

## HOW TO READ THIS BOOK

CONSCIOUSNESS IS ALL is a book on Infinite Reality.

*These pages clearly show that Consciousness is infinite—absolutely all there is of all there is. Only Consciousness exists—there is no existence apart from, or beyond, Consciousness (also known as the One Self, I Am, Love, Spirit, Life, the Divine, God, Awareness, Brahman, etc.).*

*As Consciousness is All, It thus is not a higher Self, but the only Self.*

*What this means is that there really isn't a lesser, personal self or consciousness that must progress or "look up to" the Divine. Rather, Reality is a matter of the One Self, Consciousness "looking out from" Its Allness. The Divine Self never looks up to Itself—and the Divine Self really is the only One being conscious and alive in the first place. It is this very Consciousness that is being aware here, now. One is free to enjoy being, rather than constantly struggling to become or awaken.*

Since this book was first published in 2006, spiritual wisdom has become much more immediately available and widely distributed. It also appears that the general level of spiritual awareness has raised significantly. As a result, many readers now coming to this book will do so having had prior exposure to at least some of the points presented here. To reflect these developments, the text in this new Fourth Edition has been somewhat simplified and updated.

In addition, the subtitle has been changed, to call attention to the all-important "tone" of the book. Formerly, the subtitle had been: *Now Life Is Completely New*, because it points to what is perhaps the single most exciting and freeing fact of Life—that of eternal newness. Because of its importance, this is also the title of Chapter 22.

The new subtitle, *The Magnificent Truth of What You Are*, emphasizes another essential fact of Life—that it is possible to experience and live this effortless Magnificence here and now. Notice also that it says *what* you are, not *who* you are. This is because It is

Divine Consciousness that is being conscious here as these words are read, and It is not a body, a person—but is infinitely more than that.

The body is a wonderful thing to have, use and enjoy—but you, as you truly are, are much greater than your body. In these pages you'll come to see the body more as a concept or idea, rather than a material object. If anything, it might be seen more as a work of divine art, not a mortal self.

Often when reading spiritual literature, it seems one is driven to it by a state of suffering, fear, or dissatisfaction. A feeling of being burdened by worldly concerns leads to a seriousness, a striving, and a sense of, "I'd better fix my current life fast, before it's too late." It becomes a defensive way of living. This is certainly understandable, as long as one is unaware that there is an alternative.

There is an alternative, and what a magnificent one it is!

The only "problem" in such cases is one of misidentification; of unwittingly accepting a false belief of what oneself is. It is due to having first identified with the personal mind or self—and then turning to Spirit, looking "up to" the Divine, to help that self.

The "solution" is to simply reverse the perspective.

The old way of looking "up to" the Divine for help, is switched to looking "out from" the Divine.

Again, *this* very Consciousness, which you are now aware of being, is that same Divine Consciousness. Yes, this one is a state of unspeakable grandeur and delight. Though it may not be clear at the moment, to "live out from" the universal, Divine perspective changes *everything*.

Some spiritual and nondual teachings take the negative route, focusing primarily on the ego; that there is no "me," no secondary, personal self. While that may be true, it tends to overlook the wondrousness, the freedom and limitless good that the Divine Self is ever-presently being. As will be shown, this Consciousness is eternally pure, perfect, and infinitely intelligent. It is absolutely innocent, sinless, carefree. It is forever whole, complete and boundlessly abundant. This is You.

As you'll see in Chapter One, this really is a book of the Divine Self, telling Itself how wonderful It is.

To fully experience this, there is one main point to stay clear on. And that's just it—these pages are to be *experienced*, not merely read. They provide a specific "heightened" awareness of what this magnificent

Consciousness actually *is*. These pages are for fully “tasting” what it is to *be* Infinite Consciousness, rather than gaining dry intellectual knowledge *about* Consciousness. Life lived fully is much more about living freely and joyously, rather than knowing conceptually.

Try always to read with, or as, a sense of Presence, or Soul-feeling, not just with the mind. This is done by pausing often to feel, or *be consciously alive as*, what is said—beyond just thinking about it.

There is a universal, Loving Presence underlying all the words in these pages. This Presence is keenly alive, aware. And the very Presence that gave rise to these words is the same Presence being aware here as they are read. Certainly, you prefer to *experience* alive Presence—and beyond—rather than gaining mere information about It.

Realize that the thinking mind today is conditioned to race through reading material. You’ve got to know that the thinking mind is merely a vehicle for your use. You direct it; it does not direct you.

Imagine driving off the interstate into an ultra-luxurious neighborhood of gorgeous homes. Enthralled by the new place, you slow down to enjoy as much beauty as possible. Now—can your vehicle ever *tell you*, “I’m the one in control here, and this 20 mph is boring. So I’m going to speed up to 65, like on the interstate”?

In these pages, you have entered the luxurious “neighborhood” of Wonderfulness of Life, the very Being you are. There isn’t anything wonderful about the words—the wonder is this Real You underlying them. Treat the words simply as a welcoming from your own Magnificence, inviting you to drop any drive-thru attitude and be a full-time resident.

This way of Presence-reading may seem new to some, so it is carefully explained in the opening chapters. If one does as the book suggests, and pauses to experience when asked, then this Presence-awareness must invariably be realized.

There is another exciting point that may be new to many readers, while to others it will be familiar. Right now, try what may be a brand new way of enjoying what a book has to offer. Go over each of the following paragraphs, then pause to actually experience what is being asked of you.

First, lift your gaze away from the page. Look out to a far wall, or into space, without focusing on any object. Simply rest, with an easy, soft feeling of relaxed openness.

Next, try to feel your awareness expanding beyond the body as it sits with this book. One way to do this is to feel what it's like to be open space. Try to feel as if you are the space that now *includes* your body, and the entire area where the body is seated. In other words, rather than being aware only from *inside* the body (as is generally believed), be aware as if you are the serene spaciousness which effortlessly embraces the body, the room, and all else. If necessary, give yourself a few moments to feel the ease of this.

In case this sounds very new or unusual, put it this way. There is "something" (call it space if you wish) that now is including your body and the room where it is seated. Whatever this something is, try as best you can to feel or be aware as this something while the reading is happening. Notice that while the room and other items in the room may appear to be outside of your body—all these things are *included within* this something that is now aware. If they weren't included, you could not now be aware of them. This space or open something really is infinite Awareness, pure Consciousness, which is not localized inside the body.

Don't try to analyze what this open space is; don't try to do anything mentally to create it. The less trying, the better. It is naturally, effortlessly present all the time, experienced as a beautiful calm and clarity.

From this perspective, you are simply *being*, as if Awareness were clear glass, like a windowpane. It's still possible to read, but with a more open feeling and perspective. It is now the universal, not personal, perspective that is in operation.

Here's something you may not have realized. As a human, you are taught from birth that you are limited to being your body, and that Awareness is inside the body. *Naturally then, all reading is done in this way too.* This limited way of reading becomes so conditioned, it is not even realized that there's another way to read and experience a book! Check yourself. It may be that you read the beginning of this Introduction as if you were aware inside the body—and only because of habit.

The human norm is to say: "I am aware in my body, and my body is in space." The truth is, it's the reverse: "My body and space appear to be in this Awareness I Am."

In this way, the reading is being done directly as the One, rather than as a mere body reading *about* the One. When reading from this perspective, it's a completely different book! Otherwise, it's as if there's a second self, left standing on the outside, trying to look in on the One.

For the same reason, don't assume this material was *written* by a body, a person. It may appear to have come *through* a body, but the content is not thanks to that body. This material was written thanks to the presence of pure Consciousness. It is not a state of Consciousness that is the possession of an author. It is the state that pure Consciousness *Itself* is. To see this also greatly changes the clarity and perception of what is said.

The beauty of all this is that it's not merely an exchange of old beliefs for new ones. You'll be *out* of the realm of belief altogether. Belief functions only on the level of human thought or faith, which is fallible and can waver and change. Meanwhile, pure Consciousness, Your Self, remains changelessly *being*, regardless of what is believed or thought. The presence of Consciousness is an absolute certainty.

This book is intended to be clear to any reader, even those with no "spiritual background." It involves a shift away from mind-identification to pure Consciousness, which is completely non-intellectual, and non-denominational. Because of this, the writing is at times intentionally repetitive, so, again, please be patient. This is done only to aid in experiencing and living in a new way, and to fend off old habits of thought that may try to reassert themselves.

You can also relax as you read because this is not an attempt to convert you or get you to become anything. Why?

You already are what you are.

There can be no process for becoming what you already *are*.

This is about the *are*.

