

ENLIGHTENMENT  
FOR  
BEGINNERS

# ENLIGHTENMENT FOR BEGINNERS

Discovering the Dance of the Divine

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## ATTENTION!!!

THIS BOOK IS OFFICIAL CLUE # 4325

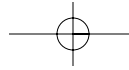
This is really a book about YOU.

It's a little story about who you *really* are and how (and why) you became what you are pretending to be.

This book is not meant to *instruct* you or to give you any *new* information. It's just here to remind you about something that you keep forgetting about yourself.

Something rather ASTONISHING!

But don't worry. If you don't get it this time either, you'll just remind yourself about it again... *later on!*

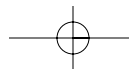
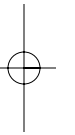
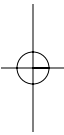


If I am I  
because you are you,

and if you are you  
because I am I,

then I am not I  
and you are not you.

—Old Hasidic Saying



# REALITY

## A POINT OF DEPARTURE

If you're a young kid, you might just want to skip this first section completely and get directly into the fun part of the book itself. That's OK. This introduction has actually been written for the bigger people who might be needing some more background in preparation for their "journey."

Anyway (if you're still reading this), I don't want you to *believe* anything that's in this book. (And, yes, I really do mean that.) I especially don't want you to trade in your beliefs for what you think are my beliefs. I'm also not looking for your agreement about anything, and I'm certainly not interested in being *right*. Since none of these things are really provable anyway (at

least, not in the usual sense), I only want you to consider them as possibilities!

OK, so here's the Big Question: Do you really know the difference between what is real and what isn't real? Yes, I know that you think you do, but the actual truth about it may really not be that simple.

So, this little book is here to show you how (and why) you've been fooling yourself into mistaking the appearance of reality for Reality itself.

Why is this so important? Well, since you've gotten a bit confused about what's really *real* out there, you've forgotten something about yourself that's absolutely, well, INCREDIBLE!

In fact, it's so easy to forget this special "something" that, believe it or not, you've actually created a lot of different ways to help you to remember it again! Who knows? Maybe this little book will turn out to be one of many thousands of clues that you've secretly arranged for yourself.

So, here's a quick test to take when you're finished reading: if a deep part of your heart begins to resonate with what's being implied here, then your latest reminder to yourself has been successful.

Anyway, let's start with where you're at right now. At the bottom line, you probably consider that the universe is really made up of only two basic things: first, of course, there's you, and then there's everything else that's not you. Or, to put it another way, what-you-say-you-ARE is very different from what-you-say-you-are-NOT.

In fact, ever since you were an infant, you've been assuming that the common boundary between these two opposing realms (the I and the not-I) was determined by the physical outline of your own body.

Pretty simple, right?

Although you'll get a lot of cultural support for this separatist point of view, please remember that much of man's history has been painfully shaped by the conflicts that this belief has created.

Even our western religions openly assert that there's a fundamental separation that exists between man and God. You know the old story: because we're all so sinful, they say, we have to struggle hard on this earth in the hopes of, someday, being united with God in heaven. It's a fascinating story, and it certainly has created a lot of melodrama.

But now I'd like you to consider another story. You see, this dualistic model of the universe can be simplified even one step further. Instead of the two things that you had before (*you* and *everything else*), what would happen if you began to consider the universe as just being YOU?

In other words, in spite of what appears to be to the contrary, YOU may actually be (for lack of a better term) what IS.

That's right! You = the Universe! Yes, absolutely ALL of It! *The whole enchilada!*

Now, when you begin looking at yourself that way, then any feelings of separation automatically disap-

pear! Why? Because, if there's nothing that's NOT you, then there's nothing that you can ever be truly separated from! And, for that matter, there would be no one really "there" to be doing the "separating" anyway! Everything (and "everybody") would be, quintessentially, only ONE. Period!

Now, if you're still with me on this, let's walk down this path a little further.

When this imaginary line dissolves between what-you-say-you-ARE, and what-you-say-you-are-NOT, then both of these positions are discovered to be only points of view. In a cosmic instant, any perceived separation between the "you" and the "not-you" is suddenly recognized for being what it truly is: just an *illusion!*

Yes, I totally agree with you. The appearance of the world-as-real is very convincing, extremely melodramatic, and utterly fascinating. But, just like the mirage of a lake in the desert, its essence may only be illusory!

Still aboard? Good! Then let's take another step.

If all separation between you and everything else is, in fact, an illusion, then the so-called “reality” that you experience seems to take on some of the characteristics of a film that’s being projected on a movie screen.

For example, when you watch an exciting movie, it’s very easy to get pulled into the emotional drama that’s unfolding on the screen. But, as you start identifying yourself with the characters and getting swept up into the storyline, *what happens to the screen?*

Well, it’s still there, of course, but you’re just not consciously aware of it anymore. The superimposed movie has, seemingly, “divided” the unbroken screen into moving characters and backgrounds that are all working together to hold your attention by evoking some kind of emotional response. But here’s the point: Without the presence of the underlying screen to reflect the light vibrations that are being projected, nothing ever really happens!

So, in truth, couldn’t we rightfully say here that the screen itself is the *only* fundamental reality?

Here’s where we’re going with this: if separation is truly illusory, then, perhaps, a very similar phenomenon could also be happening for you, too.

Now, please consider the following only as a possibility. Maybe, just maybe, there’s a kind of illusory *you* who seems to be appearing *in* an on-going film that’s called *My Life*. You’re the *star* of this cosmic drama, of course, and, obviously, you also have a rather large *supporting cast* (complete with lots of heroes and villains) who, periodically, enter and exit your *stage* on cue.

But there’s a catch: In order to be able to interact dramatically with these so-called “others,” you have to first experience yourself as a disconnected ego. *In short, you have to pretend to be playing out a role in this drama as a separate individual. In other words, you have to be a “person!”*

However, just like in the movie, the actual reality that underlies your role in the world might also be like a kind of unbroken and seamless screen, too. In truth, this very screen that is supporting the dramatization of your individual movie role may actually be, deep



down, WHO you really are! It may, in fact, be your very own true nature!

This is not a new idea, of course. In fact, historically, this screen has been given many different names: (e.g. Consciousness, Tao, the Self, the Brahman, Spirit, Oneness)

In fact, the oldest eastern religions have long recognized this Great Illusion as *lila*—the divine dance. By completely giving up his attachment to the role that he is playing in his life, the seeker becomes awakened to the pure consciousness that he really always was all along. In a sense, he *becomes* the screen itself by discovering that he already *is* who he has been looking for!

To produce this radical awakening, however, most eastern religions initially follow the traditional path of surrendering to some deity or to some guru. In fact, because of this similarity, they may often appear to be as dualistic as are the religions in the west.

This path of surrender attracts many spiritual seekers, from both east and west, because such an approach

provides them with specific guidelines for their devotion. These include, of course, traditional dogmas, ritualized ceremonies, and the promise of a heavenly reward.

But, there's a big paradox here: the Seeker's very efforts to experience enlightenment only reinforces, once again, this same persistent illusion that he is, fundamentally, separated from the very goal that he is seeking. When that happens, it just triggers still more struggling which, once again, only reinforces yet a further experience of separation.

And on and on and on.

It has been said that the greatest obstacle to enlightenment is getting past your belief that you are not already enlightened!

So, what can you do?

The problem, of course, is that you can't easily talk about any of this. Since words are dualistic, you can quickly get caught up in a lot of paradoxical feedback

loops. After all, says Alan Watts, a fingertip can't really point at itself!

Well, maybe it can. But first you need to point it at a mirror! The secret, though, lies in recognizing the image in the mirror (the world that you see) for being what it truly is—just a perfect reflection of who you are. In that profound realization, you open your heart to loving whatever shows up for you in the world as your very own Self! Your ground-of-being becomes LOVE loving ITSELF!

This same universal Truth (often called the perennial philosophy) has been found in the spiritual literature of all of the great cultures around the world and across the ages.

But this time, however, your gentle reminder to yourself is really very simple. In fact, the main text contains just a little over 2000 words, and you can easily go through it in under 30 minutes. I suggest that you first read the book several times yourself, and then share it with your friends. Please remember, though, that it's only one of many reminders that you've placed along

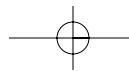
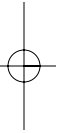
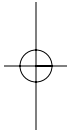
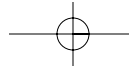
your path. As you become more open to noticing them, they'll start to show up for you as grace.

So, once again, please don't take my word about any of this. As I said earlier, this is not about believing something new. Your true nature can *only* be discovered experientially, so look within your heart and see for yourSelf!

Above all, let go of your ego's desire to want to logically figure it all out. Your rational mind will never be able to become enlightened. Instead, simply trust in the willingness of your heart to being reminded again about something that it has known all along.

You've forgotten about this for a while. But right now, if you're ready, maybe you'll allow yourself to . . .

**R E M E M B E R !!!**



Do you know *who* you are?



I mean,

do you  
*really*  
know  
?



That's not *who* you are.

That's what you are *called*.

Oh, I don't mean your *name*.

OK, then, you say,  
if I'm NOT my *name*, then...



**WHO AM I?**

**WHO** am I?  
Who **AM** I?  
Who am **I**?



Am I my **body?**



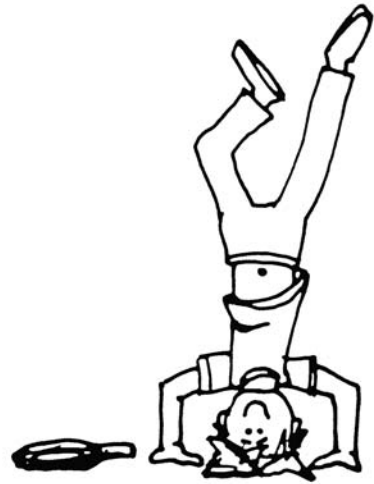


Am I my thoughts?





Am I my feelings?



do

DO

DO

do

Am I... what I **DO**?

DO

do

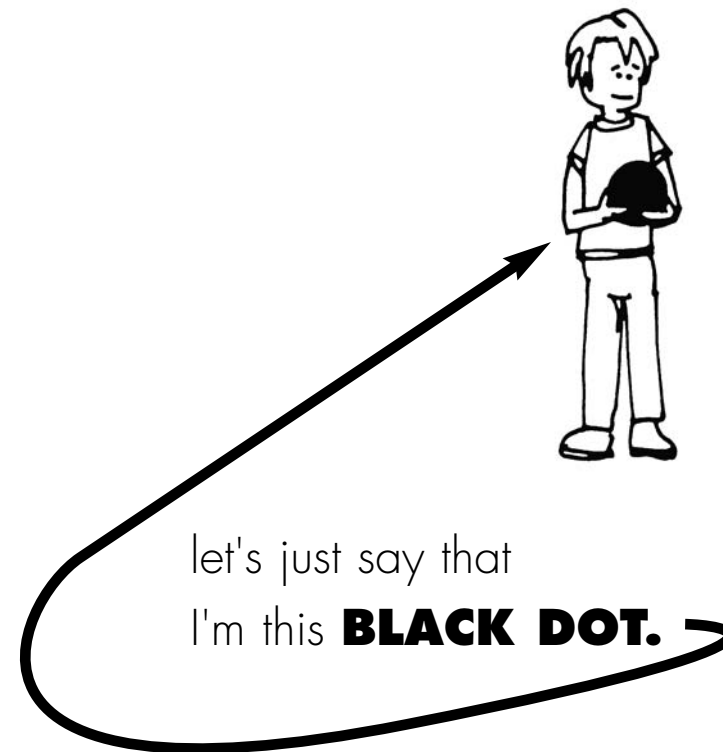
do



And who are YOU,  
and what are YOU  
doing in  
**MY** universe?

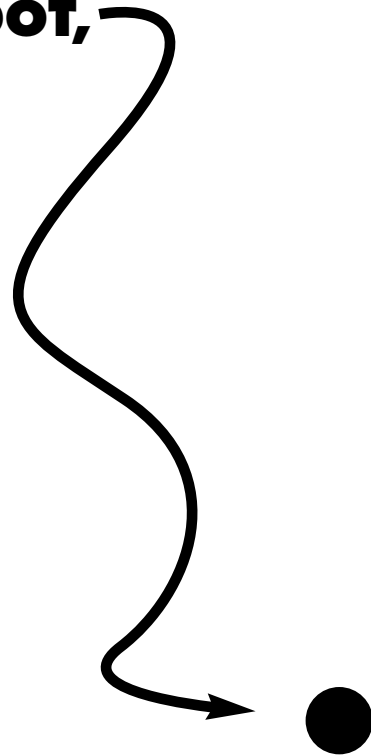
Well, since I really don't seem  
to know *who* I am—

(and, since I have to  
begin *somewhere*)

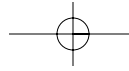


let's just say that  
I'm this **BLACK DOT.**

OK, then, if I AM  
this **BLACK DOT,**



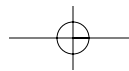
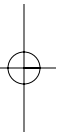
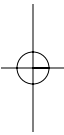
then I have shape,  
I have **color,**  
and I have **SIZE .**

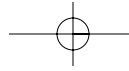


Well, then, if what I **AM**  
looks like THIS,



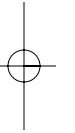
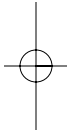
then what I am **NOT**  
has to look like THIS!



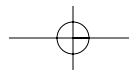


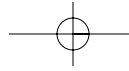
They both look like the same thing!  
Let's do that one again—

**Now, wait a minute!**

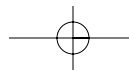
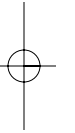
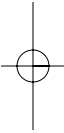
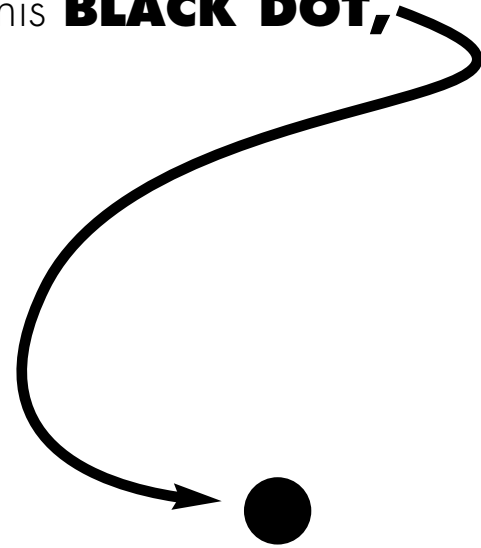


**S L O W L Y !**





If I AM  
this **BLACK DOT,**





then what I am NOT is this



*around me.*



(Hmmm, that's interesting.  
They sure look like the same thing!)

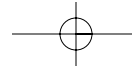
Well, now I'm getting confused!

Am I a **BLACK DOT** on  
a **WHITE SPACE**,

**O R**

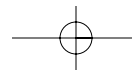
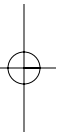
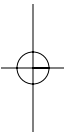
am I a **WHITE SPACE**  
with a **BLACK DOT?**

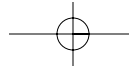
● ?



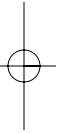
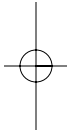
Oh, this is ridiculous!  
*Of course* I'm the  
**BLACK DOT!**

See? This is **ME!**

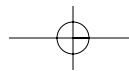


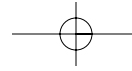


And so *this*  
is what is NOT **ME!**



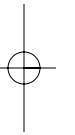
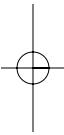
(Hmmmmm. Now why do  
they still look the SAME?)



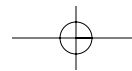


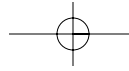
When I show **ME**  
and when I show  
what is not **ME**,

the pictures look exactly **alike!**

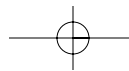
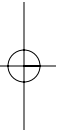
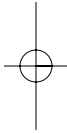


What's going on here?






Does what I **AM**  
depend on  
what I am **NOT**?



Well, let's find out.

If I'm this **BLACK DOT,**



and I take away the  
**WHITE SPACE** around me,  
then what happens to  
the **BLACK DOT?**

What happens to **ME?**



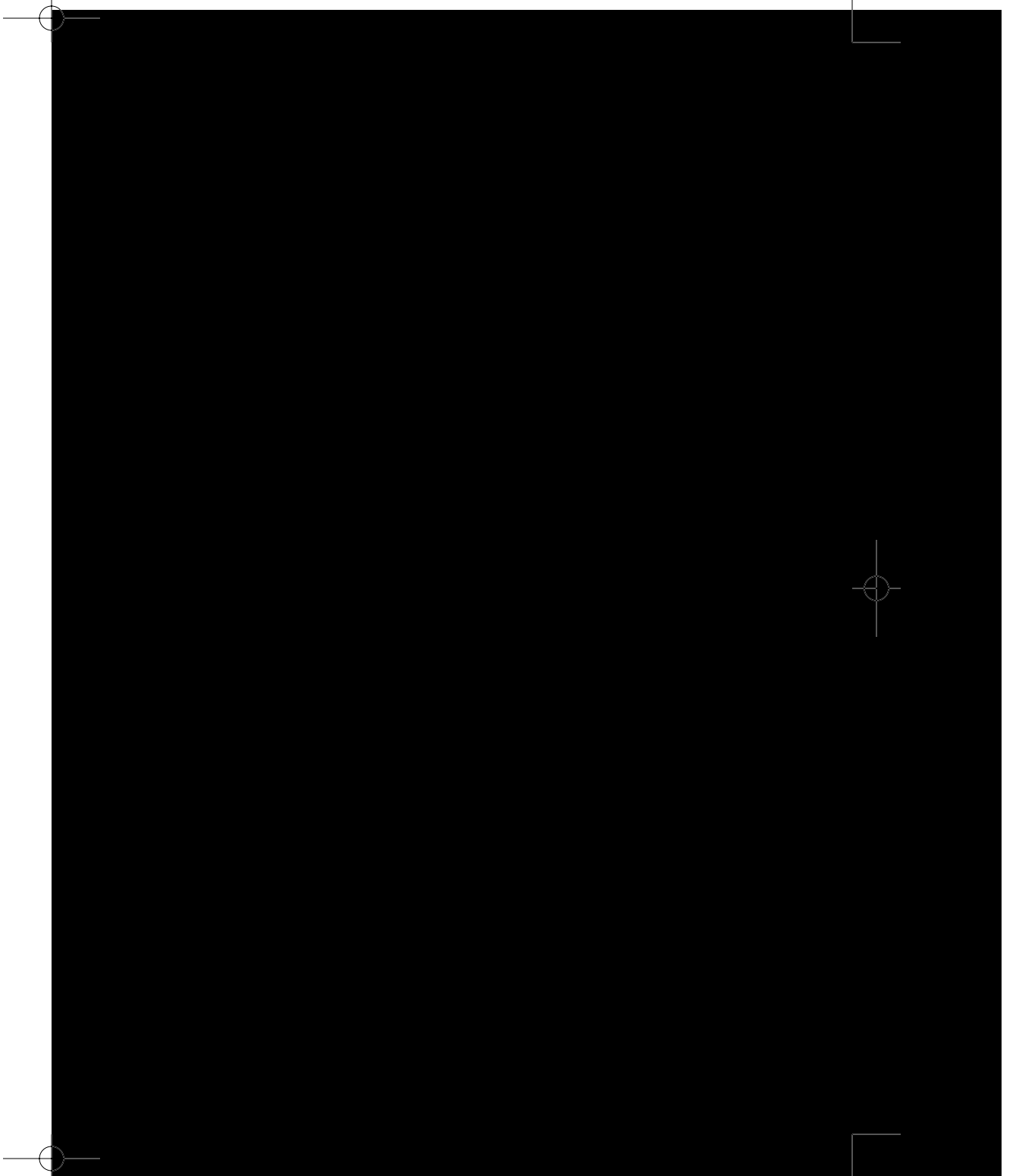


Hmmmmm...

So If I take away what is not **ME**,  
(the **WHITE SPACE**)

then all that's left...

is **ME!**



Hey! Look at **that!**  
If I'm all-there-IS, then I'm

**EVERYTHING**

and I'm

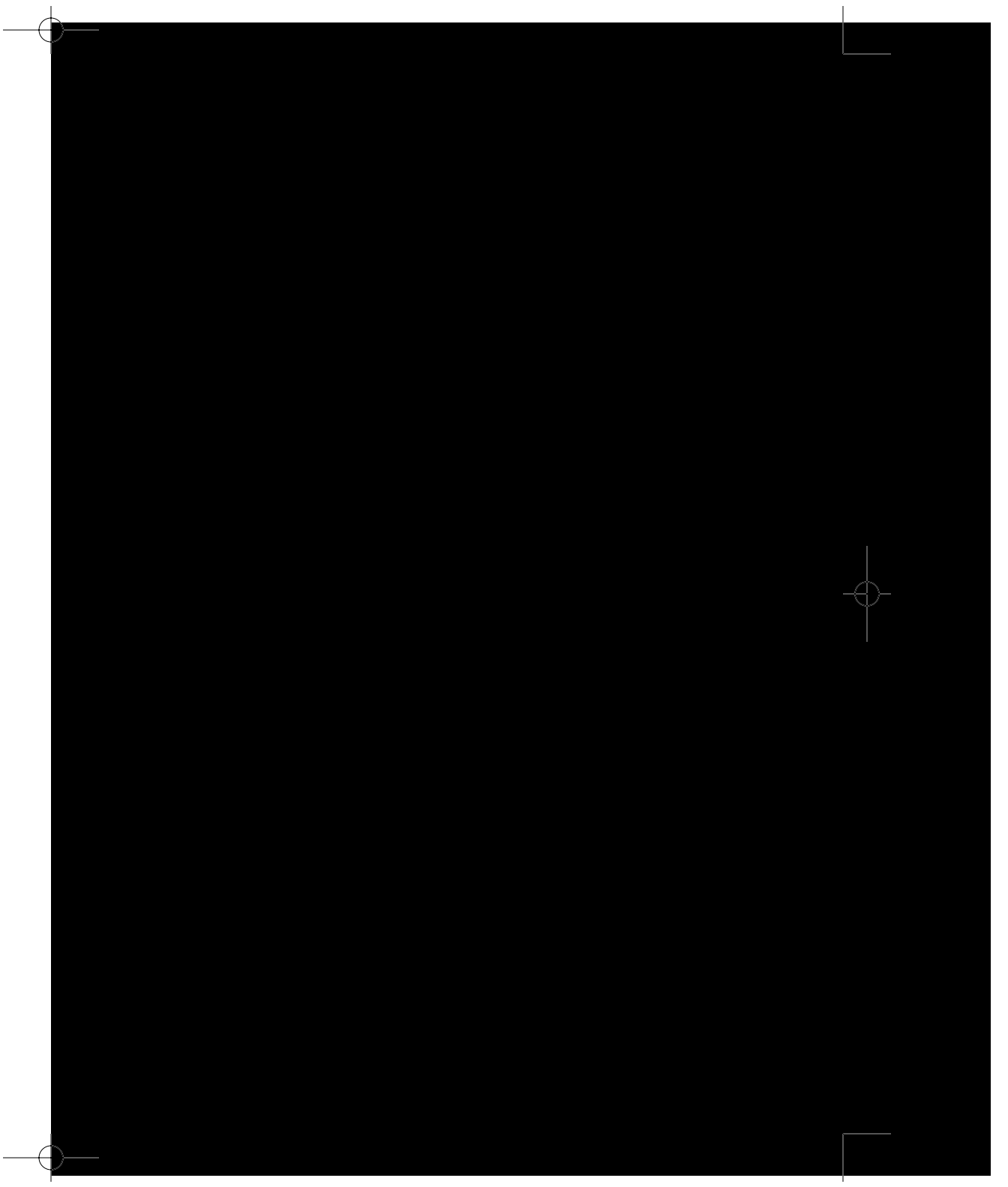
**EVERYWHERE!**



**WOW!**

This is pretty neat! If I want to *GO*  
someplace, I won't even have to  
move because I'm already

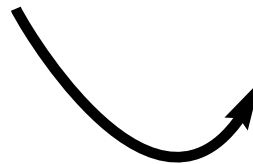
**THERE!**



***But wait a minute now!***

How can I really **GO** anyplace?

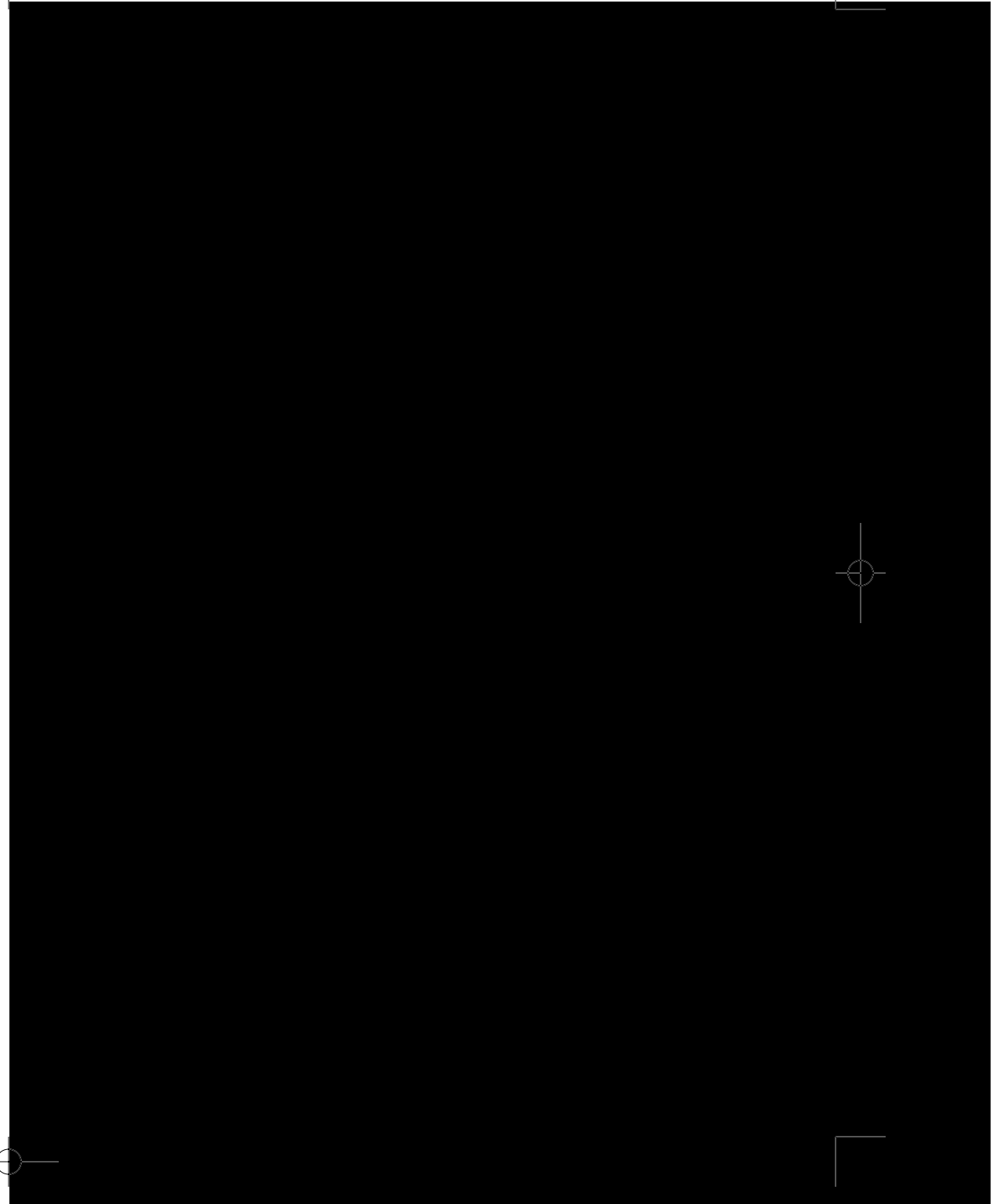
I mean, if I'm all-there-is,  
then there's no other "place"  
that I can really, well, **GO!**

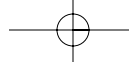


Hey, I think that being

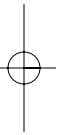
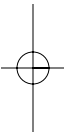
**EVERYTHING**  
**EVERYWHERE**

is going to get really **boring**  
after a while! Let's go back  
to the way it was, OK?





**WHEW!**



OK, that seems a little more  
interesting than all of that BLACK!

