



## *My Experiences*

Everything we are and know is mindstuff and mindstuff appears to differ in differing parts of the world.

There is a knowing that goes beyond mindstuff. It is towards this knowing that all deep spiritual life and practice aims.

The links below describe my experiences of the "unconventional," which could be called "awakenings," and the arising of new understandings of what is.

That new understanding is both experience of something beyond the conventional, and the accompanying knowledge.

If you do as I recommend, that is, [download Robert's talks](#), print them and place in a 3 ring binder to read from all of the time, you will find the same understanding expressed in many, many ways, and better expressed than by me.

My own experiences occurred a couple of months after Robert left for Sedona. During this time I did nothing: no practices, no reading, no self-inquiry. I just listened to sacred music, most importantly, Muktananda style chanting tapes. I just listened and lay on a couch or took brief walks with a tape player. I felt more and more relaxed, deeper and blissful.

Supposedly this also is what happened to Rajneesh; he spent his time lying on a cot, looking downwards onto the ground.

[The First Awakening](#)

[The Second Awakening](#)

[Awareness of the Void](#)

[Finally](#)

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