

MESSAGE FROM WAYNE

Hello my loves,

There is no antidote for fear. It cannot be countered so it must be permanently dissolved. You can gain temporary relief from it with activities like prayer or meditation or rationality or helping others but fear is like a weed in that unless the root is removed it will always reemerge.

The Living Teaching is a collection of pointers that focuses on the root. Fear and the suffering it engenders arise from our sense that we are separate, independent and powerful entities.

One of the most common spiritual misconceptions is that it is your sense that you are a person that causes fear. But it is not that simplistic. The Living Teaching urges you to look deeper! There is something that attaches itself to your personhood and perverts it. It is very stealthy and difficult to catch. But it leaves behind a sign...which is your feeling of being independent and responsible. Look deeply at this feeling of independence and perhaps you will see that lurking behind it is the mysterious quality that usurps your identity and fosters the fear.

When the illusion of independence is intuitively seen, that which the jnani calls Acceptance and the bhakta calls Love is revealed to be ever-present.

May it find you now!

With love,
Wayne

A LIVING GEM FROM RAMESH (never before published)

In regard to the question of how to decide upon a proper Guru, the Maharshi's answer was that he is the proper Guru to whom your mind gets attuned. The one in whom you have faith is your Guru. And yet, being critical of every person you come across as a Guru will not enable you to keep an open mind. (In other words, you will go to that person who is destined to be your Guru at that time.)

MESSAGE FROM WAYNE

Hello my loves,

I love you
I love you deeply and profoundly
In the way a mother loves a child
Absent the annoyance of belief
Unburdened to the weight of conviction and free from the tyranny of expectation.
I wish I could give you this gift
That was so freely given to me
This relief from suffering
That resides in a place
Beyond space and time
But alas, it is not a gift
That is mine to give
I am but a simple instrument
A tool in the hands of the Source
I can only hope that when you look into my eyes
Or hear me speak
Or read my words
Or sit silently before me
You will glimpse the eternal Presence
Of this moment
And remember who you truly are!

With much love,
Wayne

A LIVING GEM FROM RAMESH (never before published)

What is my true nature?

Your true nature is what you know in deep sleep.

But I do not know anything in deep sleep.

That is correct: you cannot know anything in deep sleep.

What does this mean?

It means that your true nature is the absence of the “me” who wants to know his true nature.

MESSAGE FROM WAYNE

Hello my loves,

Ram Tzu made a rare, surprise appearance recently and delivered this:

You mistake sweetness for Truth.

You are drawn to the gentle smile
The reassuring gaze.
The soft voice
And kind word.

If it makes you feel good enough
You assume the hand of God
Has touched your heart.

It is the cruelest trap of all
And you keep falling into it
Lured by the promise
Of goodness
Of progress
Of attainment.

You pass the Sage
So crude and ordinary
Without a glance
His common words
Mere animal grunts
In your ears.

Ram Tzu knows this:
The path to Salvation
Is in the dirt you step on.

With much love,
Wayne

A LIVING GEM FROM RAMESH (never before published)

A true understanding brings about the realization that enlightenment as something to be achieved by personal efforts is really a spiritual bauble for grown-up children, who see a finger pointing at the moon and keep looking at the finger.

MESSAGE FROM WAYNE

Hello my loves,

What is the quality that defines the sage?

It is a question I am asked in one form or another at nearly every Talk. I wish I had a better answer.

The difficulty is that most people (those in whom the False Sense of Authorship is still active) know two states of awareness...personal and impersonal. The personal is the state in which the FSA is involved and there is a sense that "I" am responsible for my thoughts, feelings and actions. It is the sense that "I" should do better and that "I" should BE better. The world is thus felt to be out of order.

The impersonal state is the blessed relief from the sense of wrongness. In the impersonal, the Universe is felt to be whole and complete. There is no pesky "I" there. Without an "I" , the FSA has nothing to attach to. It is expansive, unitive and often blissful. Nearly everyone alternates between the personal and impersonal states.

The sage is one for who there is no separation between the personal and the impersonal. To say, "I am Source" would be meaningless. For the sage, the Unity is unbroken and so a distinction between personal and impersonal is inconceivable. Life is intensely personal by its very nature and the sage lives it completely. Or to put it another way: The sage lives a totally personal existence, impersonally (of course!).

With much love,
Wayne

A LIVING GEM FROM RAMESH (never before published)

The present moment – here and now – is basically in a different dimension from the “present” in the flow of time from the past to the future or from the future to the past. In the flow of time, there is actually no “present” because perception of any event, its registration in the brain, needs a certain time – the tenth of a second – after the actual happening of the event. This means that in actuality we are always living in the past. The here-and-now witnessing the flow of time is like a spectator watching the flow of the river not from within the river but from the bank or from the top of a culvert across the river.

August 2014

MESSAGE FROM WAYNE

Hello my loves,

Today I am in love with the world. Not for any particular reason. Other than the fact that it is amazing to be alive. To breathe. To eat a sweet, juicy peach. To touch the flesh of my beloved. To chat with a friend. Shake my head at the news...riots, disease, executions, atrocities...none of which are in my house at the moment. Scratch a bit of sleep from my eye. Catalog today's minor aches and pains and hope I am given the power to get down on the floor and stretch. The fish swim circles in the pond. I can see them without looking. Their problems are not my problems.

Today I am in love with the world. This wild, intolerable, mashup, formlessly in order. I am always surprised to experience it this way. It is like when the sun comes out in Scotland. Probably a good idea to strip naked and enjoy it while it lasts!

Much love,
Wayne

A LIVING GEM FROM RAMESH (never before published)

In the whole of the language, it is doubtful if there is any word whose significance in the phenomenal material world is precisely the opposite of its significance in the spiritual world - except the word "surrender". The word "surrender" denotes absolute ignominy in material life, while in spiritual life it is at once the beginning and the end of success, liberation, enlightenment, awakening. Unless the "me" is surrendered, the gates of self-knowledge, of the unicity of "I", will not open.

MESSAGE FROM WAYNE

Hello my loves,

The Living Teaching is like rain. You don't have to run under every droplet to get wet.

The Universe has brought you to the Teaching. It has given you the desire to Know. It has energized you to read and listen and investigate. All that is necessary has been supplied....and the realization (should it come) is that it has not been supplied by you. You are the recipient, not the provider. You are the vessel into which has been poured the elixir of life.

Wait, wait wait! cries the seasoned non-duality student. I am not the vessel, I am the elixir of life itself! Believing I am the vessel is the bondage!

True, true, true! says the sage. But it is only the vessel that knows this.

With much love,
Wayne

A LIVING GEM FROM RAMESH (never before published)

In regard to the question, "but what am I supposed to do?" - if it was persisted with - the only answer can be, "Do whatever you like." Until the understanding settles itself into apperception, in its own good time, all that the supposed individual entity can do, is to continue living in his own way. As e.e. cummings put it, "If you can be, be. If not, cheer up and go on about other people's business, doing and undoing unto others til you drop."!

June 2014

MESSAGE FROM WAYNE

Hello my loves,

You must have faith.

The Living Teaching is built on the principle of investigation. True faith is understood to be sighted rather than blind. It arises naturally out of the recognition of What Is. Faith and Acceptance are bound together. Whatever you look deeply into may lead you to confront the Mystery that lies at the root of everything.

Faith is nothing less than the profound Understanding of what truly Is.

May it find you now!

With much love,
Wayne

A LIVING GEM FROM RAMESH (never before published)

Every experience is in a sense new and fresh, and at every moment of our lives we are in the midst of the new and the unknown. When you receive the experience without resisting it or naming it on the basis of past memory, the whole sense of conflict between “me” and the present reality disappears. This conflict is ever gnawing within us because our lives are one long effort to resist the unknown, the real present in which we live, which is the unknown in the midst of coming into being.

MESSAGE FROM WAYNE

Hello my loves,

The heart and mind are not separable. You have both. You ARE both. When we talk about the Living Teaching moving from the mind to the heart (or vice versa) we are talking about an integration in which the mind and the heart combine to facilitate expanded awareness.

The mind struggles and builds structures. The heart soothes and integrates. The mind excludes saying, "this is different than that." The heart includes saying, "this and that are One." Both are essential for living. Both are essential for Understanding.

May it find you now!

With love,
Wayne

A LIVING GEM FROM RAMESH (never before published)

It may be agreed that what we are seeking is "happiness" but, again, we really do not know what we mean by happiness. It may also be agreed that we need truth and wisdom to know what happiness is. But where do we find truth and wisdom? Perhaps the only way to get the answers to such questions is to go right back to the child's early question? Where have I come from? – meaning, what is my real nature? An even more basic question which could perhaps lead to the answers to these baffling questions is: What is our normal state of existence?

April 2014

MESSAGE FROM WAYNE

Hello my loves,

There is magic in letting go. It is not an art or a science. You can't make it happen. But through the alchemy of life, letting go sometimes happens and when it does the futility of trying to arrange life to look the way you imagine it SHOULD look is revealed.

Letting go is the antidote to control. When letting go is happening there may be effort but there is no struggle. It may seem like a paradox but in the relaxation that accompanies letting go there is vitality and strength. Anxiety and fear no longer siphon off energy. Success in your endeavors is not more assured when you let go but failure is recognized as a viable aspect of life.

The Living Teaching is here to foster looking. Simple looking. And sometimes when there is looking there is seeing. Letting go is a part of this seeing.

May it find you now!

Much love,
Wayne

A LIVING GEM FROM RAMESH (never before published)

If you asked a Jnani what he would do, if he found his wife in the arms of another man, if he suddenly lost all means of livelihood, if he suddenly became deaf, dumb and blind, if this, that or the other happened, there could be only one answer: I do not know what will then happen. The question is from the viewpoint of the individual, the answer from that of Totality.

March 2015

MESSAGE FROM WAYNE

Hello my loves,

I am like a hunter/gatherer rather than a nomad. I go out on trips...sometimes long ones, but I rejoice in the home I return to. This life is a blessing and a benediction. I am carried to distant places to sit with you, to Talk a bit and to point to the lie that rests as the base of the suffering. Then I am swept back to open my mail and cradle my Grandkids in my arms, to laugh with them at all the silliness that abounds and to chase soap bubbles on the wind.

I walk past a drunk passed out in a spreading puddle of his own piss and know that all that separates us, him and me, is an instant of Grace. The pretty ideas about Nothingness and Illusion and Spacious Awareness suddenly seem petty and meaningless.

I write this to you and you take the time to read it and perhaps consider. I have been a Teacher far too long to imagine that I know how to teach. Yet the Teaching continues to happen! It is in the words and in the white space too. At once, profound and empty. Sublime and ridiculous. You can never get it but my wish for you is that it finds you now!

With love,
Wayne

A LIVING GEM FROM RAMESH (never before published)

What brings about the sudden wish to pray? What brings on the sudden urge to know ones true nature? What brings to a sudden halt the constant creating of images by the mind based on the memories of the past and the hopes in the future? What brings about the sudden beingness in the present moment, making time stop? For want of a better word - if a word must be used at all! - I would say GRACE: God's grace, guru's grace. But the question itself ceases when it is remembered that all of it is part of the impersonal functioning of Totality.

February 2015

MESSAGE FROM WAYNE

I love You. You are amazing. You have given me so many gifts. You have given me breath. You have given me consciousness. You have given me, me. And as me, I now have the capacity to feel.

You have given me everything I have and that I will ever have. The gratitude is overwhelming. Even my pain is a gift.

Everything around me is vibrating with the luminosity of Your existence. You are everywhere. Within me. Outside of me. All is You. You cannot come to me and I cannot go to You because we are not two. And yet I feel gratitude towards You as if You exist, which of course You do not. You have even allowed me to create You so that I can feel this.

One moment this makes me laugh, the next moment this makes me cry. Such is the agonizing beauty of life!

Seeing this clearly is the greatest gift of all! May it find "you" now!

With much love,
Wayne

A LIVING GEM FROM RAMESH (never before published)

A person who has just started learning to swim, and has to make considerable effort just to keep afloat, will find it difficult to accept that it is possible to float effortlessly. So also, a seeker beset with a plethora of questions and problems, will find it difficult to accept that the seeker is the sought, that the veryseeking is the problem, and that it is possible to float through life naturally and effortlessly, without a sense of doership.

MESSAGE FROM WAYNE

Hello my loves,

I am the dreamer and the dreamed
The ocean and the wave
You are me
And I am you.

The boundaries define us
But do not limit us
We cannot be contained.

For us the impossible is always possible.
The mysterious resides within the known
And The Known will always be a mystery.

We are mortal and yet Eternal
Death cannot harm us
It merely transforms us.

Follow me if you like
Reject me
Exhult me
Love me
Hate me
None of it has anything to do with us.

I will be here until I'm gone.
Then another will arise to take my place.
We walk this path together in this moment
Entwined like lovers
Of the same flesh.

I give you my heartfelt thanks
For all you have brought to me
Knowing beyond doubt
You could have done no more
Or no less.

So let us sing our voiceless song
And rise above the mindless chatter
To touch and be touched
As only we can.

With much love,
Wayne

A LIVING GEM FROM RAMESH (never before published)

Self-enquiry begins intellectually at the level of the "me": who (or what) am I? This begins with the gentle urge to know that something which presumably must exist prior and beyond birth - living - death phenomenon. A certain amount of reading and cerebration on the subject brings about an intellectual belief that the "me" is nothing more than an accumulation of images in the consciousness, though one's own impressions would no doubt be more flattering than those of others!

At this stage there is an intellectual understanding that the "me" cannot be anything other than a concept and that therefore the "I" must be something more substantial, though perhaps formless as a sense of presence (which does not change as the body ages), the I AM. Then the urge to know proceeds implacably further, and the knowledge arises that this I AM also cannot be anything other than a concept, though certainly more basic, more fundamental than other intellectual concepts. This sense of presence must inevitably be interconnected with its opposite, the sense of absence which arises in the deep sleep state or under sedation. Then, at the appropriate time, when the time is ripe for the happening, there is the sudden realization that what-is, reality, must be the absense of both the presence and the absence, in which there is no need of any awareness of any kind - the void, the plenum, the potential throbbing energy = the I-I-I. And the self-enquiry disappears.