

A vibrant cosmic nebula with swirling clouds of gas and dust in shades of blue, purple, and orange. Two bright stars with prominent diffraction spikes are visible: one near the top center and another in the lower-middle section.

Infinite Consciousness

**A no nonsense approach to
Self-Realisation**

Lindsay Traynor

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Infinite Consciousness -- A No Nonsense Approach to Self-Realisation

Brief Introduction

The first expressions of this ebook took form on a website now decommissioned, so in order to maintain content availability to the public the author, poet and mystic, Lindsay Traynor, decided to allow me to edit and publish it as an ebook, which I was very pleased to do.

Ebooks are a self-publishing medium and are designed to be read on portable digital devices which are prolific in the current era. Feel free to share this work with friends and others, as it has been uploaded without restrictions though content copyright is automatic in most nations today.

Thank you for your participation -- site moderator/editor

Infinite Consciousness

It should clearly be stated at the outset that we are all Enlightened beings, as we are born spontaneously Aware. However, superimposed cultural learning or socialisation veils our understanding and creates a type of amnesia of the fact. We are then faced with a paradox if we decide to pursue Enlightenment, how do we achieve or gain something we already have?

The problem amounts to the absurdity of attempting to locate something more immediate than the nose on your face. Nonetheless, countless people attempt to solve that impossible

paradox by utilising the means – culturally learned and superimposed behaviours -- which created the amnesia in the first instance, needless to say, they fail miserably in the attempt as infinite consciousness is beyond language, sign and symbol?

Consider various esoteric or mystical schools and their practices, what are they all designed to accomplish? Remembrance, nothing more, yet too often, certain practices designed to enlighten become circular and self-defeating, ‘raising’ the ‘Kundalini’ for example, remember, we are already enlightened but have forgotten our real identity or who we really are, notwithstanding that the word [Kundalini](#) refers to a kinetic, not dormant, “sleeping” force.

Social animals are instinctively forced to embrace the group mind/culture of the tribe, society or the ‘herd’ to which they/we belong in order to function and survive, which would not be a problem if that mind were attuned to the greater cosmic harmony; understand that infinity allows no imperfections as the slightest ‘error’ or fault would have extinguished infinite existence, yet we exist as proof of the perfection of the continuous cosmic harmony -- you are not an accidental creation, though perversity of direction ensures extinction.

A quick appraisal of the current human mental and social condition informs us that things are not socially or mentally right, discord and dis-harmony prevail, things are downright destructive and perverse to the extreme, so achieving perfection becomes an imperative if we choose to survive in a high qualitative state.

We are therefore faced with superimposed destructive perversity, which most people begrudgingly and painfully accept, or vainly attempt to evade/escape or to constructively return to remembering and expressing our essential, harmonious nature while continuing to function in a perverse, destructive society.

It should be noted at this stage that every social space is ‘mapped’ by culture and if a new sub-cultural social space emerges and is not supported by widespread social reform, the dominant culture

regardless of the degree of perversity, appropriates that space otherwise, it may collapse in its present form, something not altogether undesirable these days.

Some enlightened beings choose to opt out of the social, hermits, etc, others choose to physically remain in a mapped socially controlled space, including some mystics, artists and exceptional people in any vocation; nevertheless, these outsiders continue to threaten the dominant culture if allowed to function freely; simply appreciate the amazing extent to which 'medicine' and the 'Law' go to incarcerate, or chemically constrain the 'insane,' 'disturbed,' 'anti-social' and 'radical,' though mystics fall into another category and are far too aware to be detected as otherworldly, therefore as a threat.

Nevertheless, every social space, particularly the culturally created group and individual 'mind,' has its inherent problems due to the imperfections of its creators, humans.

The astute among you may have detected that 'mind' -- as distinct from aware consciousness -- and 'culture' have been used here synonymously. The reason is simple, everything you think, including who you imagine yourself to be, has been culturally created/learned, inclusive of the process of thought, which is nothing more than a train of finite cultural symbols and images, thoughts (language) which congest, more usually completely block, our view of infinity and veil REALITY as it is!

A little -- the more the better -- self-confrontation, as opposed to denial or self-deception, is necessary to proceed, which awakening process the dominant, perverse culture abhors, as it starkly reveals the tortuous state of our minds and of course, the destructive culture it reflects.

I therefore, recommend for those not yet anchored in enlightened bliss to avoid today's mass media like the plague, as it clearly is the reinforcing agent of cultural perversity and social slavery.

However, if we decide to strive for clarity and the source of our being then every perversity will be overcome – relax, be assured that all perversities are dissolved in the instant of Realisation.

Self-confrontation, not projection, avoidance or denial, reveals what? Our real personal and social condition, which is what, need I ask? Misery, in a word, interrupted only briefly with moments of joy, again, simply appreciating the condition of your mind and the culture that produced it for verification of the obvious.

To outwit and eliminate the deleterious effects of mental/cultural perversity or inculcated misery, we harness misery and all its relations and transform them into assistants by utilising them as drivers in our (now) quest for Truth/reality.

We have already defeated a great enemy, though you may not have noticed, the social forces that view things as binary categories, 'positive-negative, good-evil' etc, which opposites do not exist in a clear unified space. In effect, we effectively transmute problems into constructive assistants and once we have begun we need not focus on the once 'sorrowful' source of achieving the desired result. I should mention that immediate relief from our numerous self-maintained, culturally imposed burdens is experienced as soon as we take our very first step in the direction of harmony, as infinite existence responds and delights in our new direction to return to its inherent harmony, peace and indescribable joy.

Wings of Desire

*People are distracted by objects of desire
and afterward repent of the lust they've indulged
because they have indulged a phantom
and are left even farther from Reality than before.*

*Your desire for the illusory could be a wing
by means of which a seeker might ascend to Reality.*

*When you have indulged a lust your wing drops off;
you become lame, abandoned by a fantasy.*

*Preserve the wing and don't indulge lust
so that the wing of desire may bear you to Paradise.*

*People fancy they are enjoying themselves
but they are really tearing off their wings
for the sake of an illusion.*

Jalaludin Rumi

"What you seek is seeking you." -- Rumi

Humans are created beings, a very small part of the cosmic whole, as such we are all permanently connected to the principle that created us/everything and are able to trace our origins, via consciousness, back to its source. Consciousness is our most precious inheritance from cosmic creation and what an astounding gift it is.

We are all born with it in pristine form but demands on our survival soon disturb its natural, free-flowing process, this is unavoidable as we are all programmed like other animals to learn from our parents and social environment in order to survive. The need to learn is instinctive as it is in the animal kingdom, however, what we learn as humans is not necessarily advantageous to our personal well-being and survival as a species; for instance, consider the dominant culture's attempts to naturalise 'perpetual war'; war as we all know, is the most anti-survival activity that any person or social group could engage in, in fact, it is the height of perversity and destruction both to ourselves as a species and to the natural environment, which destructive process now threatens to make tenable life on our planet extremely difficult.

Responsibility for our condition at any given time falls squarely on our shoulders regardless of all other considerations and circumstances, it is our responsibility to change our lives not that of

some politician, priest, psychologist or self-styled guru, most of whom have a vested interest in us as a resource (obedient slaves) if we sub-scribe to their worldview. Faced with the gross and obvious perversity of our time, we have two choices, to go with cultural perversity/socialisation process or to become completely aware of our independence/freedom and realise our full potential. If you are reading this I would hope that you are of the latter group.

However, prior to any external change an inner change must first occur otherwise we fall into a repetitive, circular cycle of perversity, as repeated human history clearly informs us. The reason for that is simple to understand. Without clear perception and awareness no really new vision is possible as everything we think and do is a product of the perverse culture that socialised us all into its nightmare.

Self-Realisation today has become imperative if we wish to survive and free ourselves from the bondage of imposed perverse patterns of behaviour. So you see, I am not describing some fad or new age drivel designed to enslave feeble minds, I am addressing the most fundamental core issue of our existence, 'freedom from the known,' to borrow a phrase. The first r/evolution must occur within before anything really new is able to be envisaged and formulated without, I hope that is now self-evident.

We therefore arrive at the threshold of real change or transformation but are not fully equipped to make progress, however, as previously stated nature has provided us with all the necessities for real change or transformation to occur. What we may lack, though technically we lack nothing if our passion is strong enough, is the means by which to facilitate that transformation; the means to which I refer have been utilised successfully since at least the dawn of civilisation. They consist of a number of simple disciplines to assist in our de-conditioning/de-socialisation, which processes lead to what was there prior to unavoidable corruption, remember, you were completely innocent as a newborn babe.

A brief description is now warranted.

To realise our true selves we must first eliminate anything that hides or obstructs our view/perception or our ability to see things as they really are; our perceptive ability must be cleansed of all formulated/'pre-scribed' ways of seeing, which in fact are not seeing at all, they are learned, limited 'seeing'/blinding habits. To illustrate I need only refer to the Inuit people that have more than a dozen words for 'snow' while we in the West have one – the reason is simple, survival in any harsh, unforgiving environment requires acute sensitivity and knowledge of that environment, 'snow' is not snow when you step on it and plunge into a crevasse and perish, so the Inuit are able to identify dangerous snow from other snow while we 'see' only one snow. And so it is with limited perception or 'seeing' ability which is governed by our social and physical environment for good or ill. Nevertheless, we are able to become fully perceptive and aware by mastering a few simple disciplines tested and proven over the ages by many human groups.

Mind

Throughout this discourse, I have referred to the mind as socially created, as it is driven by thought, which is comprised of cultural symbols or language, which is not an entirely accurate statement as the mind is actually its content, thought. Without thought there is no mind, which does not mean we become gibbering idiots, to the contrary, we become aware or super-conscious, as our innate infinite consciousness is then freed from the imposed finite limitations of thought/mind. I cannot prove the assertion that thought is mind on paper; however, anyone could put it to the test by simply ceasing to think, try it and you will soon discover that the mind/thought is out of control, try as you might thought constantly intrudes, as it's habitual and habits are hard to break we are told -- which is untrue but more on that later.

With a little persistent practice of quieting the mind, which Buddhist monks do as a matter of course, thought finally ceases and we are left with the indescribable wonder of our innate, expansive, all-embracing, creative consciousness, which is free to do what it was designed to do, to see and appreciate things as they really are and to create/arrive at decisions based on REALITY, not on superimposed cultural illusions and deceptions.

It becomes clear that the majority of people are not only slaves to thought/culture and all the associated emotional fears and pathologies inherent in that unfortunate situation, they are also clearly too frightened and/or ignorant to pursue freedom or liberation – the slave that is mentally shackled is unaware that he has the key to his chains in his hand. Slavery or compliance to the status quo seems the only alternative to the ‘blind’ so the slave vainly attempts to make the best of it while living in misery, fear and cultural confinement. The result of this unnecessary tragedy is the current appalling condition of the world; entire populations are being led by the nose to their destruction and evermore social containment/oppression without resistance, due to fear.

I hope it is now clear why I initially stated that the only sure path to freedom r/evolution is personal liberation/transformation, as no really new social vision, effective strategy or lasting change could occur without it. Notwithstanding all the while that the key to the jail cell door, as the mystic poet Rumi put it, is in the hand of the prisoner.

"One of the marvels of this world is the sight of a soul sitting in prison with the key in its hand." -- Jalaludin Rumi

The vast majority are therefore party to their own enslavement and are entirely responsible for their own misery, as everyone feels, due to our cosmic inheritance, the tug of truth constantly alerting them to the fact that something is terribly wrong. And be assured that nagging feeling will never cease until the situation is remedied regardless of how many cultural/media distractions, drugs, avoidance/denial and titillations you pursue or are swamped with by culture.

So for those truly heroic people ready to take responsibility for their lives and face the most terrifying challenges, as your worst fears are contained in your own mind, I continue.

Prior to clear unfettered perception, thought must cease, as thought is inherently biased and comprised of all our learned conceptions and myriad other perversities. The mind is also laden with emotionally charged images that induce learned reflexive responses, particularly fear; if I say "Muslim" today you could actually measure the response on people with a galvanometer, such is the power of the cultural mass media in corrupting our perceptions, awareness and responses.

The Kiss We Crave

*There is a certain kiss we crave
with our entire being,
the touch of spirit on body.*

The sea begs the pearl to open its shell

And the lily, how passionately it yearns for some wild darling.

*At night, I open the window and ask the moon
to come and press its face against mine --*

Breathe into me.

Close the language door and open the love window.

*The moon does not enter by the door,
only by the window.*

Jalaludin Rumi

Rather than elaborate further on the cause of slavery, ignorance and delusion I would now focus on the solution, as the previous point has been made. However, a few cogent warnings are necessary.

Ochre-robed 'Gurus'

A trip to India, the home of hypocritical, debauched, 'K-Mart' gurus, provides incontrovertible proof of the multi-million dollar, cult of personality worship that the 'guru industry' is today.

Given that most popular gurus prey on the feeble-minded and gullible and exploit them sexually and financially, they are such a scourge today that exposure becomes a necessity. I would refer to the largely un-corrupted Sanskrit Indian literary tradition itself to expose them.

Traditionally, ochre-coloured saffron robes or dress denote celibacy and the renunciation of the world, particularly wealth or the accruing of money, which as everyone should know is the root of evil. However, in the most blatant manifestation of hypocrisy, most, if not all, popular gurus are shameless money grubbers, narcissists and sexual predators; I cite [Swami Muktananda](#), [Swami Satyananda](#) and Sai Baba, as already exposed sordid examples; ample information on these characters is available in the public domain and I need only refer to a few typical examples here. Sai Baba, who in reality was a cheap (video-exposed) trickster and homosexual predatory paedophile, was indirectly responsible for having a number of boys he sexually abused murdered by his organisation to save his reputation and millions in assets.

Lesser gurus, though equally as fraudulent and sordid, such as Swami Gitananda of Pondicherry and numerous other ochre-robed, non-celibate hypocrites, though not as materially 'successful' and notorious as the above examples, nevertheless, exhibit the exact same gross personality flaws and pathologies, which the Indian tradition clearly states are not to be found in genuine teachers.

I recall one of many instances of Gitananda's pathological lying, remember, another name for 'God/Infinity/Consciousness' is Truth. On one occasion, though there were many too numerous to cite, an elderly, wandering Indian ascetic visited his ashram in Pondicherry,

Gitananda claimed the visiting ascetic, attended by his devoted assistant, was 120 years of age and reached this level of longevity through yoga practice, though he was clearly infirm and required constant attendance and assistance. Some of Gitananda's pupils were dubious of the claim and simply inquired directly from the man himself and his assistant and asked what age he was, without hesitation or pretence the answer was 74! So much for truth and integrity for this ochre-robed sensualist and fraud; furthermore, only a few left his ashram as a result, leaving the weaker, dependent types to pursue 'realisation' with this obvious barrel of shit.

Gitananda never stopped lying as he was clearly victim to numerous severe pathological problems. He was disgraced by the local Indian community when one of his American female students, now head of the ashram, gave birth to his child, though he never ceased wearing his ochre robes of celibacy and renunciation!

Today, however, the situation in India is far worse with numerous fraudulent mass media [Baba's](#) gaining huge popularity and wealth via television. So it is hoped that seeking outside oneself is abandoned as no-one is able to give you what you already possess, notwithstanding the very real chances that your life would be ruined by these exploitative and debauched frauds. It should also be mentioned that anyone that claims 'authority' or 'lineage' from any of the above self-serving clowns and frauds, is either deluded or worse, party to the same frauds, hypocrisies and exploitative self-serving practices.

It should be remembered that the two great historical saviours of the world, Gautama Buddha and Jesus Christ both detested money, temporal power, hypocrisy and corruption.

"Be still and know that I am God," is the simple lesson of the past and present that ensures success.

Removing the Veil

I referred earlier to Buddhist monks that practice stilling the mind thereby eliminating the incessant flow of thought activity as a matter of course; indeed, Buddhist monks have been doing this for millennia, I state this for those that are apprehensive about 'losing their minds,' as indeed that is the object of the exercise but be assured there is nothing to fear.

As mentioned previously the mind is only thought comprised of finite, learned cultural signs, symbols and images (language) whereas consciousness unfettered is our inheritance from infinite cosmic creation. Now, quite obviously, infinity and the finite are mutually exclusive which is why we are not aware of our real identity, the train of thought veils and interferes with the flow of consciousness and prevents us from realising our full potential and Reality as it is, though in moments of quiet reflection and repose the light of consciousness leaks through the larger gaps between thoughts and inspires us.

We need only follow the tried and tested methods of calming the mind to become aware, as the Buddha discovered for himself. It should also be noted that after achieving quiescence or Nirvana the Buddha did not become pretentious, strutting about declaring himself a learned God-man, he remained humble and accessible as a normal human being though his passion for life, freedom and Truth placed him at odds with the corrupt, ruling Brahmin priest class, which he never ceased attacking, most readers would note the similarity between Buddha and Jesus in that regard.

Now, many saints and sinners have become self-realised throughout history but few have profoundly changed the societies in which they lived and indeed spread their message throughout the world. The reason for the 'reach' of great sages like Buddha and Jesus is that they allowed universal consciousness/love to flow through them unimpeded by selfish personality flaws or other common psychological ills and vices. The effect they had on other human beings was profound as universal consciousness is common to all humanity and speaks directly to the heart. Their followers who

attained a similar state spread the message of their masters via the same means, compassion, love, awareness and 'heart communication,' which bypasses book learning/mind. This is also true of the spread of early Islam, however, all three religions organised after the death of their founders have been thoroughly corrupted since, particularly Islam, which today disdains mystics of their own tradition, particularly Rumi, one of the world's favourite poets that was able to transmit his awareness and love via his poetry, an incredibly difficult task.

I hope the above assures, inspires and makes you eager to embrace the one universal consciousness common to all humanity, which characteristics are infinite compassion, love, joy, peace and harmony.

We begin with real meditation, not something you do for a period of time, like going to church on Sunday and then immersing yourself in the perversity of cultural life for the rest of the week; real meditation is a 24-hour a-day process that should be maintained for the rest of your life, how so?

Attitude is the very first principle, our mental and physical behaviour changes with our attitude and I hope this discourse has sufficiently inspired you to change your attitude and focus on becoming the loving, sharing, joyful human being you were born to be.

The Jar with the Dry Rim

*Consciousness is a mysterious ocean...
that I and many worlds inhabit, though dimly seen!*

*Our body is a small boat floating on the ocean;
soon it will be swamped and sink...
Not one bubble will remain to indicate where it sank.*

*The Spirit is so immediate you cannot see it!
But reach for it ...don't be a jar full of water,
whose rim is always dry.*

*Don't be the rider who gallops all night
and never sees the horse that is beneath him.*

Jalaludin Rumi

We have learned that enlightenment is perfectly natural not some secret mysterious process and that we are born spiritually complete, a gift/consequence of cosmic creation. We have also learned not to seek foolishly outside ourselves for something we already possess, I would caution against surrendering self-determination to another as the other is involved in their own affairs. We have also learned that unavoidable cultural socialisation, due to its perverse nature, veils reality, and I would emphasise there is no point bitching about circumstances, we deal with matters as they are and apply remedies where applicable. I have also mentioned how the universe delights when created beings decide to return 'home' – and it will encourage you in your new endeavour with ample immediate rewards in the form of peace, love then ultimate bliss and perfect knowledge, know this now, though it would soon become apparent if you persist. Every step you take toward truth/reality is rewarded by reality/truth taking five steps toward you, so be comforted by the fact that if you 'walk toward God,' God runs to greet and embrace you, from the Quran in fact.

The only effort required on our part is removing the veil, which allows the light, joy and wonder of reality to saturate your being. We do this by simply letting go, not fighting thought, or the veiling process.

By far the most efficient meditation method is simply "letting go" of thought, however, initially, this may prove somewhat difficult as thought is a habit, nevertheless, all bad habits are easily broken by simply adhering to a decision without unnecessary drama or vexation.

Consciousness must be allowed to flow unimpeded so distractions should be eliminated or minimised until what distracts us today is neutralised tomorrow.

The most immediate physical distractions usually arise from our bodies, so they must be strengthened by persistent, simple training to be physically firm but relaxed, by this I do not mean rigid or strained, the spine is naturally curved and bolt-upright sitting positions are to be avoided in favour of erect ease, which places our centre of gravity just below the navel -- when our physical centre of gravity is established sitting erect for extended periods becomes easy, you will soon discover this for yourself without undue attention.

During the course of my early travels in the Australian outback and desert regions I noticed that traditional Australian Aboriginals never lose connection with their physical centre of gravity, while sitting, walking, running, dancing and hunting, this was particularly evident during ritual dance and stalking prey with traditional spears and spear throwers. Tribal Aboriginals moved with such grace and astonishing fluidity it was a pleasure to behold their movements as they were instinctively attuned to their centre of gravity just below the navel without any mental interference. All human beings are able to locate this centre as you would soon discover.

By adopting a 'firm' and easy erect sitting posture -- initially, a folded towel or a firm cushion may assist by elevating the buttocks -- physical distractions are eliminated/minimised and we are left free to focus our attention on stillness and mental calm. If thoughts race in during the initial stages simply let them go and return to calm, the interfering static of incessant thought will soon subside and a sense of well-being will begin to establish itself, an unmistakable sensation. You are never left abandoned or forlorn by infinite creation/'God.'

When beginning the practice allot certain times of the day and night to meditation and establish a routine, comfortably extend the duration as you develop, do not vary it or jump from one 'concentration' method to another, never force anything and never break this new, constructive habit and you will soon reap wonderful rewards; we are creating a new positive approach/habit to remove old destructive habits, lifestyles and fears.

*"Sitting quietly, doing nothing,
Spring comes, and the grass grows by itself."*

*"The blue mountains are of themselves blue mountains;
The white clouds are of themselves white clouds." -- Zen Proverbs*

Fraser Island

It's the moments in life that are most enduring

*alone on the hundred-mile sandy beach of Fraser Island
the north and south ends disappear in mist
intimating infinity*

*the sea laps at my feet devoid of surfers and fishermen,
pristine and perfect in its natural solitude*

*wild brumbies graze shore grasses
while a dingo lingers and peers at the foals,
safe under the watchful eye of the stallion*

*dolphins break the surface regularly
in un-threatening seas,
everything at that moment is perfect
including my seeming out of place intrusion*

*but the warm breeze that moves through the trees and grasses
assures me i'm welcome,
the earth and all its creatures fit perfectly in paradise*

LT

Let It Go

*do rivers require help flowing to the sea
or does the grass need assistance to grow?*

*in its place everything glides effortlessly
but out of place life becomes toil and chaos*

*misguided and perverse souls write 'holy' texts
and make pronouncements, with 'authority'
to enslave and displace humanity
from its natural harmony and power
they then declare that life is a veil of tears
and that blood, sweat and tears
are the natural state of humankind*

*the few know better
and are easily able to discern truth
and identify the lies that poison minds
and enslave humanity*

*take time to walk at night during a full moon
and allow it to teach u how easy it all is
when you have not been displaced
from your rightful place*

*allow the sun and all life to guide and teach u
during day
and allow the moon to soothe u
at night;
before long u will understand all that is worth knowing*

*this universe is an open book if u have eyes to see
and its creator does not hide behind the lies of men*

*read the natural world which perverse humanity fears
and attempts to destroy,
overcome perversity and ignorance,
u were born free
and no man has natural authority over another.*

*the tide ebbs and flows effortlessly
the salty wind invigorates my face
i lift my head and catch the last stars
that defer their light
to the golden orb and breaking day*

Progress

If you pursue your new practice as outlined above and I sincerely hope you do, the benefits of 'letting go' meditation will grow in you like a tree whose branches will eventually extend to infinity bearing the fruit of sublime peace and indescribable joy. You will be guided by the unmistakable feeling of well-being growing within you until it overflows into every aspect of your being. flooding you with intuitive understanding, clearer perceptions and heightened awareness. However, if you fail to pursue your practice you would soon return to your previous state of limited awareness and troubled mental function, supported of course by the clearly perverse culture in which you live.

Forewarned is forearmed, so I should mention some of the most common pitfalls that defeat practitioners in the early stages, as nothing is able to defeat you when you mature in your practice and your metaphorical 'tree' grows sturdy and is able to weather any storm, indeed, you will become completely imperturbable to outside negative 'disturbances' – and note that a disturbance only becomes a disturbance once it enters your being.

The most common pitfall is viewing meditation as a 'pill' or a yoga concentration 'party trick' administered to make you feel better or give you some temporary high. In contrast, the benefits of real meditation are unmistakable and enduring, however, they only endure and grow if meditation is constant, which means that real meditation does not cease when you rise from your seat.

You take your growing awareness and peace with you, so to speak, throughout the day and apply it when performing necessary tasks. That means that at no time do you lose your focus, as only a still, imperturbable mind is able to maintain focus. I cannot emphasise this point enough, as it is the most common error or pitfall to which practitioners fall victim. 'Letting go' means that your mental faculty

loses its culturally learned habit of 'stickiness,' Buddhist monks correctly refer to the meditative mind as a polished mirror upon which no dust could settle, a very apt metaphor. Of course, the most profound periods of meditation, in the early stages, are experienced when you sit in dedicated pursuit, however, as you progress the heightened levels of harmony, peace and joy achieved while 'sitting' are maintained regardless of whatever activity you perform or whatever environmental situation you face – and therein lies the open secret of real meditation, meditation is a way of life, as only a new way of life is able to entirely displace the old. Your new "attitude" should guide you in this regard.

As you progress you will lose your culturally learned tendency to engage in distractions and wallow in destructive mental and physical habits, as your heightened awareness easily sees things as they are not as they are presented; you need not tussle with issues of gluttony/wrong eating, prescription and other drugs or whatever the case may be. Nothing 'negative,' destructive or enslaving adheres to the meditative mind or is able to gain a foothold, as you will soon discover for yourself if you pursue your meditation.

Real meditation is a universal panacea that cures all manner of psychological ills for the person not lost to chronic disturbances, which require specialised attention, usually not from medicos captured by big pharmaceutical companies; however, I am able to say that a host of such disturbances have already been overcome by meditation alone. What better form of 'cure' exists for the troubled mind than that provided by nature or the cosmic push to harmonisation, integration and peace? Have no doubts in this regard, furthermore, you will soon prove the matter for yourself if you persist in your practice.

Mystic Mountain

*legend and tales speak of a mountain
so high the low clouds have never touched its peak*

*those who have attempted to climb it vanish
never to be seen again*

*yet its appeal grows stronger,
more alluring, urging many to conquer its peak
or disappear trying -*

*i was also seized
and grew determined to reach its summit*

*i had no difficulty locating it far beyond the visible horizon
in a range strangely familiar -
its jagged spurs and deadly ravines did not intimidate me*

*i climbed its summit with ease
and wondered how it gained its fearsome reputation -
the clouds from its lofty heights
appeared like gathered sheep grazing below
yet i could breathe easy without rasping -*

*conquering this mountain required less effort
than a stroll by the sea
which made me wonder all the more*

*when i finally descended to the plains below
previously welcoming and friendly villagers
failed to acknowledge my presence*

*after days making futile attempts to be seen
and brag of my conquest
i realised i no longer physically existed to the people below*

*i had no choice but to ascend the mountain again
and attempt to fathom its secret*

*upon reaching its peak a second time
it finally dawned on me that somewhere on its craggy slopes*

*i had lost my life, which explained the ease of the climb
to the summit*

*after reflecting on all the events i could remember
i decided to continue my climb from its peak!*

*i took one step and entered paradise
where i was greeted warmly like a long lost friend*

LT

The Price of Kissing

I would love to kiss you.'
[But]The price of kissing is your life.'

*Now my loving is running toward my life shouting,
'What a bargain ..'*

Jalaludin Rumi

As you progress destructive habits will fall away, replaced by your growing sense of integration and harmony with the cosmic push to enlightenment. Your diet should change of its own accord in favour of nutritious natural foods that promote health and physical well-being, however, I caution against using your cultural mind to 'regiment' eating habits, simply listen to your innate instincts in this regard and guard against 'policing' yourself, as many health fanatics do, you will soon discover that the most important aspect of health is an integrated, healthy, meditative mind that your practice gifts you.

Western culture is geared intentionally toward titillations and enslaving distractions, especially sexual overindulgence, I would mention here that the sexual centre is the engine that supplies the body with vital energy, called prana and chi in the East and aether in the West, there is no more efficient means to deplete your vital neural energy than over-indulging in sex. However, be relaxed about this issue, not answering a false call, as in the early stages of

meditation sensations in the sacral and pelvic regions are not uncommon. It simply means your vital energies are rousing and seeking the pathway to heaven. Neither accept, reject nor judge these neural movements as they will find their own natural course if not interfered with.

I am not advocating celibacy, allow loving sexual expression to achieve its balance in your life; nevertheless, that balance should be far removed from Western standards of sexual obsession and overindulgence. Also, be aware of debauched 'yoga teachers' that hide behind 'Tantra,' which is couched in symbolic not literal language, too many of these 'teachers' exploit their students for self-serving reasons, be aware. A simple glance at the person will inform you of their state of being, as no-one is able to hide what they really are, exploiters and degenerates are easily identified.

If not interfered with this natural energy will accumulate in the solar plexus and spread throughout the body to heal, strengthen and fortify, a certain glow becomes noticeable in meditators but allow its expression of its own accord -- as stated numerous times, enlightenment is a perfectly natural process, no interference or force is necessary, simply persistent in meditation.

Many other psychic sensations including extra-sensory powers may be experienced as you progress, however, the same attitude should apply, neither, accept, reject nor judge them and you will soon reap the ultimate reward. Be guided by your sense of inner calm at all times and the profound peace, joy and well-being that grows as you practice and you will not fall victim to lesser stages/distractions along the way – telepathy or clairvoyance are simply other forms of sensory/psychic awareness and our goal lies beyond the five physical and other psychic senses, though these powers may prove beneficial after achieving Realisation.

Culture or the World

It is tempting to rhapsodise over the ecstatic bliss, knowledge, profound peace and complete freedom that Realisation grants, something I refrain from doing as the task is a highly personal process and more than ample guidance is available as we progress. The other reason is I am loath to venture into this trap as it distracts and feeds the perverse cultural mind, though external seeking is worth a mention.

Readers familiar with popular authors of the so-called 'new age' movement, are enthralled with the discourses and texts produced, especially their semantic play, which is best described as 'flower arranging.' Some authors, particularly Deepak Chopra, nothing personal, are extremely proficient in this art; the imagination of readers investing 'meaning' where it doesn't exist runs rampant when fed with these essentially meaningless, allusions, inferences and colourful textual wordplays, and in the end absolutely nothing is gained by the reader except perhaps a temporary lift provided by overly rich, essentially meaningless descriptions, which in essence are counter-productive, a waste of time and should be avoided.

As stated earlier, finite (language) and the infinite are mutually exclusive and so while we need written communication for practical purposes it should be concise instructive and directly to the point, an approach the 'new age' movement is loath to embrace as it lives on flowery illusions – millions of dollars are made word-juggling, with no appreciable sustained benefit for readers; furthermore, this language creates what are culturally known as 'space cadets,' feeble-minded, highly impressionable, unstable types, so for obvious and other valid reasons I refrain, though as a poet I am easily able to produce these colourful, meaningless descriptions. However, I am fully aware I have a responsibility to my fellow human beings to assist in their integration not dissipate their already dissipated cultural minds/lives.

In contrast to the flowery Californian new age movement I refer to one of the last true Indian saints who lived and died prior to the explosion on that subcontinent of the 'K-Mart guru' industry and the hundreds of ochre-robed frauds that inhabit it today. Ramana

Maharishi was a spiritual giant of a man, following are some memorable quotes:

- *All worldly knowledge is petty and trivial knowledge; the experience of silence alone is the real and perfect knowledge.*
- *You are awareness. Awareness is another name for you.*
- *He who imagines he is the doer is also the sufferer.*
- *The self-realised soul established in “turiya,” the fourth state or supreme reality, detachedly witnesses the three other states, waking, dreaming and dreamless sleep, as pictures superimposed on it.*
- *Creation is neither good nor bad; it is as it is. It is the human mind which places all sorts of constructions on it, seeing things from its own angle and interpreting them to suit its own interests.*

Reading the discourses of this awakened soul does not harm or distract, the opposite is true; I heartily recommend reading Ramana's discourses.

Another more recent aware soul was Jiddu Krishnamurti, who I had the good fortune to encounter in Madras in '71. 'K,' as he was affectionately referred to, clarified the relationship of the (finite) mind with culture and essentially stated that culture finds its life in the minds of those that have been socialised by it, in other words, culture exists and is sustained in your mind, it derives all its perverse power by mutual reinforcement via the mass media and subscription via 'education'/socialisation. After Realisation culture is no longer able to enslave and you are able to function in the world but not be of it. Prior to self-Realisation culture finds all its sustaining power in you.

Viewed from the vantage of self-Realisation (outside the finite mind) culture becomes what it is, a perverse and destructive fabrication hanging on a thread, which requires constant reinforcement in order to survive. Furthermore, realised beings are exceptionally qualified to

reform culture as they view it from a clear, detached perspective and are easily able to envision new harmonious, non-destructive directions and of course aware beings are easily able to detect extremely vulnerable areas which only require a minimum of energy/force to subvert the entire process/system. However, if we ignorantly apply prescribed formulas based on existing cultural material, such as Marxism or any other 'ism,' then nothing really new is created and history is doomed to forever repeat itself. Krishnamurti stated that 'we are the world' and if we wish to reform it we must first reform ourselves, there is no escaping this obvious prerequisite.

As previously stated, socialisation by culture is unavoidable, however, continued subscription to culture is completely avoidable. Anyone at any time is able to free themselves from the enslaving mental shackles of any culture.

Observations

It should now be clear that socialised beings are slaves and are easily managed by culture as they are subject to it. For the heroes and heroines that seek total freedom, Self-Realisation becomes an imperative as indeed there is no other option available to escape the perverse socialised, cultural mind, which in fact is the home of culture.

It is comforting to know that we are assisted in achieving Realisation by the most powerful and benevolent force in existence, the living, infinite cosmos, which loves nothing more than its created conscious beings returning to its sublime harmony, peace and joy.

You would soon discover all the above yourselves if you persist in your meditation 24 hours per day as previously outlined. Understand and experience the character of infinity and its qualities; be also comforted by the fact that many have achieved Realisation within a year of dedicated practice, and never forget that *Realisation is your natural state and that you are born to it!*

Culture offers no solutions at this stage of its devolution, as is abundantly clear today. The infinite universe not only contains all knowledge, which it necessarily shares with its entire creation, it is also the greatest creative and healing power available.

Consider all the branches of science, including medicine, and its obsessive need to 'control' the world rather than merge with its natural harmony. Science insistently relies on limited empirical 'measurable' knowledge; now, the Sanskrit word 'maya' which many translate as illusion also means 'to measure' that is why maya is considered to be the veiling power.

Reality/truth is indeed infinite continuity not a static, limited, measurable object, which is why it will always evade science. Infinity is a kinetic process in a constant state of creative, harmonious expansion, transformation and flux. The perfection of the cosmos is self-evident if one considers that the tiniest error in its design over infinite 'time' would have extinguished creation yet here we are, though our tenure has become precarious due to cultural perversity.

Make the comparison yourself – we see the destructive effects of limited, misdirected science and all its productions today; science has brought humanity to the brink of extinction via all its disruptive effects on the natural world, pollution-induced climate change and numerous other toxic and lethal productions/weapons. Narrowing our view to the empirical five senses has led us here. 'Conscious' humans have many more than 'five' senses, the higher of which reveal the play of cosmic harmony and other dimensions, an area of awareness that scientists intentionally block via their obsession with measurement. It follows that not to be aware of the greater cosmic, immeasurable, harmony of universal life is to easily fall victim to death and destruction – again, simply look around today for verification.

It becomes the height of absurdity to attempt to place any limits on infinity, which by nature is creatively expanding, as infinity by definition cannot be a static measurable force/object, it is by nature beginning-less and endless.

All creation shares/connects to this infinite impulse which is why our innate, inherited consciousness, as opposed to the culturally created perverse mind, is infinite -- you would soon discover this for yourself if you persist in meditation – let it go to let ‘it’ flow.

Persistence and Adversity

I cannot emphasise enough to persist in your practice and to return to your meditation constantly regardless of how many interruptions you may experience; interruptions may occur due to environmental circumstances and/or internal turmoil at various times. I am also aware that this reminder may appear to be unnecessary for those practitioners that have made rapid gains and enjoy the innumerable benefits that continuous meditation has already bestowed, however, anyone, including myself in the past, could fail at any time including at the threshold of the sublime prize, such is the power of ingrained negative habits over a lifetime. Regaining what was lost then becomes more difficult than our initial endeavour, which is the cost of failure or prolonged breaks in focus. Nevertheless, we are never left bereft or forlorn if we return to our practice; the world is only able to ensnare us if we allow it. Your success is guaranteed if you persist to the end (new beginning).

Never attempt to emulate others in any way as you are a uniquely created being and how you express your growing awareness will reflect that uniqueness. Regimentation or behavioural conformity imposed by another or by the environment, including even prison, should be dealt with in the knowledge that only the creator is able to extinguish your ‘light/flame’; fear no man nor any circumstance, simply cling all the harder to your practice and the growing light within you and deal with any challenge as there is always a way through, the creative force is not our tormentor, we are!

Society/culture has trained us to be weak, easily led and constantly afraid, as it suits nefarious elite interests. Be acutely aware of the appalling influence of the elite-owned mass media in maintaining a perverse status quo and NEVER SUCCUMB, you will be rewarded if

you quietly prevail against any thing or force that may attempt to undermine your practice and growth.

Also, be aware that culture fears enlightened and aware beings for obvious reasons, they are FREE and their courage and independence pose a threat to the maintenance of the perverse status quo; allow your growing intuition to guide you safely through any situation, and remember that no external created entity is able to extinguish your flame, which is eternal.

It may appear that I am being overly dramatic but I speak from broad personal experience and the testimony of others that have gained their freedom.

Follow your enlightened course alone which will become more apparent as you grow in the Light and progress in Your life. There is nothing more tragic than a person that has failed themselves!

Allow universal Love to guide and nourish you in times of calm and turbulence, as there is nothing that can taint Love/Light/Truth.

The positive attributes to which I have referred throughout this section are gifted by cosmic creation, the most intelligent and loving force that exists, all this and more are freely granted if we follow its divine harmony/guidance and persist until we become saturated in its ineffable joy, bliss, knowledge and Being.

I hope the above serves to inspire you to continue and strengthen you in times of apparent adversity, as in fact the enlightened, imperturbable soul knows no adversity, only pure unconditional love, peace and understanding, come what may!

Perspectives

I have endeavoured to be as accurate, clear and concise as possible throughout this discourse, however, language poses its own problems as finite language is unable to transmit the infinite. And so

it sometimes proves helpful to appreciate 'it' from another source. I am therefore extremely pleased to include an excerpt from a recorded talk delivered by Krishnamurti in London on the subject of continuous meditation:

'K' on meditation

"Meditation, if you understand what it is, is one of the most extraordinary things; but you cannot possibly understand it unless you have come to the end of seeking, groping, wanting, greedily clutching at something which you consider truth - which is your own projection. You cannot come to it unless you are no longer demanding 'experience' at all, but are understanding the confusion in which one lives, the disorder of one's own life. In the observation of that disorder, order comes - which is not a blueprint. When you have done this - which in itself is meditation - then we can ask, not only what meditation is, but also what meditation is not, because in the denial of that which is false, the truth is.

Any system, any method, that teaches you how to meditate is obviously false. One can see why, intellectually, logically, for if you practice something according to a method - however noble, however ancient, however modern, however popular - you are making yourself mechanical, you are doing something over and over again in order to achieve something. In meditation the end is not different from the means. But the method promises you something; it is a means to an end. If the means are mechanical, then the end is also something brought about by the machine; the mechanical mind says, 'I'll get something.' One has to be completely free from all methods, all systems; that is already the beginning of meditation; you are already denying something which is utterly false and meaningless. And again, there are those who practice 'awareness.' Can you practice awareness? If you are 'practising' awareness, then you are all the time being inattentive. So, be aware of inattention, not practice how to be attentive; if you are aware of your inattention, out of that awareness there is attention, you do not have to practice it. Do please understand this, it is so clear and so simple. You do not

have to go to Burma, China, India, places which are romantic but not factual. I remember once travelling in a car, in India, with a group of people. I was sitting in front with the driver, there were three behind who were talking about awareness, wanting to discuss with me what awareness is. The car was going very fast. A goat was in the road and the driver did not pay much attention and ran over the poor animal. The gentlemen behind were discussing what is awareness; they never knew what had happened! You laugh; but that is what we are all doing, we are intellectually concerned with the idea of awareness, the verbal, dialectical investigation of opinion, yet not actually aware of what is taking place.

There is no practice, only the living thing. And there comes the question: how is thought to be controlled? Thought wanders all over the place; you want to think about something, it is off on something else. They say practice, control; think about a picture, a sentence, or whatever it is, concentrate; thought buzzes off in another direction, so you pull it back and this battle goes on, backward and forward. So one asks: what is the need for control of thought at all and who is the entity that is going to control thought?

Please follow this closely. Unless one understands this real question, one will not be able to see what meditation means. When one says, 'I must control thought,' who is the controller, the censor? Is the censor different from the thing he wants to control, shape or change into a different quality - are they not both the same? What happens when the 'thinker' sees that he is the thought - which he is - that the 'experiencer' is the experience? Then what is one to do? Are you following the question? The thinker is the thought and thought wanders off; then the thinker, thinking he is separate, says, 'I must control it.' Is the thinker different from the thing called thought? If there is no thought, is there a thinker?

What takes place when the thinker sees he is the thought What actually takes place when the 'thinker' is the thought as the 'observer' is the observed? What takes place? In that there is no separation, no division and therefore no conflict therefore thought is

no longer to be controlled, shaped; then what takes place? Is there then any wandering of thought at all? Before, there was control of thought, there was concentration of thought, there was the conflict between the 'thinker' who wanted to control thought, and thought wandering off. That goes on all the time with all of us. Then there is the sudden Realisation that the 'thinker' is the thought - a Realisation, not a verbal statement, but an actuality. Then what takes place? Is there such a thing as thought wandering? It is only when the 'observer' is different from thought that he censors it; then he can say, 'This is right or this is wrong thought,' or 'thought is wandering away I must control it,' But when the thinker realises that he is the thought, is there a wandering at all? Go into it, don't accept it, you will see it for yourself. It is only when there is a resistance that there is conflict; the resistance is created by the thinker who thinks he is separate from the thought; but when the thinker realises that he is the thought, there is no resistance - which does not mean that thought goes all over the place and does what it likes, on the contrary. The whole concept of control and concentration undergoes a tremendous change; it becomes attention, something entirely different. If one understands the nature of attention, that attention can be focused, one understands that it is quite different from concentration, which is exclusion. Then you will ask, 'Can I do anything without concentration?' 'Do I not need concentration in order to do anything?' But can you not do something with attention? - which is not concentration. 'Attention' implies to attend, that is to listen, hear, see, with all the totality of your being, with your body, with your nerves, with your eyes, with your ears, with your mind, with your heart, completely. In that total attention - in which there is no division - you can do anything; and in such attention is no resistance.

So then, the next thing is, can the mind in which is included the brain - the brain being conditioned, the brain being the result of thousands of thousands of years of evolution, the brain which is the storehouse of memory - can that become quiet? Because it is only when the total mind is silent, quiet, that there is perception, seeing clearly, with a mind that is not confused.

How can the mind be quiet, be still? I do not know if you have seen for yourself that to look at a beautiful tree, or a cloud full of light and glory, you must look completely, silently, otherwise you are not looking directly at it, you are looking at it with some image of pleasure, or the memory of yesterday, you are not actually looking at it, you are looking at the image rather than at the fact. So, one asks, can the totality of the mind, the brain included, be completely still? People have asked this question - really very serious people - they have not been able to solve it, they have tried tricks, they have said that the mind can be made still through the repetition of words. Have you ever tried it - repeating 'Ave Maria,' or those Sanskrit words that some people bring over from India, mantras - repeating certain words to make the mind still? It does not matter what word it is, make it rhythmic-coca cola, any word - repeat it often and you will see that your mind becomes quiet; but it is a dull mind, it is not a sensitive mind, alert, active, vital, passionate, intense. A dull mind though it may say, 'I have had tremendous transcendental experience,' is deceiving itself.

So it is not in the repetition of words, nor in trying to force it; too many tricks have been played upon the mind for it to be quiet; yet one knows deeply within oneself that when the mind is quiet then the whole thing is over, that then there is true perception.

How is the mind, the brain included, to be completely quiet? Some say breathe properly, take deep breaths, that is, get more oxygen into your blood; a shoddy little mind breathing very deeply, day after day, can be fairly quiet; but it is still what it is, a shoddy little mind. Or practice yoga - again, so many things are involved in this. Yoga means skill in action, not merely the practice of certain postures which are necessary to keep the body healthy, strong, sensitive - which includes eating the right food, not stuffing it with a lot of meat and so on (we won't go into all that, you are all probably meat eaters). Skill in action demands great sensitivity of the body, a lightness of the body, eating the right food, not what your tongue dictates, or what you are used to.

Then what is one to do? Who puts this question? One sees very clearly that our lives are in disorder, inwardly and outwardly; and yet order is necessary, as orderly as mathematical order and that can come about only by observing the disorder, not by trying to conform to the blueprint of what others may consider, or you yourself may consider order. By seeing, by being aware of the disorder, out of that comes order.

One also sees that the mind must be extraordinarily quiet, sensitive, alert, not caught in any habit, physical or psychological; how is that to come about? Who puts this question? Is the question put by the mind that chatters, the mind that has so much knowledge? Has it learned a new thing, which is, 'I can see very clearly only when I am quiet, therefore, I must be quiet?' Then it says, 'How am I to be quiet?' Surely such a question is wrong in itself; the moment it asks 'how' it is looking for a system, therefore destroying the very thing that is being inquired into, which is: how can the mind be completely still - not mechanical, not forced, not compelled to be still? A mind that is not compelled to be still is extraordinarily active, sensitive, alert.

But when you ask 'how,' then there is the division between the observer and the thing observed. When you realise that there is no method, no system, that no mantra, no teacher, nothing in the world that is going to help you to be quiet, when you realise the truth that it is only the quiet mind that sees, then the mind becomes extraordinarily quiet. It is like seeing danger and avoiding it; in the same way, 'seeing' that the mind must be completely quiet, it is quiet?

Now the quality of silence matters. A very small mind can be very quiet, it has its little space in which to be quiet; that little space, with its little quietness, is the dearest thing - you know what it is. But a mind that has limitless space and that quietness, that stillness, has no centre as the 'me', the 'observer,' is quite different.

In that silence there is no 'observer' at all; that quality of silence has vast space, it is without border and intensely active; the activity of

that silence is entirely different from the activity which is self-centred. If the mind has gone that far (and really it is not that far, it is always there if you know how to look), then perhaps that which man has sought throughout the centuries, God, truth, the immeasurable, the nameless, the timeless, is there - without your invitation, it is there. Such a man is blessed, there is truth for him and ecstasy.

Shall we talk this over, ask questions? You might say to me, 'What value has all this in daily life? I've got to live, go to the office; there is the family, there is the boss, competition - what has all this got to do with it?' Do you not ask that question? If you ask it, then you have not followed all that has been said this morning.

Meditation is not something different from daily life; do not go off into the corner of a room and meditate for ten minutes, then come out of it and be a butcher - both metaphorically and actually. Meditation is one of the most serious things; you do it all day, in the office, with the family, when you say to somebody, "I love you" when you are considering your children, when you educate them to become soldiers, to kill, to be nationalised, worshipping the flag, educating them to enter into this trap of the modern world; watching all that, realising your part in it, all that is part of meditation. And when you meditate you will find in it an extraordinary beauty; you will act rightly at every moment; and if you do not act rightly at a given moment it does not matter, you will pick it up again - you will not waste time in regret. Meditation is part of life, not something different from life."

London, March 23, 1969

Silence

*in perfect silence
there is a thunder
so loud that it muffles
the loudest worldly din*

*it signals a storm
that rains love unceasingly*

seek the eye of that storm

LT

This concludes the present discourse on Realisation and I hope that it proves helpful to those that aspire to real freedom and liberation from the crippling mental effects of today's enslaving, perverse cultures. However, unlike other texts it doesn't end here, it begins!

To be continued by You ...

Peace

About the Author

Lindsay Traynor is an Australian poet and mystic though born in Eastern Europe. He has travelled extensively and studied under the wise instruction of some remarkable and extraordinary men and initiated into various esoteric traditions by same, which formerly secret knowledge he is now able to offer to everyone, fully cognisant of the fact that only those ready would be able to recognise, appreciate and gain awareness from the experience.

Lindsay is a prolific writer and has produced the equivalent in text of around 50-60 novels over the past sixteen years though mostly in the form of articles on varied topics and poetry, his favourite medium.

The current book has been gathered from his many poems, essays and articles relating to Self-Realisation, Mysticism, Philosophy, Personal Growth and Social Transformation.

We hope that you enjoy and derive benefit from his prodigious output as much as we have benefited and enjoyed reading, collating and presenting the material in eBook formats -- *assistant editors*

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