

Realization

That Which Is Hidden

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ABSTRACT

Blind to the Formlessness of which all forms are composed, we are blind to That which connects all forms, and so blind to That which makes all forms One. But once you recognize the part of yourself that has been hiding from you, and yet was always there in plain sight, then what once seemed most real becomes the shadow, and what seemed to be the shadow becomes what is most Real.

Key Words: blind, hidden, form, formless, One, shadow, Universe, Consciousness.

We look into the Universe
and see that it consists of objects
and the space out of which
those objects arise.

But when we look at ourselves
we see only an object,
only a form.

And yet even our bodies
consist mostly of space,
just like the Universe
out of which we grow
like fruit on a tree.

We just don't see it,
and so we pretend
that it's not there.

So we look at the Universe
and we see form and formlessness,
but when we look at ourselves
we see only form
and not the Formlessness.

This is our first mistake,
if one wants to call it that,

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and really our only mistake,
because all other mistakes
are just the continuation
of this one mistake.

And what is this one mistake,
that is not really a mistake,
but just a necessary part of the game
of cosmic hide and seek
that we came to play?

It is the twin ideas
that what we are is only a form,
and that what we are not
is the Formlessness
in which all forms arise.

If someone said the Universe
consisted of only the objects
and not the space
that is also clearly there,
then we would say
they were either crazy or blind.

But when we know ourselves
as only an object, as only a form,
and not at all as the Formlessness
that is also clearly here
where we are,
we call this normal,
we call this seeing things
as they are.

What is this Formlessness,
in which all forms arise?

What is it within yourself
that is formless?

I will give you a hint.
It is not your mind,
nor is it space,
for mind and space,
as formless as they may seem,
are themselves subtle forms,
from which the less subtle forms

of thought and matter arise.

So what is it within yourself
that is truly formless?

I will give you another hint.
It is That by which you know
both the subtle forms of mind and space,
and the less subtle forms of thought and matter
that arise within mind and space.

It has always been there,
you just do not recognize it
as either a valid part of what you are,
or as the essential part of what you are.

Which is more real,
form or Formlessness?

Which is more enduring,
the objects that arise in space
or the space in which
those objects arise?

The forms seem more real than the Formlessness
when form is all you know yourself to be.

But once you recognize the part of yourself
that has been hiding from you,
and yet was always there in plain sight,
then what once seemed most real
becomes the shadow
and what seemed to be the shadow
becomes what is most Real.

And then the game
becomes much more fun,
becomes much more enjoyable,
becomes much more filled with joy,
and so less filled with the suffering
that seems to make this life
such a burden, such a task, such a chore,
rather than the game
that it really always has been.

When you do not recognize your True Nature,

you cannot recognize the Universe as your Self,
and so then the Universe,
which is really your closest friend,
appears as your opponent.

And then what is really only a game
being played between friends,
being played with your Self,
appears as a battle
between sworn enemies.

And so we find ourselves
in almost perpetual conflict
with this or that form,
with this or that situation,
with this or that person,
with this or that nation,
because we do not see those forms
as our Self,
because we cannot see the Formlessness
within ourself.

Blind to the Formlessness
of which all forms are composed
we are blind to That
which connects all forms,
and so blind to That
which makes all forms One.

Love thy neighbor as thy self
was not a command,
nor even a suggestion,
but simply a statement
regarding how one will feel
about the Universe of things,
about the Universe of forms,
once it is realized that the Kingdom of Heaven
is truly within us,
as the Emptiness,
as the Formlessness,
as the Fullness of Life,
that is already here,
has always been here,
and will always be here,
Now, in this Moment
as our true and essential Nature.