

CONSCIOUS AWARENESS

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PREFACE

This book is a remembrance of what is true. It acts as a guide that points the way home.

This E-book is deliberately repetitive as the trance of separation prevents us from being able to hear the truth of reality. Repetition helps the words to sink in and this book is speaking to the deeper part of you that knows it is awareness. It is not for the mind, although the mind can participate on some level with contemplation.

Do not worry if it seems confusing or you feel like you don't understand the text, the deeper part of you will hear the message.

You can intuitively select a line to contemplate or meditate on, or read the book from beginning to end - whichever feels right for you.

A SHORT STORY

Trying to meditate but lost in deep thought, the spiritual seeker sighs in frustration. Desperately trying to find awareness, but the search only leads to more thinking and confusion. Doubtful thoughts linger - maybe this is not the path for me, maybe it's not the right time. Almost ready to accept defeat, the seeker almost cries out in exasperation.

It feels as though every endeavour to find the elusive awareness has been attempted and failed. Finally, at their lowest point, the seeker gives up. In this surrender, something relaxes and opens. The seeker cannot understand what has changed but suddenly feels not just well, but very well. All the struggle is gone. There is no more seeking, no more confusion.

There is just awareness.

WHAT IS AWARENESS?

Awareness is like the sun in some ways.

The sun is always shining out across the solar system and cannot be switched off.

It has no preferences - it shines regardless.

No planet it shines on is more important than another, there is no hierarchy.

Awareness is always here, it cannot be switched off.

It has no preferences - it is just aware, as is its nature.

No content it is aware of is more important than another, there is no hierarchy.

You cannot find awareness through searching for it because it is already here - it is what is witnessing the search. Any attempt to seek it will unfortunately lead you in the wrong direction. Understanding that what is required is a backward step, as they say in Zen, can start to soften the seeking energy and allow for an energetic surrender to happen. As you relax and open, it allows for awareness that is already there, to shine through.

The mind cannot understand awareness, and the practice of surrendering trying to know it, acts as a wonderful portal to being it. Awareness is what is witnessing the mind, it is in a sense, one step prior to mind.

By going beyond the mind and into the senses we can align with awareness. It is as simple as noticing there is looking out the eyes, there is hearing of sounds, there is feeling of sensations.

Awareness is transparent - it is empty of form.

Awareness is the great silence and unmoving stillness.

Awareness can't *not* be aware.

There is no witness, just witnessing.

Awareness is not an object or identity, but is very much alive, it is existence.

Awareness is already here, noticing these words.

There is no owner of awareness.

There is just noticing, without a subject.

There is no watcher, just watching.

Meditation is about *being* awareness.

Awareness is what you are.

Awareness is pure creative experiencing, with no experiencer.

However, just because awareness is perpetually aware, does not mean that it is conscious of what it is. There is a difference between unconscious awareness and conscious awareness.

THE DREAM OF SEPARATION

Humans have evolved to have self-awareness to survive as a species. We're likely not the first species in the universe to have evolved in this way. This self-awareness function of the mind allows us to believe that we're a separate person, giving us a sense of localisation. We become a constricted version of awareness, entranced by the mind. The vastness and wholeness of our true nature are no longer felt, replaced by insecurity, fear, and an insatiable need for more.

We manage to find some enjoyment in the dream of separation and experience all we can. Until eventually the dream of believing we're a person diminishes, like a drug wearing off, and we begin to sober up. We start to remember the truth of who we are, which is who we have always been. Now it is time to return home to ourselves and feel whole again.

The self-reflective function of the mind is automatically used to unbind the illusion and to focus on the pure awareness that exists but is asleep or dormant, due to the trance of separation. This focusing on the awareness that we are, allows it to become conscious so that it is not just awareness, but conscious awareness.

In essence, we are using self-awareness to allow pure awareness to become conscious. No longer completely imprisoned we start to become free, we start to wake up.

When the trance lets go completely we reset to operating as pure awareness, but in a human body. We experience the freedom and vastness of our true nature, although we are still in the confines of the body. We have no resistance to being in form or to whatever happens in life. We are operating from unconditional love, a complete acceptance of what is, a state of abiding non-resistance.

TECHNIQUES

It becomes clear, that the way forward with awakening is to focus attention on awareness so that it can become conscious, so how do we do this?

There are many portals to accessing awareness. Here is list of examples, I suggest you try each of them out and see what works for you at any given time.

- Feeling the felt sense of existence in the body. A feeling of aliveness, energy, a sense that I am, I exist, I am here, which is sometimes called presence. We can inquire, “How does existence feel?”

- Noticing in our experience, a sense of vastness, an alive emptiness, a deep mystical silence or profound unmoving stillness. It typically feels like peace, freedom, contentment or bliss.

- We can notice there is a witnessing occurring to the content, whether that be a thought, emotion or sensation. When we understand that the witnessing already there is awareness, then we sink into that position, with effortless effort.

- We can focus our attention on the senses - choosing a sense such as listening and then sinking deeply into it. Without trying to understand what is happening, just experience pure listening without labeling. This is an excellent way to bypass a busy mind and bring yourself back into the position of awareness.

- In meditation, keep the body very still and use that as a portal to noticing the stillness of awareness. See how deeply you can relax into this stillness.

- Go somewhere very silent and use that as a portal to access the silence of awareness. Tune into the silence. Let it take you on a journey.

INQUIRES TO SHIFT INTO AWARENESS POSITION

The following questions asked during a period of contemplation or meditation, can assist in shifting into the awareness position:

- What was my true face before my parents were born?
- Is there a witnessing of the thoughts?
- What does existence feel like?
- Do I exist without thinking?
- What is looking out the eyes?
- Who/what am I?
- Is there a silence even when there is noise?
- Is there a stillness even with movement?
- Is there something within me that doesn't age or change, that has always remained constant?

DEEPENING INTO OUR BEING

Once we have found a way to sink into our being, then it is a process of continual deepening. We spiral through the layers, being magnetically being pulled towards our core. We start to access a deep void, our unborn nature. We begin to get clarity through our direct experience that we are formless (pre-creation), pure awareness and also all form. We are endless paradoxes that only make sense through our lived experience.

When we are resting as awareness there will be a sense that - there is nothing to do, there are no problems to fix, and a sense of losing forward-moving energy. There is a deep rest and healing experienced here for the nervous system and the body.

Then we take our ability to access our true nature away from our meditation cushion and into the day. We begin to notice awareness whenever we remember and learn how to integrate it into life. Awareness becomes conscious on all levels - through the body and all aspects of life, through dreams and the unconscious. Anything that is unconscious has the illuminating light of awareness shone on it. It is an illuminating force that is Truth and will reveal Truth without consideration of consequences. From the awareness perspective, there is no desired outcome. There is just Truth.

To live permanently as pure awareness is to be self-realized, is to be awake. The paradox is that we are still in form, but we have no resistance to that. We feel no limitation in the mind. We experience the freedom and vastness of our true essence and live as that. We have no resistance to life, we love what is, unconditionally - the body, being in form, life circumstances, whatever is happening. We no longer have the ability to push against it.

CHALLENGES OF ACCESSING AWARENESS

Pure awareness is already here, but may not be immediately obvious to the new seeker.

These are some of the reasons why:

- The thoughts, emotions and physical pain can be so much louder than silent awareness, which is not vying for attention.
- Awareness is already here, so it can be easily overlooked. It doesn't care if attention is put on it or not, whereas the egoic drives are constantly demanding attention.
- The more we search, the further away we get - outward energy moves us further away, which is why we need to take a backward step.
- We can't understand awareness with the mind - instead, it requires trust and intuition to access. You remember how to do this on some level.

FINAL WORDS

So can you just stop, even for a moment? Put down the story and the seeking for just a second and see what remains.

Letting go of expectations of a profound experience and instead experiencing directly how awareness wishes to reveal itself right now, will unveil the Truth.

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