



Words of Encouragement

*Letters between Edward “Edji” Muzika
and Students on the Advaita Path*

collected from the “It Is Not Real” teaching blog
(November 2009 – March 2011)

Foreword

It was felt at some point that students on the Advaita path might benefit from some positive examples of progress. Hence the present collection, continuing an age-old tradition of dialogue between spiritual aspirants and an enlightened spiritual teacher.

Dedicated to Sri Ramana Maharshi, Sri Robert Adams, Sri Nisargadatta Maharaj, Sri Edward Muzika and Sri Rajiv Kapur, in gratitude.

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Toronto, 2011
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1. Letters from N.

Edji – letters from N.

NOVEMBER 2, 2009

Hello,

I am that which knows the coming and going of the state of being.

There was this complete fullness so to speak, complete within itself and then spontaneously the rising of the sense of being was known. This occurred during waking up from sleep. I am not able to understand this state.

I know what I am...I am non-conceptual...but now this wants to be captured in words...painful and confusing....words need to conceptualize me...I turn to you for some assistance.

I always recognized my sense of being..aware and unadorned by concepts as the space that I was...but when I now see that that too is rising and setting in what I really am...I am lost for words to understand.....

On what is this knowing resting then?

thank you

n.

RESPONSE:

> I am that which knows the coming and going of the state of being.

Yes, this is perfect understanding.

> There was this complete fullness so to speak, complete within itself and

> then spontaneously the rising of the sense of being was known. This occurred

> during waking up from sleep.

Yes, this is how it is usually first seen.

I am not able to understand this state.

> I know what I am...I am non-conceptual...but now this wants to be captured
> in words...painful and confusing....words need to conceptualize me...I turn
> to you for some assistance.
>

All conceptualizations are only philosophy, empty, transitory, illusion. You must learn how to accept knowing nothing.

> I always recognized my sense of being..aware and unadorned by concepts as
> the space that I was...but when I now see that that too is rising and
> setting in what I really am...I am lost for words to understand.....

Don't you see? What you are is entirely beyond the mind and cannot be captured in words or concepts. There is no need to understand; just be.

TO ME:

thank you Ed... in deep gratitude...

n.

TO ME:

i was just getting down to sending you a reply to the first email once again.. :)

The self or whatever it is..is so un-contrived...spontaneous and self sufficient...that is seen in ordinary moments of just simple being. No words needed to be...simply are.
When these various states or experiences occur, there is an attempt to understand it..when the experience itself is not requiring that.. :) it also just is...
and you have so correctly stated..all explanations are only about the state of existence...and therefore the correct answer in all respects is that ..you are unborn...that shuts any more concept building.

Ed..the clarity that these words you have written, also cannot be captured in words...i can only say..thank you!

n.

RESPONSE:

Write any time. Those who are close to liberation are a joy to talk to.

TO ME, THREE MONTHS LATER:

Dearest Ed,

I thank you for your love that you share so very very graciously. And I know that it is none other than my heart.

Every word expressed here melts into the joy that I am.

When we had communicated earlier, you had said just be.... :) what clarity in that message. Yes, just being is all that I am. Simply love. Every rising, every expression just me. I am in awe of this wonder that dances in all. No experience is looked for, no state is harnessed. The freedom I am is inexpressible. Tears, joy, no joy.... everything subsumed in this that I am. Even fears are welcomed as magical! I need nothing.

What can I say....when every flower silently points back with love and joy.

Ed...thank you for your kindness... :)

love all ways,
n.

RESPONSE: (I use Gmail, which is sometimes confusing, as the responses are not automatically tied to the questions. I could not find a response that seemed to fit this message)

TO ME, ANOTHER TWO MONTHS LATER:

Dearest Ed,

... with deep gratitude and love...thank you sir for all your help, in every which way....

I have been meaning to write to you but always stopped short...this moment felt different...so I went ahead...:)

There is a deep realization, that there can be no knowing of what I am...for whatever is known, I am present to know it, so to speak. There is always a background, if I can use that term, on which there is a reflection...And that background IS eternally me....

This realization came through observing the functioning while being awake and also Being the fullness that was experienced in sleep. There is a clear understanding that I am prior to that fullness as well....

Now, as I write these words...there is deep peace and rest. There is an unshakeable knowing that everything is of the same essence, no matter how it appears, no matter how it is described, no matter what....

Nothing else but gratitude to express right now in this moment..thank you...

love all ways,
n.

RESPONSE:

Remember, even that "background" is observed, and is not you. What you are is unknowable. The background is observed and known. It is still part of phenomenality.

That background is the sublimest form of I Am, of the Void and consciousness. It is still not you. It comes to you and is apprehended by you.

Ed

TO ME:

Yes dear Ed, that is exactly what I am trying to convey really....what I am is unknowable...

that is what i was trying to express in the words..."that there can be no knowing of what I am...for whatever is known, I am present to know it, so to speak"

For as you have aptly described it...for which I have no words...the sublimest form too is known...that too is experienced by me....

in deep gratitude,
n.

RESPONSE:

Good, you have it perfectly. Yes, what you are cannot be known as an understanding in consciousness. But in a larger sense, you know who you are by just being who you are. It is a different way of knowing.

TO ME:

Thank you dear Ed for all that you have shared...

On another note, I would like to share a bit of the story if I may call it, of this journey... :)

I was born in India and have lived there most of my life...for the last 3 years I have been in the United States traveling with my family.

Ever since I can remember I have searched...looked... for something...like most 'seekers'. The search led me to drop philosophy, in which I was training and go a live in the mountains...:) anyway, I did get back and complete my training, I don't teach though...might get to doing that...one never knows what can spring up...:)
Moment to moment if one can call it ever since I was a little girl...there was an earnestness...very very deep...to get to the bottom of this understanding....I rejected everything that sprung up as an insight, identification. I just could not identify anything as "this I am"then there was the experience which I wrote to you about...the fullness felt complete in and of itself....prior to the sense of being..a sort of watching of the rising of being.

Your advice to 'be' was in words like a bolt of lightning. Stopped the movement in the tracks so to speak. And gradually this 'be-ing' just deepened...and what I expressed to you right now, came as a realization.....now, there is just resting, if I can call it anything...

I have also read on your website the emphasis you place on 'practice'. Yes, the unravelling, the discrimination is essential to some sort apparent balance....this 'self' being so very very complex in the poses adopted can be very fascinating...

I am always available on this email id...if there is any way that I can be of any help...please let me know...

in deep deep gratitude Gurujin.

ps...it felt wonderful addressing you as that... :) thank you!

2. Letters from Loris

Edji – Letters from Loris

23 January 2010

Dearest Ed,

thank You very much for your blog!

all happens by itself; this is now clearer:

every thought, decision, action happens without my involvement; it is like everything else in the field of perception: happens by itself, is not chosen by me.

In a similar way, it is only identification with body-mind that gives one impression to decide, act and think, but it is not so...

In sitting practice is the same: I do nothing and everything happens by its own; many strong energy movements (kundalini) or thoughts, insights etc. but now I am not involved.

All this has nothing to do with me: the insight that all universe and 'my' body, all perceptions are apart and different from me is clearer: sometime there is unity, sometime no, but all this is Shakti, is not separate from me, but in a way is only manifestation and I am beyond every manifestation.

No experience can change me, or define me, neither joy nor sorrow, everythin is contaneid in me, I am the universe and beyond it. This is not stable, but is clearer.

Beyond what I perceive now there is 'nothing' this is what I am;

sometime people and things are made of awareness, but they are only a vision, a perception, and I am beyond.

For example You now exist as a thought and image percevid and nothing else.

Now a feeling of gratitude to You,

Wuld You like to comment?

with gratitude,

L.

My comment is that you are entirely correct. You understanding is 100% correct.

You just have to stay there and live it to make it yours 100% in every minute of day and night.

Ed

Dearest Ed,

Thank You so much!

This morning in sitting practice, resting without doing nothing,

initially there were many thoughts, then energy, etc... but at the same time began a spontaneous movement of attention towards itself, like settling in itself and insights came:

all problems come with identification with the world of perception, when one loses interest in perception universe, then one begins to rest in ones real nature, in itself.

Then gradually something deeper, a silence beyond any perception, emerged and began to settle... The miracle seems this losing interest in the world of perception because nothing in it could give me what I am.

This shift from perception to something (silence) beyond it continued all the session: when there is this silence the perceptions are there but are secondary, like in surface;

Counciousness is my surface, but in the depth I am silence, beyond it: this is true not only in sitting practice, but ever; but until now I was like ipnotized by surface (counciousness) not noting the depth of myself (silence beyond counsciousness).

What do You think about it?

Homage to You, You are not a thought or image, You are the Reality Itself that I am...

Everyone and everything is this Reality beyond perception...

With love and gratitude,

L.

There is really nothing to say except your understanding is perfect. Just stay where you are. The perfection will settle more and spread to all aspects of your being.

Ed

27 February 2010

Dearest Ed,

the last saturday I awoke in the morning with a clear sense of 'I am': if You remember, before this experience, I was not able to find it.

So I was stunned and began to focus with intensity upon 'I am':

Peace, sometimes bliss, quiet mind but upon all curious experiences in which inner structures seemed to dissolve and after, sometime, an unspeakable condition without separation, without feeling of 'I am' which lasted a while and then all the process began again.

In these moments it seems there is unity with 'I am', but really there isn't 'I am'.

I meditated like this 4 days: I wanted to dissolve totally the feeling of 'I am' so to reach the 'ego death'.

Thursday, reading your 'first awakening', I realized You are right! the feeling of 'I am' is only a feeling, not of 'I' but of 'Amness' without I!

not only that, I was identified with desire to dissolve the feeling of 'Amness' but in Truth I was witnessing everything, always, and 'Amness' is only an experience that I witness like body and mind.

I also witness and I am beyond the unspeakable condition of non separation without concepts! So, once again, I realized that all these happenings have nothing to do with me...

Now I can put attention upon 'Amness' but I know I am beyond this feeling and so I don't do it; instead in sitting meditation I, again, do nothing: all happen by itself:

silence gradually deepens (a silence without bottom, so peaceful) and sometime a strong bliss from all the body come out; I rest in myself as myself.

Every comment is welcomed...

with gratitude,

bowing,

L.

RESPONSE:

Very good Loris. Now you must become well acquainted without mistake about that resting in yourself.

30 December 2010

Another One--On the Cusp of a Great Awakening

Dearest Master Edji,

I focus on the sense of existence, in the heart area, but when the attention goes there in the heart, the existence is everywhere.

In sitting, gradually the attention sinks and there is an heaviness like a conscious sleep, but I remain, then usually a intense sense of joy pervades every part of the body-mind and there is no separation there, and silence , then thoughts or other memories or perceptions in surfaces but joy

is deeper (sometime explosive) and it remains (but is not stable in life nor ever present in meditation).

This was usual for me.

Now something began to emerge and settle: I.

I remain, all this experiences comes and goes.

The understandings are there at times and are not new: waking consciousness is a dream, all is awareness, I am beyond everything.

Now the difference is subtle but important.

I am important, fundamental, beyond change, the experiences are not, the states are not.

I am what really matters and counts.

It begins to emerge: I don't care the experiences, even bliss, they are not me.

So I don't know who I am (to say 'I am beyond' is true, but this also is a concept), but I begin to disidentify from what is perceived and that is everything: thoughts, body, perceptions, experiences, the sense of existence (personal and universal).

The last night I slept meditating: I remain in dream and sleep.

I am ever the same.

I continue to focus on sense of existence but the more I do this, the clearer is that I am not this sense of existence that is all,

I am totally beyond, unknown to myself, but the knower of everything.

I don't know what it means abiding in Me or if it is possible for me to experience Me,(I am Me!) but I know I am not the field of perception in waking, dreams or sleep. I am not in existence.

I am beyond concept of existence I am beyond every concept.

I cannot say really I am the knower, nor the knowing, nor awareness, they doesn't sounds really true.

Every formulation seems a concept.

What seems nearer to Me is Unknown.

I don't think I am realized, nothing special.

My deepest gratitude,

bowing,

Loris

31 December 2010

Loris' Awakening is Unfolding

Dearest Master,

Yesterday morning in sitting meditation, before reading your answer to my last email, I was focusing as usual on the sense of existence in the chest area: suddenly a shift, in the head a deep silence, a Shiva silence, which tends to dissolve every thoughts and feeling; for all the meditation I didn't feel the head, like having no head.

It seems a process that deepens itself:

From that moment there is no separation, no boundaries, it is the Silence which operates, not an I, and there is no conscious choosing where to put attention, because the attention loses itself in this Silence.

The thoughts are there in surface at times, and memories, feeling etc. but all this last for a while and then Silence dissolves them in Itself.

It seems this Silence is now at the centre of personality and gradually changes its structure.

Yesterday evening, in sitting meditation, it seems Silence dissolved many mental-energetic structures in the head, in particular one deep-rooted in its centre.

In this morning sitting, Silence, remaining in the head also, began to come down and operated in the heart area: moments of bliss.

So, now, it is not an 'I' which meditates or focus attention, but all meditation happens by the power of Silence.

In the same way, non duality is not something to reach with a choose or with a focusing of attention (as before), but it is there always in background or foreground (that is, I am not ever conscious of not separation).

It seems a shift (I hope permanent) from a self-centered personality, to a Silence-non duality-centered personality.

But at a deeper level, all this has nothing to do with Me.

It is obvious I am not this Silence, nor this process: I am the One who knows all this, the Silence, the thoughts, the process of dissolution, etc.

In the last night, I was there, but there is a small period of time of no memory and the feeling that I need more experience of dream and sleep. Deeper, I know I remain and that I am not touched from all this: every change has nothing to do with me: I am the One who knows and experiences everything but cannot be known or experienced. Even realization or awakening seems a concepts: the only Reality, the only important thing is I, the Subject.

I pray for Total Surrender to You, the Absolute (which is I!)

Deepest gratitude Master,

is All Your Grace,

Loris

Dear Loris,

Your awakening experience is proceeding well.

The process and experiences are a little bit different for everyone.

This is the overall view. Consciousness wants to have hundreds of different stories about its nature. Ramana had one story, Robert Adams had another story, Muzika has another story, Rajiv has another story, and soon you will have your own story.

At this point you are doing exactly what you should be doing, letting the awakening process unfold through you without interference.

I love you a lot Loris, and may you save hundreds and thousands of humans and animals through an unfolding life of love and compassion and knowledge.

Edji

Posted by Ed Muzika [3 comments](#)  [Links to this post](#) at [9:26 AM](#)

01 January 2011

Oh Master, dearest Edji,

Love begins to emerge,

Love for You, the Absolute,

You are the only Reality,

The Reality behind this passing show of consciousness,

The Reality of each of us, expression of this consciousness,

I Love You only,

in every being and form,

You are my All,

You are The All in all.

Total Surrender to You,

my Love,

Loris

Posted by Ed Muzika [0 comments](#)  [Links to this post](#) at [7:39 AM](#)

3. Letters from D.

Edji – Letters from D.

30 January 2010

Dearest Ed,

A couple of weeks ago, you recommended I read and ponder Pradeep's 'Nisargadatta Gita' daily.

It was so profound - and obvious! - that it struck like a lightning bolt. My practice and conviction intensified. The 'light episodes' got more intense and it felt like I was being vacuumed clean from 'above' by a very powerful Dyson!

Initially, I felt elated. "At last ..." I thought, "... this would be the source of unalloyed happiness, joy, bliss!"

Well, that's what thought did!!! The original 'I Am' seemed to 'change' and become all fuzzy. It even split off into 'unreal?' bits??

During these 2 weeks, I appear to have been going through a whole range of 'weirdness.' I'm still 'passing out' every day for hours - and come back (it seems) on the realisation that I haven't been breathing. There's a bit of panic with this and my chest feels crushed empty. I've been boiling hot, freezing cold, my body hurts everywhere - it even feels like there's a wee alien taking footsteps under my skin - and nothing makes any sense anymore. I'm forgetful, confused, can't think straight. I can't talk to anyone either, like I've developed a fear of connecting with people.

It appears I'm literally going to go nuts and/or just burst right open at the seams with the seeming immensity of the 'problem' that I appear to have been 'stuck' on for the last few days (despite intense practice etc.)

There's this total and utter emptiness, desolation, despair, aloneness ... nothingness ... pointlessness. Disappointment. Anger that I've been 'lied' to ... cheated ... that all this time I've been looking to uncover the bliss of my True Nature ... the God within ... and there's absolutely nothing there.

I'm inquiring as to whom all this comes but just seem to be in the same space. Nowhere. No-one there.

It's like I've died to everything ... even to hope itself.

I would soooooo very much appreciate any direction you can offer Ed in what appears to be a very dark time.

I've been calling out to Robert for help and surrendering all this 'appearance' to him. All I'm aware of is "All is well and everything is unfolding exactly as it should." I'm hanging onto that!!

Love, D.

RESPONSE:

Your true nature is neither emptiness or fullness. You are beyond both.

All these experiences you are having have nothing to do with you; these are happenings in the consciousness you identified yourself with. That emptiness nature is the nature of pure consciousness.

The not breathing means your entire being is relaxing and going beyond body identification to nothingness. It happened to me, to Ramana and to Rajiv. Usually the breathlessness is associated with a "heart" location.

What is happening to you over days is what happened to me over a few hours. You feel like there is nobody home to watch the farm, so who is in charge? Right?

There is absolutely nothing to fear, you are being liberated.

Ed

TO ME:

Thank you so much for your reassurance Ed.

Love D.

TO ME SIX WEEKS LATER:

My present state...?

I am lost for words. I am overcome.

Wide Awake in Awesome Wonder!

There is the firm conviction of my True Nature, beyond all 'states.' Unborn. Pure.

Time stands Still in Silence. I am continually forgetting the 'dream' of 'me' and abiding in Heavenly Peace.

All is the Light.

I became a 'Lamp Unto MySelf' ... Your Light, Grace, and that of the Masters, Illumined The Way ... Perfectly.

There arose a spontaneous 'pull' to return to the hospice, to comfort those in 'darkness,' with the 'awareness' that 'I' do nothing.

In Reverence, Love and Gratitude I bow,

D.

02 February 2010

Beloved Ed, my very own True Self,

It's incomprehensible that there could be 'more' of 'This' ... I am intoxicated in drunken Divine Union. I cannot contain my Self! Yet I am Thirsting for more ... All self consciousness is gone. And I explode!

This Heart is bursting, ripping, pierced - over and over - as if by the spear of the Angelic. Tears of Joy spurt forth as an Infinite fountain.

A 'voice' spontaneously arose from the thoughtless, timeless Silence ... "I Am Christ Consciousness Immanent, I Am Christ Consciousness Transcendent."

I am Abducted by Rapture. Such Glory! Exquisite, indescribable Beauty. And yet Peace, Perfect Peace.

The body is tireless, always 'Awake,' yet incapacitated at present. It needs nothing, but drinks deeply in the Eternal timeless 'now.' This cup has burst and is overflowing with your Grace and that of the Illumined Ones.

In the appearance, 'before' it began to 'empty' out so utterly ... 'before' falling into the endless depths of a despair which seemed to last for eons ... Krishna appeared to say it would come to pass that it would be purged to the very last drop and then, it would not only be filled to capacity, but would be overflowing. I gush in the Ocean of Splendour!

Just as One can only imagine a woman does, when handed her baby for the very first time - there's an immediate 'forgetting' of all the pain and fear of the 'process' as she is Enraptured in

Union with the Purest, Sweetest, most Tender Love and Innocence of her newborn infant that is Christ Himself ...

Deep breath ...

Yes, Robert certainly does work in wonderous and mysterious ways! It 'appears' I took a 'walk' with He and Dimitri a while back (during this 'emptying out') 'though there's no recall of any words.

You and Ramana were 'there' just 'before' the 'final' letting go. So there arose absolute certainty that it was 'safe' to do so.

There is such a 'pull' to share this 'wine,' this Light, with those appearing to be in 'darkness.'

Ed, I am suspended in a Love and Trust that has no end. I Bow in Reverence through all Eternity (and beyond!),

In Devotion and Surrender,

D.

4. Letters from J.

Edji – letters from J.

11 February 2010

ANOTHER RARE ONE. I Am blessed to be present at the birth of another Jnani.

Sent to me:

Existence itself is now meditation, involvement in the world happens with deep witnessing that everything is happening spontaneously, resistance is gone. There has awoken in me the deepest need to relieve human suffering from pushing cars out of the snow, to talking with people about natural cures for their ailments, I cant drive past a brokedown car without stopping to help. There is no longer concern about the body, my diet has evolved to where meat sickens me, fast food sickens me, I only want fresh living foods, clean water etc. Yet all the while these things are happening there is a knowing that its a dream and I am the dreamer.

I'm not choosing to be on a mission to do anything yet there has been a complete metamorphosis of the old body mind patterns. Anger is gone, irritability, stress is gone. Yet there is a knowing none of those things ever happened to "me" It feels like there is a space behind the world that knows and watches, yet has no describable qualities, and I am that. Interest....no more like the complete obsession with reading spiritual books, listening to podcasts etc has fell away. Jesus saying we are in the world but not of it says it well.

Yet at the same time the true "I" has never been In the world, yet without the true "I" the world is not. Awareness prevails through the everynight rollercoaster of lucid dreams, then when waking happens it is seen that "I" did not wake up, more like changing the channel on television. The world appears ethereal and light, see through if you will. Dreams are just as vivid as this world, I get hungry, use the restroom, hurt, feel joy, etc yet even in dream its realized that those things are only pictures on the screen of me. Sometimes the dreams are more like movies where I am not even a character in my own dreams, just the viewer. Thoughts are nearly gone, and knowledge of worldly things seems so worthless. Thoughts that do arise are not taken to be of any importance, thoughts of the past are never there, Tv, the net, news, none of these things interest me.

My drive for business has severely diminished, short term memory requires effort. Yet its not empty or nihilistic, it feels like the world is me and I am the world, yet untouched by it. Despite the nonreality being seen through, a sense of compassion and a tremendous drive to end human suffering makes life worth living. As far as the meditation, I gave up meditation after realizing it was a constant chase to get back to certain experiences. I had one where I could feel my heart stop, breath stopped, and it was like transcending this whole plane into all encompassing bliss light, and ecstasy beyond comprehension, its now seen that even that doesnt touch me.

I have started meditating again and its different, meditation within minutes involves loss of all consciousness of this world and a feeling of surfing sceneries in consciousness, one dreamscape after the next, yet different then dreaming, more like something in the third eye. I am unclear what the void is, I don't think I have met it. At this point it feels there is nothing left to be done, should meditation continue?

When I used to meditate more I would often experienc a feeling of sinking into my bed into total blackness and emptiness with no body or room consciousness, those experiences showed me the unreality of the world. The only thing that is missed some is when I used to meditate, sometimes a palpable bliss would radiate from every cell of my body, I was so immersed in love. Those feelings are not as strong, but the peace overrides any real desire to get back to that place. Synchronicities happen around me nonstop, babies and animals are drawn to just be close to me, yet they seem curious. The only thing of real interest to J. is meeting people where they are and if they are suffering, doing what I can to help.

I started with you, then got lost in the neo advaita podcast world, I just could not "hear the message" There was a knowing that I didnt exist, but I had not yet Identified with the real I or Source which was why love and compassion were lacking. You are God with the mask of Ed, and such a blessing, I bleed gratitude to you my friend.

Although the peace and love is steady, the really blissful times are gone. It is seen that those are still just happening to the charachter Jeremy and not me. If you have any further advice I would be honored if you would be so kind as to share it. I realized by Rajivs posts that I was lacking the complete love, devotion, and undying devotion to trust the guru, I neglected some of your earlier advice out of ignorance, because listening to podcasts was so much easier. When I read your correspondence with Rajiv I felt so much love for you, my Sadguru appearing as Ed. I am sorry to have been unappreciative for your grace, I will not make that error again.

Also I realize this is a bit rambling, this is just how things spill out these days, no rehearsal, no thought, just an email writing itself.

Should meditation continue? If so what would you suggest?

Boundless respect and gratitude,

J.

I then asked the previous poster, J. some checking questions, to see if he had indeed attained Turiya and gone beyond to the ultimate witness state, Turiyatta as had Raviv. He answered all correctly. He was not the void because he knew the void, and all appearances and consciousnesses came and went and he observed them as if they were different channels on a TV. He knew of his ultimate existence by inference. This is perfect. He stated:

I cannot be the void, since I know the void, I observe the comings and goings of consciousness in the same way that I can watch a movie, and change the channel. Same feeling of observing, yet different scenery. I appreciate your warning, many times over the two years that we have corresponded, I saw this yet, what I did not see was that I was not Turiya, but the witness of Turiya. My real state can only be known by process of deduction. Its clear I am not the body, not the world, not even the awareness (turiya) because I am aware of the awareness.

You say that I have gone as far as my own efforts can carry me, which of course makes me wonder, is there a deeper level? I as the witness have observed the body in deep meditation literally dissolve, heart stops, breath stops, nothing but cloudlike, indescribable bliss ensues, yet that is not even a constant, however, despite the indescribable bliss.... that made this apparent world seem even more phony! Seeing these many states of consciousness come and go, including Turiya, what could I be but the witness of all things observable? When consciousness is being observed beyond the comprehension of human senses, how can I go deeper? It seems that my true being just is and is the basis of Neti Neti. I have no intention of kissing ass, but with the deepest respect, you are a guru of the highest order. There are many flavors of nonduality today (talk about an oxymoron) but most convince you that you are the I AM or Turiya, I disagree since what I really really am observes the passing of even Turiya....Or am I imagining things?

Deepest Respect for your continued tuteledge and dedication to truth

RESPONSE:

No, you have answered all the questions correctly. You fully understand and have gone beyond Turiya. I had to ask the questions to check first.

So few are willing or able to go beyond oneness of Consciousness. They do not ask what happens to the oneness when the body dies. It never pops into their heads to question whether the world continues to be observed through the five sense when the body dies.

What I mean is that your awakening is still an unfolding event. It will continue to deepen.

CONGRATULATIONS!!!!

Deepest Love,

Ed

5. Letters from R.

Edji – letters from R.

21 March 2010

Hi Ed

Sorry for not getting back to you in the two weeks you said. I guess I needed more time to sort some things out.

Anyways, I need your advice please. I can finally 'pinpoint' a wordless sensation of "I Am". Though it itself does seem to change. Sometimes appearing in front of me, other times between my heart and belly, though I know these feelings themselves are not the I am sense. I understand intellectually that this sense is observed and arises in what is observing it and hence it cannot be real either. A lot of peace has arisen just by abiding in this I am though. I am not sure what to do from here, do I just continually abide in this I AM? Or the 'sense of looking or observing' this I AM?

That Nisargadatta-Gita you gave me, has been a tremendous help !

Thanks a lot!

R.

RESPONSE:

For now, abide in the feeling I Am. Get to know it full well. The the I Am eventually will become the observer by itself.

Ed

TO ME (Two weeks later) :

I've undergone quite a change in perception. It is as you said. It's like the I sense feels foreign and I'm observing it. Sometimes it feels like I have nothing to 'cling on to' as the I Am sense or 'me'. So I guess now it's more a thing of being 'me' and resting as that?

Thank you

R.

RESPONSE:

Yes, yes, yes!

Find that which feels most like "me" and then rest in it.

Ed

TO ME:

I feel like something is going to happen pretty soon. I feel like I am losing myself. It feels like things happen on their own at times, like a thought or my body moving etc. Concepts feel strange and foreign, even an urge such as hunger for example. It just feels like it's there. I don't really know how to explain this. But I also feel frightened and I don't know why. It feels like this enquiry also happens with very little effort and runs on its own spontaneously. It feels like something is pulling 'me' along ?? Any advice would be great, but I'll keep abiding.

Thanks!

R.

RESPONSE:

R., you are doing well. Don't let fear deter you, continue to go straight ahead as you have been doing.

TO ME:

I hope you are well (how could you not be lol). Anyways I have a question, would like your guidance. I have had a taste of Turiya quite a few times, some more 'deeper' than others. I can see that thoughts and so on, desires, etc are empty and just float on 'my' surface. My question is, is it necessary to stabilize there 24/7 to go beyond? Because it comes and goes (get distracted and seem to 'chase' the images on the surface). Though I try to self-abide as much as I can and it comes, without seeing Turiya as the actual goal of course. There have been points where I can see that anything I am is beyond mind or any appearance and I can understand why any attempt at describing is futile, though of course some 'I' still remains. Would Turiya eventually become more permanent the more I go back to it?

Thank you, I have deep gratitude for your help, its much appreciated!

R.

RESPONSE:

Stay away from labels such as Turiya, the Absolute, Consciousness, etc. They only make sense within the context of a philosophy of existence and knowing. You want to go beyond all understanding and knowing, which is just the mind. The point of all true spiritual philosophy is to satisfy the mind with explanations, so that it doesn't wander in thought any longer, and stops and observes and rests in the fundamental state.

Therefore, just stay as much in the sense of 'I Am' as you can, whatever that means to you.

Like I say, that sense varies as meditation matures. All through the day, go to that place whatever you are doing, and of course in formal meditation.

But you have to become totally stupid without any understanding of Advaita philosophy or terms.

Ed

20 March 2010

TO ME:

I am constantly watching now, Sir. Sometimes I get involved and forget myself, but not very often anymore. It all just happens and it happens to the 'I Am' not me. The 'I Am' experiences the frustration, the 'I Am' experiences the pain, or happiness, but I just watch - nothing affects me. I am that steady thing in the background and I watch the unfolding of consciousness in front of me.

It's odd. When I walk or move I get the feeling I'm not going anywhere. The consciousness is changing to give the impression there is walking, but I am still, not moving, just watching from the place where I have always been. Space doesn't feel as big anymore. It almost feels like I'm inside of an enclosed room, but that room is so miraculous that it can morph and change to give the perception I'm standing outside under the stars, or at the foot of a mountain. In truth, though, there is only that room, which is consciousness. There is no mountain. There are no stars. And when the lights are off in the room, I don't know it's there, I don't even know I am there!

Anyways, that's all for now! Hope all is well with you!

R.

RESPONSE:

Very, very good. Not many have this kind of positive experience. This is pure grace. Your experience is very deep and will continuously change and mature over time.

Ed

6. Letters from Umah

Edji – Letters from Umah

15 October, 2010

Another awakening Experience:

Hi Ed,

Two nights ago, as soon as I woke up from deep sleep, the sense of I remained the EXACT same. Meaning, when I woke up, I didn't remember my name or where I was, but the sense of I did not change from sleep to waking up, and there was not even a second that passed where I could feel a transition of the I. Because usually, there is a delay from the time I wake up to the time I start to sink to my usual I. But this time, it was very clear and calm. It is very peaceful. This I, has remained.

During waking state, the I is very clearly 'felt'. Everything in front of me is happening on their on. I have nothing to do with it.

In today's meditation, nothing other than joy happened. As soon as I sat, I started sinking. I felt my heart beat faster and faster. Then, all I can feel was joy. The joy was tremendous that I even had tears. There was nothing to see. In the previous times, I was sure to see objects and other things. But this time, there was no effort on my part and nothing to see. It feels like I am or I was 'in' my joy. I know it sounds strange. But that this how I can describe it now.

Thank you,

Do you see you are far beyond (or before) anything in the world, your body or mind? You are untouched, untouchable, the real witness who has no existence herself.

Response:

Yes, I definitely see that I am beyond the world, body and mind. Now, I am slowly understanding your words and teachings. And I will try to maintain this and see where it takes me.

More importantly, all this was because of your grace, teachings and love. You have a very strong grace.

Thank you so much for this joy.

Umah

Response:

Now she needs to maintain it or repeat it if she loses it, until it becomes her identity: the identity of the absolute, or the final and true witness. Even this concept gives way after a while, with no absolute, no witness, no understanding. One has passed through and understood the whole thing completely and dropped it.