

Realization

The Ocean of Consciousness

Steven E. Kaufman*

ABSTRACT

No matter how the world appears, it is still composed of Consciousness, the same Substance, the same Beingness, flowing in stillness and turbulence. That is why the Universe is one, regardless of how it appears, because of the singular and unchanging Nature of that of which it is composed. As the ocean is composed only of water, regardless of how many waves arise from it, the Universe is composed only of Consciousness, regardless of how many forms arise within it.

Key Words: Consciousness, water, ocean, one, beingness, substance.

That which apprehends form
and That which flows in relation to Itself
and so appears as form
are One.

No matter how turbulent the ocean becomes,
no matter how many forms arise upon its surface,
waves coming and going,
the ocean remains one.

And no matter how turbulent the surface,
at its depths
the ocean remains still.

Observed from the depths,
where there is stillness
the turbulence of the surface
is not disturbing.

Observed from the surface,
where there is turbulence,
there is only disturbance.

No matter how the ocean appears
it is still composed of water,
the same substance
flowing in stillness and turbulence.

*Correspondence: Steven E. Kaufman, Independent Researcher. <http://www.unifiedreality.com>
E-mail: skaufman@unifiedreality.com

That is why the ocean is one
regardless of how it appears,
because of the singular and unchanging nature
of that of which it is composed.

And no matter how the world appears,
it is still composed of Consciousness,
the same Substance,
the same Beingness.
flowing in stillness and turbulence.

That is why the Universe is one
regardless of how it appears,
because of the singular and unchanging Nature
of that of which it is composed.

As the ocean is composed only of water,
regardless of how many waves arise from it,
the Universe is composed only of Consciousness,
regardless of how many forms arise within it.

And so, if That of which
the Universe is composed
is One, and not two,
then That which apprehends the forms
that arise within the Universe
cannot be different from or other than
That of which the forms
that arise within the Universe
are themselves composed.

The idea that That which apprehends the forms
and That of which the forms are composed
are different, and separate,
only occurs if one takes the forms alone
for all that is there where they appear to be,
thereby obscuring
the Ocean of formless Consciousness
within which they arise.

If one sees only the waves
and not the water,
sees only the forms
and not that of which
the forms are composed,
then the ocean becomes obscured.

And once the ocean is obscured,
that which connects all the waves
and reveals their oneness
is also obscured,
leaving only the appearance
of separate waves
thrashing about.

Likewise, when the Ocean of Consciousness is obscured
that which connects all the forms
and reveals their Oneness
is also obscured,
leaving only the appearance
of separate forms
thrashing about.

How do you rediscover the Ocean
once it has been lost,
once it has been obscured?

Look within yourself little Wave
and you will find It,
not as a form,
but as That which apprehends form.

And once you are able to do that,
Apprehend That which apprehends,
Know That which knows,
the Ocean of Oneness that was always there
beneath the waves,
beneath the forms,
will reappear.

Then the seeming divisions
between the waves,
between the forms,
that once seemed so real,
while their common Source was obscured,
will simply vanish.

The waves will still be there,
the forms will still be there,
but they will no longer be known,
and so no longer be treated,
as something separable from or other than
what you Are.

Why does the Ocean appear only within
and not without
until it is rediscovered
by looking within?

Without is the direction
in which you are going.
Within is the direction
from which you are coming.

When a wave looks to the sky
having forgotten the ocean,
having forgotten its nature,
it sees the clouds,
but cannot recognize them
as composed of the same substance
of which it is itself composed,
and so it sees only more forms,
more things that seem other than itself.

But when a wave looks the other way
still having forgotten the ocean,
still having forgotten its nature,
it cannot help but run into itself
on its way to becoming a wave.

And then when it looks back to the sky
having rediscovered the ocean,
having rediscovered its nature,
it once again sees the clouds,
but now recognizes them
as composed of the same substance
of which it is itself composed,
and so what was once seen as other,
is now seen as self.

That is why one must first look within,
and find the truth of what lies there,
before one can look without,
and see the truth of what lies there as well.