

Last Minute
Instructions
for
Enlightenment

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Last Minute Instructions to Enlightenment

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OM

There is always more . . .

Which Self-Enquiry Question

The question about the Self-Enquiry question is **not so much which question you are working on, or who gave it to you but how well you are holding the focus.**

Who is this “I”? What is Enlightenment? What is my True Nature? Who is the One asking? **To inquire intently will get the job done.**

But if you instead question the question, "Why did she give me this question? Why can't I work on the old one or another one?" you are wasting your time. If that becomes your focus, then you will have no results but confusion, and doership will have reared its ugly head once again.

Doership does not Enlighten. It only prevents Enlightenment. Every time you follow that instead of Guru instructions, you build up ego power rather than Guru power. Consider the issue of compliance level in therapy. If you are a therapist of some kind, what is your compliance level among clients if you are not living what you are teaching?

The meditation focus or format, when properly given, is spontaneous in every moment to the particular individual and the particular place where they are spiritually in that moment when they ask inside.

WHAT WORKS BEST IS IF YOU FOLLOW IT EXACTLY THE WAY IT WAS GIVEN TO YOU IN THE MOMENT AS QUICKLY AS YOU ARE ABLE.

If you are inclined to remodel the meditation according to your own version or your version of someone else's version, before you go creative, ask the teacher who gave you the instruction if such a combination will give you the best result. Consult a specialist and get the results a specialist can provide. Don't wreck your Porsche (an expensive sports car).

The practice that works is the one that you use, but it also needs to be an effective one in the first place, one that is suited for the job for which it is given and at the stage where you are now. One given fifteen years ago or that you picked out of a book does not have the same impact as one given spontaneously to you directly by an Enlightened Saint today. OM

There is a reason why 87% of the people who have Enlightened over the last 5,000 years have done so in front of an Enlightened Guru. When you are face to face in the Presence of Fully Enlightened Consciousness, You Become That. OM

The Guru Is the Flavor

The Guru is the flavor, the spices for the meal. But if She brings the flavor and no one has put the ingredients together, what is She to do with Her spices? Shall She take them somewhere else, to another house, another land?

She is the yeast for the bread that causes it to rise. If the ingredients are not assembled, of what use is it for the yeast to arrive?

Assemble your ingredients, and then ask for the Yeast-maker to come forth.

The rising is a delicate matter. It must be done with exactly the right temperature of water. The other ingredients must be ready.

You ready your ingredients by your meditation, your focus throughout each day on GOD, direct Experience of GOD, and service to GOD, and your devotion to your own meditation room and mat or chair. It may take hours, years, lifetimes for the flavor to boil forth to perfection. This is not a quick snack you are preparing. It is your whole life, and beyond that, your Essence of Being. OM

Your job is to prepare the ingredients. GOD will send the yeast when the ingredients are ready.

**Commentary on *Yoga Vasishtha Sara*,
Chapter Three -
"The Marks of a Liberated Person"**

The experience of the Self takes you into such a high vibration that any remaining desires burn off spontaneously. Great detachment occurs. That is actually the mark of Samadhi, NOT just being able to talk in the Presence of such high Energy.

The One who realizes directly that the whole apparent Universe is nothing but Consciousness, and is able to remain quite stable in that Calm that comes from that direct Realization is protected by an auric field that is unaffected by ordinary life and its apparent crises. That One is undisturbed by dualistic swings of extremes of joy or sorrow, and is happy.

In this level of vibration, evil thoughts do not occur.

When wise ones are in the presence of angry people, their primary awareness is noticing how unaffected their own vibration is. Being in such situations allows them to test the stage of their integration and any potential areas still requiring release.

It may be rather like an old film that is still passing through the movie projector long after the colored frames have passed. All that is left is the flapping. The film is leaving; its impressions are already gone. All that is left is the noise.

If an ordinary person is frightened by a rope that looks like a snake, the body takes some time for the trembling to calm down even after understanding that the rope is not actually a snake, and that there is no snake around.

In the same way, **someone who has Enlightened may still have a period of time when the residue of old decisions, conditioning, and latent tendencies may have some apparent effect, although relatively minor and short-lived, while they are burning off.**

Someone who has crossed over into this level of vibration does not create the long-lasting effects of karma by His or Her own acts. She is in a level of vibration where karma, cause and effect, does not exist and has no significant impact, because the Sage does not attach to body sensations, thoughts, or feelings which are arising to leave as significant or current.

They are not impactors or detractors on the level of vibration where She lives. Her acts are spontaneous movements of creation, not karmic responses to

survive, protect one's self, or get even. Even if they apparently look like karmic responses, the Sage is unaffected in any real long-term way. The Light of Consciousness released at the time of crossing over continues to shine forth.

During integration, even if there is an apparent moment of attachment (because all of the decisions, conditioning, and latent tendencies have not yet all burnt off, although they are in the process of doing so), it does not last more than a few seconds, minutes, hours, or at most days, because the Light shining on it makes it obvious really quickly.

This is different from ordinary life, where it may take hours, days, months, years, and even lifetimes to see an attachment to the misunderstanding of an illusion, and then to let it go may be even more difficult.

As such, the Enlightened Sage's response time is so much greater than before, it can be said that He is not only not affected by the long-term effects of karma, He can also not create any because the Conscious Awareness shining forth does not allow it.

Even when the Sage is apparently intent on outward actions, in reality His attention is actually interior on the Self and is extremely calm and even in His expression of detachment.

One who has experienced this final merging experience into this level of vibration is very peaceful, is not affected by the illusory non-duality, and does not treat seriously the perceptions of how ordinary people experience the world. They operate instead on their own direct experience of the Real.

Regardless of whether the Sage leaves the body today or in millions of years, no matter how long they stay in incarnation, the Consciousness released in them remains clear. It does not drop in vibration over time. This is not a temporary experience. It is the Real, the Absolutely All.

Regardless of where the Sage leaves the body, whether it is in a holy place or in a place of apparent low vibration, the Sage is free of such concerns and also free of apparently being affected by others the moment He moves into this higher level of vibration.

To someone who has no desire-attachments to pain or pleasure, the ordinary life and apparent forms of this planet, holy places and even the other levels of reality are not interesting and have no meaning or impact. They are not noticed as worthy of any real focus.

The Sage is empty of impressions and attachments, and at the same time full of the Self, and content within HimSelf and in His apparent exterior form as well. All is His Consciousness.

The Sage is free from the entanglements of attachments to desires of pain and pleasure, and uncertainties don't exist any more, even though the incarnation still continues.

Even though there may be karmic events still occurring around Him, and even apparent momentary reactions to things, people, and circumstances, inside the Sage is calm and unaffected. The Consciousness continues to shine forth like a lamp painted in a picture is always on, shining forth Light.

The one who has easily let go of all egotistic tendencies, and no longer focuses on even the object of meditation, and instead is Being that Enlightened Consciousness, is called liberated, even though She is still incarnate in a physical body.

The one who does not attach to relatives, who avoids attachment of any kind, who categorizes sensory pleasures and desires as non-existent, who is unaffected by sexual attraction, and who sees the essence of all as the same, whether they present as friends or enemies, experiences happiness now and when they leave the physical body.

The one who lets go of all objects of perception, and experiences evenness, remains still as space, unmoved by doership and unaffected by sorrow, is liberated and Supreme Lord.

The noble-Hearted one whose desire-attachments have come to an end is liberated. It does not matter whether meditation is practiced or action is taken.

The idea that there is Self separate from non-Self creates a perception of bondage. Abandoning that perception is liberating. There is neither bondage nor Liberation for the Self who has always been, ever is, and ever will Be, Consciousness-Personified, unaffected by thoughts, emotions, body sensations, apparent conditioning, decisions or latent tendencies.

When it is experienced directly that the objects of perception do not really exist, the Consciousness is completely freed from the implications of these apparent objects, and the Supreme Bliss of Liberation comes forth.

Abandonment of all latent tendencies is said to be the real Liberation by the Wise. It is also the faultless method of experiencing Freedom.

Liberation is not in Heaven, nor in another world, nor on this earth.

Liberation is the eradication of all desires, which results in the mind (unconsciousness) being erased and Consciousness shining forth.

There is no intellect, no unconsciousness, and no individual soul. These are all imaginary, illusory concepts in the level of vibration where Brahman dwells.

To one who is established in That which is Infinite, Pure Consciousness, Bliss, and non-duality without any separate qualities, **where is the question of bondage or liberation, seeing that there is no object and no goal?**

The mind, by its own activity, perceiving thoughts, feelings, body sensations, and attachments to those concepts, **bound itself. When none of this arises, and it is calm, it is free of all attachments and tendencies, and presents as Pure Consciousness.**