

The Essence of Contemplation

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To the Great Sages
Who shared
Their Consciousness
and
Their Wisdom
I offer
this
fruit-basket

OM

The Essence of Contemplation

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The Meditation

There is no ordinary reality; that is only a creation of the mind. Both are illusory. If you look carefully into every situation, every and any glimpse of apparently ordinary life, there is always the Absolute, first, foremost, and only.

Put your attention focused on that moment, that slice of time for a length of time while centered in your Spiritual Heart (that place we clap on our upper mid-chest when we are moved or surprised and say “Oh, my GOD!”), and you will see or experience GOD or the Absolute.

You may experience a fuzziness, an Impressionist appearance of everything you see, or an iridescence or glow around certain objects or people. Or they may disappear with your eyes open, either single objects or everything but the object or part of it you have been focusing on, such as the eyes.

These are all initial experiences of Samadhi, heightened levels of vibration. The energy now becomes quite tangible, and alive. You can see that it truly is there, just as obvious as the apparent space in-between the molecules in your couch or chair. And then, when you put your attention on your couch or chair or on the other space around the room, it becomes more noticeable as energy, rather than the form you may usually perceive it in.

There is often a sense of being moved by the Presence of GOD at this time, awe with a tangible sense of a Presence within the room. Initially, you may experience some fear, because of the newness of the situation. After all, your whole version of reality is shifting. The one with which you have placed all your bets on is disappearing, or at least changing in presentation.

You are experiencing the formless aspect of GOD, quite tangibly, as real, in fact more real than the other world of form where you have concentrated for so long. A sense of interested, non-judgmental exploration is a healthy one for this time of adjusting to new levels of reality, rather than trying to make it go away or pretending it isn't there, or going unconscious, or into denial.

This Energy, or experience of the Presence of GOD, has been my whole life for many years.

It is what I live for and serve; it is what has made life on the physical plane bearable, because there is such comfort and contentment and assurance with it. In Sanscrit, this is known as the Sat. It is quite obvious that this is what maintains throughout eternity, and was always here. Not the couch, it will wear away, be thrown

out, and disintegrate. But GOD, the Absolutely All, will go on, always has been, always has been, always Is. (It could not be otherwise, being GOD.) How could the Universe exist at any moment without GOD? It is like we are His shadow, a pale shadow, but nevertheless the shadow, that only exists because He/She/It does.

There's a lot of detachment that comes with this kind of experience. The physical world seems less important and in-between direct experiences seems less important and more unreal than the Formless used to. It allows a greater ease and an ability to function, regardless of the outcome.

When you know (experience directly) what is Real, the unreal fades away, becomes less important, assumes a more appropriate proportion. Life becomes easier, something we don't have to take as seriously, with such importance attached to it. It simply assumes its rightful place as the moments through which we can experience GOD, and an opportunity to express the Oneness.

All sense of competition or fear fades away in these moments or hours and often for long periods after. As all is GOD, and this energy permeates all, how could we be abandoned; how could we fear? What could we fear and who could abandon You?

GOD or the Absolute is everywhere, **including** in you. That's what Omnipresent means; the Divine Presence of GOD is present everywhere at the same time and all of the time, always. **This Presence is not only the most important thing going on, it is the only thing that exists.**

Otherwise it couldn't be GOD, or Absolutely All. Form is merely an overlay. Even the physicists tell us that forms are not really dense or solid matter. Upon examination, they break down into molecules and the space between them. This space is the formless aspect of GOD. The molecules are the form.

As you continue this experience, looking around the room or outside, or wherever you happen to be, you will notice that the energy is everywhere, and comprises all things.

There is no doubt that this will continue, and does as you look around and even travel to other places to check out the formlessness there. As long as you stay in this space, this level of vibration or samadhi, you will have this experience or another. GOD is everywhere.

It has nothing to do with the apparent looseness of holding together whatever you are looking at in the moment. It has everything to do with the eyes of the beholder. And, as you continue this experience and look down at your apparent body, you will see it disappear as well. The energy is emerging, or becoming more obvious, and it becomes apparent that All Is GOD or the Absolute.

All Is GOD. GOD Is All. That means, you, too. Even you. Even You. You are GOD as well, and GOD is in you as well as in every **thing** else in Creation. Because He/She/It is the central force of Creation, it becomes apparent that not only is He the central Energator of all, She is the enervating Energy of all. It is all.

It is apparent at this point that there is no **thing** to fear. You are everywhere, and everything is You. How could you hurt Yourself? And why? It is impossible. It becomes a totally non-issue. Often people at this stage become Blissful; they begin to laugh at all they took so seriously earlier. The laughter continues, and it becomes apparent that every **thing** we ever took seriously is ridiculous, and that worry is unnecessary and essentially ridiculous. And then laughter continues, just as an expression of our true Nature.

THE ONGOING CONSCIOUS CONTEMPLATION

I am moved to speak about the contemplation meditation. Several things in particular were coming up earlier in my awareness about it. One is that it is really crucial to allow this process to go on consciously, all of the time, out of choice.

I remember years ago coming off staffing an Enlightenment Intensive where I had not had direct experience on the retreat, but was very close. And the Master said as we got ready to leave, "If you have not had experience, continue to hold your question, because you may have an experience in the next two or three days." However, the thing that struck me after some time was that **I was actually not moved to stop contemplating.**

What occurred to me was that what I actually needed to do was to hold this practice and intent for the rest of my life; that this was not something simply something that I did on special weekends or when I was doing dyads (gazing meditation exercises) with people. And what I am convinced about was **that commitment, although I was not conscious of it at the time, was actually the next level of commitment to Enlighten in this life.** This meditation wasn't just a hobby or something that I could do on the side.

Indeed, I was shown some years later as I went into it more deeply, that **this meditation is, in Reality, going on all the time. This is not a super-imposed technique at all, and that unlike other meditation techniques or focusing processes, that this is actually what Is** and that we have simply failed to be previously Conscious of it.

THERE IS NO SEEKING

When I went into this recent direct experience, one of the things that came out of it was the reality that **there is no seeking**. That there is **no seeking**. **The seeking has ended. And when Consciousness is full, this is so. When we're fully in the Conscious state there is no thing to look for.** This is It. This is It. **This Is It.**

What strikes me is that in teaching this meditation, what's really crucial to put across is that this is an organic process, that **this is actually your natural operation of Awareness and actually part of how Consciousness works. It Is Consciousness at work.**

This is not complicated. I am making this really simple, simply to help you become more aware of how it works, just like noticing how your heartbeat works, to whatever extent it is useful to be aware of that. But with this, because your Consciousness is crucial to you at all times, all the time, it is really important to understand how this works, and to work with it out of conscious choice.

What strikes me is that, again, **it's not ever really a choice about whether we will do this, but only a matter of when. It's only a matter of when. IN ORDER TO ENLIGHTEN WE HAVE TO CHOOSE CONSCIOUSNESS OF THE REAL AS OPPOSED TO PAIN OR PLEASURE ATTACHMENTS.**

There is literally no choice between that continuum. We're with one choice or the other and a lot of people think they can play around with this. They think there is some kind of middle ground where they can play tennis or play ball and it's not really so. It becomes apparent over time that that's not really so. **Grace is when the pain becomes too intense, It actually becomes too painful to not do something about it.**

And so one of the things I said to this student facing her choice to be conscious continually was, "This is a really great Blessing."

One of the things my final Guru used to say is,

"Most people only change when it is too painful not to."

I remember being really surprised when He said this, and somewhat **saddened that the human condition would be such that we would only choose to get out of pain when it was more painful to stay in it than to change.**

Over time I have seen that when some body is really attached to a particular thing, that this is really so. **Because there is such an enticement to these pleasure/pain coordinates or apparent opposites (they're not really opposites), and there is so much comfortable familiarity in the swing back and forth, it is hard to give it up.**

The truth is we're giving up pleasure and comfort as well as pain, and a lot of people are addicted to pleasure and to comfort and they are also addicted to pain. They are addicted to the adrenaline rush of fear and the adrenaline rush of excitement, and the adrenaline rush of last minute challenges and those kinds of things, it is like being rescued, and all these addictive responses really almost all lead to adrenaline rush reactions.

WE ARE EITHER IN CONTEMPLATION OR IN PAIN

We are truly either in contemplation (direct Awareness within the Self) or we are in pain. There isn't any place in-between, and the delight is when we can see it is one or the other.

When it looks like we can play around, it's actually not a gift. It is a subtle enticement, and the truth is really disguised at that point. There is no game in unconsciousness. There is no gain in unconsciousness. And just because it is familiar and it's comfortable doesn't mean that it actually is life. It is not. It's a dead thing.

UNCONSCIOUS LIFE IS DEAD

It's a dead thing and we've been so sold by the other dead-thing clingers that this is the way to do it, and that from time to time we are enticed with, "This is so comfortable, I can just go to sleep again." I can just go under again. And the problem is that IF WE MAKE THAT CHOICE WHEN WE ARE CONSCIOUS ENOUGH TO MAKE A HIGHER ONE IS THAT WE ARE LITERALLY CONSCIOUSLY CHOOSING UNCONSCIOUSNESS.

This is a very, very dangerous place, a very dangerous place.

EXHAUSTION DURING DARK NIGHT OF THE SOUL

Now there are times when, if we have been going through the dark night of the soul for an extended period of time, and the soul gets really tired because it has just been persisting and persisting (towards the Light and still feeling cut off from it). It has had one challenge after another after another after another and it has gone on for months or even years, and there is a time when we may have a tendency to want to choose unconsciousness because we're exhausted, because we just feel like we don't have strength to persist.

That is one of the reasons that people actually pray,

"Lord, give me Strength."

We are actually praying for a specific spiritual experience. It is one of the gifts of the Absolute, this gift to persist. If that exhaustion happens, and we truly have exhausted every avenue, done every practice we've known, gotten every support we could, whatever it might look like, and we feel unable to proceed, it is possible, **very occasionally**, to pray and ask for a very short break for rest.

It has been my experience that (in such rare cases) you can have a very brief period, maybe up to 12 hours or a day or so at the most where you can actually have a breather, and not have anything else come up and not lose ground.

But it is something else to be in a somewhat Conscious place and to say, "It's too much trouble to release the attachments," or "I just can't work it into my schedule or my budget right now to go on retreat, even though I am very near Enlightenment."

CHOICES FOR UNCONSCIOUSNESS

Those are actually choices for unconsciousness. There is an ego enticement game that is going on there, and because there is some conscious Awareness that we're actually making a choice, not that we're exhausted, but simply that we are enticed, that's a much more dangerous place to be in. It's a very dangerous place to be in spiritually.

And my experience has been that WHEN WE CHOOSE UNCONSCIOUSNESS AT SOME POINT IT IS USUALLY BECAUSE THERE IS JUST SO MUCH JUNK THAT HITS THE FAN AT ONE TIME THAT WE ARE IN OVERWHELM. OFTEN THERE ARE DOUBLE BINDS AS WELL, SO WE CAN'T SEEM TO GET OUT OF IT.

IN FACT, THERE ARE USUALLY A WHOLE SERIES OF DOUBLE BINDS. SO, YOU'VE GOT CONFLICTING DECISIONS THAT KEEP YOU IN A PLACE OF STASIS WHERE YOU CAN'T ACTUALLY MOVE.

Just understand the reason you are so exhausted or indecisive is because you are caught in the middle and you can't move one way or the other, and that at the same time you are attempting to.

At that point of recognition, you can ask inside what the double binds are and release them, or go get some additional support from someone who has been at this longer. It may also be the time to go get some additional energetic support to temporarily boost your vibration in order to see it yourSelf and detach.

SOUL CHOICES HAVE TO BE MADE ON YOUR OWN

The problem is, though, because this is a soul choice, someone else cannot press you about what you need to be aware of at this point, all they can do is point out what the options are and to some degree, not a full degree, what you are actually dealing with, because you are the one who actually has to do the work (choose to face clearly what is happening and act appropriately).

What I've been shown is that for most the time GOD, or the Energy is actually doing somewhere between 95 to 98% of the work, and that each individual soul is actually doing a very small part proportionately to what is being done on the other side.

I'm not talking about what the Guru is doing in front of you, but what GOD or the Self is doing interiorly. This is so even when we are doing a very high level of spiritual practice. Our best is 5%, our least effective, maybe 2%. (After significant Crown Chakra Enlightenment, that percentage increases, but the GODHead is still carrying the majority.)

We have to do at least that our share, and there are times where we are actually are left waiting, where we have to do what is the whole thing on our own to get to the next level. We have to pull ourselves up on to the next level before we are open to that next level of opening.

WHEN I CAN'T RADIATE

Sometimes I have had times when with various people that I am working with, where I have not been allowed to radiate them, because they have waited too long

hesitating around taking the opening, and have instead chosen to get involved in the double-bind enmeshment and live it out.

At this point, it becomes really clear that they are in some kind of soul choice, where they have already had a lot of support and they have had a lot of suggestions and they have the tools; it's not like they have been abandoned, but they have to now **CHOOSE** to use them. There is simply a door open before them that is really a crucial place, and for them it will be entering a whole new developmental stage spiritually.

Some people may go to a therapist, for example, or workshops or use books or whatever and facilitate the process, but **ultimately the person has to make the choice to grow or not. It's their life.** It's their choice, and it's their timing, and it's always interesting to watch and see what the soul chooses at that point, and actually what they are capable of unaided.

It's a really important time and it's a real gift, to see where the soul is in integrating what they have learned. It's a real gift because, especially in this process, unlike earlier developmental stages, **we are being prepared for actual Conscious Awareness.**

This is a more independent stance in preparation for what is coming.

WAKE-UP CALL

We are moving into Co-Creatorship, and so **we have to have a chance to stretch our wings and see how strong they are.** That's really different from arrogantly saying, "I know how to do this, but I don't feel like bothering" or whatever, but it's actually a very humbling place. **You can only really make this transition in a humble place,** and usually you get humbled by the work that you see that you still have to do.

I remember years ago having an experience where I suddenly got something that my Guru said. What Bapu said was, **"It's really important not to teach until you are Enlightened,"** and He proceeded to describe teaching as advice-giving, counseling, a whole series of things I had been doing for years, and what He said was that if you teach before Enlightenment or without being made a Guru by GOD directly, or by your physical plane Guru asking you to teach, that you personally as a soul carry the karma of everyone you give advice to. So, if they make an error, you are the one who carries the karma, not them.

I really got it. Freaked me out, and I really got that in spite of whatever I'd done, teaching seminars, workshops, doing counseling, advice-giving, since I was 12 or 6 or whatever, that even though it had been out of the best that I knew and out of good intent, that it was lacking a fuller Wisdom. I suddenly got, "I am in deep trouble." I saw all these people pass in front of me from my past, and thought, "Oh, my GOD!" Then in the next moment I had this very humbling awareness of the enormity of what I had done. **I also knew that ignorance is no excuse. Just because I didn't know didn't mean that I wasn't responsible.**

It's like you may not know all the rules, the laws that are on the law books, but if you break a law you are still responsible. **So I suddenly had the awareness of this enormous karma that I had acquired from doing this. And then a sense of desperation arose, and I had a moment of perceiving years and years and years and eons and lifetimes of karma that I had to work off, how long it would take, and what**

it would involve. Than what became instantly apparent was that “THE ONLY ANSWER IS TO ENLIGHTEN IN THIS LIFETIME.”

That was the only answer, because **it would take too long and be too painful to burn off the karma by ordinary means, by living it out, doing service, and meditating.** It was really obvious that the only thing I could do was really get deeper into my contemplation and Enlighten in this life, because it was the only way out.

So, that is what I did. That's what I did. I put a lot of focus into my contemplation. I also began to see that **I needed to be extremely careful about how I related to others, and that my whole life needed to be an expression of this process. And that I had gotten as far as I had.**

I had had the Grace to hear about Enlightenment. I had had this incredible opportunity to move to India; within six weeks I'd met an Enlightened Guru. Two or three weeks later He had initiated me, and then I had had this wake-up call. And it was like, "Well, GOD, has gotten me this far, but I can't depend on Him to do the rest of it. I have to do my part. And I have to do this with all the intent that I have. This is not a vacation I'm on. This is my Life.'

And I was suddenly struck that

“I don't know how long I have. I have no idea how many years, days or moments that I have left in this incarnation. I have no idea how long I have with this Guru. I have no idea how long the conditions will work for me to be here.

I've lived an ordinary life for a long time, and I have no choice or willingness or ability to return to that, but **IN ORDER TO EARN THIS NEW LIFE I HAVE TO EARN IT.**

So, I may not have a regular desk and a schedule, but I have to use the same intent that I did to be a professional, and do the best that I can do with this being a student and with holding this question. I have to do it as if my very life depends on it, because it does.”

One thing that is really apparent in India, which is actually a great Blessing, is that this land of karma is so wild (because the energy is so strong), that **you have to stay high in Consciousness if you are going to do practice there.**

If you don't, the karmic repercussions are enormous, and they can be very different from most places in North America.

You can get a karmic reaction very, very quickly, and it can be quite enormous, especially being in a Third World country. So the good thing about it, is it really keeps you on your toes.

When you **have** to stay in a higher level of vibration, it really serves your meditation. I know people that were raped in India, that were robbed of everything, left stranded, and that were practically kidnapped. I went there and met a Saint. I am very aware that all those possibilities are lurking around the edges. It's true anywhere. But some places the energy is so strong that the swing is very quick. It is actually a good thing.

I also knew that I wasn't interested in exploring that lower option; that I had already been through all that. I knew that

“If I have only one more day or one more year this is truly the only thing I can do with my life. This is my Life.”

IMMEDIATE ENLIGHTENMENT

From that time on, my practice was at a whole different level. Now, my Guru gave me the gift of teaching about immediate Enlightenment; so unlike many others, He didn't say this takes lifetimes or many years. What He said to me was,

"This can happen at any moment."

And so I did my practice that way. And out of that lack of complacency, because it **could** happen at every moment, I had **lots** of direct spiritual experience. I had **lots** of direct experience.

I had many, many, many more spiritual experiences in comparison with the other people who already were living there in the Ashram and who came there every day. Some people had been there ten years and had not yet ever had a flash of Enlightenment. I had something like **four** flashes of Enlightenment in the nine months while I was there, and another shortly before I met Him. At one point I was having them like every other day or every two weeks or something like that, and what strikes me is that it came out of that intent, that **this is my chance.**

I gave up everything that I had to come here. I had nowhere to go back to.

I tore up all of my I.D. before I left.

I came on a one-way ticket.

I told everybody good-bye.

I knew,

“This is my chance. I may not ever have another one like this and I have to do my practice this way, every day, every moment.”

So, when I say that **it takes full priority in order to Enlighten**, I mean that literally.

This is not a hobby.

Life is not a casual game.

It really is about Life or death.

It really is about Consciousness or attachment to pain and pleasure (comfort).

That doesn't mean that we can't be playful about it. And it doesn't mean that at times that we can't be light about it, because it is possible, but **there are many other times when we are in deciding places, that we cannot treat it casually.**

When we are moving from one level of vibration to another and we are climbing up the cliff and we are just hanging there by our fingers, and we haven't pulled our bodies up yet, it is not the time to go out and play cards.

You can't get away with it then, because you'll fall off the cliff. So what I am aware of is that **we have to learn enough about this contemplation to recognize enough about where we are, to know when we can take a rest or break and that if we can't, to not take it.**

CONSCIOUSNESS IS YOUR CAREER

Even though it may take years, and to some degree it will, because there is integration, and there is always more experience, **this is an ongoing process.** It's like being a career soldier. **This is not a short-term career.**

This is our life, and we do learn how to work with it. We learn that there are ways to take a break, and there are ways to pause, and there are ways to be playful, and there are ways to support that part of the balanced process so that the energy can continue to gather and focus, but we also have to learn when not to be careless.

If we are driving a car, for example, and we are out in traffic and we have a friend riding in the back seat, we don't take that opportunity to turn around for five minutes and have a conversation with that person.

We drive the car until we get into a safe parking place. And then, if we are moved to, we can get out of the car to have that talk.

The truth is that **we have to be really earnest about it when we are in an opening.**

When people have had retreats and have not had experience, that means that they're pre-experience, which means that you're "in the vicinity of it," and if you could keep that intent going with that momentum that's been built up during the retreat, then what will happen is that you will break through to the next level, whatever that is.

If you let it go too casually, it will explode in your face. It's like you've wound up this corkscrew or wire that is really bent very tightly in order to shoot you through to that higher level, and if you don't hold onto this intent really carefully, if you let it go, it will flip around and hit you in the face. We've seen what happens when that opportunity comes. It's not pretty.

A SEASONING FOR SPIRITUAL STUDENTS

There is a seasoning that happens for spiritual students as they actually get into this, and discover that this is not something that they have a hold on and can put it down and pick it up occasionally whenever they feel like it or whenever they feel moved or it's convenient for their schedule or previous commitments.

In reality, this thing has a hold of us, and we can either make Love with it or we can be run around by it. It takes a mutual cooperation to get through the door. Marriage to the Beloved, with the Beloved, takes two.

It is not a singular process.

GOD has this earnest intent for us and we have somehow connected with it in a moment of Consciousness, in a moment of high-level vibration Awareness. We suddenly became aware of longing, and the potential connection that's between the initial merging, that is beyond merging, and then more and more Awareness built up that momentum and fed that opportunity, and that Consciousness expanded, and the filters lifted and clouds spread and there is more and more Consciousness.

But until the cloud-cover is gone, the job is not done.

Now, on the one hand, part of what we deal with is, "O. K., the job's not done," and, on the other hand, **"How can we maintain at a pitch that will allow us to persist through without either being inappropriate in life, neglectful of ordinary life, or without going into spiritual insanity and fanaticism and all these other sidetracks?"**

That's a really good question. It is a really important one. A lot of what we are dealing with is issues in **pacing**, and making sure that we are handling all that we are bringing up. Also, the **nutritional balance** needs to get handled, and so we'll do that.

Part of that is adding things like **play on days off. Days off.** So, to remind you about scheduling, **this means scheduling days off and not scheduling anything on that day.**

Write in your appointment book, "This is a day off for me." Not to run errands, but for the Self. **That's part of how we hold that intensity, giving it the space for it to develop.**

A BALANCED LIFESTYLE

When I got off from leading this retreat (at the end of May in '95), one of the first things that I needed to do was take a day off.

Now logically, that didn't make any sense at all, given the pressure of the timetable of Celebrating the Spirit (an Interfaith conference I was assisting with in a few days) and some other things that I had committed to handle and our financial situation, and, but what **I was also aware of was that it was really crucial for me to have time for MySelf, and that my commitment is to live a balanced life.**

THERE HAS TO BE HEALTHY LIFE-STYLE OR THE BODY WILL NOT BE ABLE TO PERSIST LONG ENOUGH FOR THE INCARNATION TO DO EVERYTHING IT NEEDS TO DO, and I have a long-term commitment to stay in this body.

So, I took a day off, even though it didn't fit my pictures, in terms of a total day off. There were things that encroached from time to time that had to be dealt with, but I just kept insisting, **"This is my day off."**

It became, "Now that this is handled, what is the next thing I am spontaneously moved to do?" **(The unscheduled part is the day off.)**

Then, as a result of that break, what happened was that I had major direct experience the day after that.

That was no accident.

It happened because there was increased resilience having had a break, having had that just spontaneous, unscheduled time that was playful, and that had nothing to do with anything about responsibility.

The funny thing about this learning . . . **it is like tuning a piano string to get it at exactly the right pitch. If it is too loose, you won't get a note. If it is too tight, the string will break.**

There is a place in between that allows us to be at this vibration. **We can be strong and in tune.** And that's what we want. We just don't want to have any more people who have shifted into religious fanaticism or into some kind of weird, obsessive austerities or some other kind of extreme nuts-ness. We've had that already.

We've seen lots of eras where that has happened, and people have gotten sidetracked at that point, by not taking care of themselves and there are a number of those in this era who have done the same. We don't need to add to that, but **we do need to move through that fragile place to be in balance.**

I remember the film we have on the docudrama of Jimmy Baker and what happened to him. He never had a day off. He never had a night off, and even late at night when his wife was trying to get him to go to bed and hug her, he was up dictating about things like the light bulb needed replacing in the men's room. He was obsessing all of the time.

There was never any break to just relax, and there certainly didn't look like there was any break for prayer or meditation. And there wasn't any play. He wasn't really playful.

Holding the contemplation all the time doesn't mean being rigid about it. Ha Ha Ha Ha Ha. So, for example, how can I explain this? As we sit here and spontaneously massage our feet. (Laughs)

If you can remember that

**“Meditation actually means to Be
Aware Within the Self.”**

That may mean being aware of Your Playful Self and expressing that way. That's your contemplation, in that moment. It may be experiencing Unconditional Love in that moment. It may be expressing Strength. It may be experiencing Bliss or expressing Clarity. It may be noticing Natural Order. It may be noticing Conscious Awareness of Being Space, or Being Detachment.

The main thing is to Be Conscious, and simply to be aware to experience some level of detachment from the unreality, and then as the focus comes in on the contemplation, because it will come and go.

It's not going to be focusing in high levels of vibration all of the time. Remember that energy is a wave? It's going to be like that because that is its nature. ALL of this is You. Regardless of how You present.

It may get dramatic at times. It may be spread out and be less, more gradual, less dramatic in the ups and downs, but it still is like that, and so **there are times when the contemplation zooms in like a zoom lens and everything about the Real and the unreal becomes extremely apparent and very intense.** But it's not going to be like that all the time. What's important is just to be with it the way it is in that moment.

This is your big chance. In that moment when the Observer is really noticeable, and you are observing what's happening and the Consciousness is noticing the Real as opposed to the unreal, Choose to focus on the Real repeatedly. It's crucial to be in the moment Choosing the Real.