



Everything is the Doorway

John Astin

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John A. Astin, PhD

Everything is the Doorway

Everything that's appearing,
every thought and all that you feel,
everything is a doorway
an entrance into the Real.
Everything you think is a problem
and all you imagine is ideal,
no matter the description
there's only the presence of the Real.
Everything that you're seeing
and every sound that you hear
every sense is revealing
the miracle of the Real.

Introduction

No matter their size or their shape, their speed or their color, their feel or their sound, every watery wave that arises is made of and ultimately inseparable from the sea that gave it birth.

Similarly, every thought, every sensation, every feeling and every circumstance is inseparable from the infinite sea of life out of which *it* has emerged.

What appears as the unimaginably rich diversity of phenomena encountered in life is, *at its basis*, one thing, a singular reality...

The aim of the short passages that follow is to evoke this recognition, the discovery that every experiential wave that appears—every sight, every sound, every feeling, every thought, every perception—is none other than the unfathomable, miraculous shining forth of Reality itself.

EVERYTHING IS THE SHINING FORTH

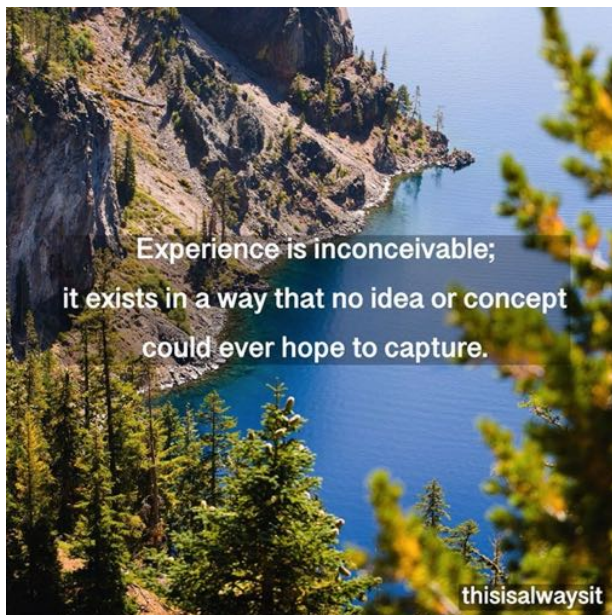
Every experience is a universe of ultimately indescribable and unresolvable qualities and characteristics. Experiential phenomena are so fluid, paradoxically here and present at the same time, unfindable and ungraspable, never quite taking clear shape or form owing to their relentlessly shape-shifting nature.

Each momentary flash of life—even those moments we find challenging to navigate—are at the same time a vast and bottomless sea, constantly moving and shifting, like the tides.

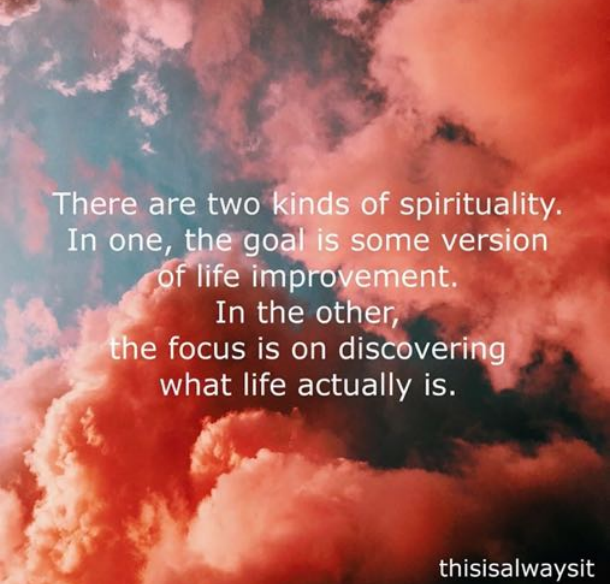
This discovery reveals that even those experiences we conventionally think of as problematic are actually astonishingly rich and luscious movements of life itself. Every moment, regardless of its conventional label, is nothing less than the mysterious, inexplicable shining forth of reality.

To be sure, certain experiences can bring us to our human knees. And yet from another vantage, those same difficult experiences can be realized to be the most exquisitely beautiful mystery and miracle.

The bottomless bottom line is that every experiential phenomenon is so far beyond anything we could ever imagine or conceive of it to be.




Experience is inconceivable;
it exists in a way that no idea or concept
could ever hope to capture.



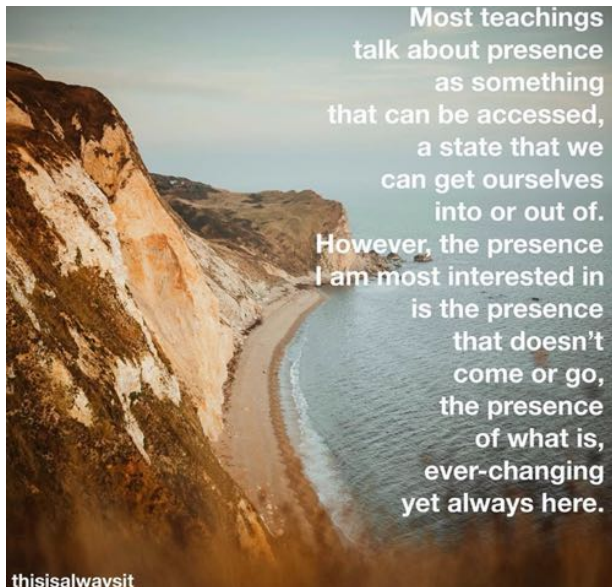
There are two kinds of spirituality.
In one, the goal is some version
of life improvement.
In the other,
the focus is on discovering
what life actually is.

thisisalwaysit



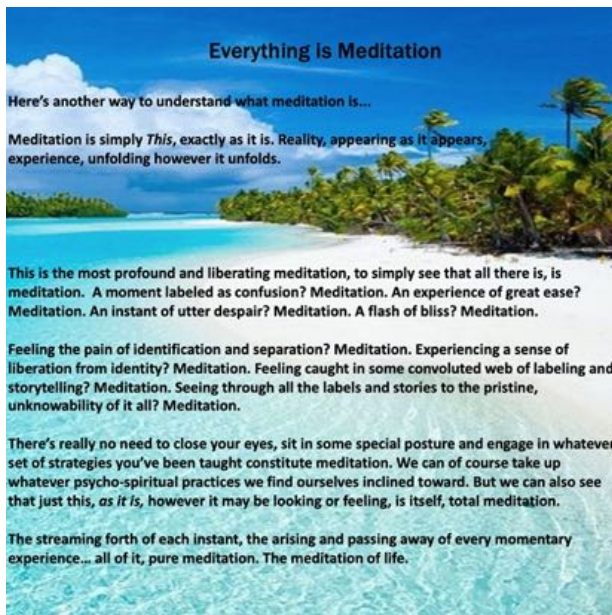
Try telling someone what a strawberry
or chocolate or sadness or joy
tastes like and see that it is simply
not possible. That very fact is a
demonstration of reality's inconceivable,
indescribable nature.

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Most teachings talk about presence as something that can be accessed, a state that we can get ourselves into or out of. However, the presence I am most interested in is the presence that doesn't come or go, the presence of what is, ever-changing yet always here.

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Everything is Meditation

Here's another way to understand what meditation is...

Meditation is simply *This*, exactly as it is. Reality, appearing as it appears, experience, unfolding however it unfolds.

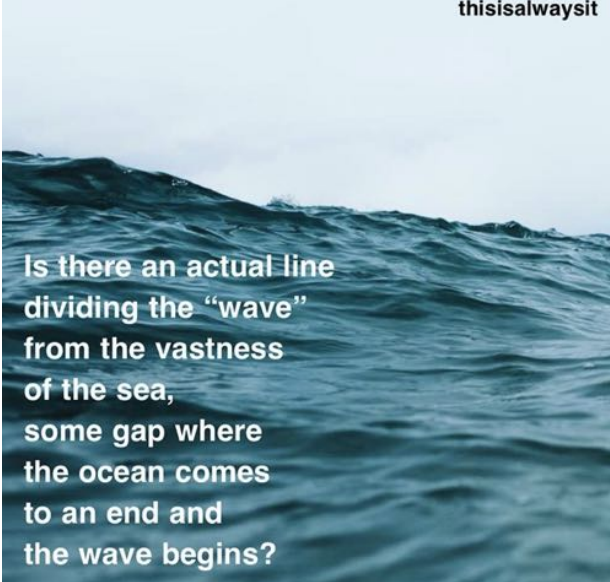
This is the most profound and liberating meditation, to simply see that all there is, is meditation. A moment labeled as confusion? Meditation. An experience of great ease? Meditation. An instant of utter despair? Meditation. A flash of bliss? Meditation.

Feeling the pain of identification and separation? Meditation. Experiencing a sense of liberation from identity? Meditation. Feeling caught in some convoluted web of labeling and storytelling? Meditation. Seeing through all the labels and stories to the pristine, unknowability of it all? Meditation.

There's really no need to close your eyes, sit in some special posture and engage in whatever set of strategies you've been taught constitute meditation. We can of course take up whatever psycho-spiritual practices we find ourselves inclined toward. But we can also see that just this, *as it is*, however it may be looking or feeling, is itself, total meditation.

The streaming forth of each instant, the arising and passing away of every momentary experience... all of it, pure meditation. The meditation of life.

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Is there an actual line
dividing the “wave”
from the vastness
of the sea,
some gap where
the ocean comes
to an end and
the wave begins?

Every experience is a window into infinity



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We are particular
at the same time universal,
localized yet spread
across the heavens,
tiny points of sky
made of a vast and fathomless sky.

thisisalwayisit



Experiences arise without
effort or struggle.
Every thought, feeling,
sensation and circumstance
is forever and always simply
being itself, in a state of
perfect ease and equipoise.

***Exploring the ways in which experience
is ultimately uninterpretable
reveals that we are actually free
of all the problematic implications
that language suggests.***



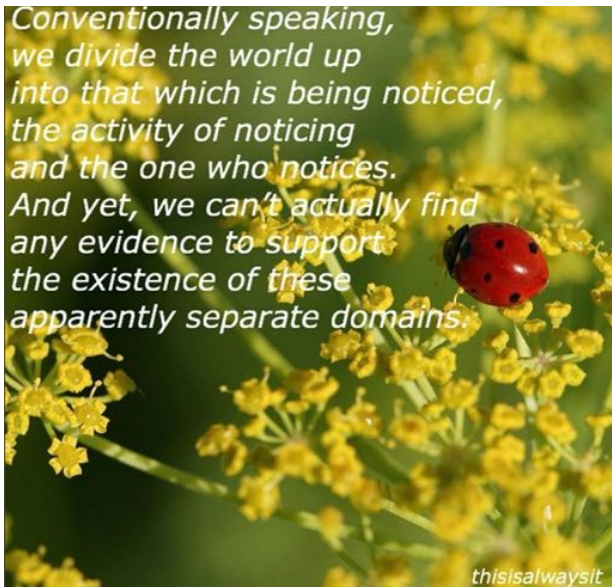
At one level, reality is precisely what we say it is. Tired is tired. Fear is fear. Happiness is happiness... At the same time, our experiences are forever transcending any effort we might make to explain, define, or otherwise characterize them.

And so we find ourselves smack dab in the middle of this beautiful, awe-inspiring paradox— we know what things are on the one hand, and yet we also don't know what they are for everything is inherently uncertain and indeterminate.

All that exists is pure, wide-open, ungraspable mystery, through and through.

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*Conventionally speaking,
we divide the world up
into that which is being noticed,
the activity of noticing
and the one who notices.
And yet, we can't actually find
any evidence to support
the existence of these
apparently separate domains.*



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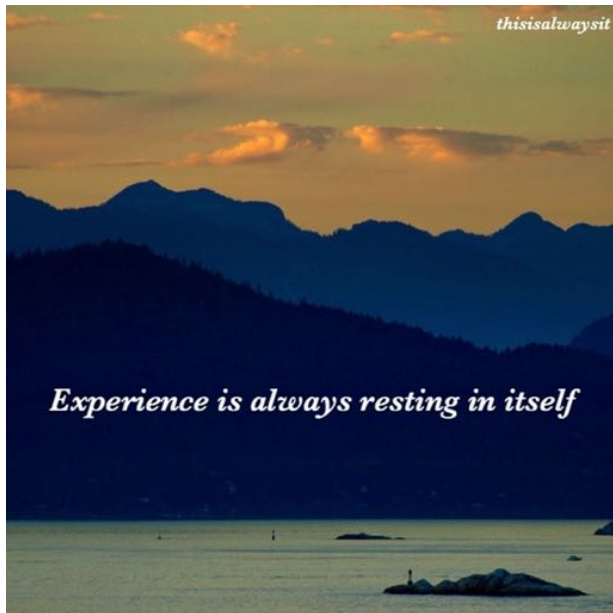
Engaging in some practice in order
to become more present or aware
is like going outside on a bright, sunny day,
and lighting a candle in order to see better.
Experience is always illuminated!



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The reality of experiencing
is continuous.
Experiences appear and disappear
without interruption,
for any apparent break
in the flow of experiencing
would simply be
another experience

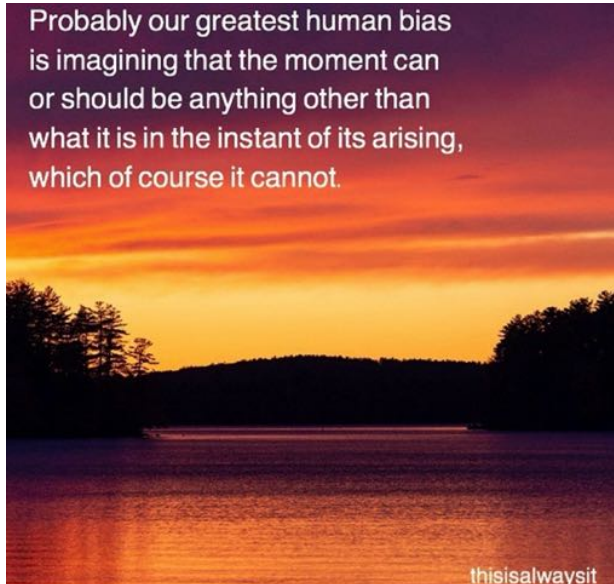
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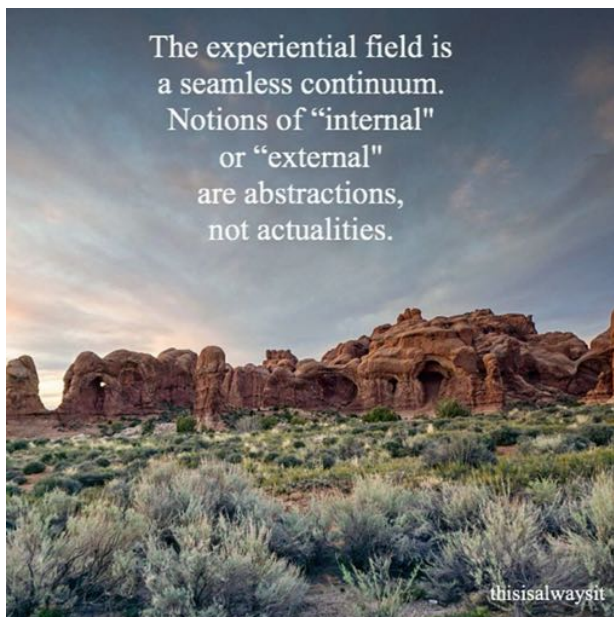
Experience is always resting in itself

Probably our greatest human bias
is imagining that the moment can
or should be anything other than
what it is in the instant of its arising,
which of course it cannot.

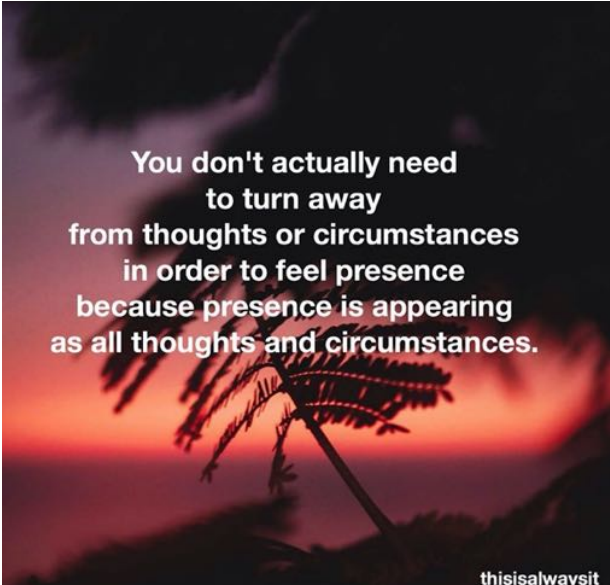


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The experiential field is
a seamless continuum.
Notions of "internal"
or "external"
are abstractions,
not actualities.

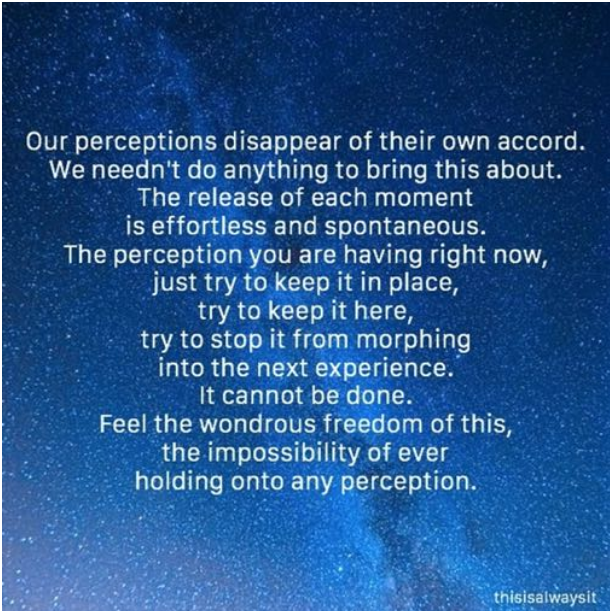


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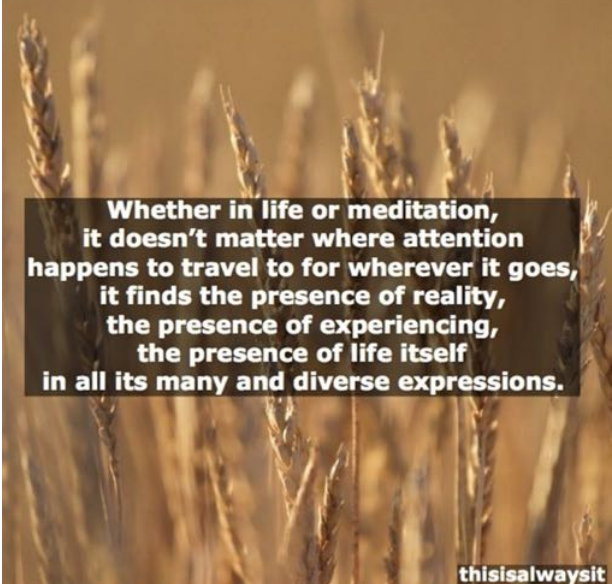
You don't actually need
to turn away
from thoughts or circumstances
in order to feel presence
because presence is appearing
as all thoughts and circumstances.

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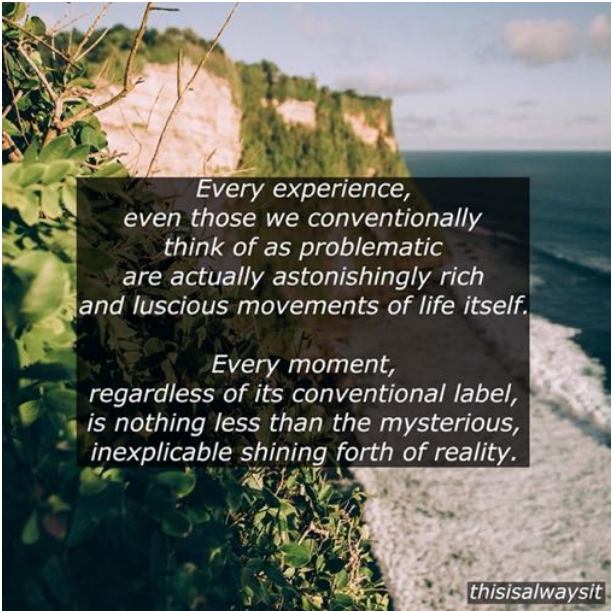
Our perceptions disappear of their own accord.
We needn't do anything to bring this about.
The release of each moment
is effortless and spontaneous.
The perception you are having right now,
just try to keep it in place,
try to keep it here,
try to stop it from morphing
into the next experience.
It cannot be done.
Feel the wondrous freedom of this,
the impossibility of ever
holding onto any perception.

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**Whether in life or meditation,
it doesn't matter where attention
happens to travel to for wherever it goes,
it finds the presence of reality,
the presence of experiencing,
the presence of life itself
in all its many and diverse expressions.**

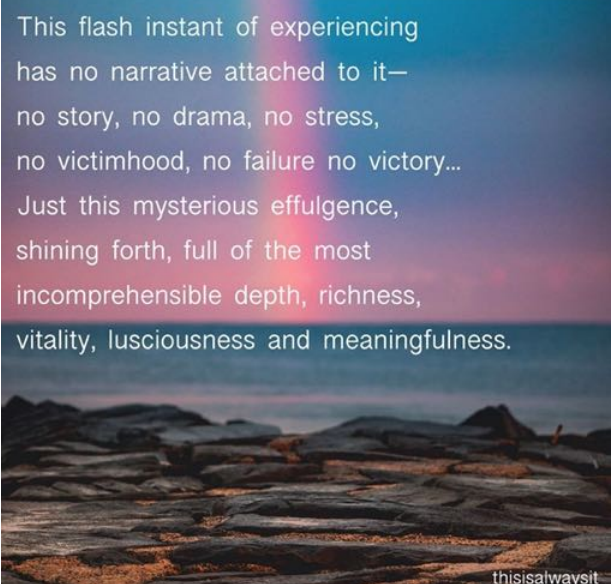
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*Every experience,
even those we conventionally
think of as problematic
are actually astonishingly rich
and luscious movements of life itself.*

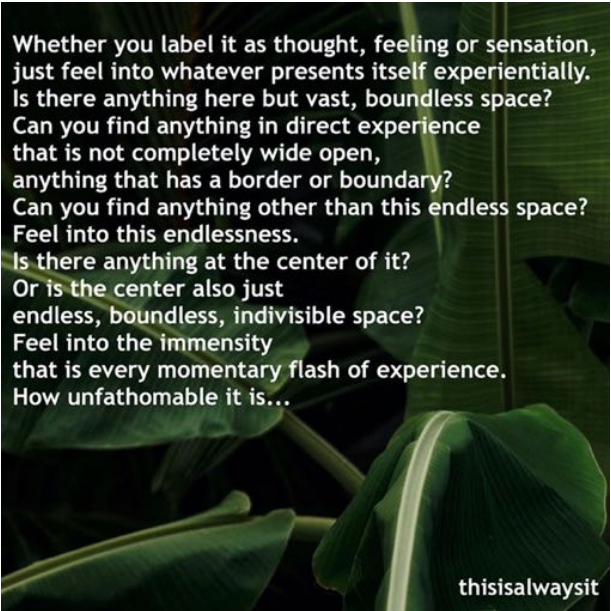
*Every moment,
regardless of its conventional label,
is nothing less than the mysterious,
inexplicable shining forth of reality.*

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This flash instant of experiencing
has no narrative attached to it—
no story, no drama, no stress,
no victimhood, no failure no victory...
Just this mysterious effulgence,
shining forth, full of the most
incomprehensible depth, richness,
vitality, lushness and meaningfulness.

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**Whether you label it as thought, feeling or sensation,
just feel into whatever presents itself experientially.
Is there anything here but vast, boundless space?
Can you find anything in direct experience
that is not completely wide open,
anything that has a border or boundary?
Can you find anything other than this endless space?
Feel into this endlessness.
Is there anything at the center of it?
Or is the center also just
endless, boundless, indivisible space?
Feel into the immensity
that is every momentary flash of experience.
How unfathomable it is...**

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*Everything exists in a category
that contains only one member,
and that is the thing itself.*

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Owing to the transient,
impermanent nature of phenomena,
we are forever moving in and out of different
states or modes of experiencing.

Because of this, holding on to any insight
or realization is simply not possible.
It's a fool's errand, for everything slips away.

But that's not a problem because
when we slip from one state
or experience into another,
we never leave reality
because there is only ever reality,
only ever what is.

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It's not possible to hold on to anything
in a world that is forever changing.



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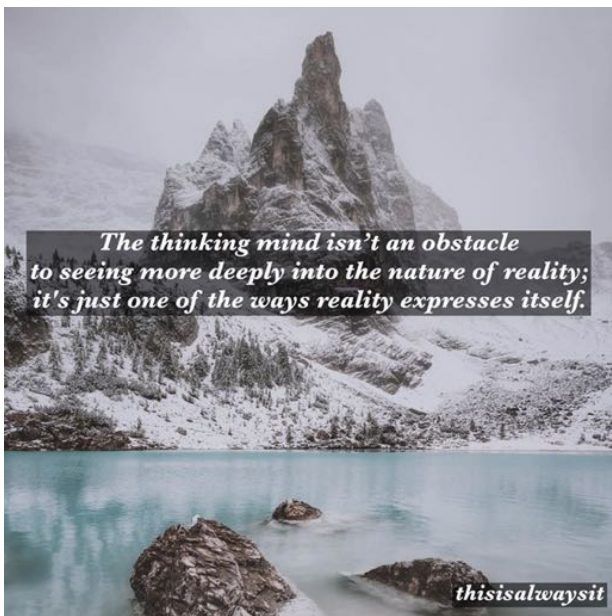
In reality,
it's not actually possible for us to accept
or reject what's appearing
because we are not separate from it.

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All states, all experiences, all moments
appear in perfect clarity,
the ever-present luminosity
that reveals each unique unfolding of life.



*The thinking mind isn't an obstacle
to seeing more deeply into the nature of reality;
it's just one of the ways reality expresses itself.*




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Our ideas are essentially finite interpretations of a reality that is by nature, infinite and hence completely beyond any possibility of ever being conceptually rendered.

Paradoxically, experiences are present at the same time unfindable as anything that can be pinned down or defined.

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A photograph of a dark silhouette of a hill against a sunset sky. The sky transitions from a deep orange at the horizon to a pale, hazy pink and purple at the top. The hill's silhouette is dark and solid, with a few small, indistinct structures or trees visible along its ridge.

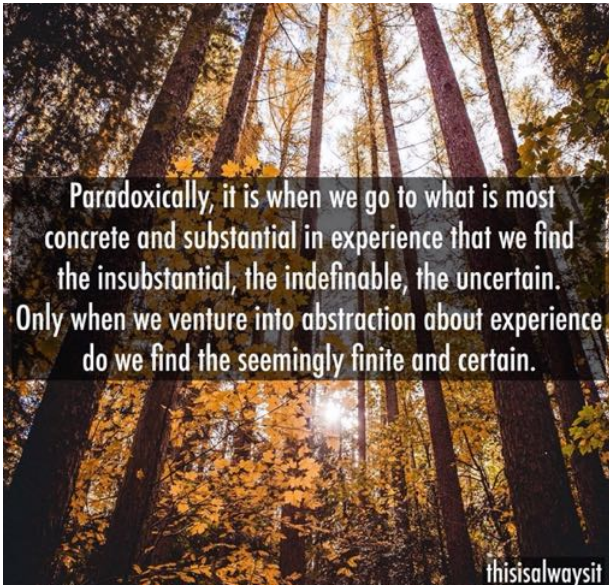
Experiences needn't be let go of or transcended
because every moment is
already transcendental, already infinite
owing to its indefinable, indeterminate nature.

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A photograph of a mountain range at sunrise. The sun is low on the horizon, creating a bright orange and yellow glow. The sky is a deep blue, filled with the stars and dust of the Milky Way galaxy. The mountains in the foreground are dark and silhouetted against the bright light of the sun.

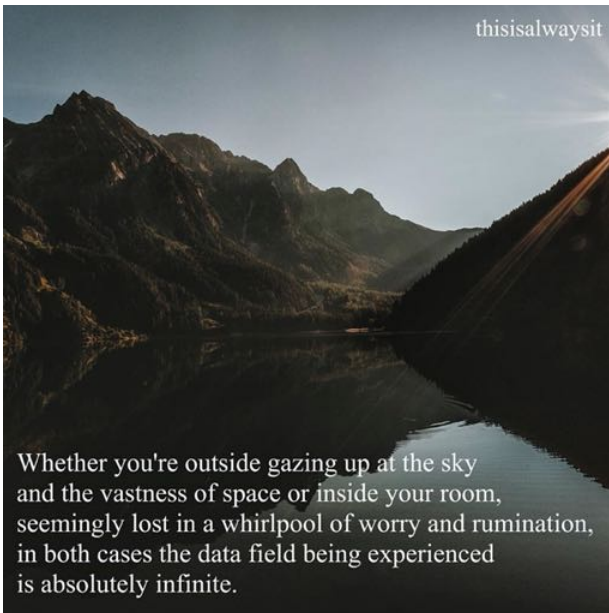
**Reality is constantly being destroyed
at the same time, indestructible.**

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Paradoxically, it is when we go to what is most concrete and substantial in experience that we find the insubstantial, the indefinable, the uncertain. Only when we venture into abstraction about experience do we find the seemingly finite and certain.

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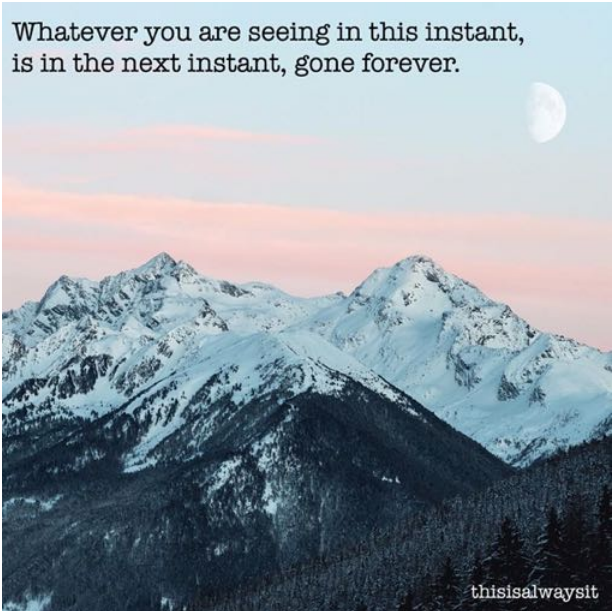
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Whether you're outside gazing up at the sky and the vastness of space or inside your room, seemingly lost in a whirlpool of worry and rumination, in both cases the data field being experienced is absolutely infinite.



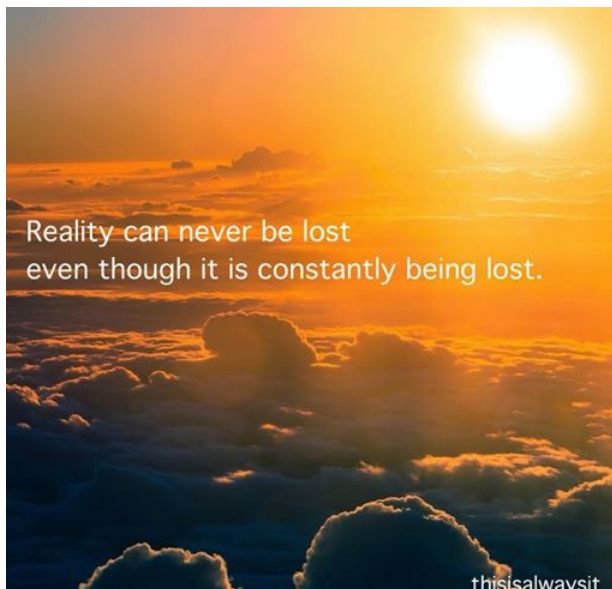
thisisalwayst

**We are like water moving through water,
made of the very thing
we imagine ourselves separate from.**



Whatever you are seeing in this instant,
is in the next instant, gone forever.


thisisalwayst



Reality can never be lost
even though it is constantly being lost.


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Intentionally cultivated
awareness comes and goes.
But the mysterious force
that gives rise to all comings
and goings of experience
is itself, ever-present.
It never wavers but appears
as all wavering.



Our perceptions disappear of their own accord.
We needn't do anything to bring this about.
The release of each moment
is effortless and spontaneous.
The perception you are having right now,
just try to keep it in place, try to keep it here,
try to stop it from morphing into the next experience.
It cannot be done.
Feel the wondrous freedom of this,
the impossibility of ever
holding on to any perception.

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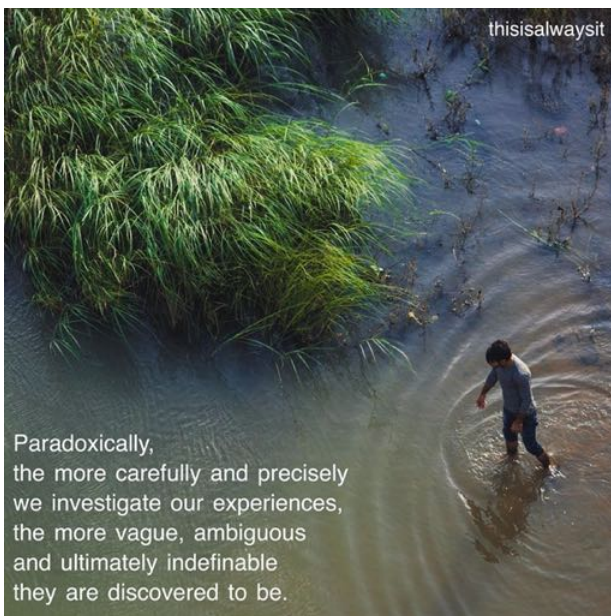
THERE'S NO NEED TO RETURN YOURSELF TO THE PRESENT MOMENT.
SIMPLY SEE THAT IT'S IMPOSSIBLE TO EVER LEAVE IT.

THISISALWAYSIT

As we come to see that our descriptions are merely interpretive renderings of life rather than definitive statements about it, we can begin to hold our knowledge much more lightly and less rigidly. We can live simultaneously in the seeming knowing and certainty of things and the radical not-knowing and uncertainty of them.

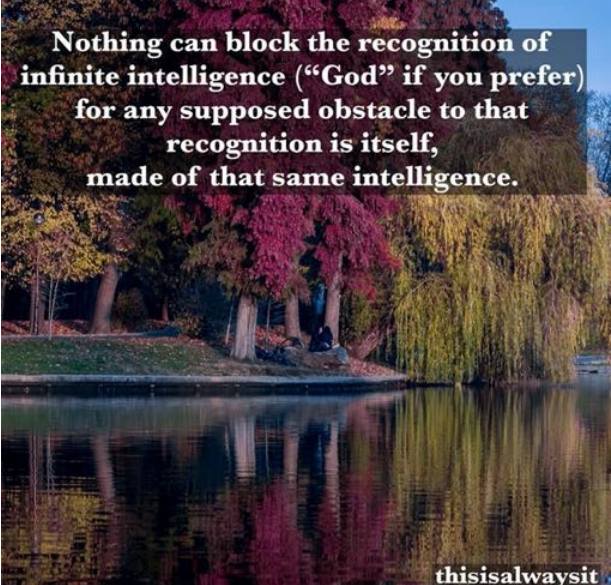


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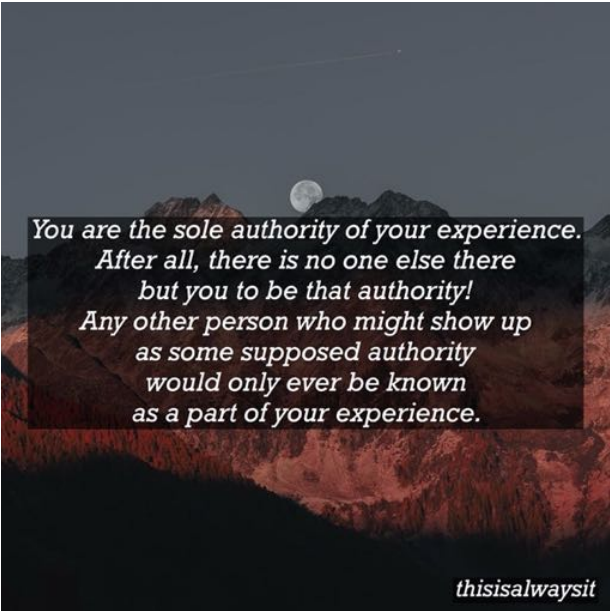
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Paradoxically,
the more carefully and precisely
we investigate our experiences,
the more vague, ambiguous
and ultimately indefinable
they are discovered to be.



**Nothing can block the recognition of
infinite intelligence (“God” if you prefer)
for any supposed obstacle to that
recognition is itself,
made of that same intelligence.**

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*You are the sole authority of your experience.
After all, there is no one else there
but you to be that authority!
Any other person who might show up
as some supposed authority
would only ever be known
as a part of your experience.*

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The way to remain in presence
is to recognize
over and over and over again,
as many times as necessary,
that departing from presence
is simply not possible.

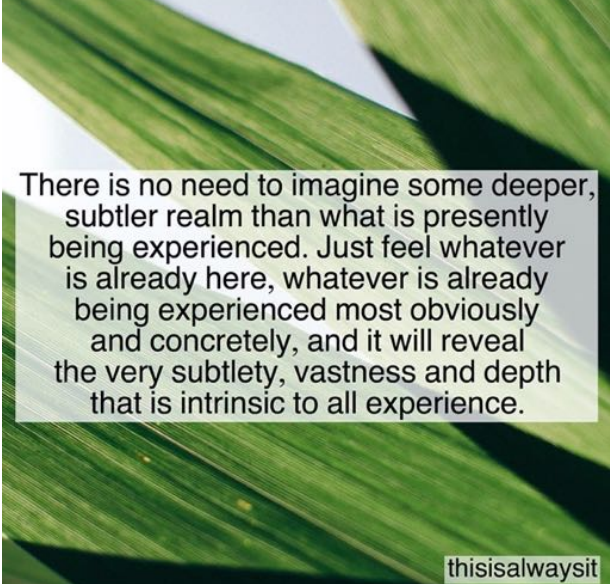


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Reality is always full on;
it is not possible to have more or less of it.




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A close-up photograph of several large green leaves, likely from a tropical plant, showing prominent parallel veins. The leaves are layered, with some in sharp focus and others blurred in the background, creating a sense of depth. The lighting is bright, highlighting the vibrant green color and the texture of the leaf surfaces.


There is no need to imagine some deeper, subtler realm than what is presently being experienced. Just feel whatever is already here, whatever is already being experienced most obviously and concretely, and it will reveal the very subtlety, vastness and depth that is intrinsic to all experience.

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A landscape photograph capturing a sunset or sunrise over a mountain range. The sky is a warm, golden-orange color, with the sun low on the horizon, creating a lens flare effect. In the foreground, a small, light-colored tent is pitched on a rocky, grassy slope. Several evergreen trees are scattered across the middle ground, some silhouetted against the bright sky. The background features rugged, snow-capped mountain peaks under a hazy, golden light.

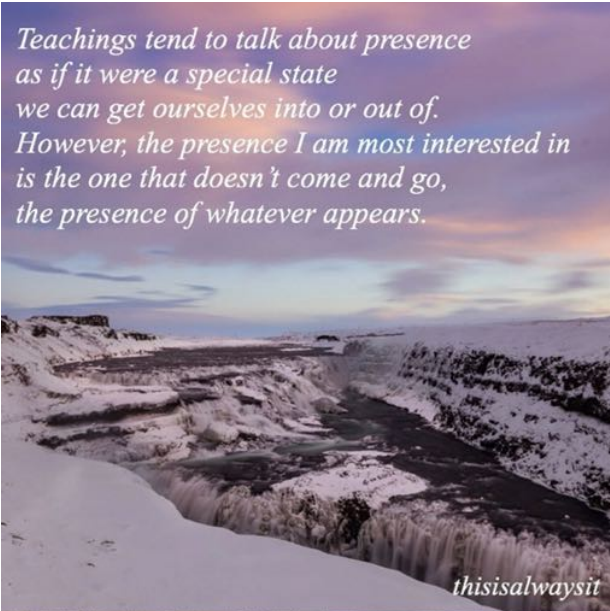
We are not separate from the field of experiencing, not the victims of life but simply its expression.

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There is only ever This,
the ceaseless flow of experiencing,
ever-changing but always here,
always now, always just This.

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*Teachings tend to talk about presence
as if it were a special state
we can get ourselves into or out of.
However, the presence I am most interested in
is the one that doesn't come and go,
the presence of whatever appears.*

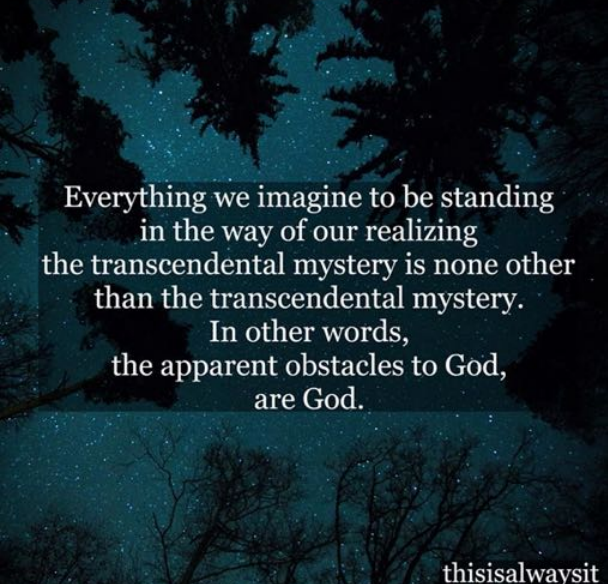
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Something is undeniably present,
even if we can't quite say what it is.



The practice is not so much
about returning to presence or awareness
but rather seeing it can never be left.

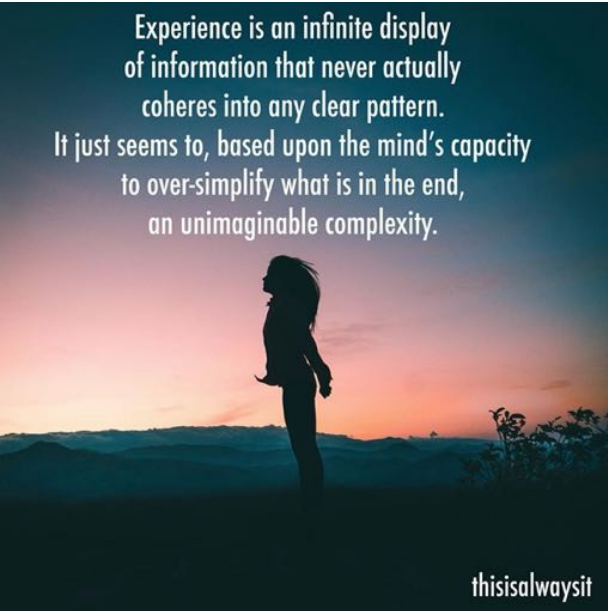




Everything we imagine to be standing
in the way of our realizing
the transcendental mystery is none other
than the transcendental mystery.

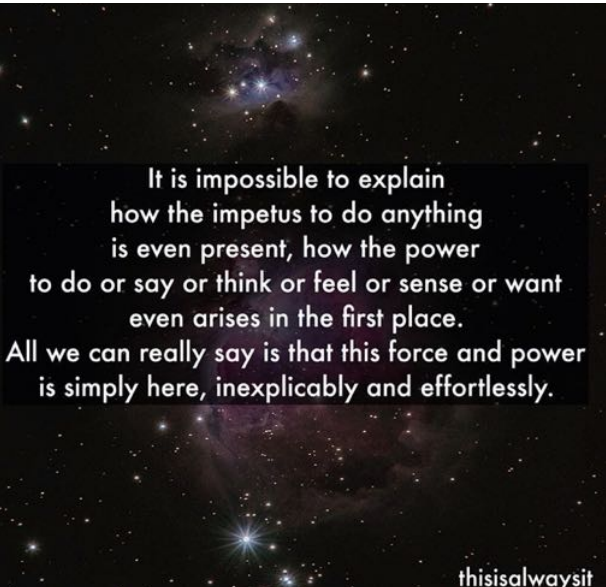
In other words,
the apparent obstacles to God,
are God.

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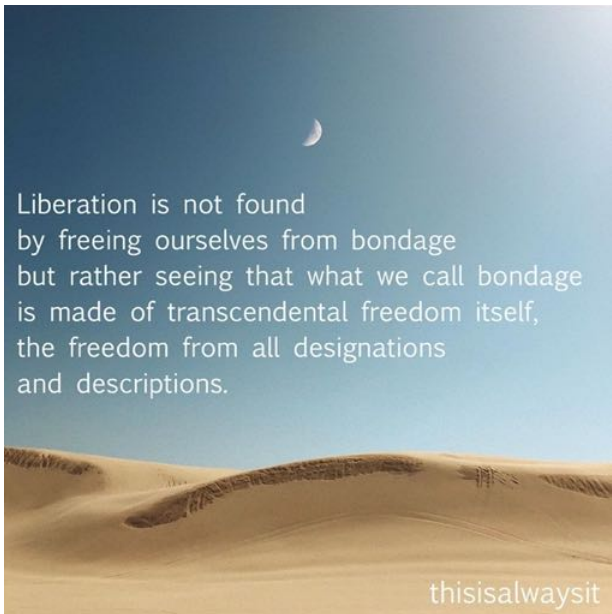
Experience is an infinite display
of information that never actually
coheres into any clear pattern.
It just seems to, based upon the mind's capacity
to over-simplify what is in the end,
an unimaginable complexity.

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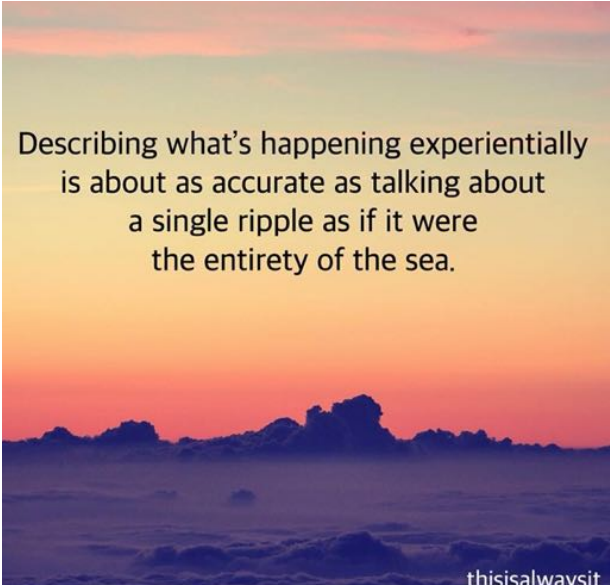
It is impossible to explain
how the impetus to do anything
is even present, how the power
to do or say or think or feel or sense or want
even arises in the first place.
All we can really say is that this force and power
is simply here, inexplicably and effortlessly.

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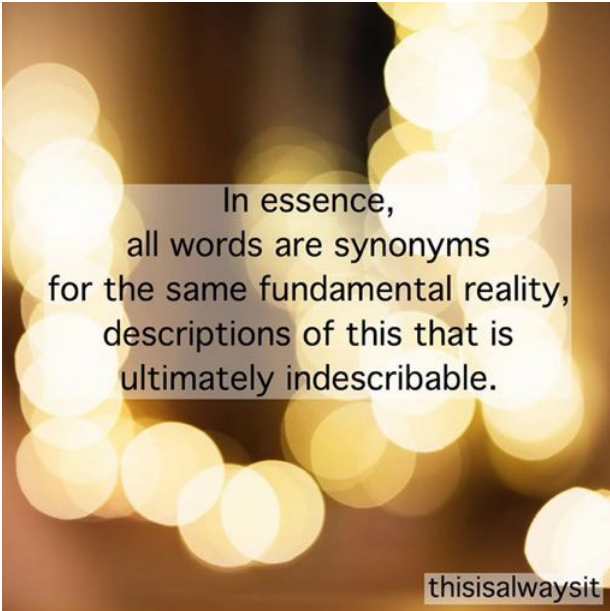
Liberation is not found
by freeing ourselves from bondage
but rather seeing that what we call bondage
is made of transcendental freedom itself,
the freedom from all designations
and descriptions.

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Describing what's happening experientially
is about as accurate as talking about
a single ripple as if it were
the entirety of the sea.

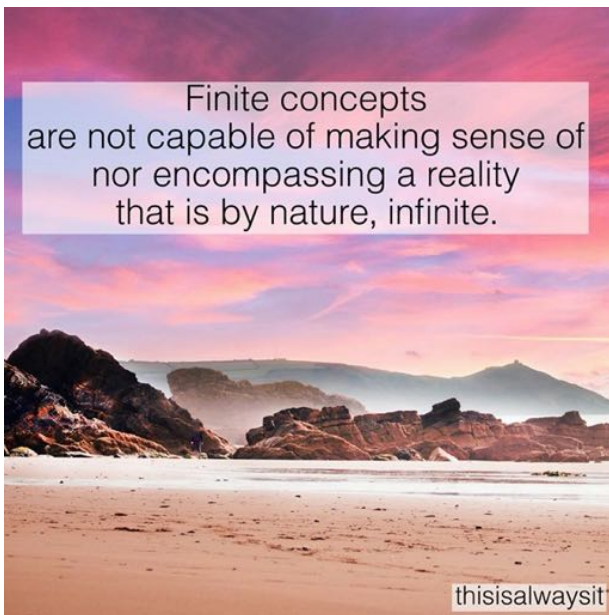
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In essence,
all words are synonyms
for the same fundamental reality,
descriptions of this that is
ultimately indescribable.

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If we liken experience to a radio, our usual mode is to just keep turning the dial until we find a station that we like. However, what I'm inviting you to do is to get interested in the fact that the radio of experiencing is even on and playing in the first place!



Finite concepts are not capable of making sense of nor encompassing a reality that is by nature, infinite.

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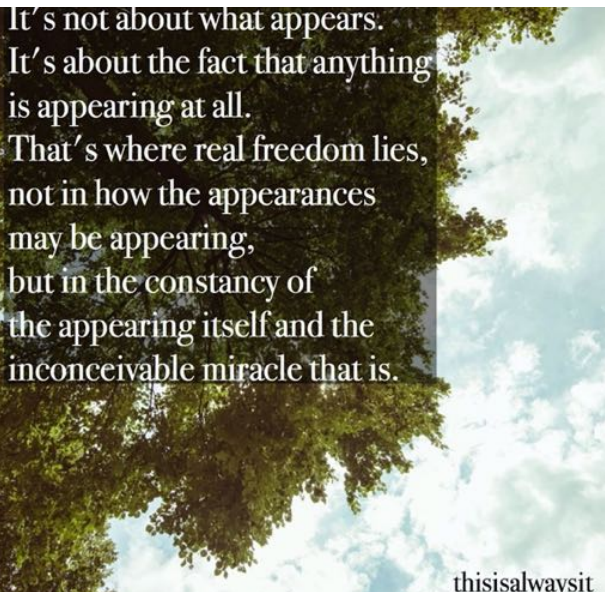


Your present experience?
It's like a dream
being dreamed;
it's not possible
for anything to exist
outside of the dream,
until another dream
is dreamed...

The closer we draw to any experience,
investigating what it is made of substantively,
the experience seems to move away from us,
like a receding horizon we can never quite reach,
no matter how many steps we might take toward it.

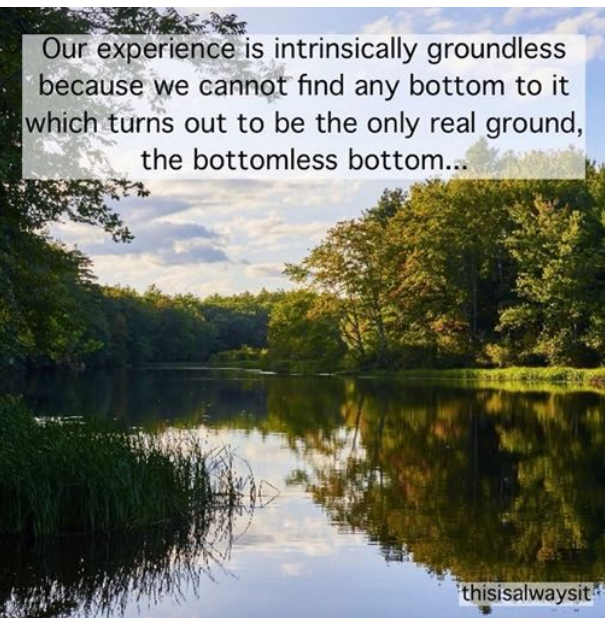


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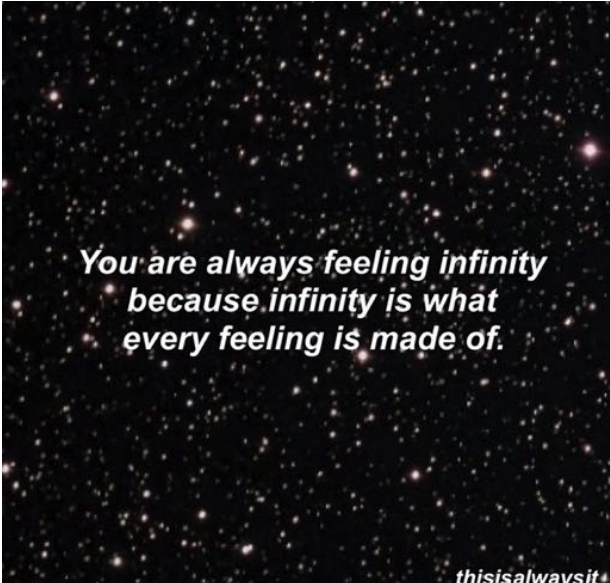
It's not about what appears.
It's about the fact that anything
is appearing at all.
That's where real freedom lies,
not in how the appearances
may be appearing,
but in the constancy of
the appearing itself and the
inconceivable miracle that is.

thisisalwavsit



Our experience is intrinsically groundless
because we cannot find any bottom to it
which turns out to be the only real ground,
the bottomless bottom...

thisisalwavsit



**You are always feeling infinity
because infinity is what
every feeling is made of.**

thisisalwaysit



*Experience is forever
revealing its nature...
transcendental and inconceivable
to the core...*

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Even though now always appears differently,
it forever remains itself... Now.



thisisalwaysit

THERE IS ONLY ONE THING HERE
THOUGH THAT ONE THING
EXPRESSES ITSELF
WITH INFINITE VARIETY.



THISISALWAYSIT

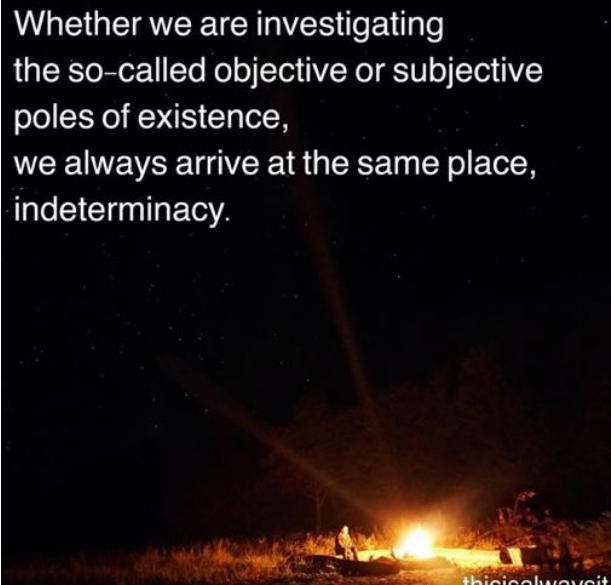
The energy and intelligence that makes quarks and genes and gravity and stars and weaves them all together in this inconceivable tapestry of structure and function we call life is the very same intelligence that you are. After all, what else could you possibly be?



What we call doer-ship or personal agency appears as inexplicably and impersonally as shooting stars and clouds and the whole of reality.

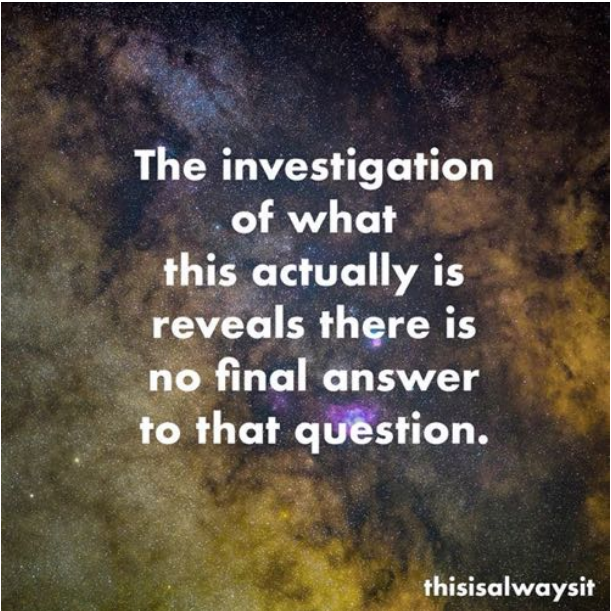


Whether we are investigating
the so-called objective or subjective
poles of existence,
we always arrive at the same place,
indeterminacy.

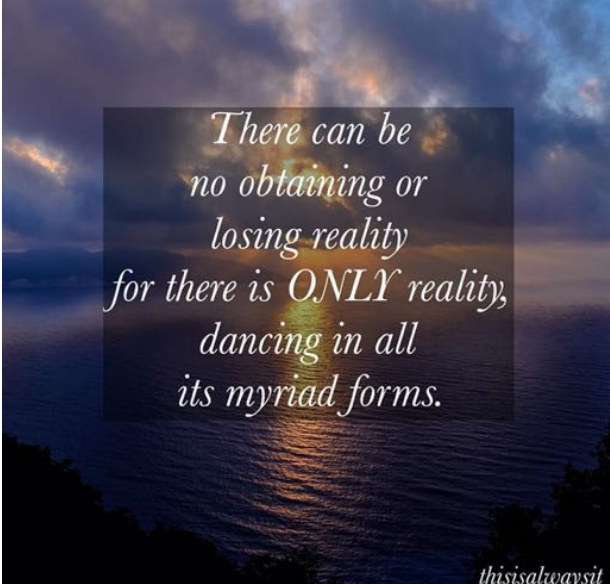


thisisalwaysit

**The investigation
of what
this actually is
reveals there is
no final answer
to that question.**

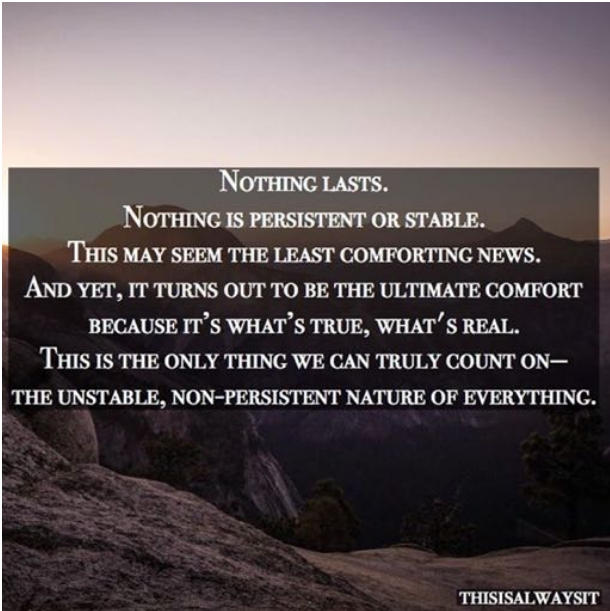


thisisalwaysit



*There can be
no obtaining or
losing reality
for there is ONLY reality,
dancing in all
its myriad forms.*

thisisalwaysit



**NOTHING LASTS.
NOTHING IS PERSISTENT OR STABLE.
THIS MAY SEEM THE LEAST COMFORTING NEWS.
AND YET, IT TURNS OUT TO BE THE ULTIMATE COMFORT
BECAUSE IT'S WHAT'S TRUE, WHAT'S REAL.
THIS IS THE ONLY THING WE CAN TRULY COUNT ON—
THE UNSTABLE, NON-PERSISTENT NATURE OF EVERYTHING.**

THISISALWAYST

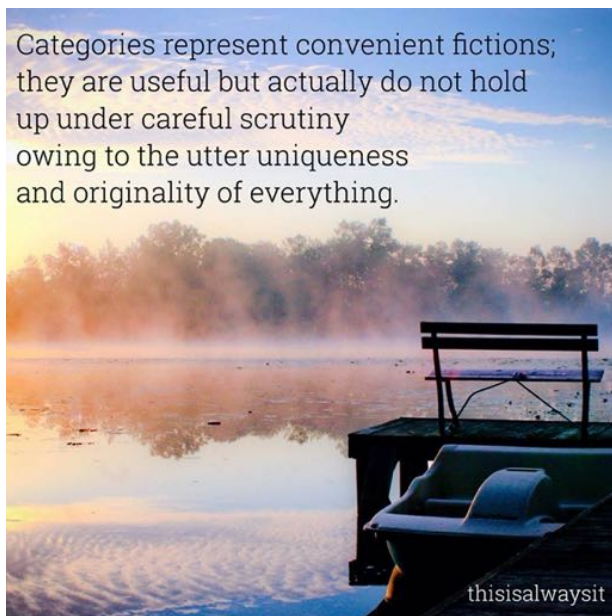
*What if it wasn't necessary
let alone possible*



to control the flow of experience?

thisisalwaysit

Categories represent convenient fictions;
they are useful but actually do not hold
up under careful scrutiny
owing to the utter uniqueness
and originality of everything.



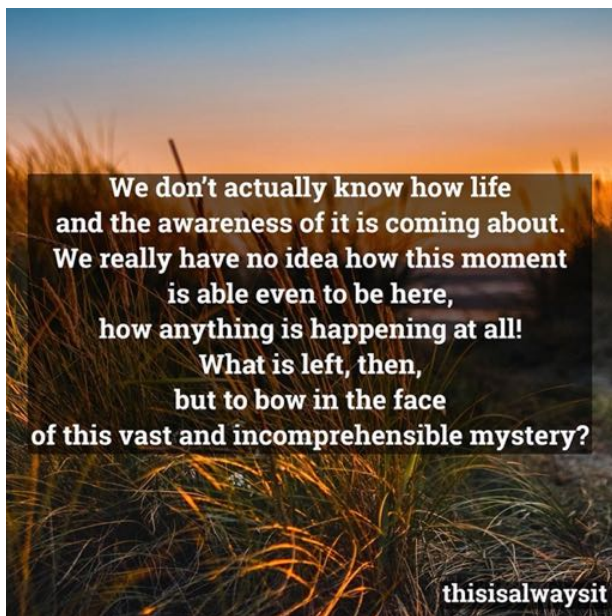
thisisalwaysit

**Reality is independent of what it looks like.
Reality remains reality, no matter
how it may be appearing.
In other words, it is free to look like
anything and everything!**




thisisalwaysit

**We don't actually know how life
and the awareness of it is coming about.
We really have no idea how this moment
is able even to be here,
how anything is happening at all!
What is left, then,
but to bow in the face
of this vast and incomprehensible mystery?**



thisisalwaysit

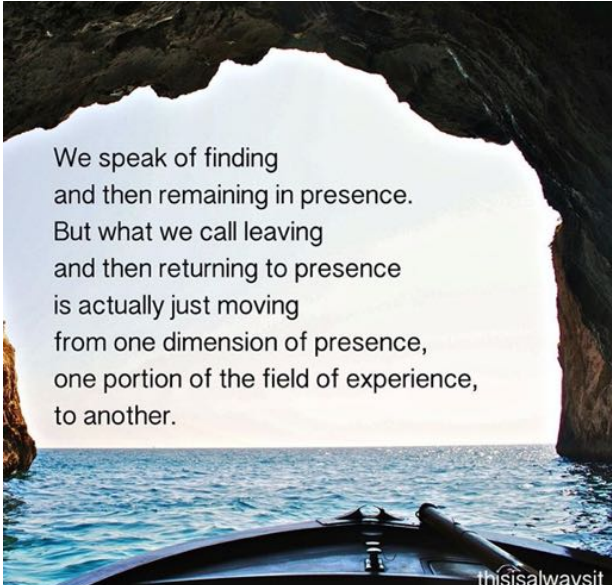


This is the first
and the last time
you will ever
experience this.

thisisalwaysit

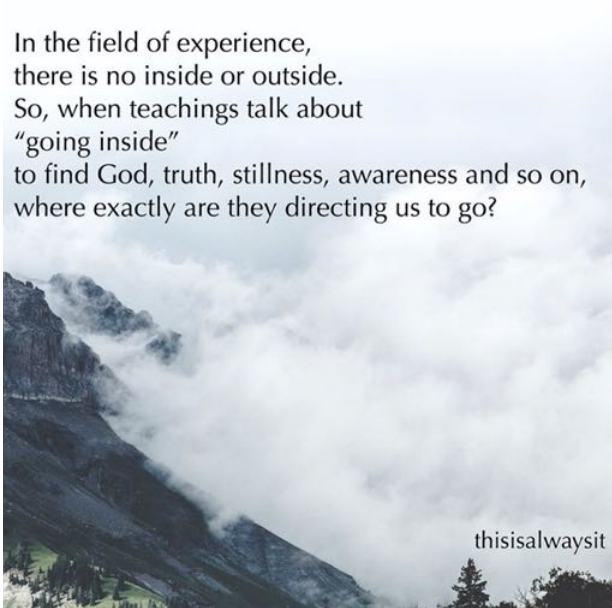
*There is no specific place
you must go
to find infinity
for it is anywhere
and everywhere
you may happen to look!*

thisisalwaysit



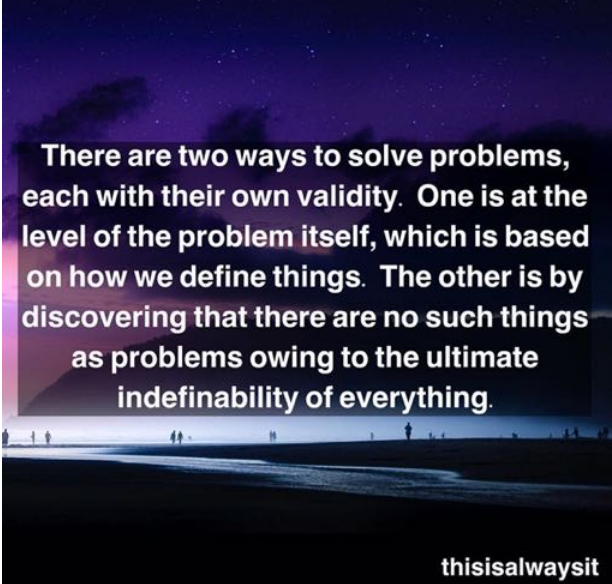
We speak of finding
and then remaining in presence.
But what we call leaving
and then returning to presence
is actually just moving
from one dimension of presence,
one portion of the field of experience,
to another.

thisisalwaysit



In the field of experience,
there is no inside or outside.
So, when teachings talk about
“going inside”
to find God, truth, stillness, awareness and so on,
where exactly are they directing us to go?

thisisalwaysit



There are two ways to solve problems, each with their own validity. One is at the level of the problem itself, which is based on how we define things. The other is by discovering that there are no such things as problems owing to the ultimate indefinability of everything.

thisisalwaysit

*Not only do we not know what death is...
we also do not know what life is!*

thisisalwaysit

Find that part of you that cannot be collapsed into any definition or category. [Hint: It's not hard to find because it is every part of you!]

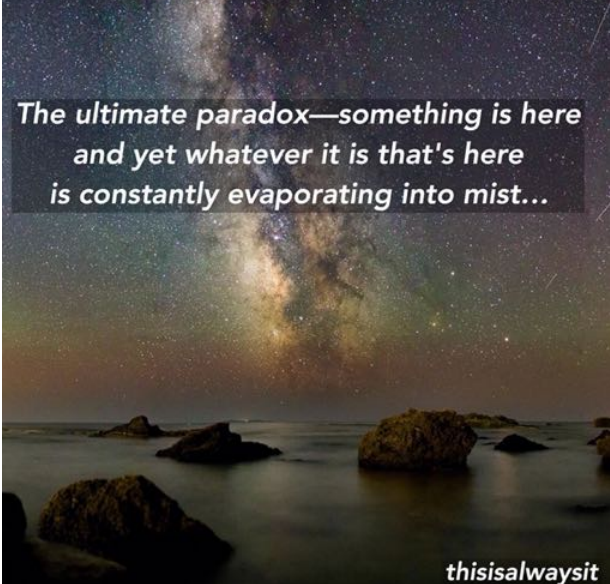


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Whatever you think is going on here...
there is always more!

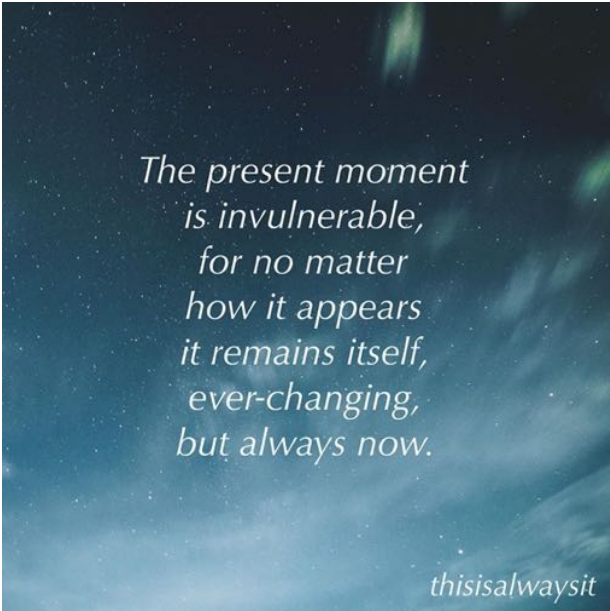


thisisalwaysit

A night sky with the Milky Way galaxy visible, over a rocky coastline. The text is overlaid on a dark horizontal band.

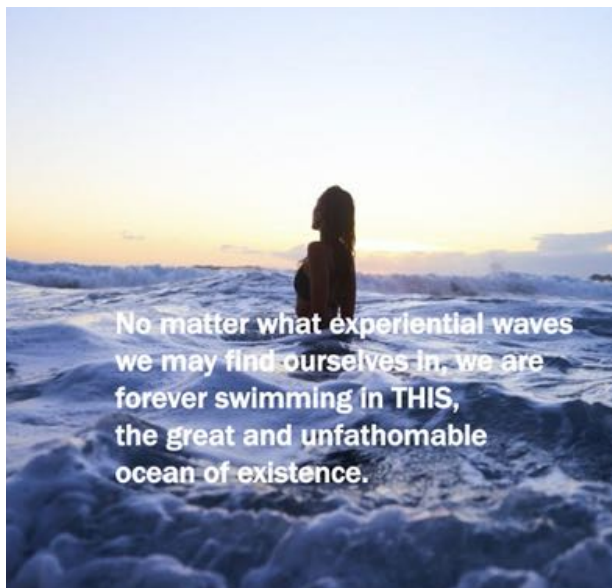
*The ultimate paradox—something is here
and yet whatever it is that's here
is constantly evaporating into mist...*

thisisalwaysit

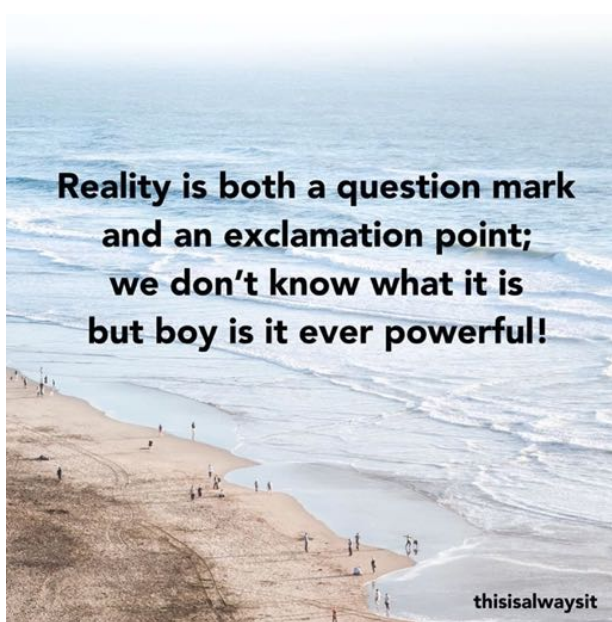
A night sky with the aurora borealis visible, over a dark landscape. The text is overlaid on the sky.

*The present moment
is invulnerable,
for no matter
how it appears
it remains itself,
ever-changing,
but always now.*

thisisalwaysit



No matter what experiential waves we may find ourselves in, we are forever swimming in THIS, the great and unfathomable ocean of existence.



Reality is both a question mark and an exclamation point; we don't know what it is but boy is it ever powerful!

thisisalwaysit

When I point to some body part,
say your hand or nose,
I am actually pointing
to your entire body
for the body doesn't
actually have separate parts.
It is an indivisible whole.
Similarly, when I point to "you,"
I am pointing to the whole of reality.

thisisalwaysit

*Before we can come up with any way
to describe or convey what this is,
it is no longer.*




thisisalwaysit



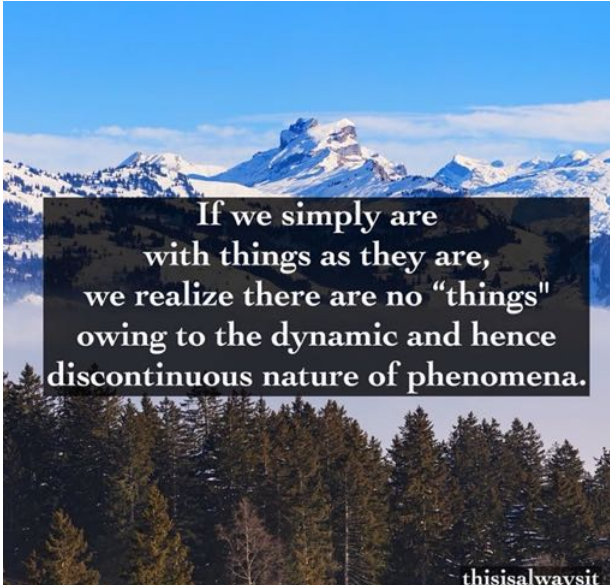
*Experience is never stale
but always fresh.*

thisisalwaysit



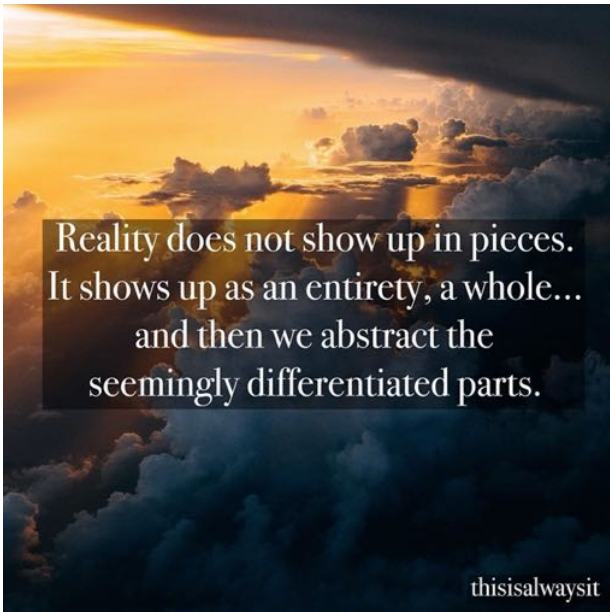
**Our descriptions of “what is”
are actually always descriptions
of what was.**

thisisalwaysit



If we simply are
with things as they are,
we realize there are no "things"
owing to the dynamic and hence
discontinuous nature of phenomena.

thisisalwaysit



Reality does not show up in pieces.
It shows up as an entirety, a whole...
and then we abstract the
seemingly differentiated parts.

thisisalwaysit

**This is never what we think it is
because this is unthinkable.**



thisisalwayst

A wave isn't actually a separate, definable thing;
it is merely the way the ocean moves.



thisisalwayst

*This miraculous presence,
this reality,
forever pulsing,
vibrating,
radiantly alive
yet utterly beyond
any possibility of ever
being described.*

thisisalwaysit

Whether we define experience
as confusion, discomfort and boredom
or ecstasy and bliss,

it is all made of the same thing—
indefinability

thisisalwaysit

The concept of an enduring self and world
is not derived from our direct experience
which consists only of intermittent,
discontinuous flashes
of perceptual phenomena.

thisisalwaysit



What is experience?
A dynamic, spontaneous,
unpredictable apparition
of zero duration, yet always present.

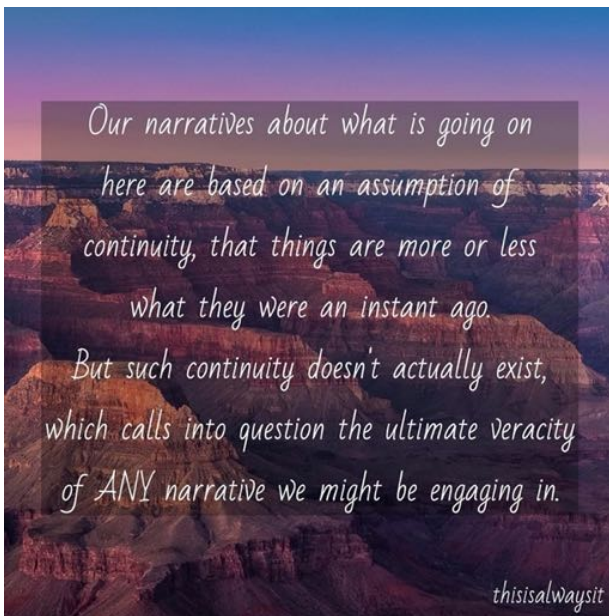
thisisalwaysit

In direct experience there is no otherness;
there is no breaking point, no dividing line
between "this" and "that" but only a
ceaseless, boundary-less continuum



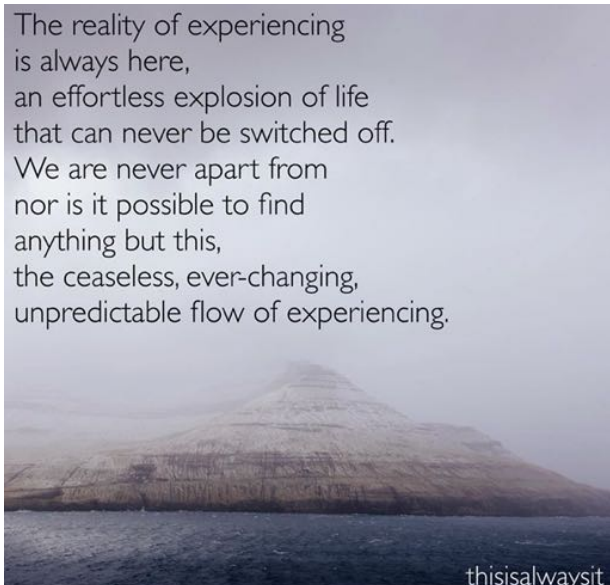
thisisalwaysit

*Our narratives about what is going on
here are based on an assumption of
continuity, that things are more or less
what they were an instant ago.
But such continuity doesn't actually exist,
which calls into question the ultimate veracity
of ANY narrative we might be engaging in.*



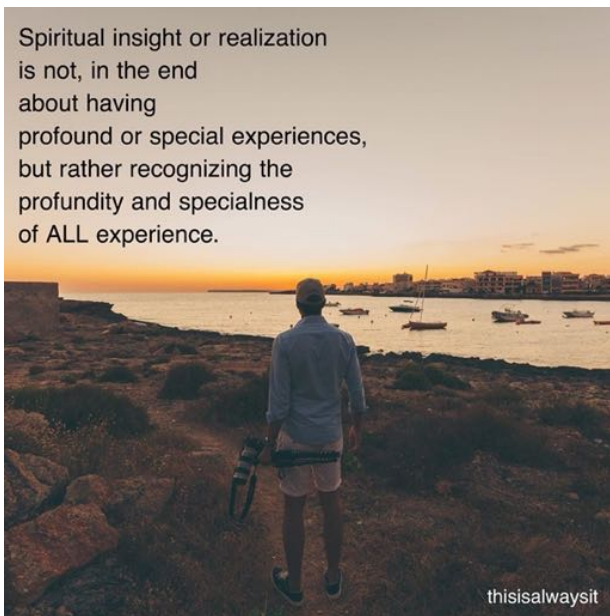
thisisalwaysit

The reality of experiencing
is always here,
an effortless explosion of life
that can never be switched off.
We are never apart from
nor is it possible to find
anything but this,
the ceaseless, ever-changing,
unpredictable flow of experiencing.



thisisalwaysit

Spiritual insight or realization
is not, in the end
about having
profound or special experiences,
but rather recognizing the
profundity and specialness
of ALL experience.



thisisalwaysit

***This momentary flashing forth of experience
cannot possibly be other than it is...
feel the profundity of this truth...***



Holding on to any insight
or realization is simply not possible.
It's a fool's errand, for everything slips away.
But that's not a problem because when we slip
from one state or experience into another,
we never leave reality
because there is only ever reality,
only ever what is.

thisisalwaysit

All things,
including each one of us,
radically transcend and are free
from the myriad ways we humans
characterize or imagine them to be.
This is the truth that sets us free,
the truth of inconceivability.

thisisalwaysit



thisisalwaysit

Any practice we engage in
is an expression of life's
mysterious, dynamic energy
and intelligence
rather than a cause of it.

*Our conceptualizing, categorizing
and interpreting of experience
always represents a gross oversimplification
of what's actually occurring.*

thisisalwaysit

In the end,
we know not what this is,
only that it is.

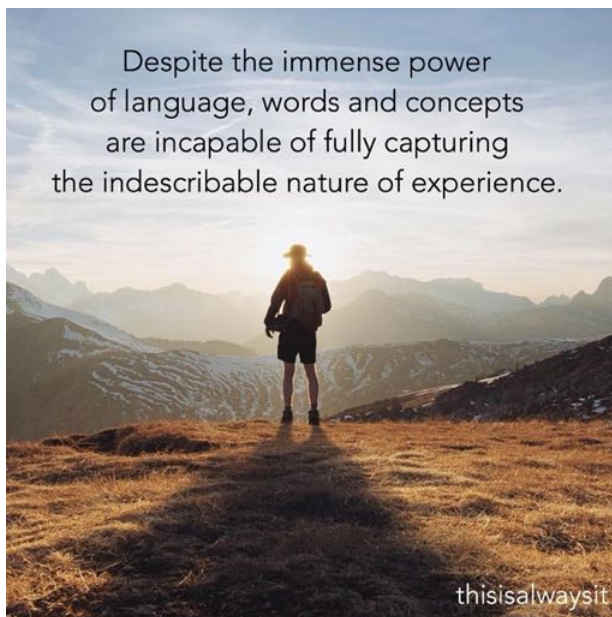


thisisalwaysit

Equanimity need not
be practiced or cultivated
for it is the very nature
of Life
to not be opposed to anything
since it is everything.

thisisalwaysit

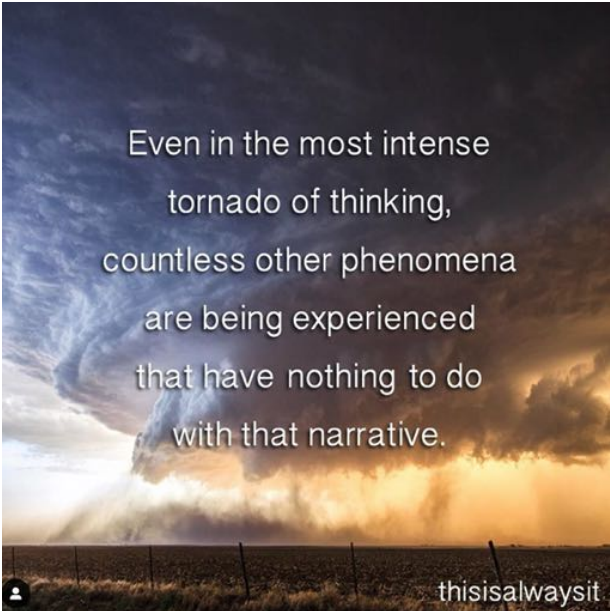
Despite the immense power
of language, words and concepts
are incapable of fully capturing
the indescribable nature of experience.



thisisalwaysit

The categories of
“stuck” and “confused”
are neither stuck nor confused
but a swirling dance
of inconceivable depth,
intelligence
and energy.

thisisalwaysit



Even in the most intense
tornado of thinking,
countless other phenomena
are being experienced
that have nothing to do
with that narrative.

thisisalwaysit

While our lives are made up
entirely of experiences,
rarely do we ask
the most basic of questions,
namely what is experience
ACTUALLY made of.

thisisalwaysit

*There is no discernible boundary
that can be found
between what is perceived
and that which is perceiving.
Complete intimacy with what is...*

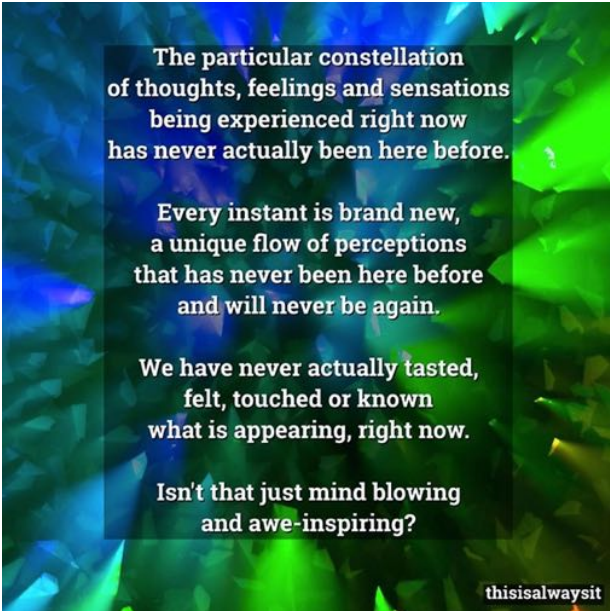
Even the most sophisticated
conceptual map
is incapable of conveying
the unthinkably vast,
subtle and nuanced
territory of experience.



*We live as it were in two worlds,
the wordless world of experience
and the world of our thoughts and ideas
about those experiences.*

Defining ourselves (or anyone)
is not actually possible
without overlooking
our inherently dynamic nature.

*No matter how we might label them,
every experience is an utter free fall
into indescribable subtlety,
nuance,
lusciousness
and depth.*



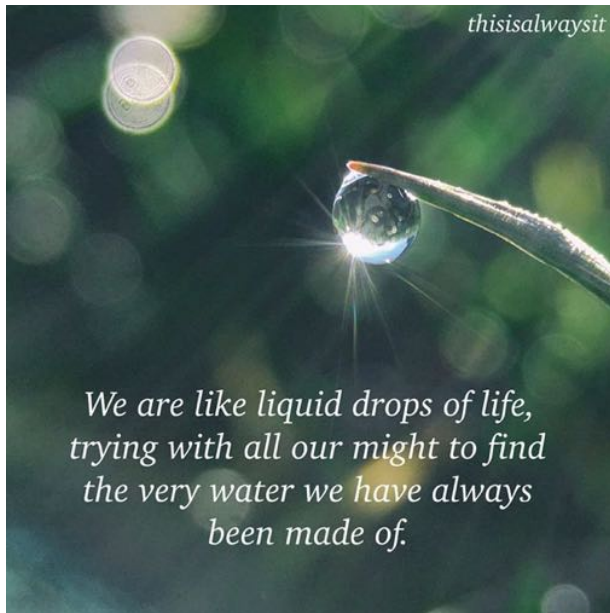
**The particular constellation
of thoughts, feelings and sensations
being experienced right now
has never actually been here before.**

**Every instant is brand new,
a unique flow of perceptions
that has never been here before
and will never be again.**

**We have never actually tasted,
felt, touched or known
what is appearing, right now.**

**Isn't that just mind blowing
and awe-inspiring?**

Being present
need not be achieved or practiced.
It is the unavoidable reality
of every instant.

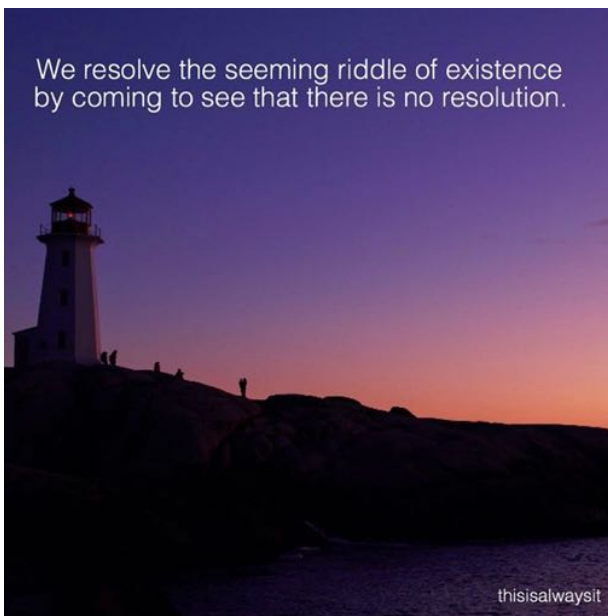


Go "inside" of yourself and you find experience.
Go "outside" of yourself and you find the same thing,
experience.

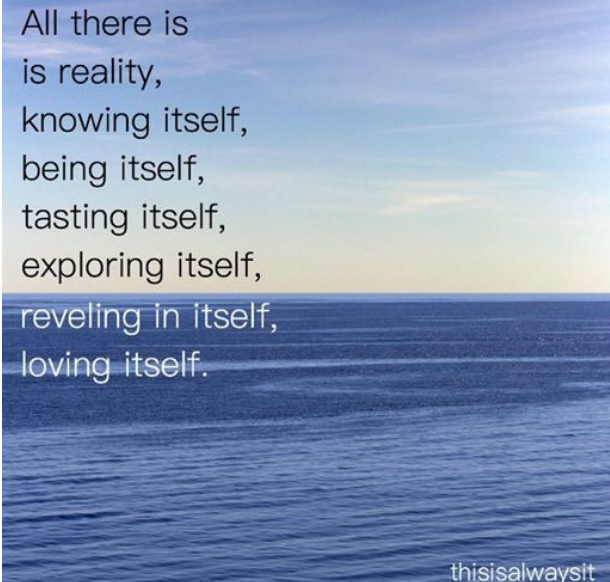


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We resolve the seeming riddle of existence
by coming to see that there is no resolution.



thisisalwaysit



All there is
is reality,
knowing itself,
being itself,
tasting itself,
exploring itself,
reveling in itself,
loving itself.

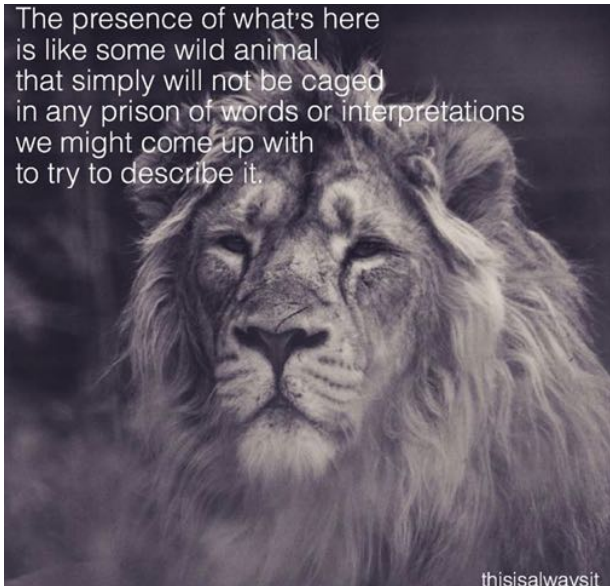
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**Nothing ever holds still.
Everything is on the move,
changing, morphing, instant by instant,
even if in the subtlest of ways.
Because of this, it's impossible
to really define anything
because the moment
we try to characterize
what's here, it transforms itself
into something else.**

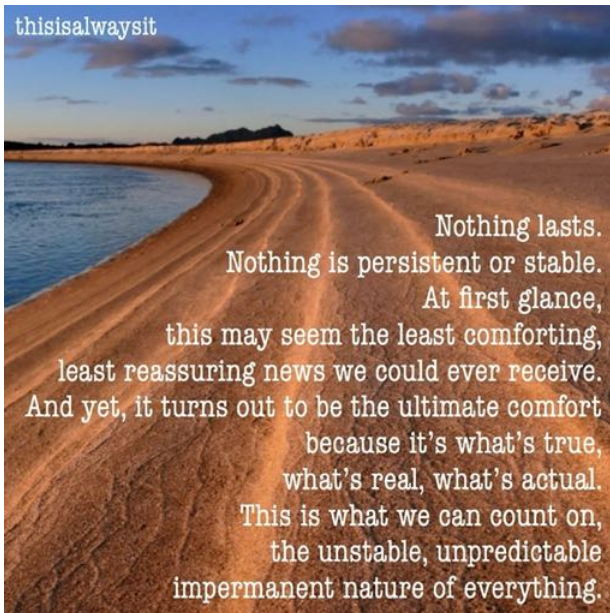
thisisalwaysit

The presence of what's here
is like some wild animal
that simply will not be caged
in any prison of words or interpretations
we might come up with
to try to describe it.



thisisalwaysit

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Nothing lasts.
Nothing is persistent or stable.
At first glance,
this may seem the least comforting,
least reassuring news we could ever receive.
And yet, it turns out to be the ultimate comfort
because it's what's true,
what's real, what's actual.
This is what we can count on,
the unstable, unpredictable
impermanence of everything.

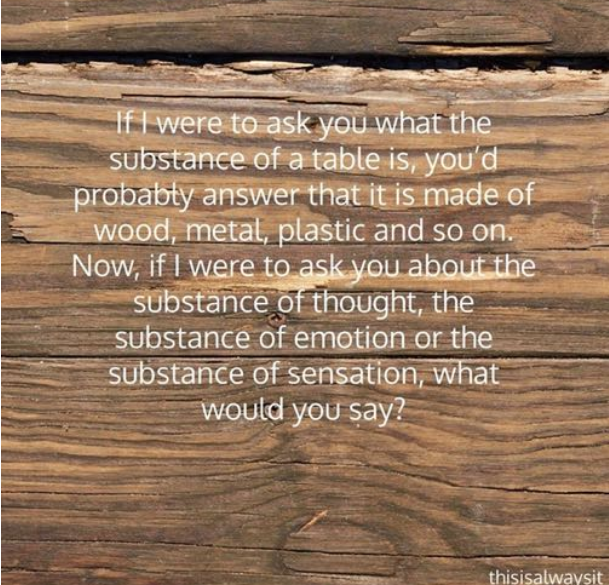
Categories represent
convenient fictions;
they may be useful
but actually do not
hold up under
careful scrutiny
owing to the utter
originality and
uniqueness of
everything.

thisisalwaysit

thisisalwaysit




Every experience lies beyond the reach of
definition or description.



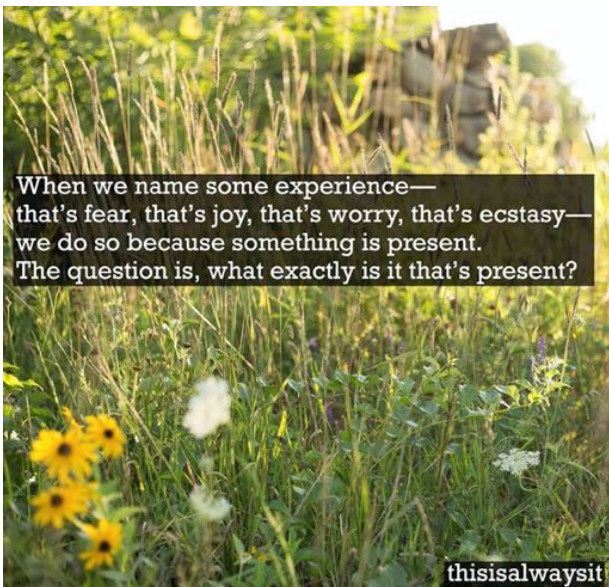
If I were to ask you what the substance of a table is, you'd probably answer that it is made of wood, metal, plastic and so on. Now, if I were to ask you about the substance of thought, the substance of emotion or the substance of sensation, what would you say?

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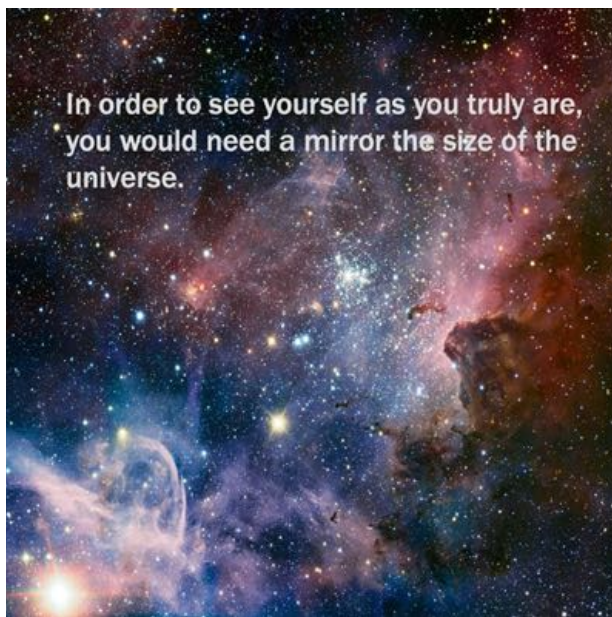
When it comes to the whole notion of acceptance or rejection, the reality is that we're late to the party for the experiences we imagine ourselves to be either accepting or rejecting are no longer even here, having vanished no sooner than they appeared.

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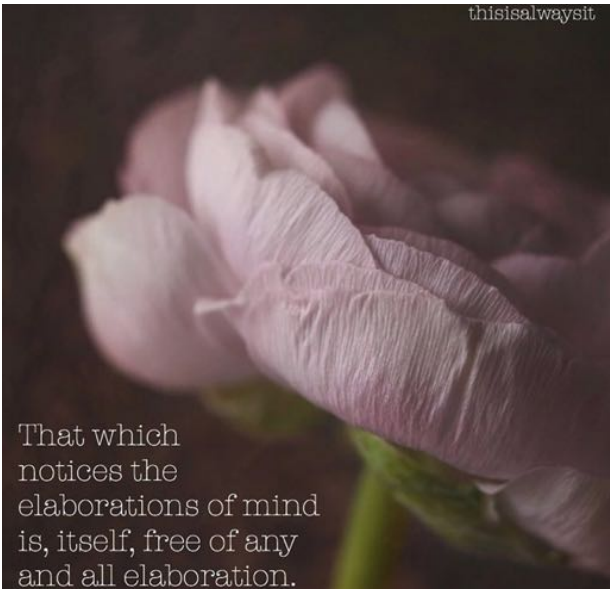


When we name some experience—
that's fear, that's joy, that's worry, that's ecstasy—
we do so because something is present.
The question is, what exactly is it that's present?

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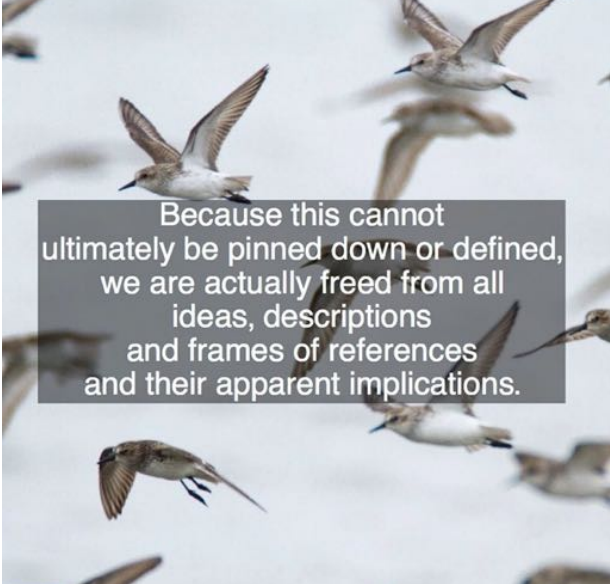
In order to see yourself as you truly are,
you would need a mirror the size of the
universe.



That which
notices the
elaborations of mind
is, itself, free of any
and all elaboration.



We are not
merely aware
of this moment,
we are this moment

A photograph of several birds in flight against a light, overcast sky. The birds are captured in various stages of their wing strokes, creating a sense of movement and freedom. A semi-transparent grey rectangular box is overlaid on the center of the image, containing white text.

Because this cannot
ultimately be pinned down or defined,
we are actually freed from all
ideas, descriptions
and frames of references
and their apparent implications.

*There is no specific place
you must go
to find infinity
for it is anywhere
and everywhere
you may happen to look!*

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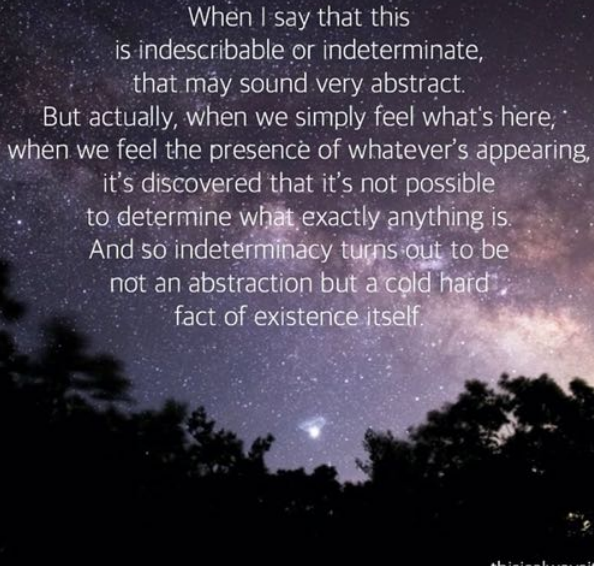
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***Experience is
fundamentally
uninterpretable.***

Rather than going to some specific portion of the field of experience to find yourself, consider the possibility that what you are is the entirety of the field.



thisisalwaysit



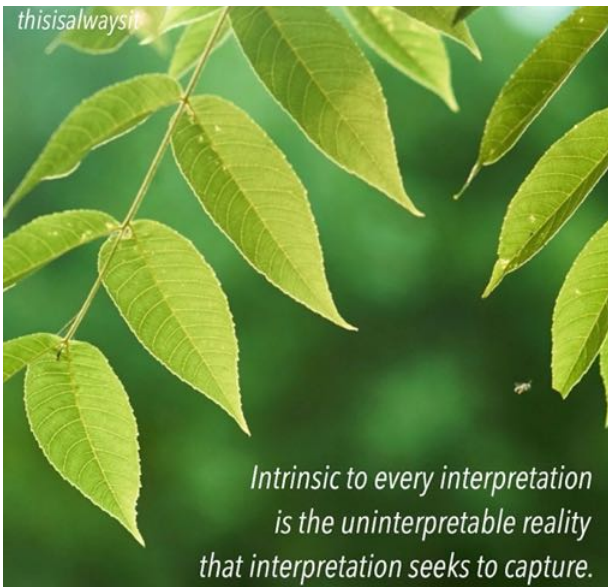
When I say that this
is indescribable or indeterminate,
that may sound very abstract.
But actually, when we simply feel what's here,
when we feel the presence of whatever's appearing,
it's discovered that it's not possible
to determine what exactly anything is.
And so indeterminacy turns out to be
not an abstraction but a cold hard
fact of existence itself.

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Paradoxically,
we discover
the insubstantial,
ungraspable
nature of reality
by going to that
which we feel
and experience as most
concrete and substantial.



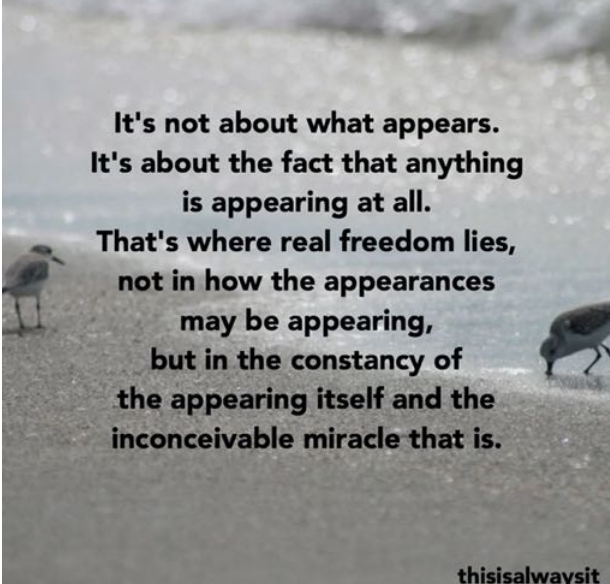
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*Intrinsic to every interpretation
is the uninterpretable reality
that interpretation seeks to capture.*




**Everything that arises,
every experience,
is the contact point
for infinity itself.**

thisisalwaysit



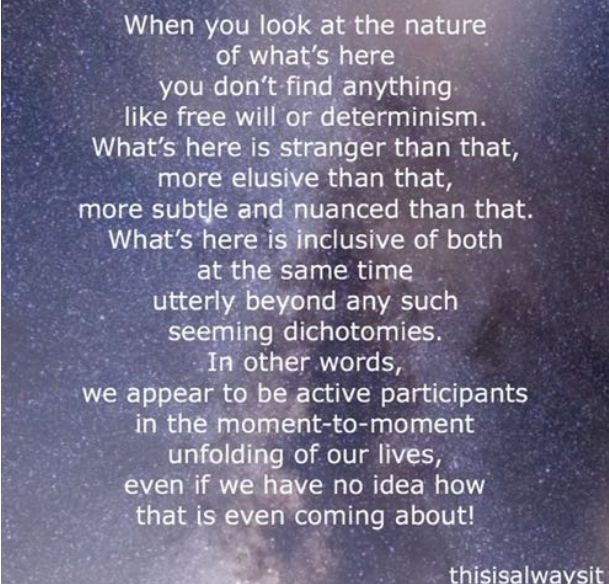
**It's not about what appears.
It's about the fact that anything
is appearing at all.
That's where real freedom lies,
not in how the appearances
may be appearing,
but in the constancy of
the appearing itself and the
inconceivable miracle that is.**

thisisalwaysit




Whether you are looking at
the tiniest portion of your little finger
or gazing up at the vastness
of the heavens, in either case,
you are staring at and into infinity.

thisisalwaysit



When you look at the nature
of what's here
you don't find anything
like free will or determinism.
What's here is stranger than that,
more elusive than that,
more subtle and nuanced than that.
What's here is inclusive of both
at the same time
utterly beyond any such
seeming dichotomies.
In other words,
we appear to be active participants
in the moment-to-moment
unfolding of our lives,
even if we have no idea how
that is even coming about!

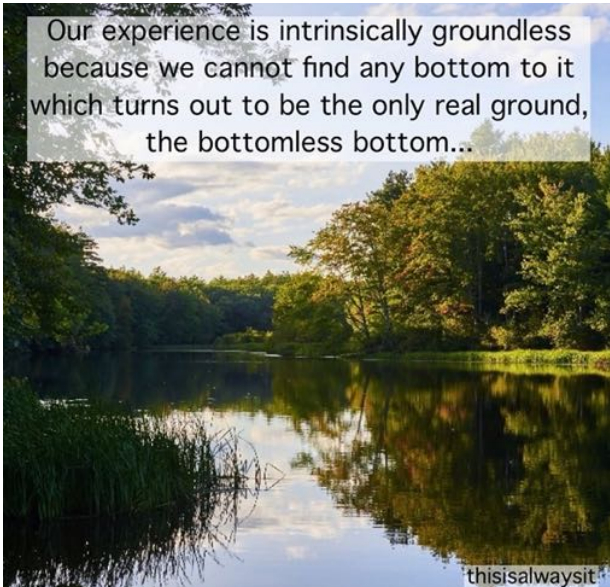
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Ironically it is when we
investigate the specific details
of experience that we realize
the unstructured nature of
everything.

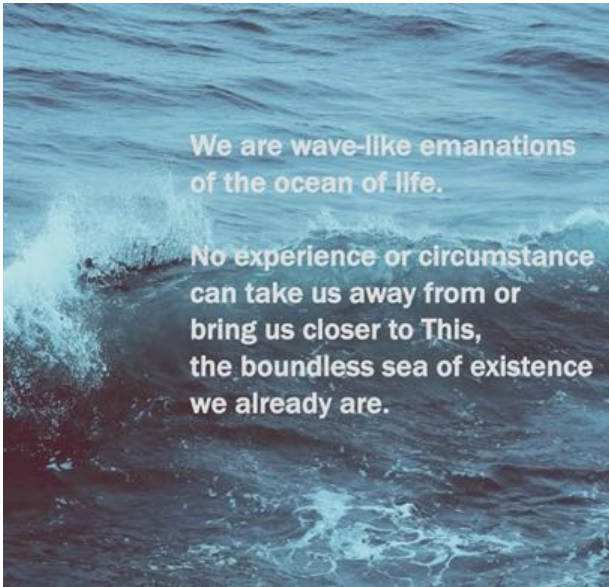
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Our experience is intrinsically groundless because we cannot find any bottom to it which turns out to be the only real ground, the bottomless bottom...



Discovering the transcendental does not mean leaving the human realm but rather finding that the human realm is none other than the transcendental.





We are wave-like emanations
of the ocean of life.

No experience or circumstance
can take us away from or
bring us closer to This,
the boundless sea of existence
we already are.



thisisalwaysit

The moment
is forever
melting away,
and yet always
right here.

***Exploring the ways in which experience
is ultimately uninterpretable
reveals that we are actually free
of all the problematic implications
that language suggests.***



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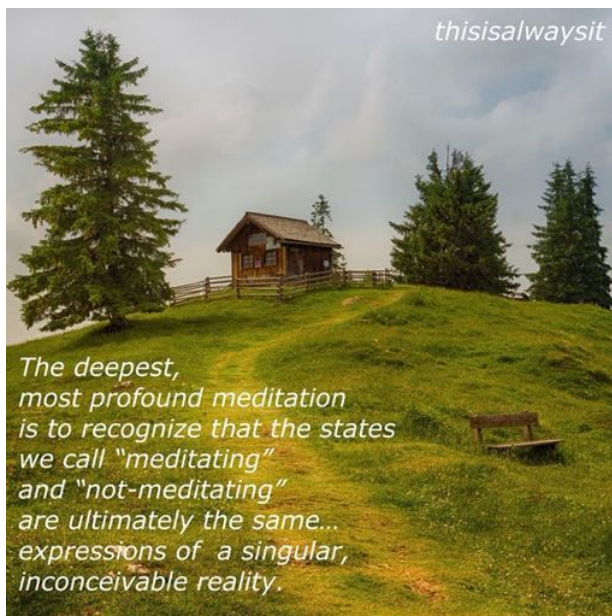
***Liberation is not found by
freeing ourselves from bondage
but rather seeing that what
we call "bondage" is made of
transcendental freedom itself;
the freedom from all designations
and descriptions.***

thisisalwaysit



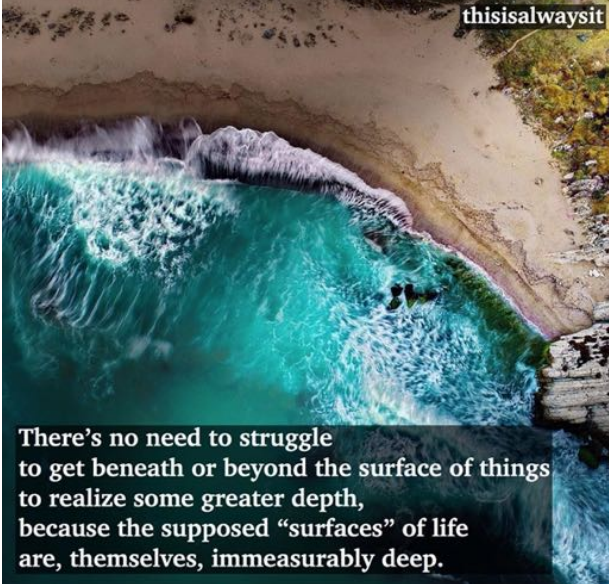
**We're trying to get a handle on something
that doesn't actually have a handle...**

thisisalwaysit



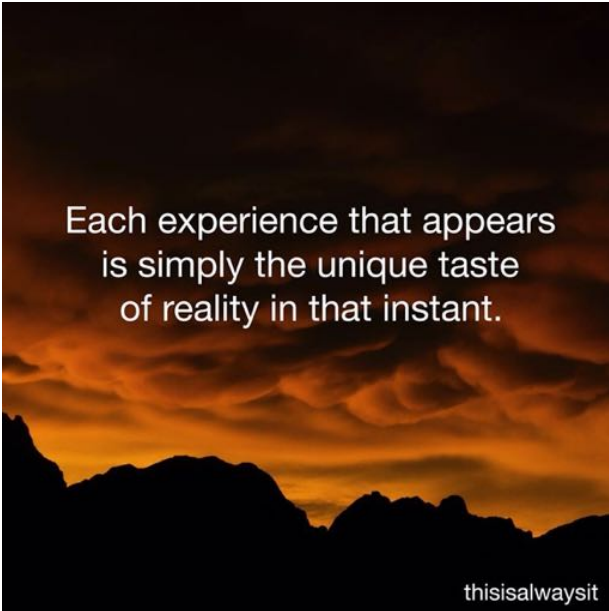
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*The deepest,
most profound meditation
is to recognize that the states
we call "meditating"
and "not-meditating"
are ultimately the same...
expressions of a singular,
inconceivable reality.*



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There's no need to struggle to get beneath or beyond the surface of things to realize some greater depth, because the supposed "surfaces" of life are, themselves, immeasurably deep.



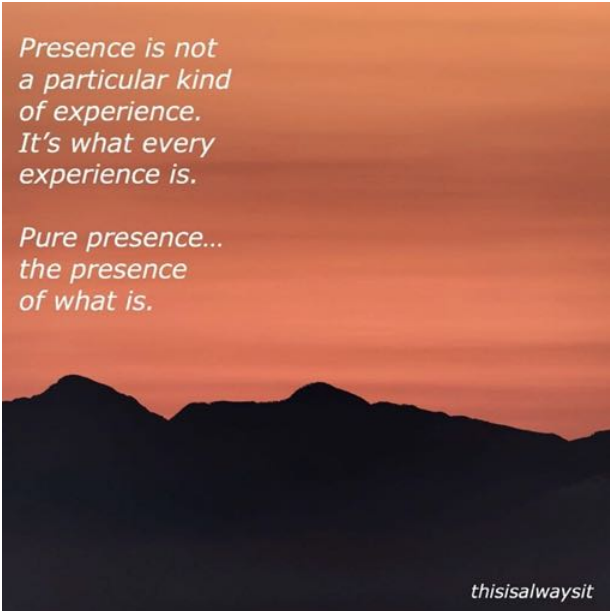
Each experience that appears is simply the unique taste of reality in that instant.

thisisalwaysit

The Logic of This

1. You will never find anything other than experience.
2. Experience, by its very nature, transcends all definitions and descriptions.
3. Therefore, the only thing you can ever find is pure transcendence, pure mystery, pure indefinability.

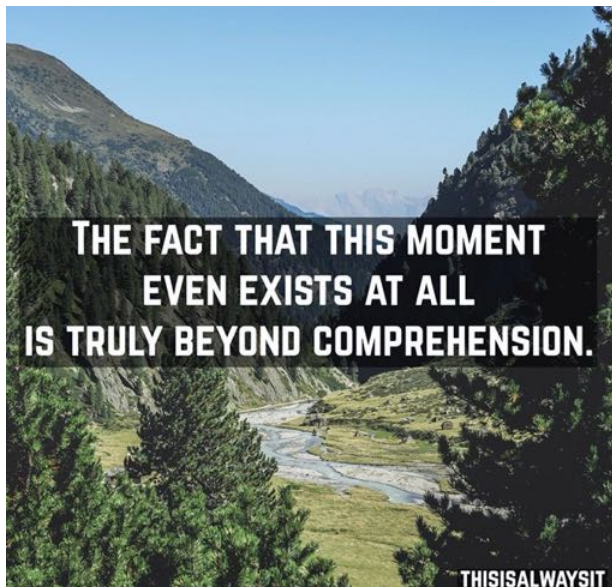
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*Presence is not
a particular kind
of experience.
It's what every
experience is.*

*Pure presence...
the presence
of what is.*

thisisalwaysit



We seek stability. But reality will have no part of it for any apparent stability, any seeming arrival at something stable or fixed, is swept away no sooner than it appears.

Experience is always on the move, never holding still; it is forever shifting, here for a flash instant and then gone, just like that.

But this relentless instability turns out to be its own kind of stability. The inherent instability of everything, the fact that experience never endures, is what's real. It's what can be counted on. Call it the "stability of instability."

And yet true as that may be, we can't ultimately conclude whether reality is stable or unstable, restless or calm, still or moving. What this is cannot be said for any description implies that experience actually resolves as being that "thing" we imagined we have described, something definite and definable. But it isn't...

So, in the end, the only true thing we can ever really say about what this is, is that it is simply un-sayable.

There are no actual obscurations
or impediments to realizing
the undivided nature of reality
for any apparent "obstacle"
is made of nothing BUT
reality's unbroken wholeness.

thisisalwaysit

What if well-being was found,
not in perceptual states
that are by nature fleeting,
but in the continuous flow
of perceiving itself?

thisisalwaysit

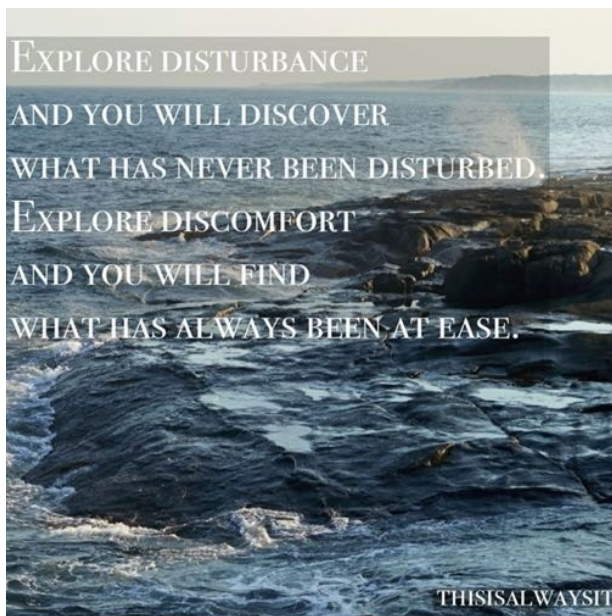
Reality does not actually conform
to our interpretations of it.



Reality exists outside of the very
frames of reference it ceaselessly generates.



Experience—
a shining, flickering,
shape-shifting,
morphing dance...
a presence that is always here,
always now,
yet never the same...



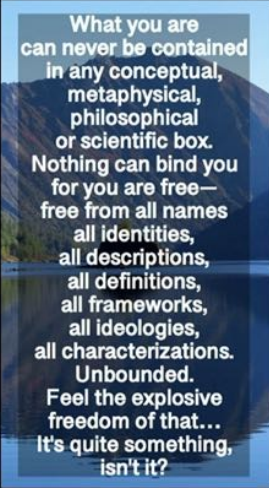
What this is,
what experiences are,
turns out to be
one giant question mark.
Reality is simply uninterpretable.
The recognition of this
is where liberation is found,
the freedom from all
descriptions and designations
and their seemingly
problematic implications.

thisisalwaysit

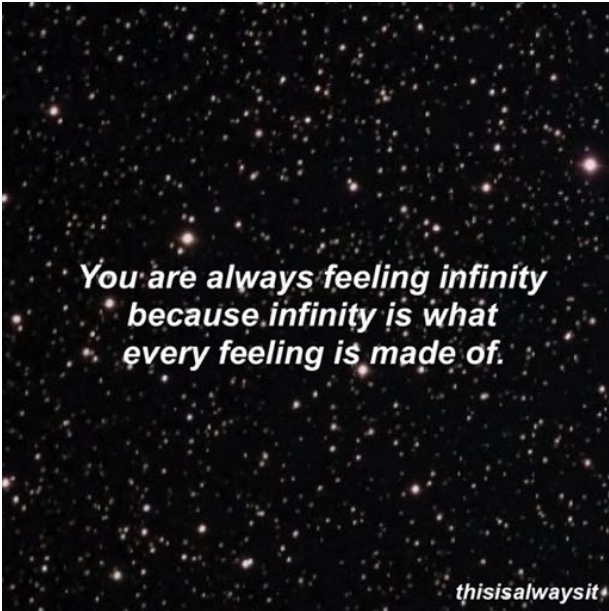
*Since this is not what you think it is,
what exactly is it?*



thisisalwaysit



What you are
can never be contained
in any conceptual,
metaphysical,
philosophical
or scientific box.
Nothing can bind you
for you are free—
free from all names
all identities,
all descriptions,
all definitions,
all frameworks,
all ideologies,
all characterizations.
Unbounded.
Feel the explosive
freedom of that...
It's quite something,
isn't it?



*You are always feeling infinity
because infinity is what
every feeling is made of.*

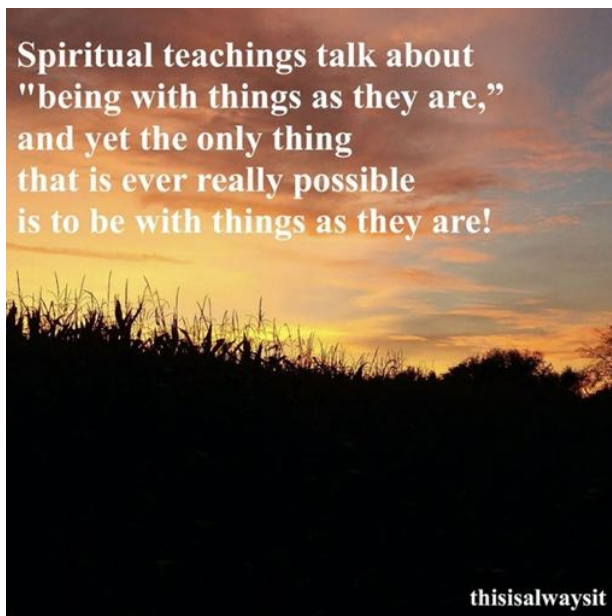
thisisalwaysit

*We overlook the miracle that lies
before us for the simple reason that
we keep looking for it somewhere else*

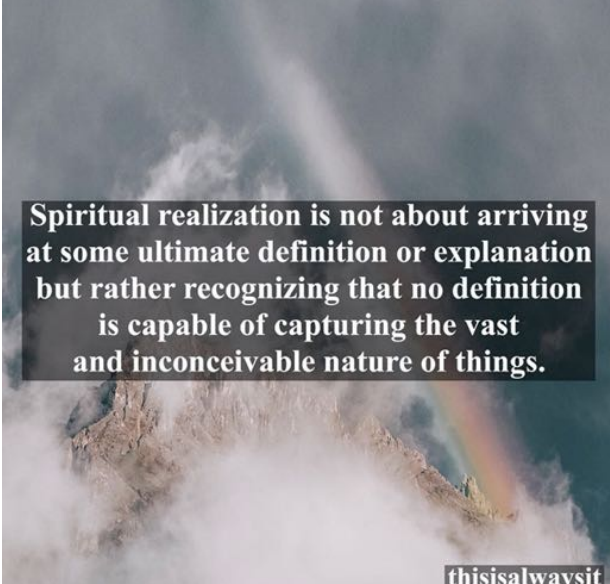


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**Spiritual teachings talk about
"being with things as they are,"
and yet the only thing
that is ever really possible
is to be with things as they are!**

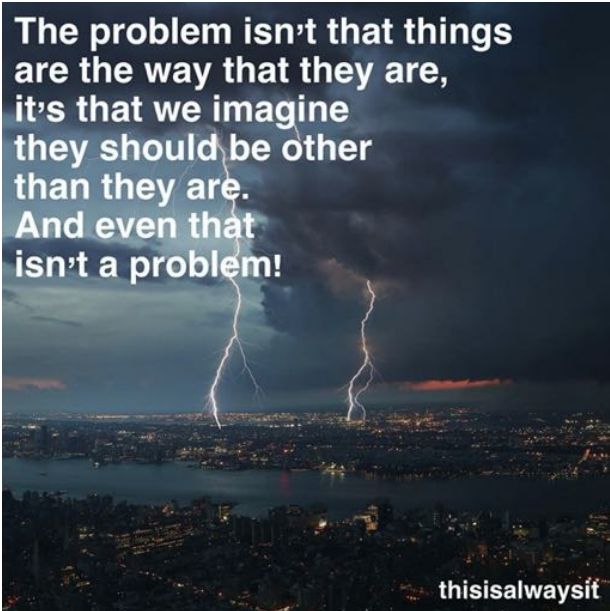


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Spiritual realization is not about arriving at some ultimate definition or explanation but rather recognizing that no definition is capable of capturing the vast and inconceivable nature of things.

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The problem isn't that things are the way that they are, it's that we imagine they should be other than they are. And even that isn't a problem!

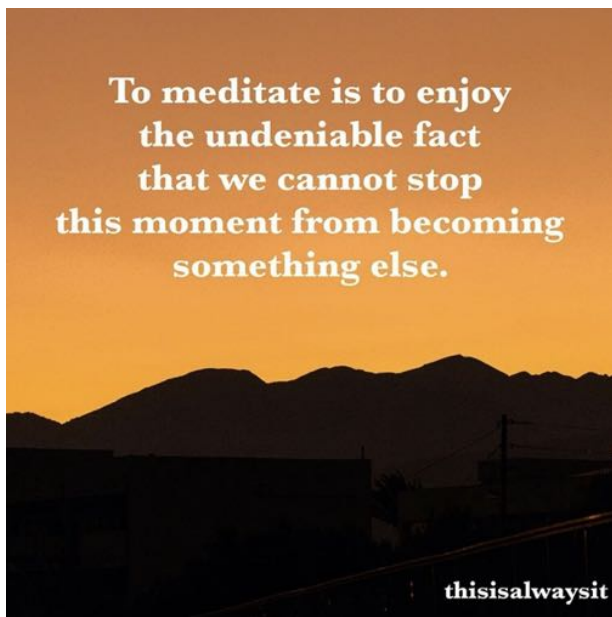
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Through relaxing the habit of trying to rearrange our thoughts, feelings and sensations in order to feel better, another order of well-being is discovered, one that is not defined by the presence or absence of particular experiences but is recognized to be present in and as the very flow of experiencing itself.

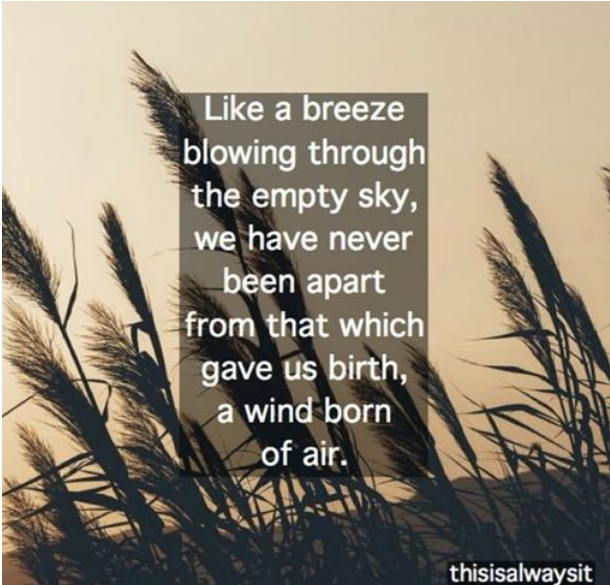


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**To meditate is to enjoy
the undeniable fact
that we cannot stop
this moment from becoming
something else.**

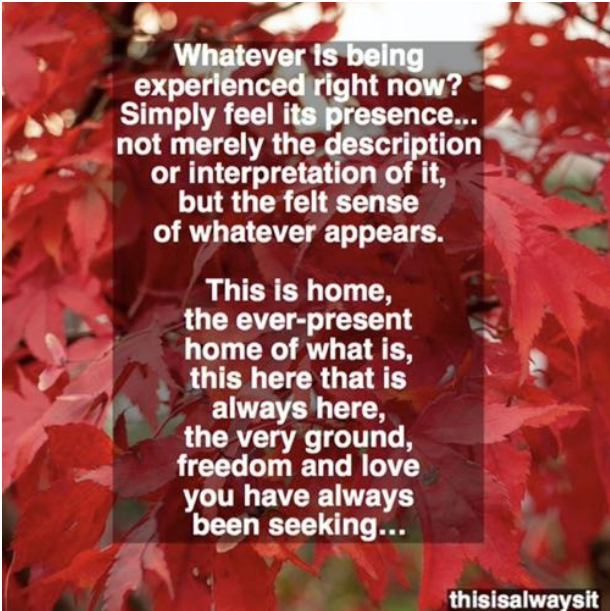


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Like a breeze
blowing through
the empty sky,
we have never
been apart
from that which
gave us birth,
a wind born
of air.

thisisalwaysit



**Whatever is being
experienced right now?
Simply feel its presence...
not merely the description
or interpretation of it,
but the felt sense
of whatever appears.**

**This is home,
the ever-present
home of what is,
this here that is
always here,
the very ground,
freedom and love
you have always
been seeking...**

thisisalwaysit

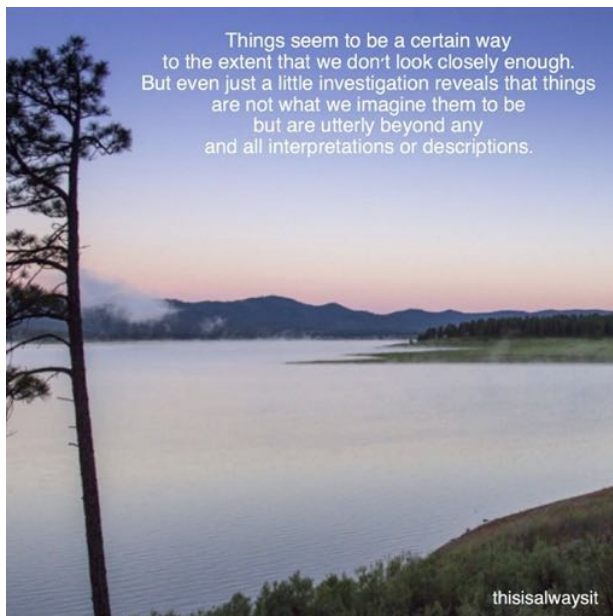
Experiential Inquiries

SITTING QUIETLY
DOING NOTHING,
LIFE EFFORTLESSLY
EXPRESSING ITSELF
AS EVERYTHING YOU
IMAGINE YOURSELF
AND THE WORLD
TO BE.



THISISALWAYSIT

Things seem to be a certain way
to the extent that we don't look closely enough.
But even just a little investigation reveals that things
are not what we imagine them to be
but are utterly beyond any
and all interpretations or descriptions.

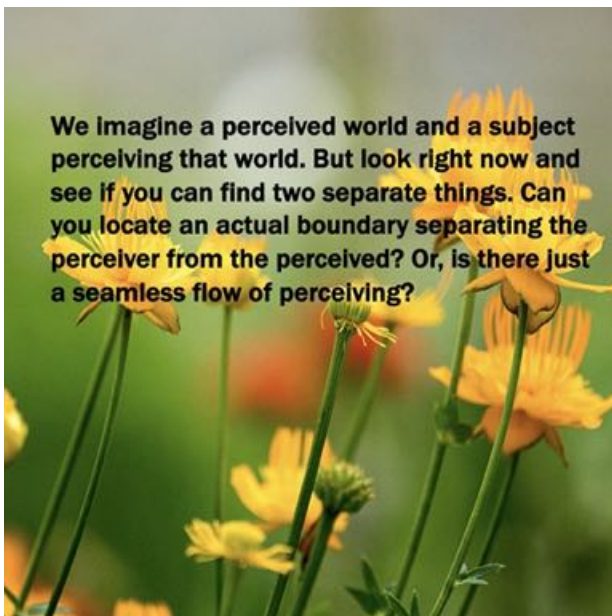


thisisalwaysit


thisisalwaysit



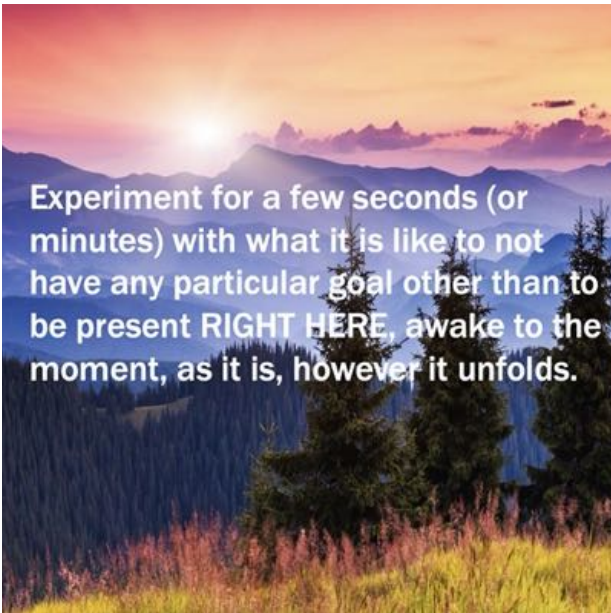
*As you sit here,
feel how alive everything is.*



We imagine a perceived world and a subject perceiving that world. But look right now and see if you can find two separate things. Can you locate an actual boundary separating the perceiver from the perceived? Or, is there just a seamless flow of perceiving?

A photograph of a traditional wooden hot spring bath. The bath is filled with water, and steam is rising from it. In the foreground, a wooden bucket with a handle is placed on the edge of the bath. The background shows a natural setting with rocks and greenery.

Imagine your experience like a bath... just allow yourself to soak in the warm water, relaxing into the feeling and presence of whatever is here.

A photograph of a mountain range at sunset or sunrise. The sun is low on the horizon, casting a warm glow over the scene. The mountains are silhouetted against the colorful sky. In the foreground, there are evergreen trees and a field of tall grasses.

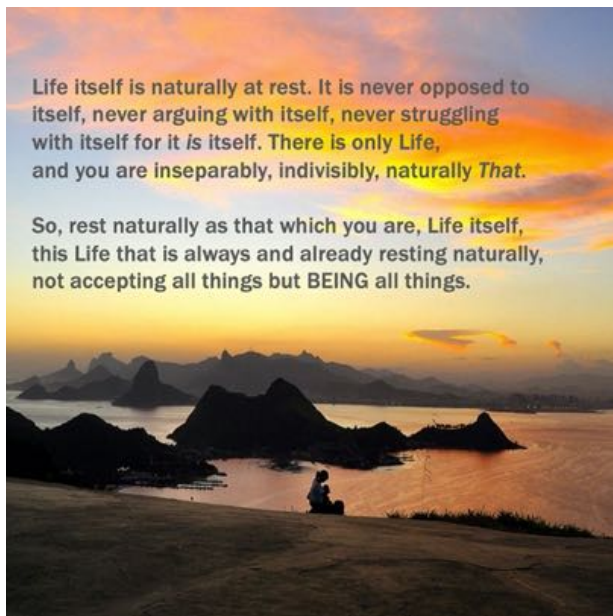
Experiment for a few seconds (or minutes) with what it is like to not have any particular goal other than to be present **RIGHT HERE**, awake to the moment, as it is, however it unfolds.


Allow the ever-changing
river of experience
to move and flow
as it does,
making no effort to
control or manipulate
its movement or course.



Life itself is naturally at rest. It is never opposed to itself, never arguing with itself, never struggling with itself for it *is* itself. There is only Life, and you are inseparably, indivisibly, naturally *That*.

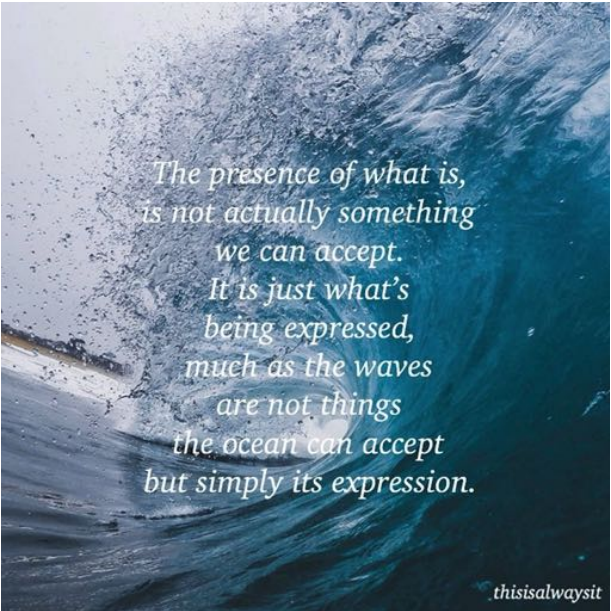
So, rest naturally as that which you are, Life itself, this Life that is always and already resting naturally, not accepting all things but BEING all things.





*Imagine this moment is like a large house—
No matter what rooms of experience
you may seem to enter or exit,
you are always home.
The room of sadness? Home.
The room of joy? Home.
The room of confusion? Home.
The room of ease? Home.
The room of restlessness? Home.
The room of peacefulness? Home.
No matter what may be happening,
no matter where you may go
in the house of experience,
you are forever home.*

thisisalwaysit



*The presence of what is,
is not actually something
we can accept.
It is just what's
being expressed,
much as the waves
are not things
the ocean can accept
but simply its expression.*

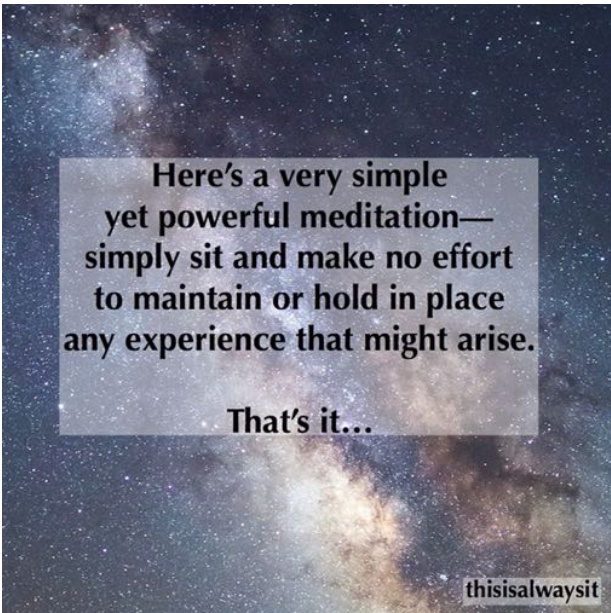
thisisalwaysit



*I invite you to
notice a very
simple yet
profound truth...*

*Each moment
of experiencing
cannot be any
other way
than the way
that it is.*

thisisalwaysit



Here's a very simple
yet powerful meditation—
simply sit and make no effort
to maintain or hold in place
any experience that might arise.

That's it...

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What is it that you're experiencing, right now?
See if you can get to the bottom of what it is.
Be very, very precise, very exacting...
Can you pin it down? Can you determine what it is?




*No matter what you think is present—
sound, light, thought, emotion, sensation—
Just ask yourself, "What is this that's here?"*

*Don't try to answer it with the mind...
Simply feel your way non-verbally
into the answer-less answer...*

What is this?

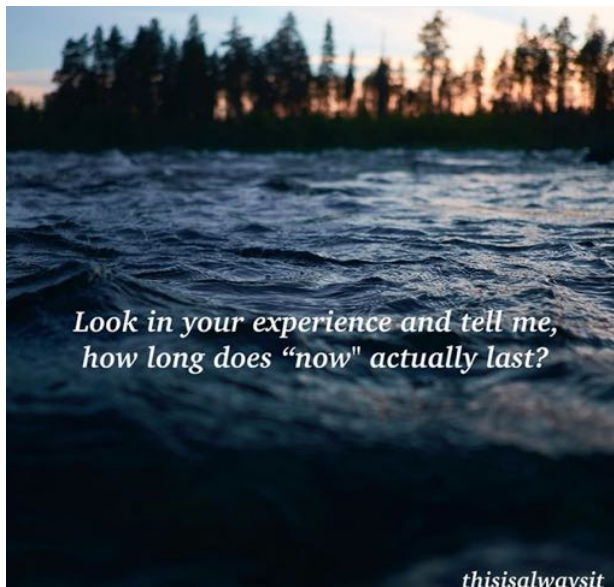




Make no effort to sustain any experience
or insight that might arise.
Simply let them all vanish,
which they're doing, quite effortlessly.

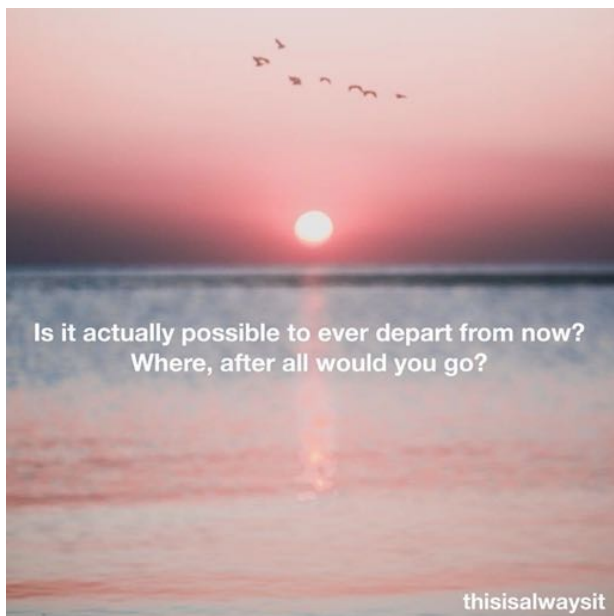
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*For a moment,
without deferring
to anything or anyone,
simply look and encounter
what's here,
nakedly and innocently,
without referring to any
outside authority
to tell you what it is.*



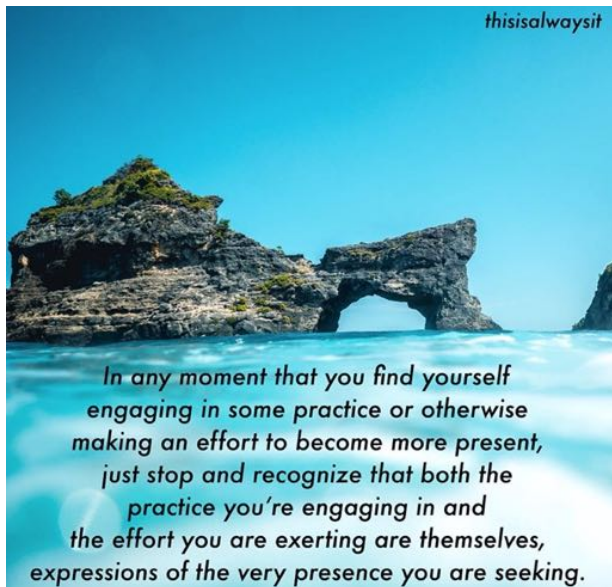
*Look in your experience and tell me,
how long does "now" actually last?*

thisisalwaysit

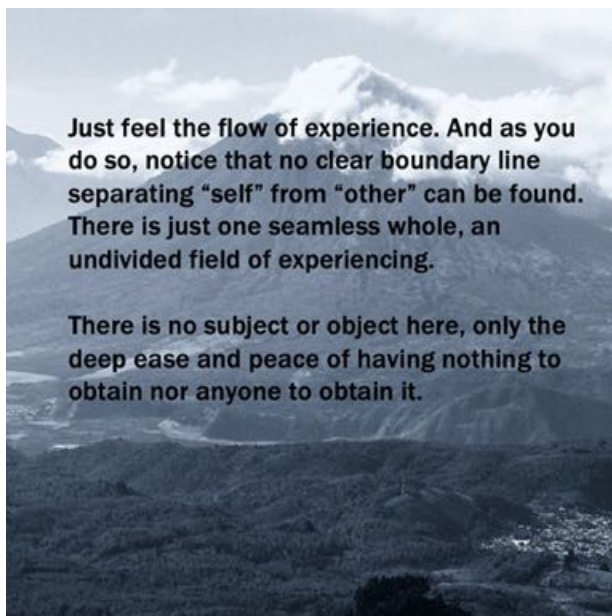


Is it actually possible to ever depart from now?
Where, after all would you go?

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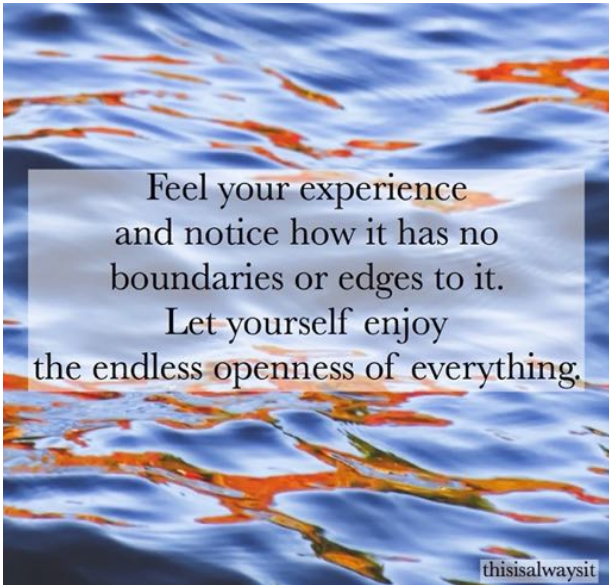


In any moment that you find yourself engaging in some practice or otherwise making an effort to become more present, just stop and recognize that both the practice you're engaging in and the effort you are exerting are themselves, expressions of the very presence you are seeking.



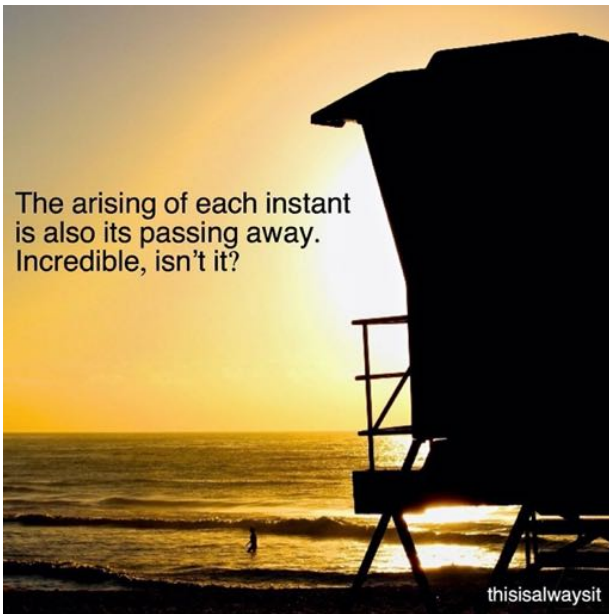
Just feel the flow of experience. And as you do so, notice that no clear boundary line separating "self" from "other" can be found. There is just one seamless whole, an undivided field of experiencing.

There is no subject or object here, only the deep ease and peace of having nothing to obtain nor anyone to obtain it.



Feel your experience
and notice how it has no
boundaries or edges to it.
Let yourself enjoy
the endless openness of everything.

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The arising of each instant
is also its passing away.
Incredible, isn't it?

thisisalwaysit

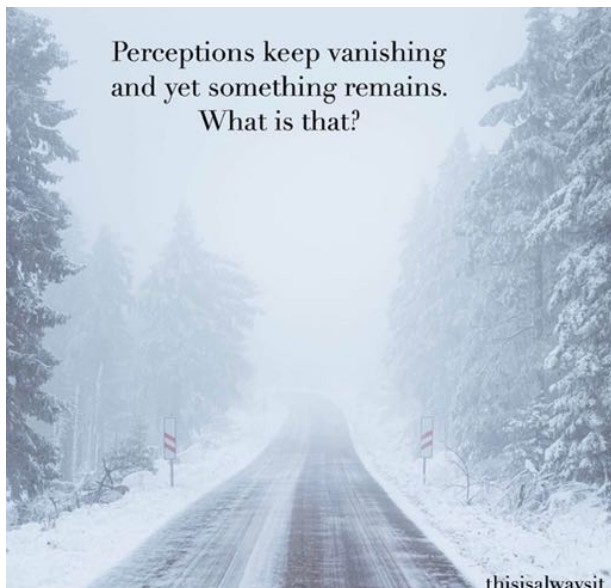
*Just feel whatever is present.
It doesn't matter what you think
or imagine or believe it to be.
Simply feel it.
And as you do so,
you will begin to notice
the way in which everything that appears—
every experience, every circumstance—
is utterly beyond description.*

thisisalwaysit

Place your hand upon anything
and just feel what is there—
can you possibly put into words
the endless display,
the universes upon universes
of sparkling, tingling,
effervescent movement and
sensation that appears?

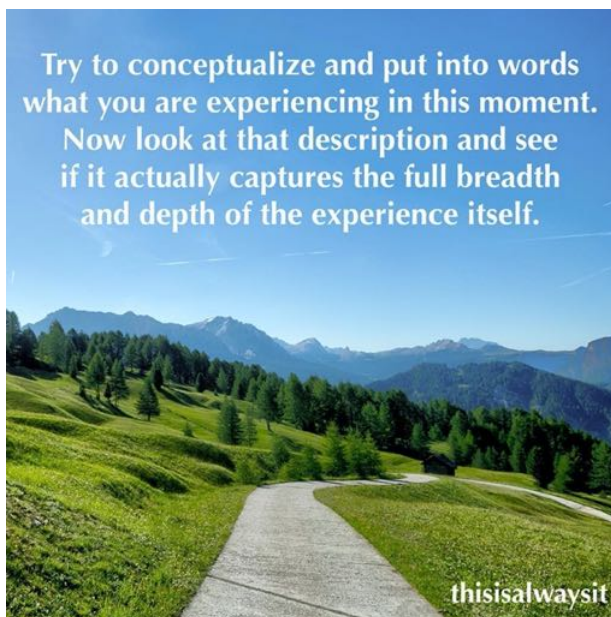
thisisalwaysit

Perceptions keep vanishing
and yet something remains.
What is that?

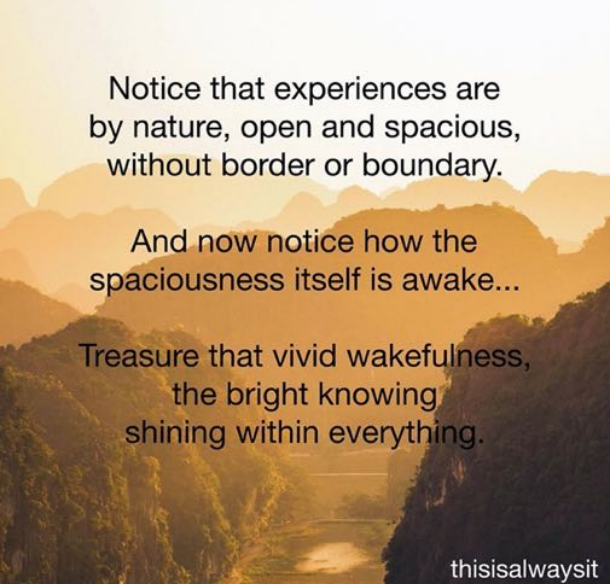


thisisalwaysit

Try to conceptualize and put into words
what you are experiencing in this moment.
Now look at that description and see
if it actually captures the full breadth
and depth of the experience itself.



thisisalwaysit



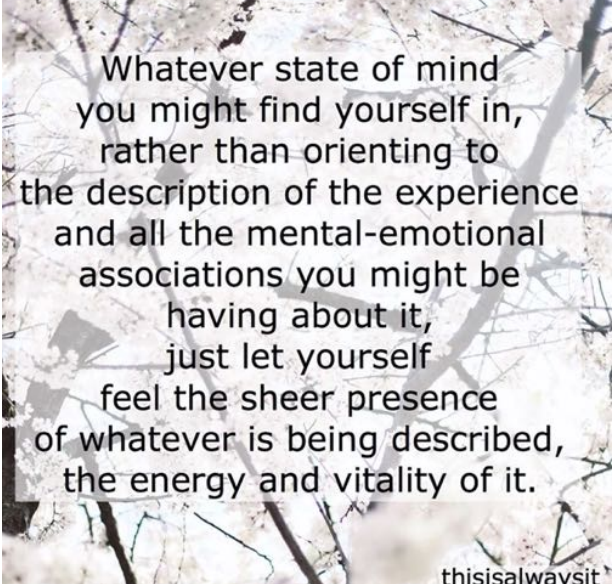
Notice that experiences are
by nature, open and spacious,
without border or boundary.

And now notice how the
spaciousness itself is awake...

Treasure that vivid wakefulness,
the bright knowing
shining within everything.

thisisalwaysit

We conceive of a world
divided into this and that.
But look carefully—
can you actually find any seams
in the fabric of experience?



Whatever state of mind
you might find yourself in,
rather than orienting to
the description of the experience
and all the mental-emotional
associations you might be
having about it,
just let yourself
feel the sheer presence
of whatever is being described,
the energy and vitality of it.

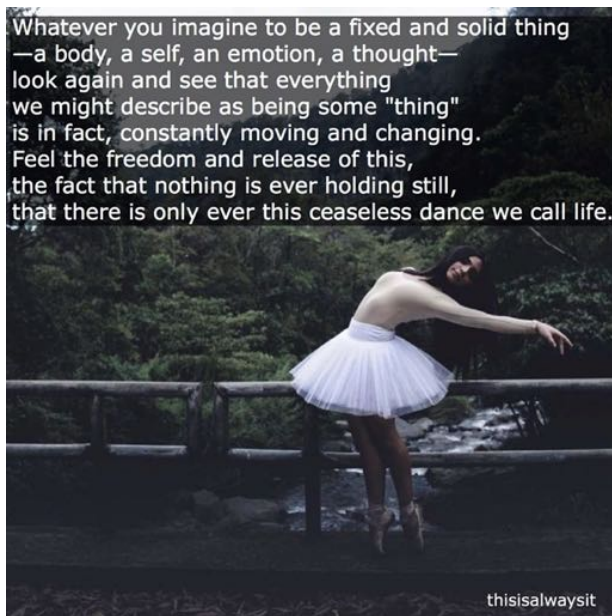
thisisalwavsit

*Look in your experience and ask yourself,
"When did this moment begin?"*



Enjoy the great release that is everything, the fact that every experience vanishes naturally, becoming the next thing and then vanishing again.


Whatever you imagine to be a fixed and solid thing—a body, a self, an emotion, a thought—look again and see that everything we might describe as being some "thing" is in fact, constantly moving and changing. Feel the freedom and release of this, the fact that nothing is ever holding still, that there is only ever this ceaseless dance we call life.



thisisalwysit

Just look at whatever is present here,
the conditions of this moment,
and notice something quite remarkable about it -
it actually has zero duration.
What appears literally disappears
no sooner than it arises.
The vanishing is that quick,
the shape-shifting that instantaneous,
so fast that in a very real sense,
we could say nothing has ever happened.
And yet everything seems to still be happening,
seems to be appearing and have continuity.
What an inconceivable magic show it all is!

Look at the field of experience.
It may seem as if there are
distinct pieces or parts but look again
and you'll see this is not actually the case.
There is only this seamless whole.
One sea, appearing as many wave-like pieces. . .



Notice that there is only ever this, this single moment without discernible beginning or end—so awesome, so unthinkably beautiful in all its inconceivable mystery and depth.

With eyes open, focus on some object in the visual field.

Now, just relax all focus.

Let the attention be completely relaxed and open, not focusing on anything in particular...

Feel yourself as this wide-open, relaxed knowing.

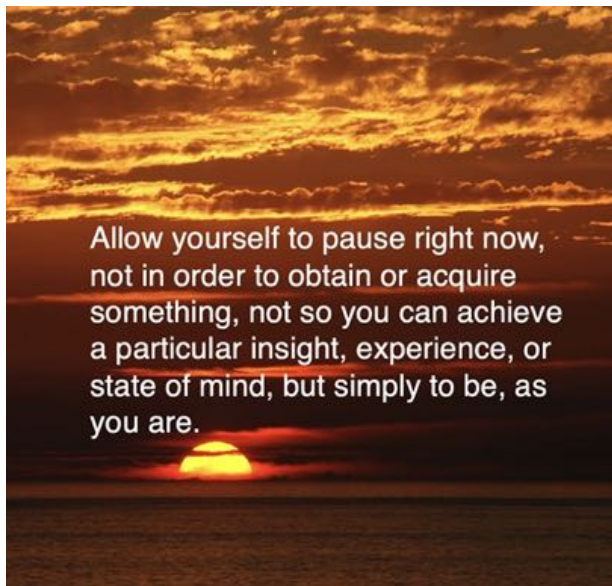
Notice the ease of it, the fluidity of it, the boundless, edgeless nature of your own mind, how ungraspable at the same time, ever-present it is...



There really is no time here.

Only existence, knowing itself, feeling itself, being itself.

Always here, always now.



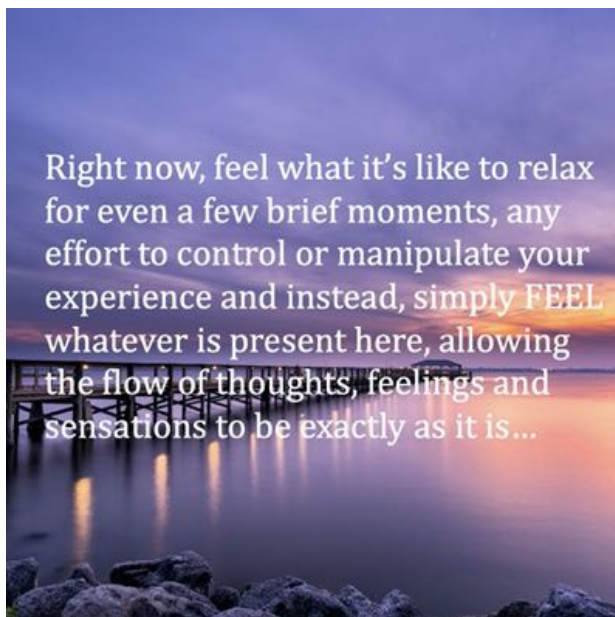
Allow yourself to pause right now, not in order to obtain or acquire something, not so you can achieve a particular insight, experience, or state of mind, but simply to be, as you are.



Stop for a moment and notice how everything is changing. No matter what thoughts, feelings and sensations are appearing, they are here for a brief instant and then gone. Feel how this is the nature of each and every moment of experience, to constantly change into the next thing.

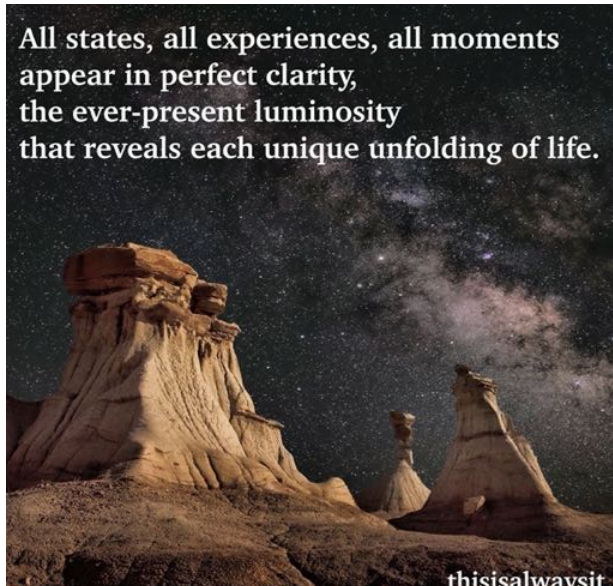


Whether a barely perceptible breeze or a blustery storm, simply allow feelings to move freely within you, dancing and changing, just like the wind.



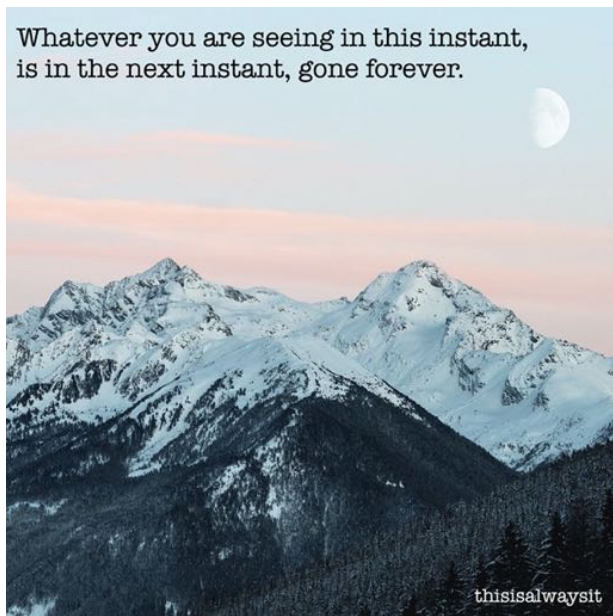
Right now, feel what it's like to relax for even a few brief moments, any effort to control or manipulate your experience and instead, simply FEEL whatever is present here, allowing the flow of thoughts, feelings and sensations to be exactly as it is...

All states, all experiences, all moments
appear in perfect clarity,
the ever-present luminosity
that reveals each unique unfolding of life.




thisisalwaysit


Whatever you are seeing in this instant,
is in the next instant, gone forever.



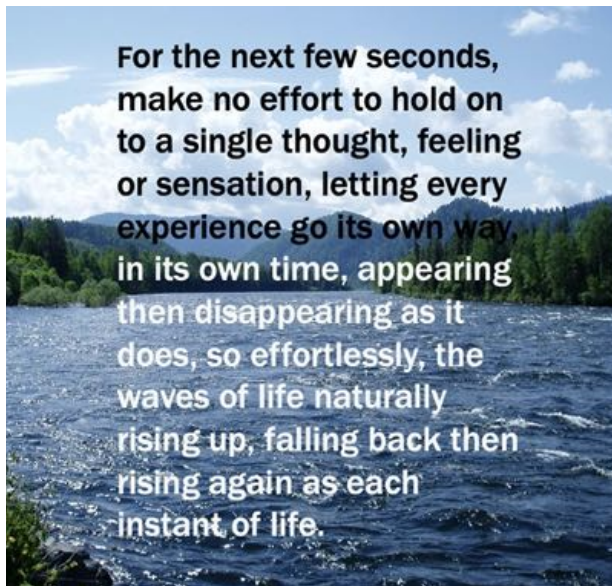
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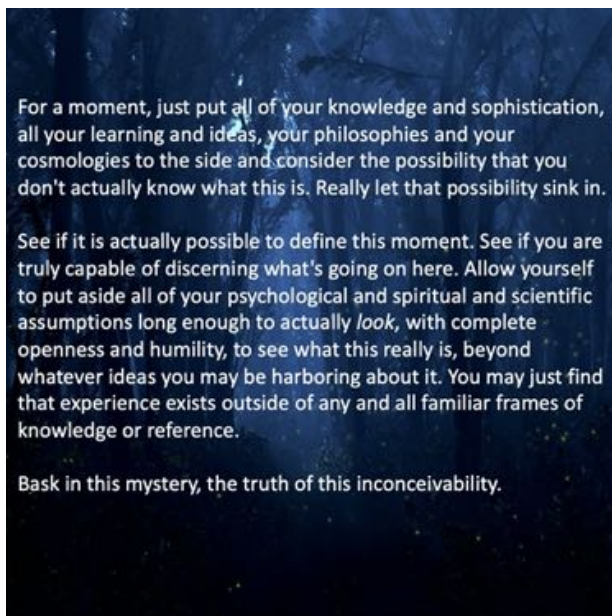
Notice that something is always present, something is always here, even if what is present and here is constantly changing, moment by moment.



Take a few moments and simply be as you are...



For the next few seconds, make no effort to hold on to a single thought, feeling or sensation, letting every experience go its own way, in its own time, appearing then disappearing as it does, so effortlessly, the waves of life naturally rising up, falling back then rising again as each instant of life.



For a moment, just put all of your knowledge and sophistication, all your learning and ideas, your philosophies and your cosmologies to the side and consider the possibility that you don't actually know what this is. Really let that possibility sink in.

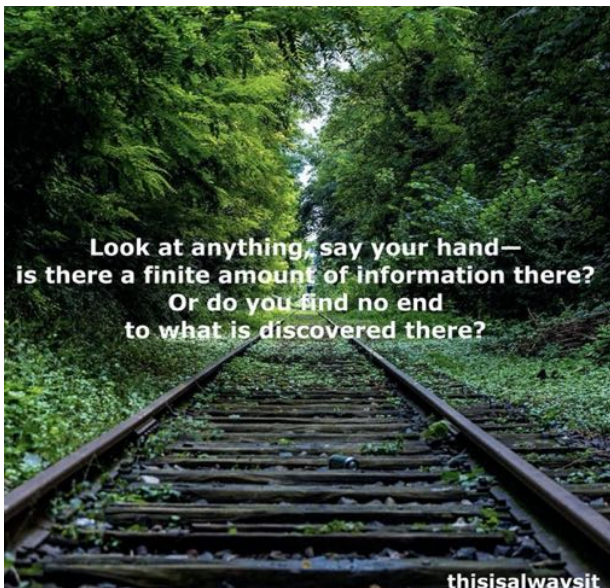
See if it is actually possible to define this moment. See if you are truly capable of discerning what's going on here. Allow yourself to put aside all of your psychological and spiritual and scientific assumptions long enough to actually *look*, with complete openness and humility, to see what this really is, beyond whatever ideas you may be harboring about it. You may just find that experience exists outside of any and all familiar frames of knowledge or reference.

Bask in this mystery, the truth of this inconceivability.



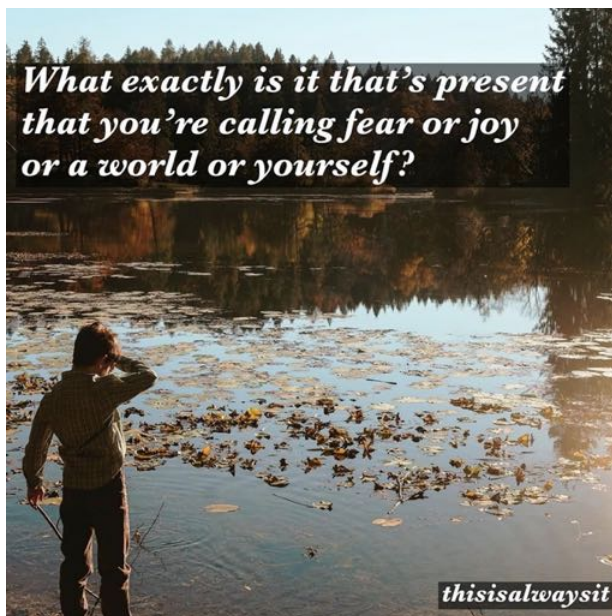
Here's a mind-blower that seems impossible to refute, at the same time, impossible to reconcile — the experiencing of this moment is also its vanishing. Crazy, right?

**Memory is about what has disappeared.
The future is about what may appear.
Look at whatever it is that lies
between the so-called past and future,
and then ask yourself—
this that is present, right now,
is it disappearing or appearing?
You can't quite say, can you?**



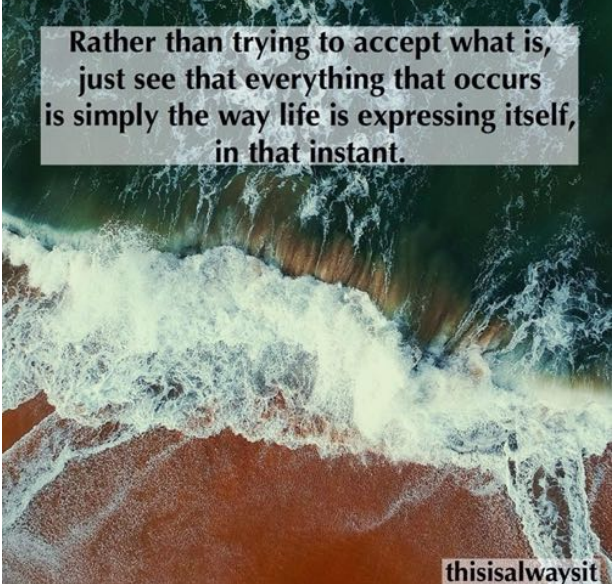
Look at anything, say your hand—
is there a finite amount of information there?
Or do you find no end
to what is discovered there?

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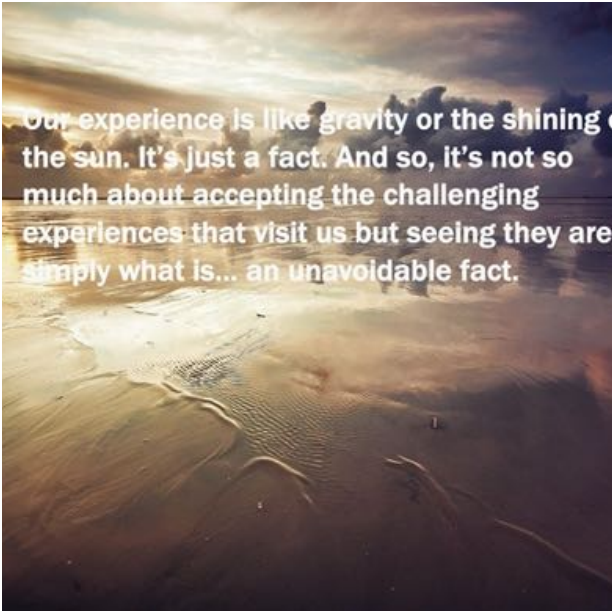
*What exactly is it that's present
that you're calling fear or joy
or a world or yourself?*

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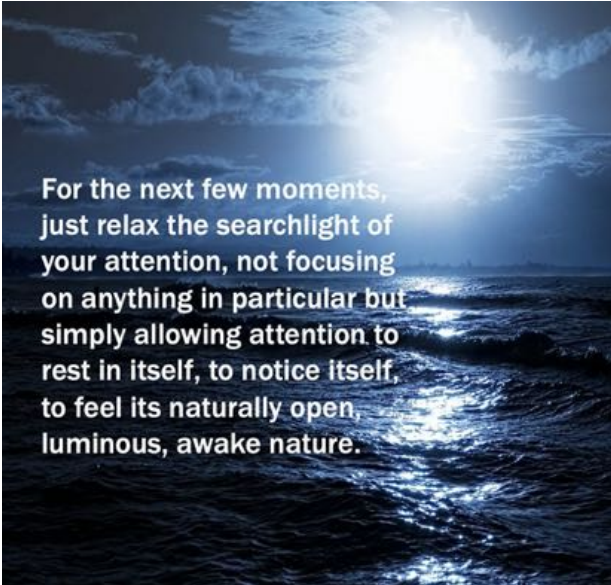


Rather than trying to accept what is,
just see that everything that occurs
is simply the way life is expressing itself,
in that instant.


thisisalwaysit



Our experience is like gravity or the shining
of the sun. It's just a fact. And so, it's not so
much about accepting the challenging
experiences that visit us but seeing they are
simply what is... an unavoidable fact.



For the next few moments,
just relax the searchlight of
your attention, not focusing
on anything in particular but
simply allowing attention to
rest in itself, to notice itself,
to feel its naturally open,
luminous, awake nature.



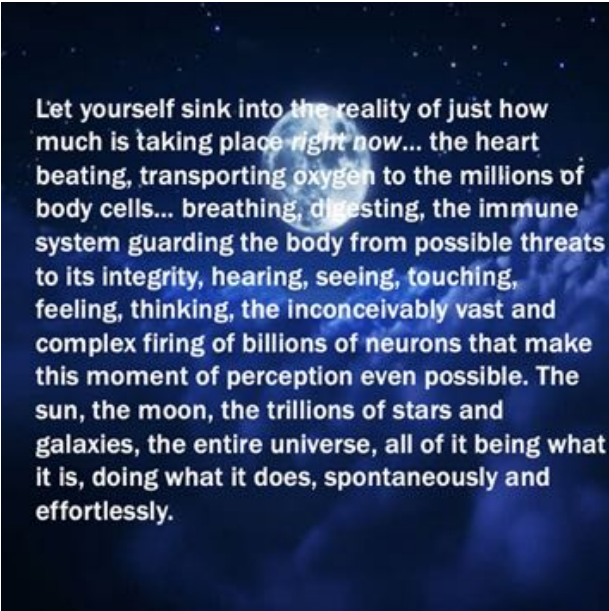
For these next few moments, instead of
pushing against or pulling on experience,
see what it's like to just BE with what is, to
be more neutral with whatever is
occurring, riding the wave of experience,
exactly as *it is*.



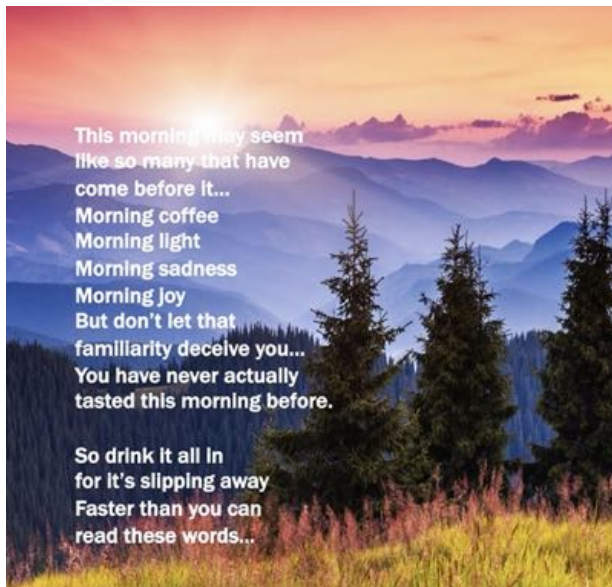
The Well of Being

Drop down
into the deep and
fathomless well
of your own being,
the miraculous presence
of life itself.
There, you will discover
the true well-being,
the one that can never
be taken away
for it shines forth in
and as every moment
of experience...

thisisalwayssit

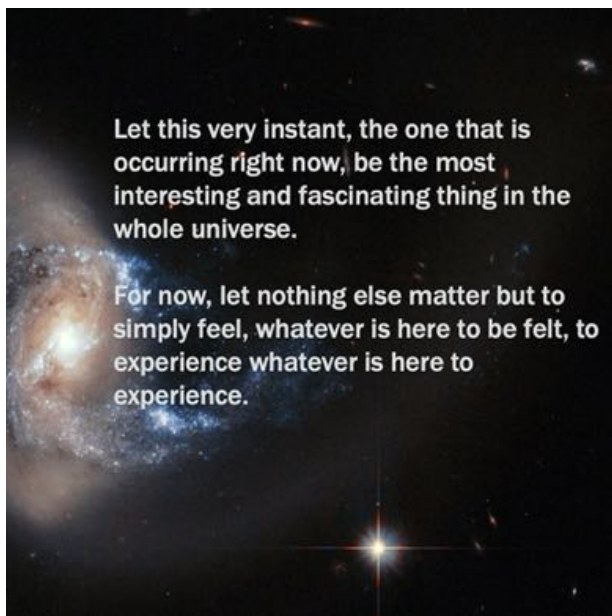


Let yourself sink into the reality of just how much is taking place *right now*... the heart beating, transporting oxygen to the millions of body cells... breathing, digesting, the immune system guarding the body from possible threats to its integrity, hearing, seeing, touching, feeling, thinking, the inconceivably vast and complex firing of billions of neurons that make this moment of perception even possible. The sun, the moon, the trillions of stars and galaxies, the entire universe, all of it being what it is, doing what it does, spontaneously and effortlessly.




This morning may seem
like so many that have
come before it...
Morning coffee
Morning light
Morning sadness
Morning Joy
But don't let that
familiarity deceive you...
You have never actually
tasted this morning before.

So drink it all in
for it's slipping away
Faster than you can
read these words...



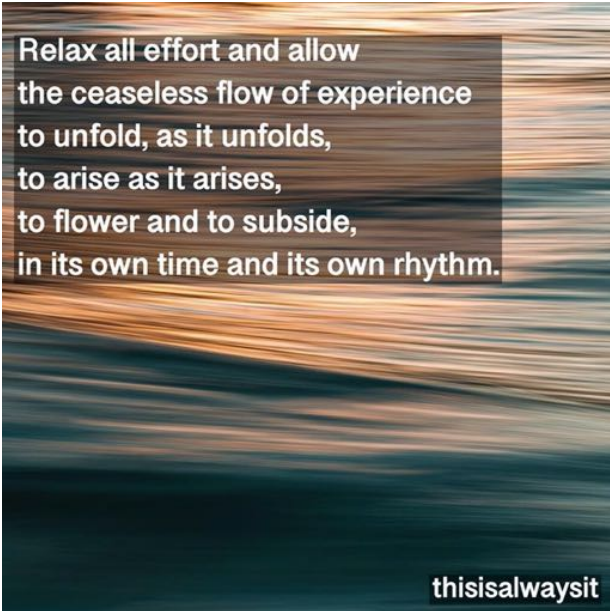
Let this very instant, the one that is
occurring right now, be the most
interesting and fascinating thing in the
whole universe.

For now, let nothing else matter but to
simply feel, whatever is here to be felt, to
experience whatever is here to
experience.



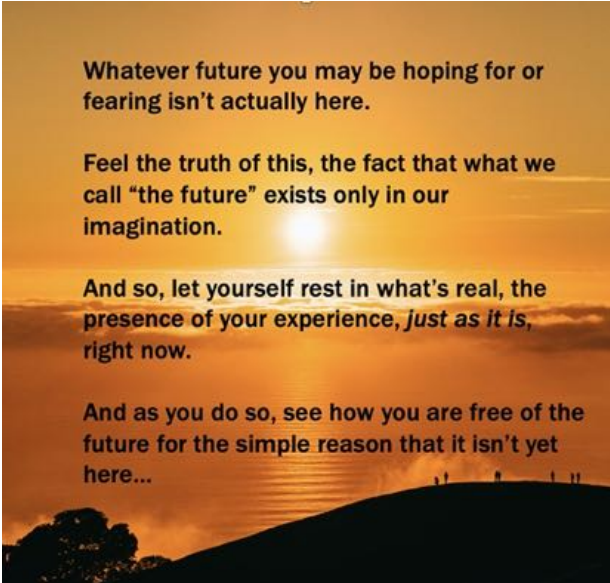
What's it like to be you right
now?

Just feel that, relaxing into the
presence of you, exactly as
you are.



Relax all effort and allow
the ceaseless flow of experience
to unfold, as it unfolds,
to arise as it arises,
to flower and to subside,
in its own time and its own rhythm.

thisisalwaysit

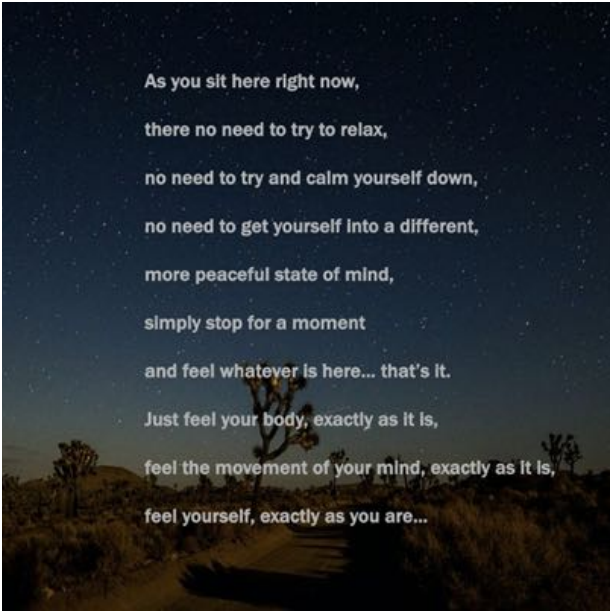


Whatever future you may be hoping for or fearing isn't actually here.

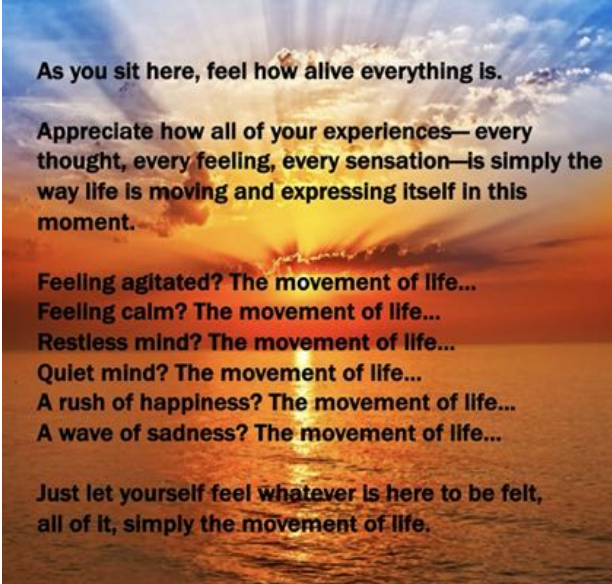
Feel the truth of this, the fact that what we call "the future" exists only in our imagination.

And so, let yourself rest in what's real, the presence of your experience, *just as it is*, right now.

And as you do so, see how you are free of the future for the simple reason that it isn't yet here...



As you sit here right now,
there no need to try to relax,
no need to try and calm yourself down,
no need to get yourself into a different,
more peaceful state of mind,
simply stop for a moment
and feel whatever is here... that's it.
Just feel your body, exactly as it is,
feel the movement of your mind, exactly as it is,
feel yourself, exactly as you are...



As you sit here, feel how alive everything is.

Appreciate how all of your experiences— every thought, every feeling, every sensation—is simply the way life is moving and expressing itself in this moment.

Feeling agitated? The movement of life...

Feeling calm? The movement of life...

Restless mind? The movement of life...

Quiet mind? The movement of life...

A rush of happiness? The movement of life...

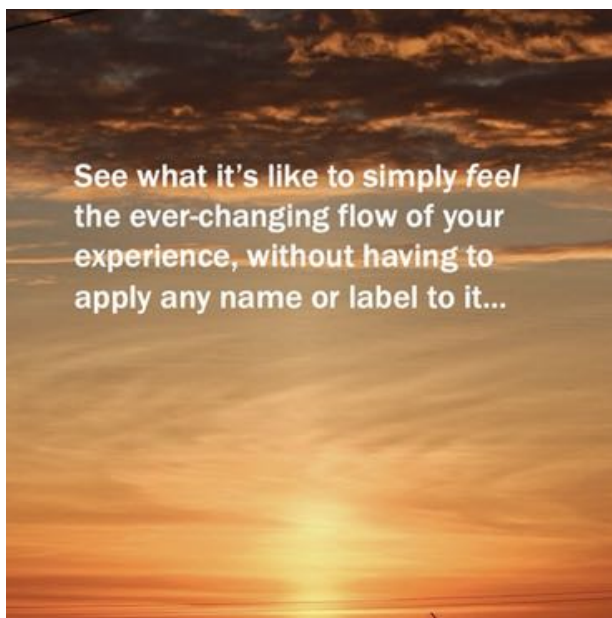
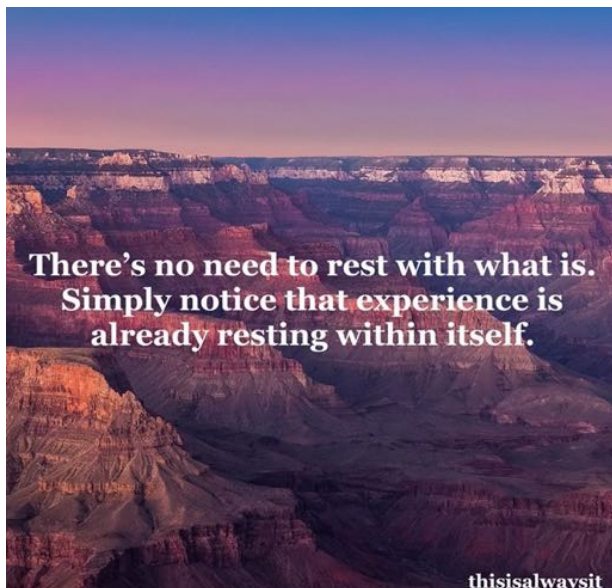
A wave of sadness? The movement of life...


**Just let yourself feel whatever is here to be felt,
all of it, simply the movement of life.**



For a moment, simply look and encounter
what's here, nakedly and innocently,
without deferring to any outside authority
to tell you what it is.

thisisalwaysit

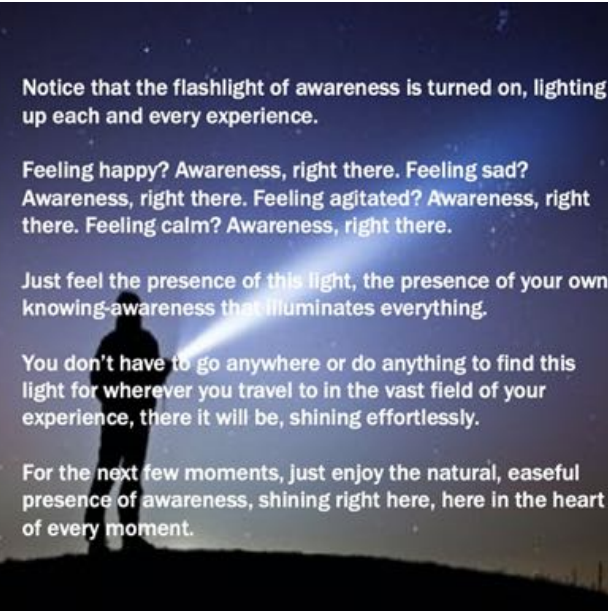




For the next few moments,
it's okay to rest completely
from having to do anything.

It's okay to rest from having to feel
something other than what
you are presently feeling...

It's okay to rest from needing
to find some other moment
you imagine would be better
than the one that's
already here.



Notice that the flashlight of awareness is turned on, lighting
up each and every experience.

Feeling happy? Awareness, right there. Feeling sad?
Awareness, right there. Feeling agitated? Awareness, right
there. Feeling calm? Awareness, right there.

Just feel the presence of this light, the presence of your own
knowing-awareness that illuminates everything.

You don't have to go anywhere or do anything to find this
light for wherever you travel to in the vast field of your
experience, there it will be, shining effortlessly.

For the next few moments, just enjoy the natural, easeful
presence of awareness, shining right here, here in the heart
of every moment.



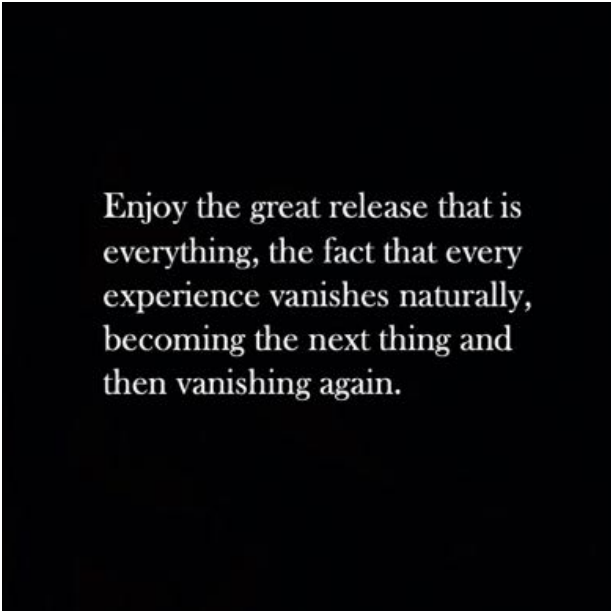
For the next few moments, bring attention to the movement of your mind.

Just be aware of the flow of thinking, whatever those thoughts may be.

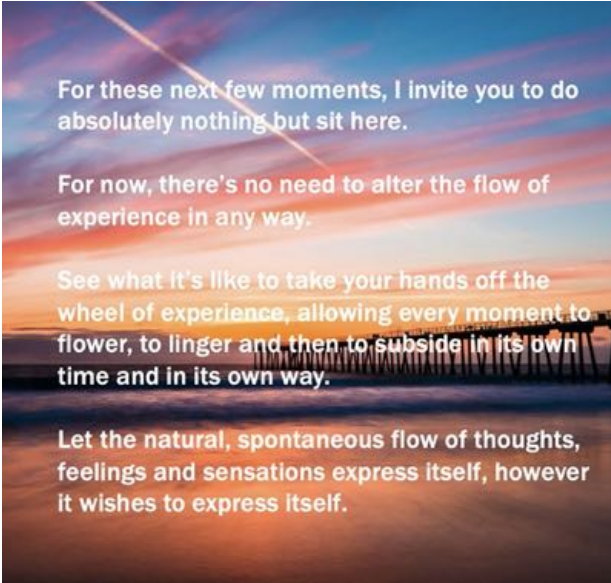
Feel into this awareness that is noticing the flow of thought.

And as you do you so, notice that there is no thinking present there. Feel how awareness of thought is itself, free of thinking. Feel how your awareness is not thinking but is simply aware...

Let yourself enjoy this clear open space within you that is aware of thought at the same time, completely free of it.



Enjoy the great release that is everything, the fact that every experience vanishes naturally, becoming the next thing and then vanishing again.

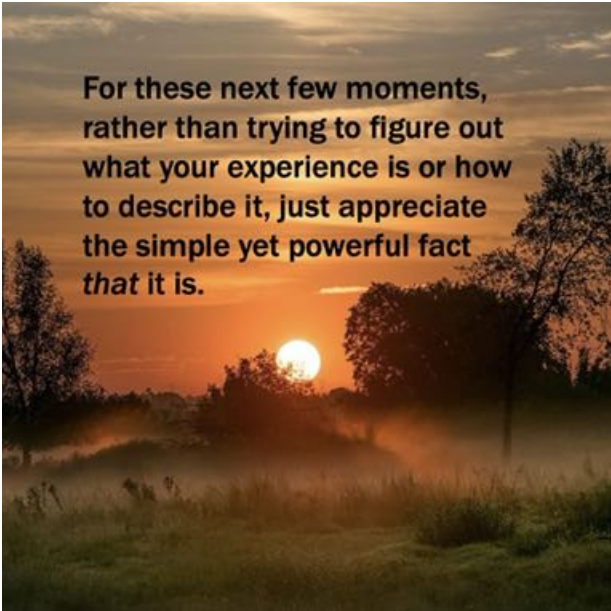


For these next few moments, I invite you to do absolutely nothing but sit here.

For now, there's no need to alter the flow of experience in any way.

See what it's like to take your hands off the wheel of experience, allowing every moment to flower, to linger and then to subside in its own time and in its own way.

Let the natural, spontaneous flow of thoughts, feelings and sensations express itself, however it wishes to express itself.

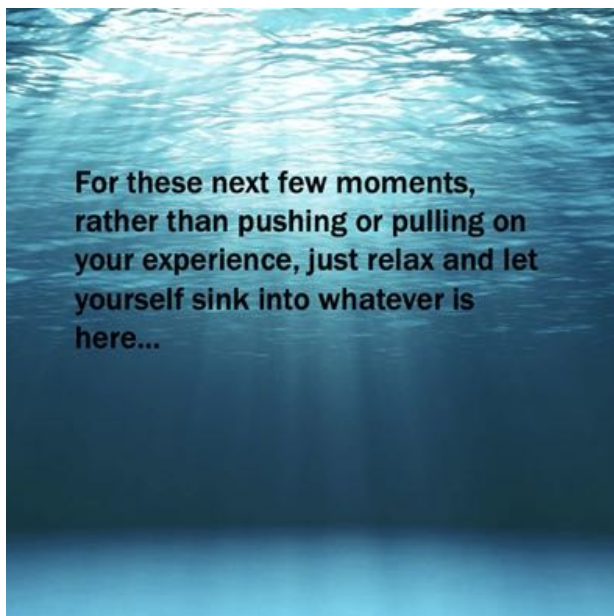


**For these next few moments,
rather than trying to figure out
what your experience is or how
to describe it, just appreciate
the simple yet powerful fact
*that it is.***




Something is here,
lighting up this moment
and making it visible.

Just let yourself relax
into that light...

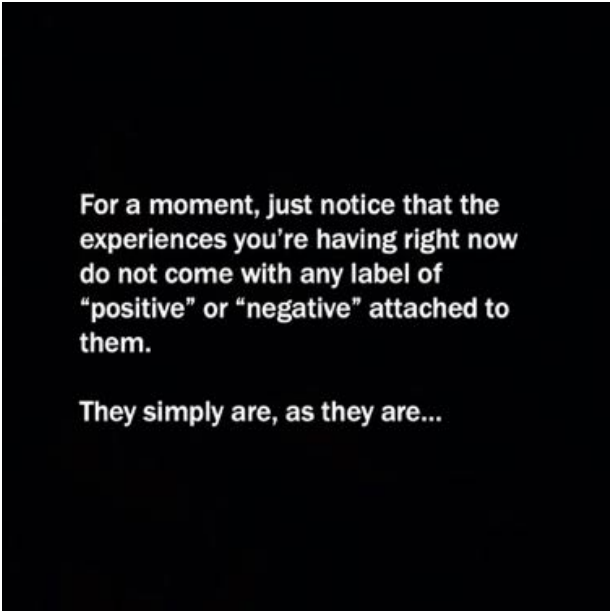


**For these next few moments,
rather than pushing or pulling on
your experience, just relax and let
yourself sink into whatever is
here...**



For these next few moments,
there's no need to correct or alter
any aspect of your experience.

Enjoy the freedom of being
exactly as you are...



For a moment, just notice that the
experiences you're having right now
do not come with any label of
"positive" or "negative" attached to
them.

They simply are, as they are...

Consider the possibility
that nothing else is needed
but this moment, exactly as it is.

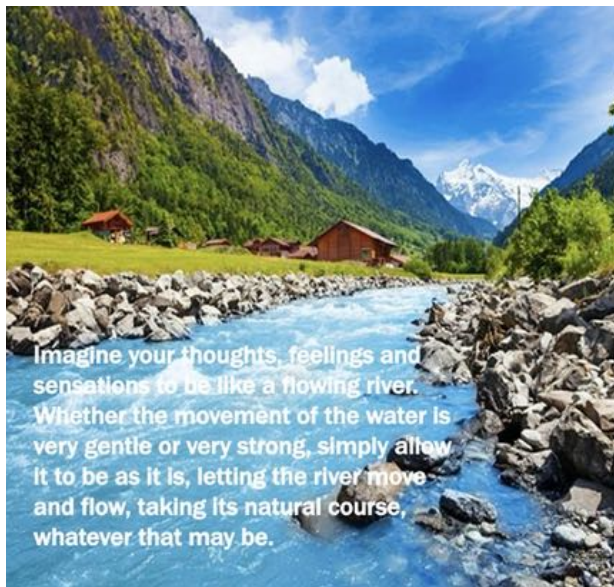
After all, nothing else
is even possible!



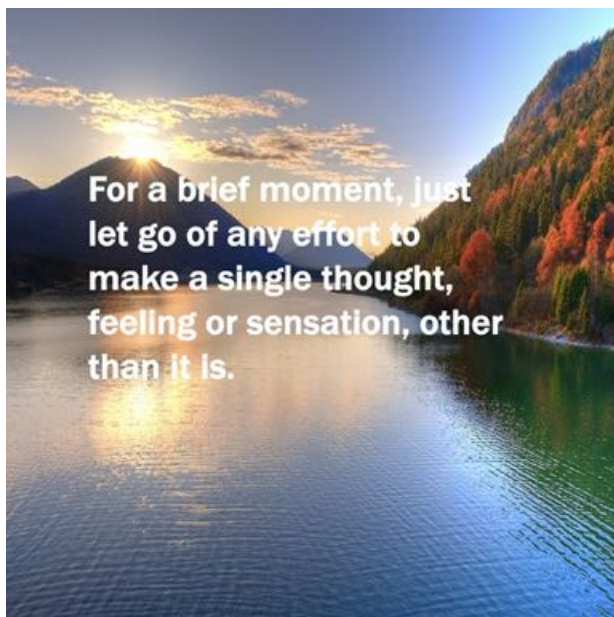
thisisalwaysit



**Feel the way
the moment
unfolds,
like a flower,
every instant
opening,
giving way
to the next,
ever-new,
never
repeating.**



Imagine your thoughts, feelings and sensations to be like a flowing river. Whether the movement of the water is very gentle or very strong, simply allow it to be as it is, letting the river move and flow, taking its natural course, whatever that may be.



For a brief moment, just let go of any effort to make a single thought, feeling or sensation, other than it is.

Consider this,
that it is simply
not possible
for the moment
to be any other way
than the way it is.
Until it is...

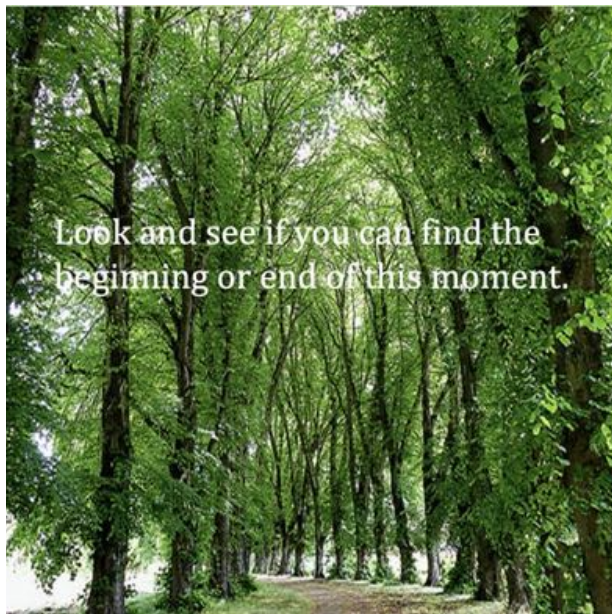


Make no effort to hold onto a
single thing, letting every
experience go its own way,
appearing then disappearing
as it does so effortlessly.





Allow yourself this moment to pause from everything you believe must get done and simply feel and welcome whatever is showing up here in your experience.



Look and see if you can find the beginning or end of this moment.

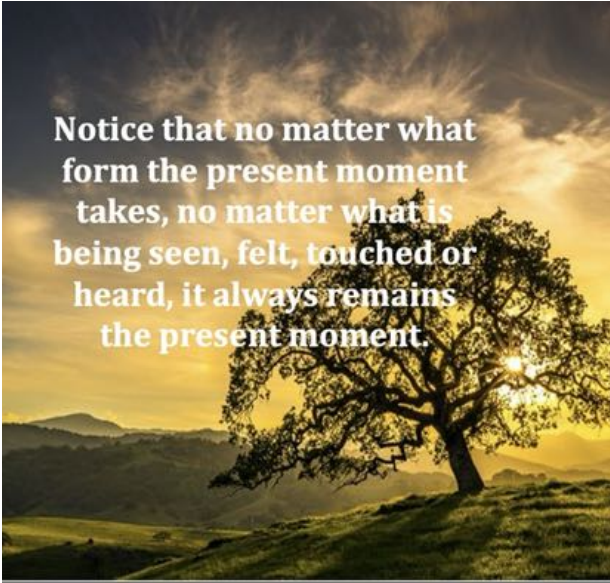


**This is the first
and the last time
you will ever
experience this
moment.**




Stop for a moment and just appreciate the miracle of your own awareness, the fact that this moment is even being perceived at all.

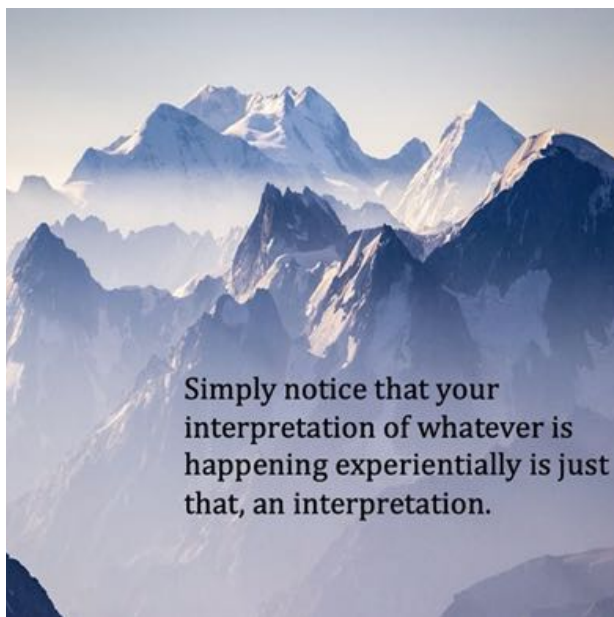
Let yourself relax in that miracle.



Notice that no matter what
form the present moment
takes, no matter what is
being seen, felt, touched or
heard, it always remains
the present moment.

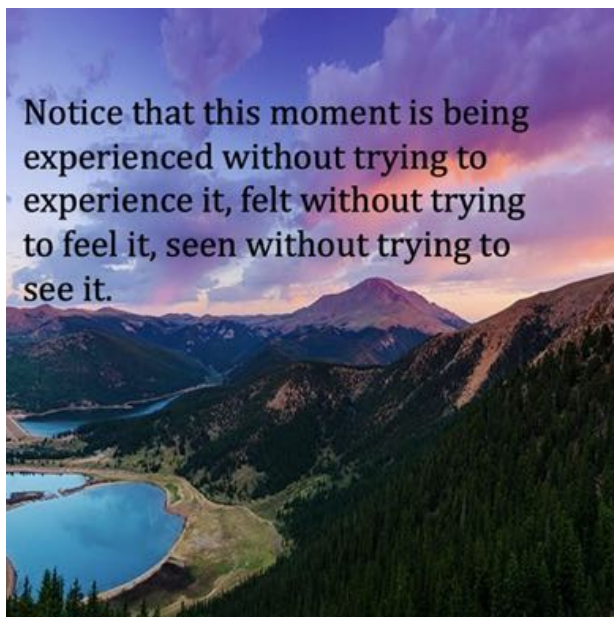


Stop for a moment and
notice that your
experience is never
stale but always fresh.





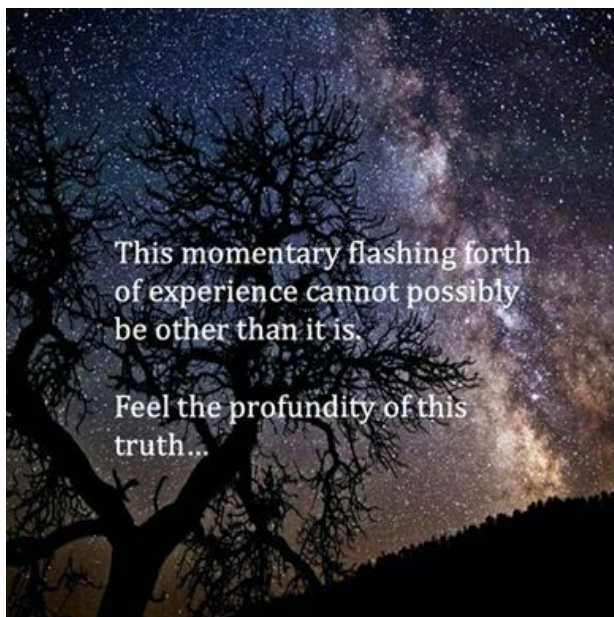
Notice that it's impossible to keep this moment from changing into something else...



Notice that this moment is being experienced without trying to experience it, felt without trying to feel it, seen without trying to see it.




For a moment, simply stop and appreciate the miraculous fact that you are conscious of anything at all.

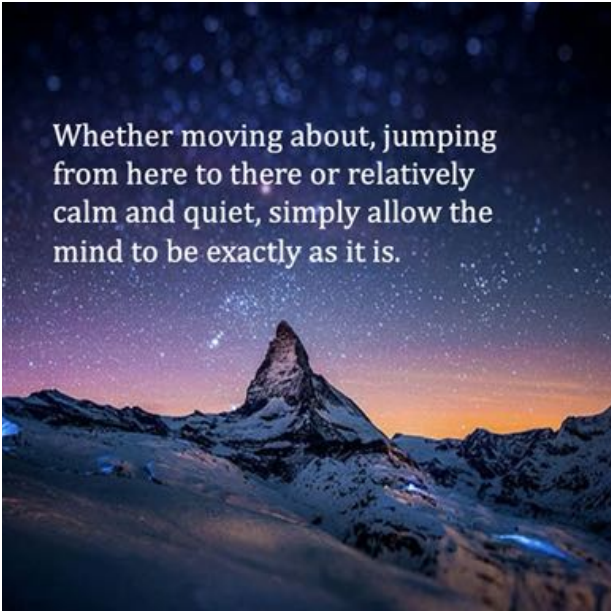


This momentary flashing forth of experience cannot possibly be other than it is.


Feel the profundity of this truth...




Give yourself the gift of having
nothing to do, nowhere to go, nothing
to achieve or accomplish other than to
simply relax and be *as you are*.



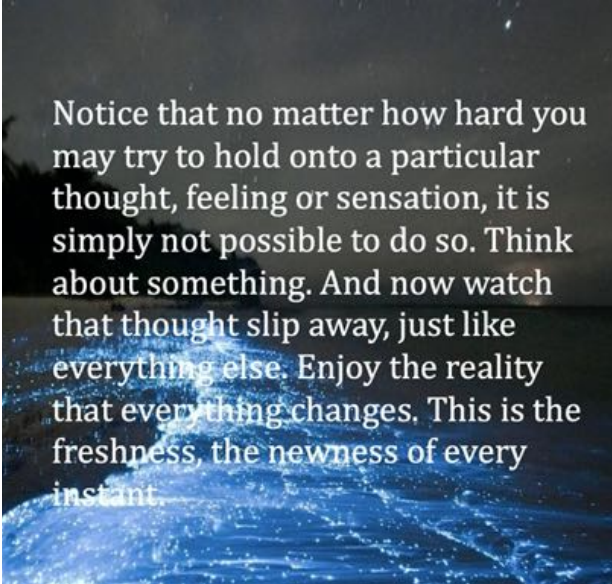
Whether moving about, jumping
from here to there or relatively
calm and quiet, simply allow the
mind to be exactly as it is.



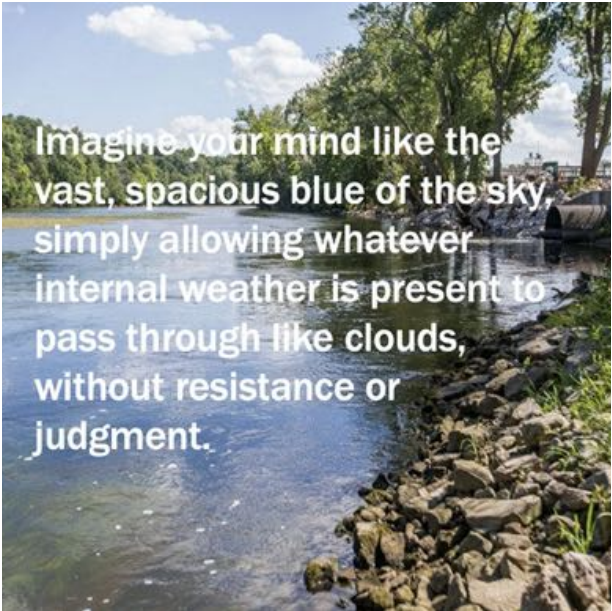
Let the tidal movement of
experience carry you along,
wherever it wishes to go, like a
wave, rolling into shore then
returning to the sea.



Notice the way in which thoughts,
feelings and sensations are
effortlessly letting go and undoing
themselves, moment by moment.



Notice that no matter how hard you may try to hold onto a particular thought, feeling or sensation, it is simply not possible to do so. Think about something. And now watch that thought slip away, just like everything else. Enjoy the reality that everything changes. This is the freshness, the newness of every instant.




Imagine your mind like the vast, spacious blue of the sky, simply allowing whatever internal weather is present to pass through like clouds, without resistance or judgment.

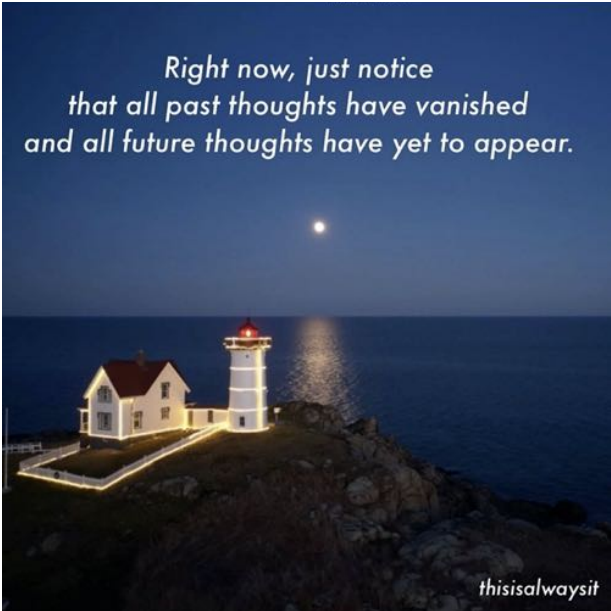


Relax all effort
to change
what's here.
Relax all effort
to keep what's here
from changing.
And now,
relax all effort
to relax
and simply
BE.

If awareness or mindfulness
could actually be absent,
how would it even be possible
to know that we'd suffered
some lack of it?

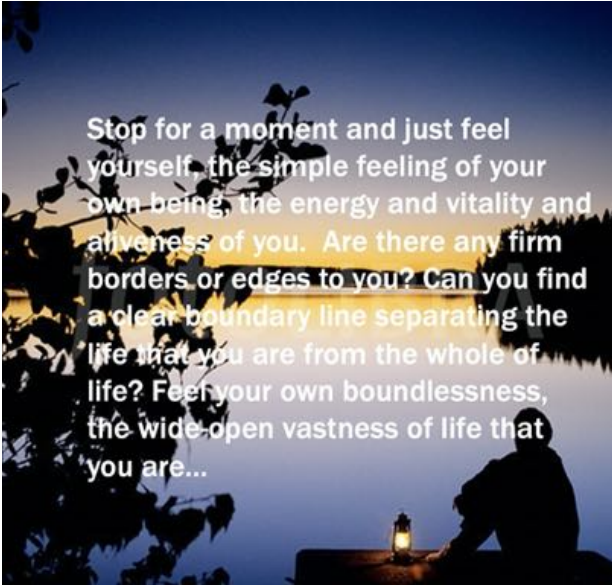


Right now, feel what it's like to relax for even a few brief moments, any effort to control or manipulate your experience and instead, simply FEEL whatever is present here, allowing the flow of thoughts, feelings and sensations to be exactly as it is...




*Right now, just notice
that all past thoughts have vanished
and all future thoughts have yet to appear.*

thisisalwaysit

A person is silhouetted against a twilight sky, sitting on a log or rock by a calm lake. A small lantern is lit on the surface in front of them, casting a warm glow. The sky transitions from a deep blue at the top to a soft orange and yellow near the horizon, which is reflected in the water. Dark tree branches are visible in the foreground on the left.

Stop for a moment and just feel yourself, the simple feeling of your own being, the energy and vitality and aliveness of you. Are there any firm borders or edges to you? Can you find a clear boundary line separating the life that you are from the whole of life? Feel your own boundlessness, the wide-open vastness of life that you are...

A clear night sky filled with stars, including the Milky Way galaxy, is visible above the dark silhouettes of evergreen trees. The stars are bright and numerous, creating a sense of vastness and wonder.

Notice that something is always present, something is always here, even if what is present and here is constantly changing, moment by moment.



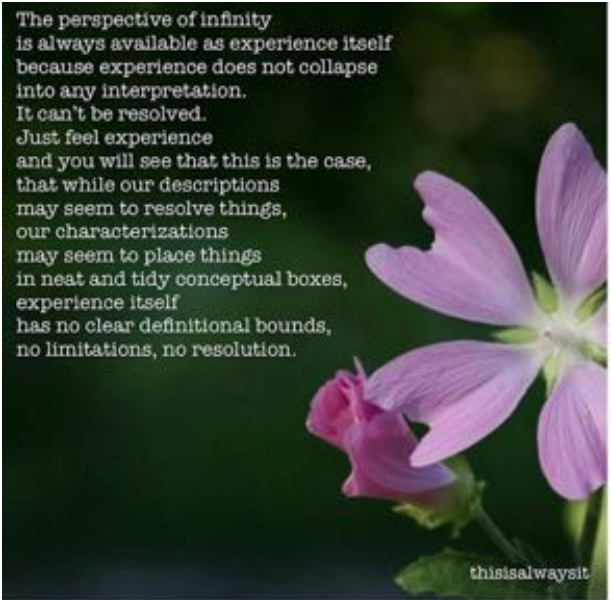
*What you
call “you” is
ever-changing,*

*the movement
of life itself,*

*never fixed,
always fluid,*

*an ever-present
freshness.*

thisisalwayst

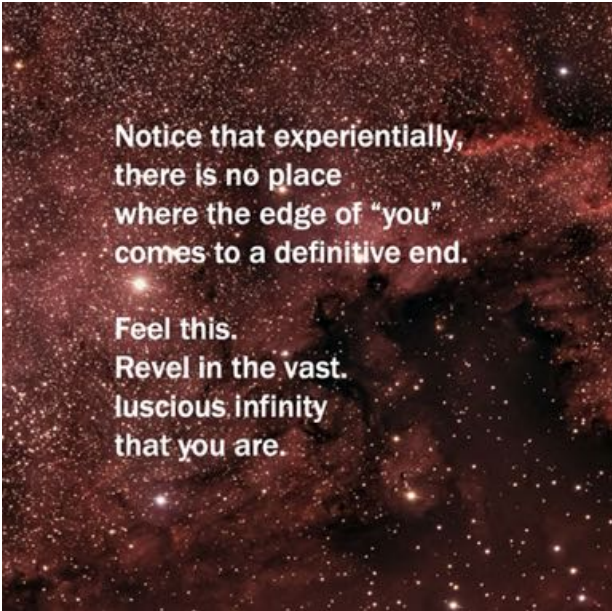


The perspective of infinity
is always available as experience itself
because experience does not collapse
into any interpretation.
It can't be resolved.

Just feel experience
and you will see that this is the case,
that while our descriptions
may seem to resolve things,
our characterizations
may seem to place things
in neat and tidy conceptual boxes,
experience itself
has no clear definitional bounds,
no limitations, no resolution.

thisisalwayst

Notice how
it is simply not possible
to hold anything in place,
to keep what is
from becoming
something else.



**Notice that experientially,
there is no place
where the edge of “you”
comes to a definitive end.**

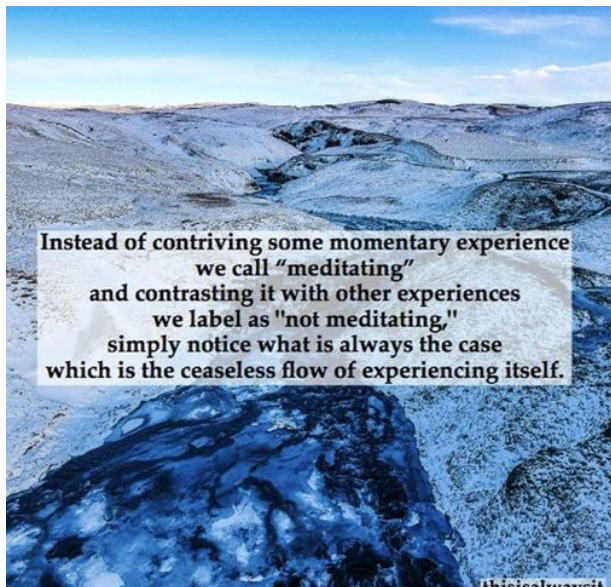
**Feel this.
Revel in the vast,
luscious infinity
that you are.**

Notice that what we call
“the moment” has already
taken flight, long before
we ever try to do anything
about it.



Rather than trying to cultivate a
mind that is more open and
accepting, simply notice that the
natural presence of awareness that
is revealing every moment is, by its
very nature, *already* completely open
and allowing everything to be exactly
as it is.





Instead of contriving some momentary experience
we call "meditating"
and contrasting it with other experiences
we label as "not meditating,"
simply notice what is always the case
which is the ceaseless flow of experiencing itself.

thisisalwaysit

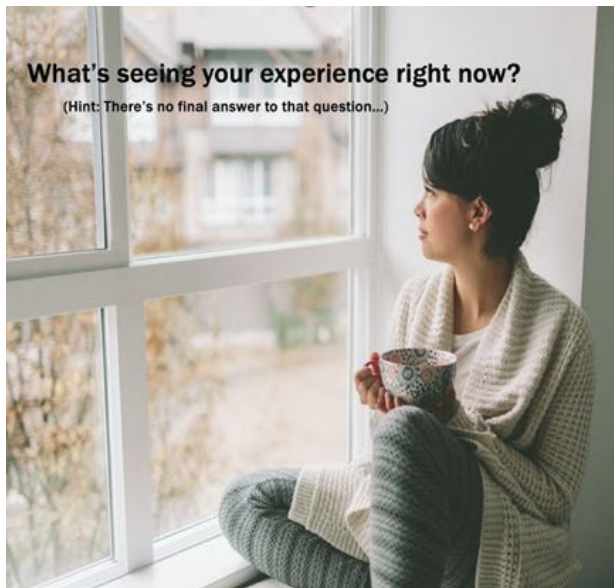


We don't need to practice being
open to things for we are by nature,
already open to whatever is appearing
as evidenced by the fact
that it has even appeared!

thisisalwaysit

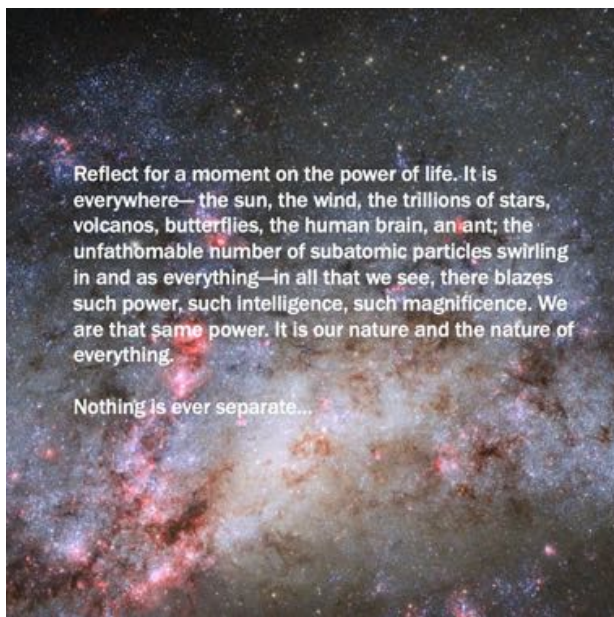
What's seeing your experience right now?

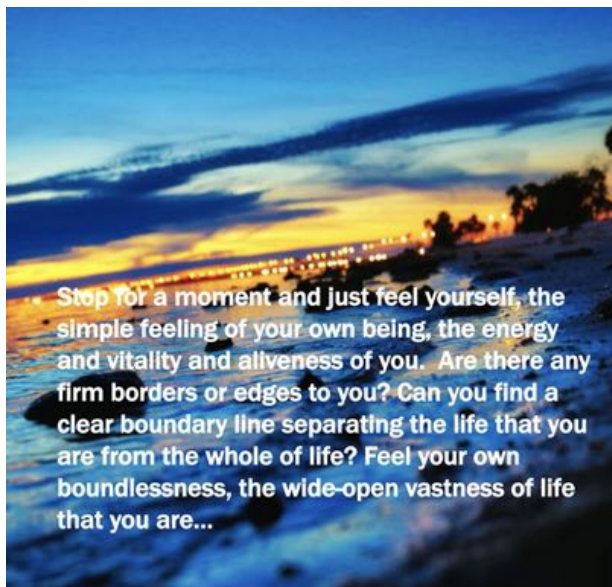
(Hint: There's no final answer to that question...)



Reflect for a moment on the power of life. It is everywhere— the sun, the wind, the trillions of stars, volcanos, butterflies, the human brain, an ant; the unfathomable number of subatomic particles swirling in and as everything—in all that we see, there blazes such power, such intelligence, such magnificence. We are that same power. It is our nature and the nature of everything.

Nothing is ever separate...





Stop for a moment and just feel yourself, the simple feeling of your own being, the energy and vitality and aliveness of you. Are there any firm borders or edges to you? Can you find a clear boundary line separating the life that you are from the whole of life? Feel your own boundlessness, the wide-open vastness of life that you are...

Let yourself fall into
the endlessly amazing nature
of everything,
marveling at the miracle
that is every sound,
every sight,
every sensation