it come. Let it go. Be at peace with knowing that things come and go. The most valuable of all is you. Without you nothing can come and go.

Letting go can set you free. Of course, you are free all along, but the

holding onto things causes a sense of being held down and held back. We limit ourselves by holding onto identity as a human, and limit what is possible in life. Letting go brings us to our true nature of infinite unbound freedom, which is here all along. It is the holding on to things that makes it seem like we have to let go to be our true peaceful complete nature. But we are truly free and at peace all along.

The world we see is like a picture of limited things painted on an infinite canvas. If you hold onto those limited things you lose sight of your infinite nature and seem to become a limited part of a limited world. All is not lost, of course, because you are forever infinite, you are not bound by anything. It is only an appearance and a mistaken belief of limitation. Letting go of ‘things’ means coming back to that sense of infinite freedom, your true nature.

Blaming and Complaining

Be alert to blaming and complaining. Don’t criticise yourself for this. It is not you who blames and complains – it is the ego sense of self that points out faults in others or the world to strengthen its identity. But be aware of it when it happens. Many people don’t recognise that that is what is happening. Catch it when it happens and observe it. Then recognise that it is not you. You are the observing of this.

You are never a separate individual who blames others or complains about the world. So why does it go on? Let it go. Don’t get caught up in being annoyed with ‘yourself’ about it. Simply be aware of it. It will be like the sun shining upon a shadow.

We can consider stages of blaming behaviour, ranging from blaming others without any awareness of the error of this, through recognising it as a human fault, to actively preventing oneself from blaming and complaining. But, beyond this, the most important point is to recognise that it is not you who is blaming. This is complete awareness, where identifying as a human with faults and flaws is released.

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21 PRACTICE

Be As You Are

What do you need to do to become spiritually aware, free of limitation, unhindered by the physical form? What practices are there for you to become awakened, enlightened, Pure Awareness? Hopefully you recognise the answer here. You are already Pure Awareness. Nothing needs to be done. Enlightenment is the realisation of your true nature.

You could spend many hours each day meditating, saying prayers, repeating mantras, reading spiritual texts, watching spiritual videos. This is fine. You are cleansing the mind with spiritual practice. Have no regrets in doing this. But no matter what the body does or the mind thinks, you are always perfect Pure Awareness. Spiritual development is a play of the world. It's fine to play, but know that you are always the Infinite One. Spiritual seeking is for the world. The world is the unfolding expression of Pure Awareness. The world is developing spiritually towards self awareness. We could say the world is becoming its true self, but it's always its true self anyway. You are always your true self. It's just that the mind takes a different view, so it needs to unravel its confusion of identity and mistaken beliefs.

So spiritual practices are fine and good for the mind. They are an expression of your deeper infinite nature flowering in the human world. But know that you have nothing to achieve. Let go of the seeking and be as you are. As your true nature shines through, the human life will become more spiritual, not just in putting time aside for spiritual practice, but in living in the moment as the Infinite One.

Accept the world as it is, right now. Acceptance is your true nature. You are as you are. There is no perfection that can be achieved. Accept that if there was nothing more done in your human life, you are as you are. If great things are done in the human life, you are as you are. Be at peace and oneness

with the world. You are all there is, and your nature is unchanging formless Peace.

You don't need to hold onto that Peace. You are it. What seems to need to be done is to let go of ignorance, to let go of false ideas and beliefs, to let go of *all* ideas and beliefs. That's fine for a time, till you get to the point of realising you need to let go of letting go. You are as you are.

You cannot fail. Whether you do spiritual practices or not, you remain pure and perfect. Human development, however, will go through the process of change, of becoming lost in matter then freeing itself from matter. Spiritual practice in the human world is the aim of freeing from the restrictions of matter. But they are illusory, of course. Be as you are.

What to Do to Not Do

Once you understand the illusory nature of the appearance of separateness, and you have some degree of acceptance of this knowledge, you'll soon wonder more about yourself and where you fit into all of this. What this understanding tells you is that there isn't really a 'you'. There isn't really a distinct entity separate from others that can truly be called 'you'. Where you may have thought that you were a human, you understand that that's not you. Where you may have thought you were a soul, that's also not what you are.

You have no limits, no definition. But this human 'you' still has a sense of being separate from others. It really can't fully realise the truth of infinity because its sense of itself is based on the illusion of being finite. This illusory 'you' must ultimately be discarded. The sense of being separate must be discarded wholly and completely. It is then that the true nature of Infinite Being shines through the human form as the timelessly present Oneness that is all that is.

For most humans it is a long process to reach that complete openness of peace with the true nature of being. This chapter looks at what can be done to reach that state of awareness of not doing.

Notice the Ego

When thoughts appear about your individual self, either praising yourself or putting yourself down, realise this is the ego. Catch it as it happens. The one who is aware of this is your true Self, the Self without ego, the Self beyond thought.

Be aware to notice thoughts of pride or self-deprecation, but don't feel bad about it. That would be the ego again. In fact it's a good thing to notice these thoughts. When you are aware of them you are no longer caught up in them.

Watch them go, and know that they are not you.

Notice when the ego focuses on another person and considers itself in relation to them. It may be that there is an interest in the person and the ego wonders if they notice. It may be that the ego seeks to impress them. Or maybe the ego focuses on them with disdain. It doesn't matter what. It's a good opportunity to notice the ego, and know that's not you.

The ego is the mistaken identity of yourself, the sense of being a separate individual. The mind formulates the sense of ego from its experiences in the world. But you are the Infinite Awareness within which this appears. That egoic sense of self is the opposite of what you really are. You do not have pride or self-loathing. You are selfless Awareness.

Notice the Background

Take notice of the background. Not the background noise, but the background upon which the noise of life plays. In a quiet place where all you can hear are the birds in the trees, notice the silence around the sound.

When you look at a beautiful view, be aware of the space that is present between, around and through. Becoming aware of the space and the silence will bring awareness of the space and silence of your own being. It is the still background awareness upon which the changing world appears. The still centre of all life.

Notice the peace that is here right now. It never goes. It's just often overlooked.

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The Way of Oneness

Live as one.

Be all that is.

See no other.

See only one.

Place no limits.

Be unbounded.

See no limits.

Be only one.

Be complete.

Need no other.

Know no other.

Know only one.

Be at peace.

Know no opposition.

Flow as one.

There is only one.

ABOUT THE AUTHOR

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