





# The Book of Secrets



**THE WORLD IS IN YOU**

**WHAT YOU SEEK, YOU ALREADY ARE**

**THE CAUSE OF SUFFERING IS UNREALITY**

**DEATH MAKES LIFE POSSIBLE**

**THERE IS NO TIME BUT NOW**

**THE MEANING OF LIFE IS EVERYTHING**



# The World is in You



## THE MYSTERY OF LIFE IS REAL

- Today we have to look with new eyes at the mystery of existence, for as proud children of science and reason we have found ourselves the orphans of wisdom.
- Instead of investigating the mystery of life as an intimate part of ourselves, we have been acting as if it does not exist.
- Most people don't follow the signs. They search for outside sources of happiness and they think their bliss comes from them. If you follow your awareness however, you will find that it cuts a path through time and space. Awareness cannot unfold without unfolding outside events that mirror it.
- Experience isn't a place. It is a focus of attention. You can live there. At the still center where everything revolves.
- Do you want to be a victim of the five senses or a co-creator of them?
- There is no limit to how far your influence can reach. But to find that out you must engage life with passion. When you do anything with passion, you express every aspect of who you are. Passion releases all the energy that you possess.

## FOUR PATHS LEAD TO UNITY

- Jnana Yoga - the path of knowledge. A flavor of mystery. You sense the inexplicability of life. You experience the wonder in every experience.
- Karma Yoga - the path of action. A flavor of selflessness. You experience connectedness of every experience.
- Bhakti Yoga - the path of devotion. A flavor of love. You experience sweetness inside of every experience.
- Raja Yoga - the path of meditation and inner silence. The flavor of stillness. You experience the being inside every experience.
- Time exists so you can experience each of these flavors as deeply as possible.



# What You Seek, You Already Are



## THE UNIVERSE THINKS THROUGH YOU

- My life is part of every other life. My connection to all living things makes it impossible that I have enemies.
- I can affect change by transforming the only thing that I have ever had control of, myself.
- See yourself as a co-creator in everything that happens to you.
- All energy comes from one source and returns to it.
- When you have a desire, your brain is sending a signal to the very source of natural law.
- Consciousness is the potential for all creation. The more consciousness you have the more potential you have to create.
- Creation is creating itself using consciousness as modeling clay.
- To master pure awareness you must learn how to live it.
- Don't wait for a miracle. Waiting for a miracle is making God do all the work. Don't separate yourself from God with just wishful thinking.

## THE WORLD IS PERCEPTION. PERCEPTION IS THE WORLD

- Every perception gives rise to a world that mirrors it.
- If we are creating every perception we take for reality, then we are allowed to own our creations as well.
- The outside world will never produce and spiritual answers until you take on the role of manufacturing of reality.
- The universe is like any mirror – it is neutral. It reflects back whatever is in front of it, without judgment or distortion.
- Any part of yourself that you cannot face puts a barrier between you and reality. The road to freedom is not through feeling good; it's through feeling true to yourself.





# What You Seek, You Already Are



## LET YOUR BODY'S WISDOM POINT THE WAY

- Every cell of your body works together for the higher purpose of the soul. If necessary, they will die to protect the body.
- Why do we behave in ways our cells know are destructive and know not to behave: selfishness, refusing to communicate, living like an outcast, over consumption, excessive activity, and aggression.
- The very behavior that would kill our body in a day hasn't been renounced by us as people. We are betraying our bodily wisdom and worse, we are ignoring the model of a perfect spiritual life inside ourselves.

## IDENTIFY WITH THE BODY'S INTELLIGENCE:

- You have a higher purpose.
- You are in communion with the whole of life.
- Your awareness is always open to change from moment to moment and it senses everything in your environment.
- You feel acceptance for all others as equals without judgment or prejudice.
- You seize every moment with renewed creativity not clinging to the old and outworn.
- Your being is cradled in the rhythms of universe.
- You feel safe and nurtured.
- Your idea of efficiency is to let the flow of life bring you what you need - force, control, and struggle are not your way.
- You feel a sense of connection with your source.
- Your commitment to giving is the source of all abundance.
- You see all change, including birth and death, against the background of immortality - whatever is unchanging is most real.



# The Cause of Suffering is Unreality



## FREEDOM TAMES THE MIND

- When the news comes on tonight, trouble will be braking out everywhere, as it always is, and the answers being provided will not be as close to the wisdom of a single cell.
- Pain exists so that illusion won't keep getting away with its tricks. If unreality didn't hurt it would seem real forever.
- What people experience as obstacles in life are reflections of a decision to shut out understanding. The holes in awareness cause the person to feel as a victim.
- Would the cells in your body accept such defeatist logic? If where you are isn't good enough than love and healing and God will forever remain out of reach.
- Life doesn't hurt because of pain. It hurts because the cause of suffering hasn't been examined. Pleasure will only blot out pain temporarily.
- Reality is perception. The suffering person gets trapped by perceptions of his own creation. A change in perception causes a change in suffering, in an instant. Reality is whatever you identify with.

## EVIL IS NOT YOUR ENEMY. THE STEPS THAT LEAD TO SUFFERING:

- Overlooking actual facts.
- Adopting a negative perception.
- Reinforcing that perception by obsession thinking.
- Getting lost in the pain without looking for a way out.
- Comparing yourself to others.
- Cementing the suffering through relationships.

# The Cause of Suffering is Unreality



## DARKNESS IS DEALT WITH BY BRINGING IN THE LIGHT

- Irrationality is dealt with by persuasion and logic. Emotions are much more powerful and gripping than reason but they will not be able to escape their world until the thinking process allows them to feel differently. On their own, feelings will remain the same and grow more intense over time.
- Be willing to go to the limit, then go a bit further. The point is not to push yourself but to prove how much energy is really there.
- Be willing to face yourself, whatever your shortcomings are. Only a direct encounter with yourself brings the nourishment of attention which results in greater growth.

## INCUBATING EVIL - CONDITIONS THAT RELEASE SHADOW ENERGIES:

- Removing a sense of responsibility
- Anonymity
- Dehumanizing environments
- Passive bystanders
- Rigid levels of power
- Prevailing chaos and disorder
- Lack of meaning
- Implicit permission to do harm
- Us versus them mentality
- Isolation
- lack of accountability





# Death Makes Life Possible



## SECOND BIRTH

- You are dying every moment so you can keep creating yourself. Your body's molecules are completely different from when you were 10 years old. In essence that 10 year old version of yourself is dead.
- Apophasis: programmed cell death. For every cell there is a time to live and a time to die. Although we don't realize it, each of us has been dying every day, right on schedule, in order to remain alive.
- Dying in full awareness is completely natural if you have lived in full awareness.
- Fear gets attached to failure by connecting it to a sense of self - "falling down means I'm worthless."

## YOU ARE TRULY FREE WHEN YOU ARE NOT A PERSON

- By devoting more energy to any endeavor, you increase the reward of understanding that will come to you.
- Four conditions that must exist if you want to find reality: contentment, inquiry, self-awareness, strength.
- The secret of universal happiness has three parts: freedom from all limitation, complete knowledge of creation, and immortality.
- Aim to gain more understanding of yourself without any outside accomplishment.
- Whatever is in the mind is like a city in the clouds. The emergence of this world is no more than thoughts coming into manifestation. From the infinite consciousness, we have created each other in our imagination. As long as there is a "you" and an "I" there is no liberation. We are all cosmic consciousness assuming individual form.
- There are only three kinds of people in your life: those who leave you alone, those who help you, and those who hurt you.





# There is No Time But Now



## YOU LIVE IN MULTIDIMENSIONS

- For all of us life has been lived one choice at a time. The external world is like a huge bazaar offering a dazzling array of possibilities and everyone at shops the bazaar seizing what is best for me and mine.
- On some dimension or another, every event in life can be causing only one of two things: either it is good for you or it is bringing up what you need to look at to create what is good for you.
- Any event can be seen as coming from the creative center of one's self. At this very moment, I can look at any part of my life and say, I made that. Then it is only one step away to say, why did I make that? What do I want to make instead?

## FREEDOM TAMES THE MIND

- Well-being is a simple state in which body and mind return naturally. Negativity prevents this return by causing you to dwell on not being well.
- The way that we assess pain is completely individual. There is no universal path between stimulus and response.
- Many people lose heart and withdraw from the thought of so much suffering. Others assume they must leave where they are and find something they do not yet have: a new relationship, a new job, a new religion, or a new teacher before they can feel alive again.
- The only goal worth obtaining is complete freedom to be yourself without illusions and false beliefs.
- When it is free, the mind settles down. It gives up its restlessness and becomes a channel for peace. The mind is wild because we try to confine and control it. At a deeper level lies complete orderliness where thoughts and impulses flow in harmony.
- The vast majority of people try to tame their mind when they experience something they don't like by giving a reaction of either manipulation, control or denial.



# The Meaning of Life is Everything



## EVERY LIFE IS SPIRITUAL

- The overall purpose of meditation is learning to relate to awareness itself. The purest level of experience.
- Seek within and meet the silent witness, your inner observer: follow the flow of awareness, don't resist what is happening inside, open yourself to the unknown, don't sensor or deny what you feel, reach beyond yourself, be genuine and speak your truth, let the center be your home.
- What does it mean to be humble? It means regarding other's opinions to be equal to your own. Your years of experience or knowledge does not discount their opinion. The secret of surrender is you do it inside without having to please anyone else.

## EVERYTHING IS PURE ESSENCE

- The glories of creation are in your very cells. You are made of the same mind stuff as the angels, the stars, and God himself.
- Living in all dimensions of awareness comes from: pure being, conditioned bliss, love, knowingness, myth and archetypes, intuition, imagination, reason, emotion, and physical body.
- By paying attention to any dimension of life, you send a current of consciousness into it. If you pay no attention, the circuit is closed for that dimension.
- The glory of the spiritual journey is the same as its irony. You acquire full power only by realizing that you have been using it that power all along to thwart yourself.
- Who am I? You are the totality of the universe acting through a human nervous system.
- Where did I come from? You came from a source that was never born and will never die.
- Why am I here? To create the world in every moment.

