Everything is the Doorway

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Everything that’s appearing, every thought and all that you feel, everything is a doorway an entrance into the Real. Everything you think is a problem and all you imagine is ideal, no matter the description there’s only the presence of the Real. Everything that you’re seeing and every sound that you hear every sense is revealing the miracle of the Real.
Introduction

No matter their size or their shape, their speed or their color, their feel or their sound, every watery wave that arises is made of and ultimately inseparable from the sea that gave it birth.

Similarly, every thought, every sensation, every feeling and every circumstance is inseparable from the infinite sea of life out of which it has emerged.

What appears as the unimaginably rich diversity of phenomena encountered in life is, at its basis, one thing, a singular reality...

The aim of the short passages that follow is to evoke this recognition, the discovery that every experiential wave that appears—every sight, every sound, every feeling, every thought, every perception—is none other than the unfathomable, miraculous shining forth of Reality itself.
EVERYTHING IS THE SHINING FORTH

Every experience is a universe of ultimately indescribable and unresolvable qualities and characteristics. Experiential phenomena are so fluid, paradoxically here and present at the same time, unfindable and ungraspable, never quite taking clear shape or form owing to their relentlessly shape-shifting nature.

Each momentary flash of life—even those moments we find challenging to navigate—are at the same time a vast and bottomless sea, constantly moving and shifting, like the tides.

This discovery reveals that even those experiences we conventionally think of as problematic are actually astonishingly rich and luscious movements of life itself. Every moment, regardless of its conventional label, is nothing less than the mysterious, inexplicable shining forth of reality.

To be sure, certain experiences can bring us to our human knees. And yet from another vantage, those same difficult experiences can be realized to be the most exquisitely beautiful mystery and miracle.

The bottomless bottom line is that every experiential phenomenon is so far beyond anything we could ever imagine or conceive of it to be.

Experience is inconceivable; it exists in a way that no idea or concept could ever hope to capture.
There are two kinds of spirituality. In one, the goal is some version of life improvement. In the other, the focus is on discovering what life actually is.

Try telling someone what a strawberry or chocolate or sadness or joy tastes like and see that it is simply not possible. That very fact is a demonstration of reality’s inconceivable, indescribable nature.
Most teachings talk about presence as something that can be accessed, a state that we can get ourselves into or out of. However, the presence I am most interested in is the presence that doesn’t come or go, the presence of what is, ever-changing yet always here.

Everything is Meditation

Here’s another way to understand what meditation is...

Meditation is simply This, exactly as it is. Reality, appearing as it appears, experience, unfolding however it unfolds.

This is the most profound and liberating meditation, to simply see that all there is, is meditation. A moment labeled as confusion? Meditation. An experience of great ease? Meditation. An instant of utter despair? Meditation. A flash of bliss? Meditation.


There’s really no need to close your eyes, sit in some special posture and engage in whatever set of strategies you’ve been taught constitute meditation. We can of course take up whatever psycho-spiritual practices we find ourselves inclined toward. But we can also see that just this, as it is, however it may be looking or feeling, is itself, total meditation.

The streaming forth of each instant, the arising and passing away of every momentary experience... all of it, pure meditation. The meditation of life.
Is there an actual line dividing the “wave” from the vastness of the sea, some gap where the ocean comes to an end and the wave begins?

Every experience is a window into infinity
We are particular at the same time universal, localized yet spread across the heavens, tiny points of sky made of a vast and fathomless sky.

Experiences arise without effort or struggle. Every thought, feeling, sensation and circumstance is forever and always simply being itself, in a state of perfect ease and equipoise.
Exploring the ways in which experience is ultimately uninterpretable reveals that we are actually free of all the problematic implications that language suggests.

At one level, reality is precisely what we say it is. Tired is tired. Fear is fear. Happiness is happiness... At the same time, our experiences are forever transcending any effort we might make to explain define, or otherwise characterize them.

And so we find ourselves smack dab in the middle of this beautiful, awe-inspiring paradox—we know what things are on the one hand, and yet we also don’t know what they are for everything is inherently uncertain and indeterminate.

All that exists is pure, wide-open, ungraspable mystery, through and through.
Conventionally speaking, we divide the world up into that which is being noticed, the activity of noticing and the one who notices. And yet, we can’t actually find any evidence to support the existence of these apparently separate domains.

Engaging in some practice in order to become more present or aware is like going outside on a bright, sunny day, and lighting a candle in order to see better. Experience is always illuminated!
The reality of experiencing is continuous. Experiences appear and disappear without interruption, for any apparent break in the flow of experiencing would simply be another experience.

Experience is always resting in itself.
Probably our greatest human bias is imagining that the moment can or should be anything other than what it is in the instant of its arising, which of course it cannot.

The experiential field is a seamless continuum. Notions of “internal” or “external” are abstractions, not actualities.
You don't actually need
to turn away
from thoughts or circumstances
in order to feel presence
because presence is appearing
as all thoughts and circumstances.

Our perceptions disappear of their own accord.
We needn't do anything to bring this about.
The release of each moment
is effortless and spontaneous.
The perception you are having right now,
just try to keep it in place,
try to keep it here,
try to stop it from morphing
into the next experience.
It cannot be done.
Feel the wondrous freedom of this,
the impossibility of ever
holding onto any perception.
Whether in life or meditation, it doesn’t matter where attention happens to travel to for wherever it goes, it finds the presence of reality, the presence of experiencing, the presence of life itself in all its many and diverse expressions.

Every experience, even those we conventionally think of as problematic are actually astonishingly rich and luscious movements of life itself.

Every moment, regardless of its conventional label, is nothing less than the mysterious, inexplicable shining forth of reality.
This flash instant of experiencing has no narrative attached to it—no story, no drama, no stress, no victimhood, no failure no victory...
Just this mysterious effulgence, shining forth, full of the most incomprehensible depth, richness, vitality, lusciousness and meaningfulness.

Whether you label it as thought, feeling or sensation, just feel into whatever presents itself experientially. Is there anything here but vast, boundless space? Can you find anything in direct experience that is not completely wide open, anything that has a border or boundary? Can you find anything other than this endless space? Feel into this endlessness. Is there anything at the center of it? Or is the center also just endless, boundless, indivisible space? Feel into the immensity that is every momentary flash of experience. How unfathomable it is...
Everything exists in a category that contains only one member, and that is the thing itself.

Owing to the transient, impermanent nature of phenomena, we are forever moving in and out of different states or modes of experiencing. Because of this, holding on to any insight or realization is simply not possible. It's a fool's errand, for everything slips away. But that's not a problem because when we slip from one state or experience into another, we never leave reality because there is only ever reality, only ever what is.
It’s not possible to hold on to anything in a world that is forever changing.

In reality, it's not actually possible for us to accept or reject what’s appearing because we are not separate from it.
All states, all experiences, all moments appear in perfect clarity, the ever-present luminosity that reveals each unique unfolding of life.

The thinking mind isn’t an obstacle to seeing more deeply into the nature of reality; it’s just one of the ways reality expresses itself.
Our ideas are essentially finite interpretations of a reality that is by nature, infinite and hence completely beyond any possibility of ever being conceptually rendered.

Paradoxically, experiences are present at the same time unfindable as anything that can be pinned down or defined.
Experiences needn’t be let go of or transcended because every moment is already transcendental, already infinite owing to its indefinable, indeterminate nature.

Reality is constantly being destroyed at the same time, indestructible.
Paradoxically, it is when we go to what is most concrete and substantial in experience that we find the insubstantial, the indefinable, the uncertain. Only when we venture into abstraction about experience do we find the seemingly finite and certain.

Whether you're outside gazing up at the sky and the vastness of space or inside your room, seemingly lost in a whirlpool of worry and rumination, in both cases the data field being experienced is absolutely infinite.
We are like water moving through water, made of the very thing we imagine ourselves separate from.

Whatever you are seeing in this instant, is in the next instant, gone forever.
Reality can never be lost
even though it is constantly being lost.

Intentionally cultivated awareness comes and goes.
But the mysterious force that gives rise to all comings
and goings of experience is itself, ever-present.
It never wavers but appears as all wavering.
Our perceptions disappear of their own accord. We needn't do anything to bring this about. The release of each moment is effortless and spontaneous. The perception you are having right now, just try to keep it in place, try to keep it here, try to stop it from morphing into the next experience. It cannot be done. Feel the wondrous freedom of this, the impossibility of ever holding on to any perception.

There's no need to return yourself to the present moment. Simply see that it's impossible to ever leave it.
As we come to see that our descriptions are merely interpretive renderings of life rather than definitive statements about it, we can begin to hold our knowledge much more lightly and less rigidly. We can live simultaneously in the seeming knowing and certainty of things and the radical not-knowing and uncertainty of them.

Paradoxically, the more carefully and precisely we investigate our experiences, the more vague, ambiguous and ultimately indefinable they are discovered to be.
Nothing can block the recognition of infinite intelligence ("God" if you prefer) for any supposed obstacle to that recognition is itself, made of that same intelligence.

You are the sole authority of your experience. After all, there is no one else there but you to be that authority! Any other person who might show up as some supposed authority would only ever be known as a part of your experience.
The way to remain in presence is to recognize over and over and over again, as many times as necessary, that departing from presence is simply not possible.

Reality is always full on; it is not possible to have more or less of it.
There is no need to imagine some deeper, subtler realm than what is presently being experienced. Just feel whatever is already here, whatever is already being experienced most obviously and concretely, and it will reveal the very subtlety, vastness and depth that is intrinsic to all experience.

We are not separate from the field of experiencing, not the victims of life but simply its expression.
There is only ever This, the ceaseless flow of experiencing, ever-changing but always here, always now, always just This.

Teachings tend to talk about presence as if it were a special state we can get ourselves into or out of. However, the presence I am most interested in is the one that doesn’t come and go, the presence of whatever appears.
Something is undeniably present, even if we can’t quite say what it is.

The practice is not so much about returning to presence or awareness but rather seeing it can never be left.
Everything we imagine to be standing in the way of our realizing the transcendental mystery is none other than the transcendental mystery. In other words, the apparent obstacles to God, are God.

Experience is an infinite display of information that never actually coheres into any clear pattern. It just seems to, based upon the mind’s capacity to over-simplify what is in the end, an unimaginable complexity.
It is impossible to explain how the impetus to do anything is even present, how the power to do or say or think or feel or sense or want even arises in the first place. All we can really say is that this force and power is simply here, inexplicably and effortlessly.

Liberation is not found by freeing ourselves from bondage but rather seeing that what we call bondage is made of transcendental freedom itself, the freedom from all designations and descriptions.
Describing what’s happening experientially is about as accurate as talking about a single ripple as if it were the entirety of the sea.

In essence, all words are synonyms for the same fundamental reality, descriptions of this that is ultimately indescribable.
If we liken experience to a radio, our usual mode is to just keep turning the dial until we find a station that we like. However, what I’m inviting you to do is to get interested in the fact that the radio of experiencing is even on and playing in the first place!

Finite concepts are not capable of making sense of nor encompassing a reality that is by nature, infinite.
Your present experience? It’s like a dream being dreamed; it’s not possible for anything to exist outside of the dream, until another dream is dreamed...

The closer we draw to any experience, investigating what it is made of substantively, the experience seems to move away from us, like a receding horizon we can never quite reach, no matter how many steps we might take toward it.
It’s not about what appears. It’s about the fact that anything is appearing at all. That’s where real freedom lies, not in how the appearances may be appearing, but in the constancy of the appearing itself and the inconceivable miracle that is.

Our experience is intrinsically groundless because we cannot find any bottom to it which turns out to be the only real ground, the bottomless bottom...
You are always feeling infinity because infinity is what every feeling is made of.

Experience is forever revealing its nature... transcendental and inconceivable to the core...
Even though now appears differently, it forever remains itself... Now.

There is only one thing here though that one thing expresses itself with infinite variety.
The energy and intelligence that makes quarks and genes and gravity and stars and weaves them all together in this inconceivable tapestry of structure and function we call life is the very same intelligence that you are. After all, what else could you possibly be?

What we call doer-ship or personal agency appears as inexplicably and impersonally as shooting stars and clouds and the whole of reality.
Whether we are investigating the so-called objective or subjective poles of existence, we always arrive at the same place, indeterminacy.

The investigation of what this actually is reveals there is no final answer to that question.
There can be no obtaining or losing reality for there is ONLY reality, dancing in all its myriad forms.

Nothing lasts. Nothing is persistent or stable. This may seem the least comforting news. And yet, it turns out to be the ultimate comfort because it’s what’s true, what’s real. This is the only thing we can truly count on—the unstable, non-persistent nature of everything.
What if it wasn't necessary let alone possible
to control the flow of experience?

Categories represent convenient fictions; they are useful but actually do not hold up under careful scrutiny owing to the utter uniqueness and originality of everything.
Reality is independent of what it looks like. Reality remains reality, no matter how it may be appearing. In other words, it is free to look like anything and everything!

We don’t actually know how life and the awareness of it is coming about. We really have no idea how this moment is able even to be here, how anything is happening at all! What is left, then, but to bow in the face of this vast and incomprehensible mystery?
This is the first and the last time you will ever experience this.

There is no specific place you must go to find infinity for it is anywhere and everywhere you may happen to look!
We speak of finding and then remaining in presence. But what we call leaving and then returning to presence is actually just moving from one dimension of presence, one portion of the field of experience, to another.

In the field of experience, there is no inside or outside. So, when teachings talk about “going inside” to find God, truth, stillness, awareness and so on, where exactly are they directing us to go?
There are two ways to solve problems, each with their own validity. One is at the level of the problem itself, which is based on how we define things. The other is by discovering that there are no such things as problems owing to the ultimate indefinability of everything.

Not only do we not know what death is... we also do not know what life is!
Find that part of you that cannot be collapsed into any definition or category. [Hint: It's not hard to find because it is every part of you!]

Whatever you think is going on here... there is always more!
The ultimate paradox—something is here and yet whatever it is that's here is constantly evaporating into mist...

The present moment is invulnerable, for no matter how it appears it remains itself, ever-changing, but always now.
No matter what experiential waves we may find ourselves in, we are forever swimming in THIS, the great and unfathomable ocean of existence.

Reality is both a question mark and an exclamation point; we don’t know what it is but boy is it ever powerful!
When I point to some body part, say your hand or nose, I am actually pointing to your entire body for the body doesn’t actually have separate parts. It is an indivisible whole. Similarly, when I point to “you,” I am pointing to the whole of reality.

Before we can come up with any way to describe or convey what this is, it is no longer.
Experience is never stale but always fresh.

Our descriptions of “what is” are actually always descriptions of what was.
If we simply are with things as they are, we realize there are no “things" owing to the dynamic and hence discontinuous nature of phenomena.

Reality does not show up in pieces. It shows up as an entirety, a whole... and then we abstract the seemingly differentiated parts.
This is never what we think it is because this is unthinkable.

A wave isn’t actually a separate, definable thing; it is merely the way the ocean moves.
This miraculous presence,
this reality,
forever pulsing,
vibrating,
radiantly alive
yet utterly beyond
any possibility of ever
being described.

Whether we define experience
as confusion, discomfort and boredom
or ecstasy and bliss,

it is all made of the same thing——
 indefinability
The concept of an enduring self and world is not derived from our direct experience which consists only of intermittent, discontinuous flashes of perceptual phenomena.

What is experience? A dynamic, spontaneous, unpredictable apparition of zero duration, yet always present.
In direct experience there is no otherness; there is no breaking point, no dividing line between “this” and “that” but only a ceaseless, boundary-less continuum.

Our narratives about what is going on here are based on an assumption of continuity, that things are more or less what they were an instant ago. But such continuity doesn’t actually exist, which calls into question the ultimate veracity of ANY narrative we might be engaging in.
The reality of experiencing is always here, an effortless explosion of life that can never be switched off. We are never apart from nor is it possible to find anything but this, the ceaseless, ever-changing, unpredictable flow of experiencing.

Spiritual insight or realization is not, in the end about having profound or special experiences, but rather recognizing the profundity and specialness of ALL experience.
Holding on to any insight or realization is simply not possible. It’s a fool’s errand, for everything slips away. But that’s not a problem because when we slip from one state or experience into another, we never leave reality because there is only ever reality, only ever what is.
All things, including each one of us, radically transcend and are free from the myriad ways we humans characterize or imagine them to be. This is the truth that sets us free, the truth of inconceivability.

Any practice we engage in is an expression of life’s mysterious, dynamic energy and intelligence rather than a cause of it.
Our conceptualizing, categorizing, and interpreting of experience always represents a gross oversimplification of what’s actually occurring.

In the end, we know not what this is, only that it is.
Equanimity need not be practiced or cultivated for it is the very nature of Life to not be opposed to anything since it is everything.

Despite the immense power of language, words and concepts are incapable of fully capturing the indescribable nature of experience.
The categories of “stuck” and “confused” are neither stuck nor confused but a swirling dance of inconceivable depth, intelligence and energy.

Even in the most intense tornado of thinking, countless other phenomena are being experienced that have nothing to do with that narrative.
While our lives are made up entirely of experiences, rarely do we ask the most basic of questions, namely what is experience ACTUALLY made of.

There is no discernible boundary that can be found between what is perceived and that which is perceiving. Complete intimacy with what is...
Even the most sophisticated conceptual map is incapable of conveying the unthinkably vast, subtle and nuanced territory of experience.

Let experience tell you what it is. Enjoy the lusciousness of this inquiry, the endless free-fall into inconceivability.
We live as it were in two worlds, the wordless world of experience and the world of our thoughts and ideas about those experiences.

Defining ourselves (or anyone) is not actually possible without overlooking our inherently dynamic nature.
No matter how we might label them, every experience is an utter free fall into indescribable subtlety, nuance, lusciousness and depth.

The particular constellation of thoughts, feelings and sensations being experienced right now has never actually been here before.

Every instant is brand new, a unique flow of perceptions that has never been here before and will never be again.

We have never actually tasted, felt, touched or known what is appearing, right now.

Isn't that just mind blowing and awe-inspiring?
Being present need not be achieved or practiced. It is the unavoidable reality of every instant.

We are like liquid drops of life, trying with all our might to find the very water we have always been made of.
Go “inside” of yourself and you find experience. Go “outside” of yourself and you find the same thing, experience.

We resolve the seeming riddle of existence by coming to see that there is no resolution.
All there is
is reality,
knowing itself,
being itself,
tasting itself,
exploring itself,
reveling in itself,
loving itself.

Nothing ever holds still.
Everything is on the move,
changing, morphing, instant by instant,
even if in the subtlest of ways.
Because of this, it’s impossible
to really define anything
because the moment
we try to characterize
what’s here, it transforms itself
into something else.
The presence of what's here is like some wild animal that simply will not be caged in any prison of words or interpretations we might come up with to try to describe it.

Nothing lasts. Nothing is persistent or stable. At first glance, this may seem the least comforting, least reassuring news we could ever receive. And yet, it turns out to be the ultimate comfort because it's what's true, what's real, what's actual. This is what we can count on, the unstable, unpredictable, impermanent nature of everything.
Categories represent convenient fictions; they may be useful but actually do not hold up under careful scrutiny owing to the utter originality and uniqueness of everything.

Every experience lies beyond the reach of definition or description.
If I were to ask you what the substance of a table is, you’d probably answer that it is made of wood, metal, plastic and so on. Now, if I were to ask you about the substance of thought, the substance of emotion or the substance of sensation, what would you say?

When it comes to the whole notion of acceptance or rejection, the reality is that we’re late to the party for the experiences we imagine ourselves to be either accepting or rejecting are no longer even here, having vanished no sooner than they appeared.
When we name some experience—that’s fear, that’s joy, that’s worry, that’s ecstasy—we do so because something is present. The question is, what exactly is it that’s present?

In order to see yourself as you truly are, you would need a mirror the size of the universe.
That which notices the elaborations of mind is, itself, free of any and all elaboration.

We are not merely aware of this moment, we are this moment
Because this cannot ultimately be pinned down or defined, we are actually freed from all ideas, descriptions and frames of references and their apparent implications.

There is no specific place you must go to find infinity for it is anywhere and everywhere you may happen to look!
Experience is fundamentally uninterpretable.

Rather than going to some specific portion of the field of experience to find yourself, consider the possibility that what you are is the entirety of the field.
When I say that this is indescribable or indeterminate, that may sound very abstract. But actually, when we simply feel what’s here, when we feel the presence of whatever’s appearing, it’s discovered that it’s not possible to determine what exactly anything is. And so indeterminacy turns out to be not an abstraction but a cold hard fact of existence itself.

Paradoxically, we discover the insubstantial, ungraspable nature of reality by going to that which we feel and experience as most concrete and substantial.
Intrinsic to every interpretation is the uninterpretable reality that interpretation seeks to capture.

Everything that arises, every experience, is the contact point for infinity itself.
It's not about what appears. It's about the fact that anything is appearing at all. That's where real freedom lies, not in how the appearances may be appearing, but in the constancy of the appearing itself and the inconceivable miracle that is.

Whether you are looking at the tiniest portion of your little finger or gazing up at the vastness of the heavens, in either case, you are staring at and into infinity.
When you look at the nature of what’s here
you don’t find anything like free will or determinism.
What’s here is stranger than that, more elusive than that,
more subtle and nuanced than that.
What’s here is inclusive of both at the same time
utterly beyond any such seeming dichotomies.
In other words, we appear to be active participants
in the moment-to-moment unfolding of our lives,
even if we have no idea how that is even coming about!

Ironically it is when we investigate the specific details of experience that we realize the unstructured nature of everything.
Our experience is intrinsically groundless because we cannot find any bottom to it which turns out to be the only real ground, the bottomless bottom...

Discovering the transcendental does not mean leaving the human realm but rather finding that the human realm is none other than the transcendental.
We are wave-like emanations of the ocean of life.

No experience or circumstance can take us away from or bring us closer to This, the boundless sea of existence we already are.

The moment is forever melting away, and yet always right here.
Exploring the ways in which experience is ultimately uninterpretable reveals that we are actually free of all the problematic implications that language suggests.

Liberation is not found by freeing ourselves from bondage but rather seeing that what we call “bondage” is made of transcendental freedom itself, the freedom from all designations and descriptions.
We're trying to get a handle on something that doesn't actually have a handle...

The deepest, most profound meditation is to recognize that the states we call "meditating" and "not-meditating" are ultimately the same... expressions of a singular, inconceivable reality.
There’s no need to struggle to get beneath or beyond the surface of things to realize some greater depth, because the supposed “surfaces” of life are, themselves, immeasurably deep.

Each experience that appears is simply the unique taste of reality in that instant.
The Logic of This

1. You will never find anything other than experience.

2. Experience, by its very nature, transcends all definitions and descriptions.

3. Therefore, the only thing you can ever find is pure transcendence, pure mystery, pure indefinability.

Presence is not a particular kind of experience. It’s what every experience is.

Pure presence... the presence of what is.
We seek stability. But reality will have no part of it for any apparent stability, any seeming arrival at something stable or fixed, is swept away no sooner than it appears.

Experience is always on the move, never holding still; it is forever shifting, here for a flash instant and then gone, just like that.

But this relentless instability turns out to be its own kind of stability. The inherent instability of everything, the fact that experience never endures, is what's real. It's what can be counted on. Call it the "stability of instability."

And yet true as that may be, we can't ultimately conclude whether reality is stable or unstable, restless or calm, still or moving. What this is cannot be said for any description implies that experience actually resolves as being that "thing" we imagined we have described, something definite and definable. But it isn't...

So, in the end, the only true thing we can ever really say about what this is, is that it is simply un-sayable.
There are no actual obscurations or impediments to realizing the undivided nature of reality for any apparent "obstacle" is made of nothing BUT reality's unbroken wholeness.

What if well-being was found, not in perceptual states that are by nature fleeting, but in the continuous flow of perceiving itself?
Reality does not actually conform to our interpretations of it.

Reality exists outside of the very frames of reference it ceaselessly generates.
Experience—a shining, flickering, shape-shifting, morphing dance... a presence that is always here, always now, yet never the same...

Explore disturbance and you will discover what has never been disturbed. Explore discomfort and you will find what has always been at ease.
What this is, what experiences are, turns out to be one giant question mark. Reality is simply uninterpretable. The recognition of this is where liberation is found, the freedom from all descriptions and designations and their seemingly problematic implications.

Since this is not what you think it is, what exactly is it?
What you are can never be contained in any conceptual, metaphysical, philosophical or scientific box. Nothing can bind you for you are free—free from all names, all identities, all descriptions, all definitions, all frameworks, all ideologies, all characterizations. Unbounded. Feel the explosive freedom of that... It's quite something, isn't it?

You are always feeling infinity because infinity is what every feeling is made of.
We overlook the miracle that lies before us for the simple reason that we keep looking for it somewhere else.

Spiritual teachings talk about "being with things as they are," and yet the only thing that is ever really possible is to be with things as they are!
Spiritual realization is not about arriving at some ultimate definition or explanation but rather recognizing that no definition is capable of capturing the vast and inconceivable nature of things.

The problem isn’t that things are the way that they are, it’s that we imagine they should be other than they are. And even that isn’t a problem!
Through relaxing the habit of trying to rearrange our thoughts, feelings and sensations in order to feel better, another order of well-being is discovered, one that is not defined by the presence or absence of particular experiences but is recognized to be present in and as the very flow of experiencing itself.

To meditate is to enjoy the undeniable fact that we cannot stop this moment from becoming something else.
Like a breeze blowing through the empty sky, we have never been apart from that which gave us birth, a wind born of air.

Whatever is being experienced right now? Simply feel its presence... not merely the description or interpretation of it, but the felt sense of whatever appears.

This is home, the ever-present home of what is, this here that is always here, the very ground, freedom and love you have always been seeking...
Experiential Inquiries
Sitting quietly doing nothing, life effortlessly expressing itself as everything you imagine yourself and the world to be.

Things seem to be a certain way to the extent that we don't look closely enough. But even just a little investigation reveals that things are not what we imagine them to be but are utterly beyond any and all interpretations or descriptions.
As you sit here, feel how alive everything is.

We imagine a perceived world and a subject perceiving that world. But look right now and see if you can find two separate things. Can you locate an actual boundary separating the perceiver from the perceived? Or, is there just a seamless flow of perceiving?
Imagine your experience like a bath... just allow yourself to soak in the warm water, relaxing into the feeling and presence of whatever is here.

Experiment for a few seconds (or minutes) with what it is like to not have any particular goal other than to be present RIGHT HERE, awake to the moment, as it is, however it unfolds.
Allow the ever-changing river of experience to move and flow as it does, making no effort to control or manipulate its movement or course.

Life itself is naturally at rest. It is never opposed to itself, never arguing with itself, never struggling with itself for it is itself. There is only Life, and you are inseparably, indivisibly, naturally That.

So, rest naturally as that which you are, Life itself, this Life that is always and already resting naturally, not accepting all things but BEING all things.
Imagine this moment is like a large house—
No matter what rooms of experience
you may seem to enter or exit,
you are always home.
The room of sadness? Home.
The room of joy? Home.
The room of confusion? Home.
The room of ease? Home.
The room of restlessness? Home.
The room of peacefulness? Home.
No matter what may be happening,
no matter where you may go
in the house of experience,
you are forever home.

The presence of what is,
is not actually something
we can accept.
It is just what’s
being expressed,
much as the waves
are not things
the ocean can accept
but simply its expression.
I invite you to notice a very simple yet profound truth...

Each moment of experiencing cannot be any other way than the way that it is.

Here’s a very simple yet powerful meditation—simply sit and make no effort to maintain or hold in place any experience that might arise.

That’s it...
What is it that you’re experiencing, right now? See if you can get to the bottom of what it is. Be very, very precise, very exacting… Can you pin it down? Can you determine what it is?

No matter what you think is present—sound, light, thought, emotion, sensation—Just ask yourself, “What is this that’s here?”

Don’t try to answer it with the mind… Simply feel your way non-verbally into the answer-less answer…

What is this?
Make no effort to sustain any experience or insight that might arise. Simply let them all vanish, which they’re doing, quite effortlessly.

For a moment, without deferring to anything or anyone, simply look and encounter what’s here, nakedly and innocently, without referring to any outside authority to tell you what it is.
Look in your experience and tell me, how long does “now” actually last?

Is it actually possible to ever depart from now? Where, after all would you go?
In any moment that you find yourself engaging in some practice or otherwise making an effort to become more present, just stop and recognize that both the practice you’re engaging in and the effort you are exerting are themselves, expressions of the very presence you are seeking.

Just feel the flow of experience. And as you do so, notice that no clear boundary line separating “self” from “other” can be found. There is just one seamless whole, an undivided field of experiencing.

There is no subject or object here, only the deep ease and peace of having nothing to obtain nor anyone to obtain it.
Feel your experience and notice how it has no boundaries or edges to it. Let yourself enjoy the endless openness of everything.

The arising of each instant is also its passing away. Incredible, isn’t it?
Just feel whatever is present. It doesn’t matter what you think or imagine or believe it to be. Simply feel it. And as you do so, you will begin to notice the way in which everything that appears—every experience, every circumstance—is utterly beyond description.

Place your hand upon anything and just feel what is there—can you possibly put into words the endless display, the universes upon universes of sparkling, tingling, effervescent movement and sensation that appears?
Perceptions keep vanishing and yet something remains. What is that?

Try to conceptualize and put into words what you are experiencing in this moment. Now look at that description and see if it actually captures the full breadth and depth of the experience itself.
Notice that experiences are by nature, open and spacious, without border or boundary.

And now notice how the spaciousness itself is awake...

Treasure that vivid wakefulness, the bright knowing shining within everything.

We conceive of a world divided into this and that. But look carefully—can you actually find any seams in the fabric of experience?
Whatever state of mind you might find yourself in, rather than orienting to the description of the experience and all the mental-emotional associations you might be having about it, just let yourself feel the sheer presence of whatever is being described, the energy and vitality of it.

Look in your experience and ask yourself, "When did this moment begin?"
Enjoy the great release that is everything, the fact that every experience vanishes naturally, becoming the next thing and then vanishing again.

Whatever you imagine to be a fixed and solid thing—a body, a self, an emotion, a thought—look again and see that everything we might describe as being some "thing" is in fact, constantly moving and changing. Feel the freedom and release of this, the fact that nothing is ever holding still, that there is only ever this ceaseless dance we call life.
Just look at whatever is present here, the conditions of this moment, and notice something quite remarkable about it - it actually has zero duration. What appears literally disappears no sooner than it arises. The vanishing is that quick, the shape-shifting that instantaneous, so fast that in a very real sense, we could say nothing has ever happened. And yet everything seems to still be happening, seems to be appearing and have continuity. What an inconceivable magic show it all is!

Look at the field of experience. It may seem as if there are distinct pieces or parts but look again and you'll see this is not actually the case. There is only this seamless whole. One sea, appearing as many wave-like pieces...
Notice that there is only ever this, this single moment without discernible beginning or end—so awesome, so unthinkably beautiful in all its inconceivable mystery and depth.

With eyes open, focus on some object in the visual field.

Now, just relax all focus.
Let the attention be completely relaxed and open,
not focusing on anything in particular...

Feel yourself as this wide-open, relaxed knowing.

Notice the ease of it, the fluidity of it, the boundless, edgeless nature of your own mind,
how ungraspable at the same time, ever-present it is...

There really is no time here.
Only existence, knowing itself, feeling itself, being itself.

Always here, always now.
Allow yourself to pause right now, not in order to obtain or acquire something, not so you can achieve a particular insight, experience, or state of mind, but simply to be, as you are.

Stop for a moment and notice how everything is changing. No matter what thoughts, feelings and sensations are appearing, they are here for a brief instant and then gone. Feel how this is the nature of each and every moment of experience, to constantly change into the next thing.
Whether a barely perceptible breeze or a blustery storm, simply allow feelings to move freely within you, dancing and changing, just like the wind.

Right now, feel what it’s like to relax for even a few brief moments, any effort to control or manipulate your experience and instead, simply FEEL whatever is present here, allowing the flow of thoughts, feelings and sensations to be exactly as it is...
All states, all experiences, all moments appear in perfect clarity, the ever-present luminosity that reveals each unique unfolding of life.

Whatever you are seeing in this instant, is in the next instant, gone forever.
Notice that something is always present, something is always here, even if what is present and here is constantly changing, moment by moment.

Take a few moments and simply be as you are...
For the next few seconds, make no effort to hold on to a single thought, feeling or sensation, letting every experience go its own way, in its own time, appearing then disappearing as it does, so effortlessly, the waves of life naturally rising up, falling back then rising again as each instant of life.

For a moment, just put all of your knowledge and sophistication, all your learning and ideas, your philosophies and your cosmologies to the side and consider the possibility that you don't actually know what this is. Really let that possibility sink in.

See if it is actually possible to define this moment. See if you are truly capable of discerning what's going on here. Allow yourself to put aside all of your psychological and spiritual and scientific assumptions long enough to actually look, with complete openness and humility, to see what this really is, beyond whatever ideas you may be harboring about it. You may just find that experience exists outside of any and all familiar frames of knowledge or reference.

Bask in this mystery, the truth of this inconceivability.
Here’s a mind-blower that seems impossible to refute, at the same time, impossible to reconcile—the experiencing of this moment is also its vanishing. Crazy, right?

Memory is about what has disappeared. The future is about what may appear. Look at whatever it is that lies between the so-called past and future, and then ask yourself—this that is present, right now, is it disappearing or appearing? You can't quite say, can you?
Look at anything, say your hand—is there a finite amount of information there? Or do you find no end to what is discovered there?

What exactly is it that’s present that you’re calling fear or joy or a world or yourself?
Rather than trying to accept what is, just see that everything that occurs is simply the way life is expressing itself, in that instant.

Our experience is like gravity or the shining of the sun. It’s just a fact. And so, it’s not so much about accepting the challenging experiences that visit us but seeing they are simply what is... an unavoidable fact.
For the next few moments, just relax the searchlight of your attention, not focusing on anything in particular but simply allowing attention to rest in itself, to notice itself, to feel its naturally open, luminous, awake nature.

For these next few moments, instead of pushing against or pulling on experience, see what it’s like to just BE with what is, to be more neutral with whatever is occurring, riding the wave of experience, exactly as it is.
The Well of Being

Drop down into the deep and fathomless well of your own being, the miraculous presence of life itself. There, you will discover the true well-being, the one that can never be taken away for it shines forth in and as every moment of experience...

Let yourself sink into the reality of just how much is taking place right now... the heart beating, transporting oxygen to the millions of body cells... breathing, digesting, the immune system guarding the body from possible threats to its integrity, hearing, seeing, touching, feeling, thinking, the inconceivably vast and complex firing of billions of neurons that make this moment of perception even possible. The sun, the moon, the trillions of stars and galaxies, the entire universe, all of it being what it is, doing what it does, spontaneously and effortlessly.
This morning may seem like so many that have come before it...
Morning coffee
Morning light
Morning sadness
Morning joy
But don’t let that familiarity deceive you...
You have never actually tasted this morning before.

So drink it all in for it’s slipping away
Faster than you can read these words...

Let this very instant, the one that is occurring right now, be the most interesting and fascinating thing in the whole universe.

For now, let nothing else matter but to simply feel, whatever is here to be felt, to experience whatever is here to experience.
What's it like to be you right now?

Just feel that, relaxing into the presence of you, exactly as you are.

Relax all effort and allow the ceaseless flow of experience to unfold, as it unfolds, to arise as it arises, to flower and to subside, in its own time and its own rhythm.
Whatever future you may be hoping for or fearing isn’t actually here.

Feel the truth of this, the fact that what we call “the future” exists only in our imagination.

And so, let yourself rest in what’s real, the presence of your experience, just as it is, right now.

And as you do so, see how you are free of the future for the simple reason that it isn’t yet here...

As you sit here right now,
there no need to try to relax,
no need to try and calm yourself down,
no need to get yourself into a different,
more peaceful state of mind,
simply stop for a moment
and feel whatever is here... that’s it.
Just feel your body, exactly as it is,
feel the movement of your mind, exactly as it is,
feel yourself, exactly as you are...
As you sit here, feel how alive everything is.

Appreciate how all of your experiences—every thought, every feeling, every sensation—is simply the way life is moving and expressing itself in this moment.

Feeling agitated? The movement of life...
Feeling calm? The movement of life...
Restless mind? The movement of life...
Quiet mind? The movement of life...
A rush of happiness? The movement of life...
A wave of sadness? The movement of life...

Just let yourself feel whatever is here to be felt, all of it, simply the movement of life.

For a moment, simply look and encounter what’s here, nakedly and innocently, without deferring to any outside authority to tell you what it is.
There’s no need to rest with what is. Simply notice that experience is already resting within itself.

See what it’s like to simply feel the ever-changing flow of your experience, without having to apply any name or label to it...
For the next few moments, it’s okay to rest completely from having to do anything.

It’s okay to rest from having to feel something other than what you are presently feeling...

It’s okay to rest from needing to find some other moment you imagine would be better than the one that’s already here.

Notice that the flashlight of awareness is turned on, lighting up each and every experience.


Just feel the presence of this light, the presence of your own knowing-awareness that illuminates everything.

You don’t have to go anywhere or do anything to find this light for wherever you travel to in the vast field of your experience, there it will be, shining effortlessly.

For the next few moments, just enjoy the natural, easeful presence of awareness, shining right here, here in the heart of every moment.
For the next few moments, bring attention to the movement of your mind.

Just be aware of the flow of thinking, whatever those thoughts may be.

Feel into this awareness that is noticing the flow of thought.

And as you do so, notice that there is no thinking present there. Feel how awareness of thought is itself, free of thinking. Feel how your awareness is not thinking but is simply aware...

Let yourself enjoy this clear open space within you that is aware of thought at the same time, completely free of it.

Enjoy the great release that is everything, the fact that every experience vanishes naturally, becoming the next thing and then vanishing again.
For these next few moments, I invite you to do absolutely nothing but sit here.

For now, there's no need to alter the flow of experience in any way.

See what it's like to take your hands off the wheel of experience, allowing every moment to flower, to linger and then to subside in its own time and in its own way.

Let the natural, spontaneous flow of thoughts, feelings and sensations express itself, however it wishes to express itself.

For these next few moments, rather than trying to figure out what your experience is or how to describe it, just appreciate the simple yet powerful fact that it is.
Something is here, lighting up this moment and making it visible.

Just let yourself relax into that light...

For these next few moments, rather than pushing or pulling on your experience, just relax and let yourself sink into whatever is here...
For these next few moments, there’s no need to correct or alter any aspect of your experience.

Enjoy the freedom of being exactly as you are...

For a moment, just notice that the experiences you’re having right now do not come with any label of “positive” or “negative” attached to them.

They simply are, as they are...
Consider the possibility that nothing else is needed but this moment, exactly as it is.

After all, nothing else is even possible!

Feel the way the moment unfolds, like a flower, every instant opening, giving way to the next, ever-new, never repeating.
Imagine your thoughts, feelings and sensations to be like a flowing river. Whether the movement of the water is very gentle or very strong, simply allow it to be as it is, letting the river move and flow, taking its natural course, whatever that may be.

For a brief moment, just let go of any effort to make a single thought, feeling or sensation, other than it is.
Consider this, that it is simply not possible for the moment to be any other way than the way it is. Until it is...

Make no effort to hold onto a single thing, letting every experience go its own way, appearing then disappearing as it does so effortlessly.
Allow yourself this moment to pause from everything you believe must get done and simply feel and welcome whatever is showing up here in your experience.

Look and see if you can find the beginning or end of this moment.
This is the first and the last time you will ever experience this moment.

Stop for a moment and just appreciate the miracle of your own awareness, the fact that this moment is even being perceived at all.

Let yourself relax in that miracle.
Notice that no matter what form the present moment takes, no matter what is being seen, felt, touched or heard, it always remains the present moment.

Stop for a moment and notice that your experience is never stale but always fresh.
It's not necessary to become more aware of the moment. Just see that this moment exists *because* you are already aware of it!

Simply notice that your interpretation of whatever is happening experientially is just that, an interpretation.
Notice that it’s impossible to keep this moment from changing into something else...

Notice that this moment is being experienced without trying to experience it, felt without trying to feel it, seen without trying to see it.
For a moment, simply stop and appreciate the miraculous fact that you are conscious of anything at all.

This momentary flashing forth of experience cannot possibly be other than it is.

Feel the profundity of this truth...
Give yourself the gift of having nothing to do, nowhere to go, nothing to achieve or accomplish other than to simply relax and be as you are.

Whether moving about, jumping from here to there or relatively calm and quiet, simply allow the mind to be exactly as it is.
Let the tidal movement of experience carry you along, wherever it wishes to go, like a wave, rolling into shore then returning to the sea.

Notice the way in which thoughts, feelings and sensations are effortlessly letting go and undoing themselves, moment by moment.
Notice that no matter how hard you may try to hold onto a particular thought, feeling or sensation, it is simply not possible to do so. Think about something. And now watch that thought slip away, just like everything else. Enjoy the reality that everything changes. This is the freshness, the newness of every instant.

Imagine your mind like the vast, spacious blue of the sky, simply allowing whatever internal weather is present to pass through like clouds, without resistance or judgment.
If awareness or mindfulness could actually be absent, how would it even be possible to know that we’d suffered some lack of it?

Relax all effort to change what’s here. Relax all effort to keep what’s here from changing. And now, relax all effort to relax and simply BE.
Right now, feel what it’s like to relax for even a few brief moments, any effort to control or manipulate your experience and instead, simply FEEL whatever is present here, allowing the flow of thoughts, feelings and sensations to be exactly as it is...

Right now, just notice that all past thoughts have vanished and all future thoughts have yet to appear.
Stop for a moment and just feel yourself, the simple feeling of your own being, the energy and vitality and aliveness of you. Are there any firm borders or edges to you? Can you find a clear boundary line separating the life that you are from the whole of life? Feel your own boundlessness, the wide-open vastness of life that you are...

Notice that something is always present, something is always here, even if what is present and here is constantly changing, moment by moment.
What you call “you” is ever-changing,
the movement of life itself,
never fixed, always fluid,
an ever-present freshness.

The perspective of infinity is always available as experience itself because experience does not collapse into any interpretation. It can’t be resolved. Just feel experience and you will see that this is the case, that while our descriptions may seem to resolve things, our characterizations may seem to place things in neat and tidy conceptual boxes, experience itself has no clear definitional bounds, no limitations, no resolution.
Notice how it is simply not possible to hold anything in place, to keep what is from becoming something else.

Notice that experientially, there is no place where the edge of “you” comes to a definitive end.

Feel this. Revel in the vast, luscious infinity that you are.
Notice that what we call “the moment” has already taken flight, long before we ever try to do anything about it.

Rather than trying to cultivate a mind that is more open and accepting, simply notice that the natural presence of awareness that is revealing every moment is, by its very nature, already completely open and allowing everything to be exactly as it is.
Instead of contriving some momentary experience we call “meditating” and contrasting it with other experiences we label as "not meditating," simply notice what is always the case which is the ceaseless flow of experiencing itself.

We don’t need to practice being open to things for we are by nature, already open to whatever is appearing as evidenced by the fact that it has even appeared!
What’s seeing your experience right now?
(Hint: There’s no final answer to that question...)

Reflect for a moment on the power of life. It is everywhere— the sun, the wind, the trillions of stars, volcanos, butterflies, the human brain, an ant; the unfathomable number of subatomic particles swirling in and as everything—in all that we see, there blazes such power, such intelligence, such magnificence. We are that same power. It is our nature and the nature of everything.

Nothing is ever separate...
Stop for a moment and just feel yourself, the simple feeling of your own being, the energy and vitality and alliveness of you. Are there any firm borders or edges to you? Can you find a clear boundary line separating the life that you are from the whole of life? Feel your own boundlessness, the wide-open vastness of life that you are...

Let yourself fall into the endlessly amazing nature of everything, marveling at the miracle that is every sound, every sight, every sensation.