

Enlightenment

Beyond Traditions

The Complete Inner Map of Spiritual Awakening



AZIZ KRISTOF • HOUMAN EMAMI

Enlightenment Beyond Traditions is a unique and revolutionary book. Through this book has been channeled the light of Pure Understanding that brings us to the spiritual wholeness. With an exceptional precision, it leads us through the complex and dangerous realm of awakening, where so many got lost. This book is truly beyond traditions, that is, beyond the past knowledge. The vision of Enlightenment which it presents is multidimensional, embracing doubtlessly, the eternal paradox of Being and Becoming; the human and the eternal. Here the ancient ideal of liberation is itself transcended within the awakening of the Soul, who reaches her final destiny: Divinity.

In this New Understanding, the evolution into the Ultimate Peace and awakening to the Heart are seen clearly as belonging to different planes of experience, being met, however, within the complete human being. The crucial message of this book is the positive role of the Me, which is the mysterious subject behind all experiences. It is no longer denied, but on the contrary, seen as the only vehicle through which the Universal I AM journeys in the human dimension towards Its own light.

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TRADITIONS

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AZIZ KRISTOF
HOUMAN EMAMI

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This book is dedicated to the invisible intelligence-grace that had awakened the first human being to the absolute state, state of heart and beyond.... Thus initiating the very existence of the enlightenment in the consciousness of mankind.

To this force we bow in respect and gratitude for its unconditional love and guidance. May its universal presence bless the earthly existence of all who seek its wisdom within their own presence.

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TRANSMISSION
FROM THE DIMENSION OF
UNDERSTANDING

Introduction

This Book is manifestation of the same Spirit that has allowed the human intelligence from the very beginning to reach the light of Understanding. This Spirit does not negate that which has been attained, as spiritual traditions, but embraces and transcends them as a part of its own past evolution. The mind wants to freeze the past spiritual conclusions as the ultimate, but the Spirit cannot stop in its eternal journey of expansion; for that would be against its very essence: Freedom.

Now the human collective consciousness has reached a very profound understanding of the Ultimate Reality. This understanding is present in a few of the great spiritual schools of Enlightenment. These traditions, having been created a few thousands years ago, have been evolving continuously until our time. However, their evolution so far cannot go beyond certain philosophical understandings that had been founded in their times, based on their given circumstances. Our attempt is to bring an understanding relevant to the current stage of spiritual evolution that can allow us to expand fully into the Universal Wholeness. For that reason, with the full respect and gratitude to the past traditions, we present in this book a Revelation of the New dimension of Awakening and Understanding.

The past traditions perceived only one dimension of growth: the expansion into the Inner State. Returning to the state of the original "white light" has been the highest ideal, resulting in the negation of other

dimensions of growth. Since the return to the Original State is the purpose of growth in their vision, naturally there is no place for the positive evolution into the all-inclusive wholeness of Me. However, the awakening to Me, which is the Soul, is our primal task. The Rainbow that is an expression of the same original white light can be manifested only when the Inner is completed and transcended in a total acknowledgment and appreciation of the very presence of Me.

The Revelation from the Beyond

Beyond the collective consciousness of humanity there is the all-embracing ocean of Universal Intelligence. Our evolution, taking place within the limitations of human intelligence, in order to reach the Realm of Wholeness, must transcend the frontiers of its own past. The human dimension, which is the divine limitation, merely represents a stage of growth of the Spirit in its expansion towards the Supreme Understanding. The human traditions, that is, the Past, are the ultimate limitation of our Now. The past giving birth to our present intelligence, has brought us to the point where no further expansion is possible. This is where the Revelation from the Beyond needs to enter. And it enters Unexpectedly. Grace is the hand of the Universal Intelligence that is leading its own past towards the Ultimate Fulfillment, which is the Supreme Now. It enters when evolution cannot free itself from its own past, and brings the liberating Light of the New. The quantum leap into the higher Understanding, freed from the past, cannot be done; it has got to be Revealed. And it is being Revealed.

The Vision of This Book

This book is not merely a description of the Supreme Understanding. Each chapter represents a certain important stage of human evolution towards a more and more complete understanding of the Reality. It is a continuous transcendence of what has been attained. Every chapter is a piece of truth, an angle of seeing the picture of reality. We are, in a non-linear way, reaching higher and higher understanding, coming closer to the final moment when our intelligence and the Reality merge into one. Moving within the shores of traditional teachings and using their highest attainments, we continuously test them with the fire of our intelligence. We remove and transcend those elements of past understanding that might obscure our growth and prevent us from reaching the Complete Understanding.

The simple purpose of this book is to show clearly the journey of consciousness from ignorance and confusion towards the full realization of the "I Am." The I Am we speak about is not merely what traditionally is called "no-mind," "presence" or "witnessing consciousness." These are just aspects of the I Am. The complete I Am is a unity of Enlightened Awareness, Enlightened Heart and Enlightened Rest upon the Absolute. However, it is not merely the realization of the I Am that is our ultimate goal, but the Enlightenment to "Me."

The reality of Me is even more mysterious than all the exalted inner states. Me is not given, but must be given birth to. The realization of the inner states allows finally

the complete seeing of what Me is. The awakening of the inner states is not a final goal but a foundation upon which the real goal can be attained. This goal is the complete awakening to the dimension of Me. Though it is beyond states, Me rests upon them. The Final Enlightenment transcends the Inner, as well as the outer in the pure, transparent, absolutely direct, personal and intimate apperception of what "I Am." Enlightenment to Me is the real purpose of our evolution. We are here to discover fully and doubtlessly what Me is. Me, the experiencer and enjoyer of all states, finally must be awakened to itself. This is the highest beauty and the greatest joy; going beyond the illusion of spirituality, one at last discovers Oneself.

The Map of Awakening

I. IGNORANCE

Ignorance is a valid dimension, for it constitutes the experience of most human beings. Ignorance is an experience of oneself in which Me is completely fragmented, unconscious and without any center or foundation. The mechanical mind totally overpowers the psyche, not allowing one to experience either the Being or the Heart. In this state, one is totally identified with psychological events, thoughts and emotions. Because there is no center, every thought and emotion creates a separate Me, an identified Me. As in a dream, one lives in a fully objectified reality or one is this objectified reality, without the existence of a subject. Me is objectified and identified with what is perceived and thought. For that reason, one experiences suffering and negativity to a much higher degree.

The state of ignorance represents a very flat and narrow reality. There is no depth to it. The functions of awareness and sensitivity are very limited and unconscious in this state. In this state the Soul suffers, and at the same time is not aware of itself. The unconscious reigns. One lives in the world of ego-images; how one perceives oneself always relates to the outer. Ignorance cannot be regarded as a conscious state. It is between the conscious and the unconscious. It is vague, unclear and empty of any real substance. It is to be transcended. This is the challenge, sooner or later, of every human being.

II. AWAKENING OF THE I AM

"I Am" is the full experience of oneself prior to the movement of thoughts and emotions. This experience is a unity of Awareness, energy of Being and the Heart. All these aspects need to be integrated within oneself to manifest the Wholeness.

Attention

In order to transcend the mind we must first awaken the aspect of Attention, the seed of being conscious within the mind. This attention is generated in the mind, and due to it, the unconscious, mechanical aspect of the very mind becomes transcended. The self-recognizing attention, when seen in itself as separated from the "perceived," gives rise to the state of Presence. The purpose of the cultivation of attention is integration of and stabilization in the Presence, so that it finally becomes a constant and stable center of awareness at the background of the psychological self. However, if other aspects of "I Am" are not developed, and the Presence is cultivated alone, one can become very imbalanced.

Being

The Being aspect is what gives to the Presence the necessary depth. The Presence without Being is too intense and deprived of the quality of rest, relaxation and letting go. Cultivating the Being aspect allows the energy of Presence to be dropped and pulled by the natural gravitational force, downward throughout the whole body. First, one lets go of the mind by shifting the attention to the Presence. Next, one relaxes the will of self-referring Presence which will gently dissolve into the state of non-doing, effortless sitting and pure meditation.

Naturally, in activity the Attention aspect is more exposed, while in sitting meditation, the Being aspect is. At this point, the Attention and Being aspect of the I Am are present.

Heart

Without bringing into the state of Being and Attention the quality of deep sensitivity of the awakened Heart, one is far from experiencing the complete I Am. Although we describe the Heart as the center of feeling, at the same time it is a dimension of Being. The energetic presence of the Heart brings warmth to the coolness of awareness and being. Heart is the balance between the inner and the outer, without which one is pulled in too much, and the relationship with the outer cannot be harmonious and expansive. We are essentially feeling beings, and the intimate center of our identity as "Me" is placed in the Heart. Without the Heart we cannot experience fundamental sensitivity and inner beauty. Developing the attention and working simultaneously with the other two aspects, we come closer and closer to the holistic experience of the I Am. Only when all of these aspects are integrated, do we feel fulfilled and happy.

III. THE ABSOLUTE STATE

Beneath the I Am is a place of Absolute Rest. The Absolute is a secret of the Being aspect of the I Am. The Awareness or Heart cannot reach the Absolute. The complete surrender happens only through the Being. Prior to the shift to the Absolute, the experience of being belongs to the I Am. We can say it is a part of Me, as if the energy of being couldn't go beyond its frame of reference. For that reason, the Being aspect of the I

Am which is responsible for the experience of peace and rest, cannot reach the Absolute Rest. The peace and rest experienced within the I Am has a quality of a certain movement of energy and consciousness. It is beautiful, and for most souls, the ultimate. However, there is a deeper experience that goes beyond the I Am.

The shift to the Absolute expands the Being aspect of the I Am to its original absence, to the realm prior to consciousness and energy. The center of identity within the Being aspect is pulled to the Source itself, so one is in a very mysterious way placed prior to the I Am. Here, the state of Pure Rest is manifested. The Being aspect of the I Am can completely let go of itself, and be received by the Unborn. It is here that Me can finally experience its own absence within the presence of the universal I AM.

IV. FINAL ENLIGHTENMENT: TO ME

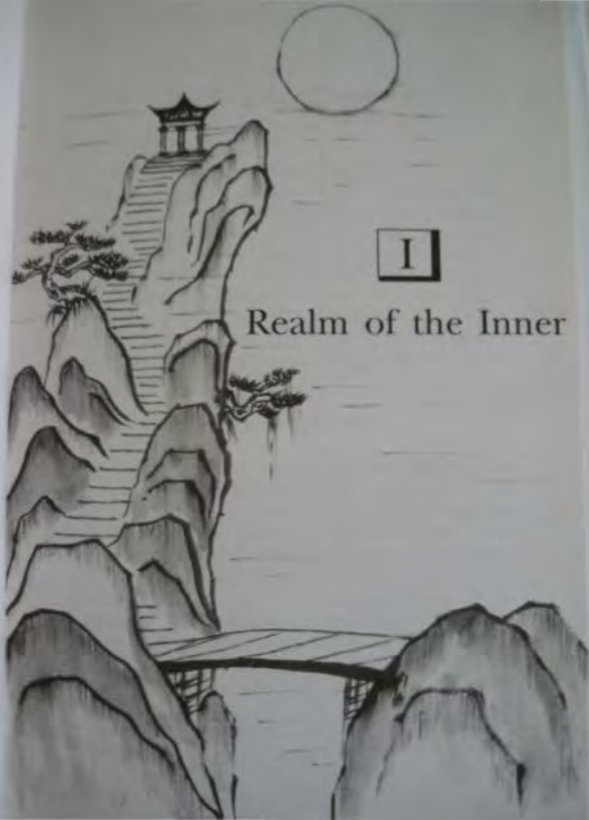
The "Me" that entered the spiritual path and is completing all of the inner states, is still in a mysterious way, unconscious of itself. One can be Enlightened to the I Am and to the Absolute, and still be unaware of the very Me who has reached Enlightenment. Who is the seeker? Who is the finder? It is here that a totally new understanding beyond the knowledge of traditions emerges: awakening to Me. But without the realization of the inner states, one is not capable of seeing what this Me truly is. The inner states create the perfect environment, a spotless mirror in which the Me at last can be reflected and apperceived.

Without awakening to the Heart, Me cannot be seen as anything in particular. The center, the essence of Me, is in the Heart. We call it the Soul. Only in the heart can Me fully meet itself. However, first the foundation of the

inner silence, depth of being and clarity of awareness are absolutely necessary. When the Heart is awakened, it no longer remains in the middle of our chest but becomes the totality of our being.

What is Me? It is the wholeness of what I am which is absolutely personal and intimate. It is the oneness of Presence, stillness of Being, warmth and sensitivity of the Heart and the movement of Intelligence. When the Me is awakened to itself, it no longer rests in the "other" states, but in itself. In effortless abiding, it becomes one with the universal I AM, and meets the Creator.

Enlightenment to "Me," which is the flowering of the Soul or individual evolution, reaches through itself, its ultimate expansion. It merges into the apperception of that which is beyond its ultimate frontiers, the Universal I AM. Here, the individual Me transcends itself into the Supreme Dimension beyond Unity and Separation.



I

Realm of the Inner