

Spiritual Awakening is the Willingness to Die at a Personal Level

When you surrender, you accept everything as it appears to be each moment with no desire that anything be any different than it appears to be in the moment. You accept it all as an expression of God's will and for the best. That's how you bring yourself into a state of present moment awareness. You have to stop trying to control the normal flow of things. If you try to control things, you only create more frustration for yourself when you can't control things. You also have to stop trying to defend yourself. You have to see that you're only defending an illusion of what you are. What you really are needs no defense. You have to see that you're only defending the survival of a character that appears in a movie that you're watching. In reality, the true nature of your existence as the perceiver of the movie is never threatened by whatever appears to happen to your character in the movie. When you surrender, you just watch from your own point of view as you allow things to play out in the normal way. You allow the flow of energy through body, mind and world to come into alignment, and you perceive feelings of connection.

In that state of present moment awareness, to spiritually awaken, you have to turn your attention away from the events of the world you perceive, look within and focus on your own sense of being present. The only true thing you can ever know about yourself as you perceive your own world is your own sense of being present as the perceiver of that world. Nothing you can perceive in that world can tell you anything about your true nature. You have to see that world as an illusion and see your character in that world as an illusion of what you really are, like the central character of a movie that you're only watching as animated images of the movie are projected from a movie screen to your own point of view outside the screen. You have to see that the whole thing is imaginary.

You have to lose interest in paying attention to the illusion before you'll become willing to turn your attention away from the illusion. You have to lose interest in the illusion and only become interested in discovering the truth of what you really are. You have to reject the falseness of the illusion and embrace the truth of what you are. When you see the illusion as an illusion and lose interest in paying attention to the illusion, you naturally withdraw your attention away from the illusion, and you also withdraw your investment of emotional energy in the illusion that animates the life of your character in the illusion.

You have to become willing to do nothing at a personal level. When you do nothing at a personal level, you stop animating the life of your character, which is the same as dying. You have to become willing to die at a personal level. You have to sever your emotional attachment to your character, which you can only do as you withdraw your attention and investment of emotional energy away from the life your character appears to live in the world you perceive. Your character has to become dead to you. You have to stop caring about the life your character appears to live in the world you perceive before you can stop animating that life. You have to see that life as an illusion of what you really are.

Only when you lose interest in animating the illusory life that your character appears to live in the world that you perceive can you turn your attention away from the illusion, look within and refocus your attention on your own sense of being present as the perceiver of the illusion. You have to bring yourself into focus. You have to be with yourself and center yourself. You have to know yourself to be a spiritual presence of consciousness that exists now, in the present moment, at the center of the world you perceive. You have to become aware of your own spiritual being and presence as the perceiver of that world. That's where you have to stabilize the focus of your attention.

You're only confused about the true nature of what you are because you're emotionally identifying yourself with and imparting your own spiritual being and reality to your character in the virtual reality movie that you're watching from your own point of view. Your character is like an avatar in the virtual reality or the central character of the movie, which is the central form that you perceive. The central form of your character is always emotionally animated relative to all other forms that appear in the world you perceive. You emotionally identify yourself with and impart your own spiritual being and reality to your character as you perceive emotional body feelings that arise as the form of your character is emotionally animated relative to all other forms that appear in that world, which makes you feel emotionally self-limited to the form of your character. In reality, your character has no being and is unreal, since it's only a projected and animated image you perceive in the virtual reality movie. Only the true nature of what you are, which is a spiritual presence of consciousness called the *Self* or *I Am* at the center of the virtual reality world you perceive, has its own inherent spiritual being and reality.

The reason you can't spiritually awaken is because you're not willing to die at a personal level. You're not willing to stop emotionally animating the life your character appears to live in the world you perceive. You're not willing to do nothing at a personal level. The only way you can stop emotionally animating the life your character appears to live in the world you perceive is by withdrawing your investment of emotional energy in that life, which you can only do as you withdraw your attention away from that life.

The only reason you'll ever become willing to do nothing and die at a personal level, as you stop animating the life of your character, is if you see the life your character appears to live in the world you perceive as an illusion of what you really are and lose interest in paying attention to that illusion. That's why you have to sever the emotional attachment to your character. You have to let go before you can move on. You have to stop caring about the life your character appears to live in the world you perceive. Your character has to become dead to you. Only when you sever the emotional attachment to your character, thereby externalizing and depersonalizing yourself, can you see the illusion of the life your character appears to live from a higher level of consciousness. Only when you see the illusion as an illusion and lose interest in paying attention to the illusion will you become willing to withdraw your attention away from the illusion. That's why you

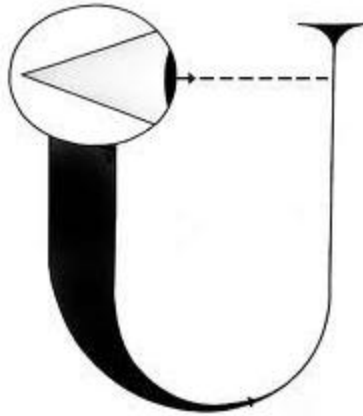
have to sever the emotional attachment to your character. Before you can move on you have to let go. You have to become willing to die and do nothing at a personal level. You have to become willing to stop emotionally animating the life your character appears to live in the world you perceive before you can spiritually awaken to the truth of what you really are and know yourself to be a spiritual presence of consciousness that always exists now, in the present moment, at the center of the world you perceive.

Ultimately, you will come to know yourself to be the source of that consciousness. The ultimate nature of your existence or spiritual being is what remains when everything else disappears from existence. When you totally withdraw your attention away from the virtual reality world that you perceive, that world is no longer emotionally animated and disappears from existence from your own point of view. Your individual consciousness, present at the central point of view of that world, dissolves back into its spiritual source of undifferentiated consciousness like a drop of water that dissolves back into the ocean. You know yourself to be the ocean of consciousness and that the true nature of your spiritual being is the timeless existence of the undivided, unlimited and unchanging motionless ocean of pure consciousness, which is called No-self or the void.

Awakening to the truth of what you really are is also called spiritual enlightenment. Like awakening from a dream, only the true nature of your underlying reality remains when you awaken. When you awaken and become spiritually enlightened, you see how the illusion of your virtual reality world is created. You see how your own motion as a point of consciousness at the center of your own world, as that point moves relative to the motionless void, is the nature of the energy that animates that world. You see how that world and everything that appears in that world are just like the animated images of a movie projected from a movie screen to your point of view at the center of that world. You see how the light of consciousness that emanates from your own point of view is like the light of a movie projector that illuminates and projects all the images of that world. You see all of this from the emptiness, silence, stillness and darkness of the void.



Nothingness



Universal Observer



All Seeing Eye

Your emotional attachments are what make you appear to be a human being in the world you perceive. If you want to know yourself to be the spiritual being that perceives your world, you have to sever your emotional attachments.

Physical death is the disorganization of the form of the physical body. You don't have to undergo physical death to spiritually awaken. You have to undergo ego death. You have to undergo the disorganization of your personal self-concept, which is your concept of being a physical body-based person. You have to see your personal form as a character in a virtual reality movie that you're only watching. The true nature of your spiritual being is the presence of consciousness that's watching the movie from its own point of view at

the center of that virtual reality world. With physical death, your physical personal form becomes disorganized and falls apart. With ego death, your personal self-concept, which is your concept of being a physical person, becomes disorganized and falls apart.

The only way you can stop emotionally constructing your personal self-concept is by surrendering to divine will and severing emotional attachments. Ultimately, you stop emotionally constructing your personal self-concept when you see your self-concept to be an illusion of what you really are, lose interest in your illusory self-concept, stop paying attention to it, withdraw your attention away from it, and withdraw your investment of emotional energy in it that's necessary for its emotional construction in your mind.

In the Bhagavad Gita, the great warrior Arjuna fell down to the ground, trembling with fear and despair, rather than give the order to launch the great war, because he saw that everyone and everything he loved would be destroyed in the war. Eventually, after a long conversation with Lord Krishna, he got back up and gave the order to launch the war. The great war is a metaphor for the process of spiritually awakening, in which you sever your emotional attachments to everything and everyone you love, including your own personal self-concept. When you sever your emotional attachment to something and stop caring about that thing, that thing becomes dead to you. Arjuna initially refused to begin the war because he saw that everything and everyone he loved would become dead to him as he severed his emotional attachments. That's the nature of the great war of spiritual awakening. He eventually became willing to get back up and begin the great war because he saw that everything and everyone he loved was an illusion, no more real than the projected and animated images of a virtual reality movie that he was watching. He saw that it was all imaginary and that none of it was real. That's the spirit you have to cultivate before you can begin your own great war of spiritual awakening. You have to become willing to use your own sword of discrimination and sever your emotional attachments to everything and everyone you love, including your own personal self-concept. That's why Lord Krishna was able to describe the process of spiritually awakening as *Now I am become death, the destroyer of worlds*, which is the flip side of *The unreal has no being, the real never ceases to be*.

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