

MESSAGE FROM WAYNE

Hello my loves,

Gratitude is the Supreme Master of emotions. It washes away fear. It fills the hole of selfishness. It is the light in the darkness, the dispeller of doom, the bringer of now. In the warm glow of gratitude the world is complete in this moment.

The peace that comes with gratitude is seductive. When it inevitably slips away, the memory of it fills us with longing. It becomes fuel for the False Sense of Authorship.

"Gratitude is the key. I know it. I should be grateful.," says the inner voice.

If it is a particularly bad day a friend or relative will echo the sentiment: "You should count your blessings! Look at how much better you have it than.....fill in the blank,

- Someone in the hospital
- Someone in a war torn country
- Someone without enough to eat

All of which is probably true but gratitude can be elusive. Sometimes no amount of SHOULD (external or internal) and no lengthy gratitude lists are sufficient to bring it back. We are revealed as being powerless in this as in all things.

Such a moment, though initially painful, may be an opportunity to realize that gratitude (as with everything else) is a matter of Grace. The ultimate irony being that with this realization comes gratitude!

May it find you now!

With love,  
Wayne

A LIVING GEM FROM RAMESH (never before published)

It is difficult in our logic to see that being and nonbeing are mutually generative and mutually supportive, in spite of the daily alternating states of waking and sleeping. It is the great, imaginary terror of Western man that nothingness will be the permanent end of the universe. The point is not easily grasped that the Void is creative, and that being can only come out of nonbeing, as sound from silence, light from space, waking state from the sleeping state.

MESSAGE FROM WAYNE

Hello my loves,

The world is clearly going to hell! One report after another! Everywhere there are people hating other people. People killing other people. Ocean levels are rising. There are droughts and floods. Over here people are starving. Over there people are wasting resources at a disgusting rate. Cancer levels and obesity are at an all time high. Even the so-called spiritual people can't get along. Buddhists are hating Muslims. Jews are hating Palestinians. The followers of one guru are saying horrible things about the other guru. Minor differences in doctrine and interpretation of spiritual readings give rise to massacres.

Ok now turn off the television. Disconnect from the news feed of your social media. Walk outside. Look around. Feel the Sun on your face. Feel the wind in your hair. Go to the park and watch the children playing. Listen to their vitality and exuberance. Hear them laugh and cry. Gaze deeply into the eyes of another being. Find someone who desires to have sex with you and combine your body with theirs. Take a few minutes to sit quietly and listen to yourself breathe. This must be heaven!

So where are we? Are we in heaven or are we in hell? Which is true and which is false?

The Living Teaching points you to look beyond the polaric opposites and into the wisdom of Both. Perhaps you can see yourself as part of an infinite complexity in which resides the richness of Everything.

May it find you now!

With much love,  
Wayne

A LIVING GEM FROM RAMESH (never before published)

Question: I lead a good, honest life. Why should I be beset with calamities, problems?

Answer: Why not? Did you make a deal with God, when you were born, that a good life would be a trouble-free life? Seek your true nature and the problem will solve itself. Who is born - who is beset with difficulties in life - who dies?

MESSAGE FROM WAYNE

Hello my loves,

I paused to rest during my bike ride today and a pigeon came by and sat with me. I looked into his eye and felt a wonderful and powerful kinship.

It has been said that the eyes are the windows to the soul. In this Living Teaching we do not usually talk about the soul because it is a term that most often refers to a separate independent quality that transfers from life to life and such a concept has no connection to the pointers that make up the Living Teaching. However, when we consider the soul to be something much bigger than this idea of a separate, independent thing then it can be a very effective pointer. If we think of the soul as the essence of ourselves, that which makes us alive, that which enables us to think and feel and act, then we can relate to the concept of soul in a new way. Such a soul is truly eternal because as the life force itself it was never born nor will it die. It is what we are and what everything is!

When we gaze into the eyes of another being, be it a human or an animal, we may recognize this soul/life force and feel our kinship with it. Such an experience is both profound and unitive. It makes us feel connected to our true nature and in this deepest of all possible connections there is peace.

May it find you now!

With much love,  
Wayne

A LIVING GEM FROM RAMESH (never before published)

Whatever the object that is sought, the urge to seek comes from outside. Indeed, the urge selects the human apparatus in which to present itself, and in this regard what is sought, or the qualitative difference in the seeking, is immaterial and irrelevant insofar as the individual is concerned as an entity - he has no choice. He can only follow the urge.

MESSAGE FROM WAYNE

Hello my loves,

I am

I am the peace that surpasses all understanding.

I am the movement of the wind.

I am your breath.

I am the Acceptance of all that is.

I am the heat of the Sun on your cold skin.

I am your anger.

I am the crash of surf on the shore.

I am the silent scream.

I am your lover's touch.

I am the movement of day into night.

I am the unity and the separation.

I am all that ever was and ever will be.

I am what you are.

Even though you try to find me I am already here.

The search is over before it begins.

With much love,  
Wayne

A LIVING GEM FROM RAMESH (never before published)

At one stage there is lying and cheating and aggressive action. Then, there is, at some point, the realization that such lying and cheating are and aggressiveness contains within itself a dissatisfaction and unhappiness which far outweighs the satisfaction of having achieved the purpose. This realization brings about a change in attitude, a change in perspective which results in a change in action leading to an unexpected and unbelievable peace of mind.

The further realization that this change in attitude and perspective has been an impersonal process in which the "me" as the doer was almost an irrelevant factor leads to the pure understanding which is the basis of the "awakening" or "enlightenment" or whatever.

August 2015

MESSAGE FROM WAYNE

Hello my loves,

Today I am filled with wonder and delight. I held my newborn granddaughter and felt the depth of experience granted to we humans. This is love in its very purest expression, a connection that is ancient and profound, a meeting of oneself in another form. In her eyes is the furthest reach of existence. To enter there is to get lost in spaceless space and timeless time.

Today I am filled with sorrow. An old friend has died. His voice and smile are no more. We will not meet again. Our shared memories of events long past are no longer shared. I am alone with them now.

Life manifests as birth and death. Joy and sorrow. Fullness and emptiness.

Life is the only Truth. Realizing this is amazing grace.

May it find you now!

Much love,  
Wayne

A LIVING GEM FROM RAMESH (never before published)

The basic problem is that Man wants the unalloyed bliss of the subjective formless state - the bliss that IS the formless state - but he wants it during his existence as a phenomenal object. Instead of BEING, he wants and tries, to BECOME. The beingness of the subjective state is confused with the becoming in objective duality.

MESSAGE FROM WAYNE

BLAME

How can Ram Tzu blame you for judging him harshly?  
You have swallowed the spiritually ornate dogma  
As a sacred host  
Passed down from one unenlightened hand to another  
Over thousands of years.  
You ruminate and digest  
Then imagine your resultant turds are Truth itself.

How could you feel otherwise about him?  
He is crass and cranky  
And woefully unspiritual.  
What he is and  
What he says is an affront to the crystal truth  
You hold to be self evident.

Yet you find yourself  
Strangely drawn to him.  
Like a moth  
Pulled inexorably to the Flame.

Pfffft!

A LIVING GEM FROM RAMESH (never before published)

Who is to wake up from any dream, whether it is the personal dream or the living dream? The dreamed appearance, in either dream, is nothing but the source of it that is dreaming. The objects, the dreamed appearances as such have not slept and therefore cannot awaken and, indeed, have no nature of their own. Who, then, can awaken? Obviously, it is only the in-forming source that can awaken from either dream (whole or split). And, of course, this in-forming mind - whole-mind or split-mind - is not an entity. Therefore, there is no dreamer as such, only dreaming.

"I" dream the universe as noumenon. And all that I dream - the phenomenal universe - is "I", but not as the noumenon. I dream the universe and you perceive it, you who are not you but I.

MESSAGE FROM WAYNE

Hello my loves,

It is a cruel fact that other peoples experiences, while sometimes entertaining, informative or inspirational are rarely transformative for you. It is for this reason that the Living Teaching of Advaita continually points you back to your own experience.

It doesn't really matter what your particular experience is. All that is important is that you look as deeply as you can. Your personal experience can be a window to the Infinite or with luck it may even prove to be a door. But it is you who must look. All the books, satsangs and videos provided by those who have looked before you have value only insofar as they encourage you to look for yourself. The place to start is always right here. The time to do it is always right now.

May you be so empowered.

With much love,  
Wayne

A LIVING GEM FROM RAMESH (never before published)

"Understanding" of the Jnani does not mean that the Jnani does not see the difference between one wave and another. He sees the difference between one wave and another, but he perceives that underneath the apparent difference, all waves are only the ocean itself.

MESSAGE FROM WAYNE

Hello my loves,

May 29th marks the 30 year anniversary of my (hopefully!) last day of drinking and drug use. Milestones such as these are not particularly significant in themselves but this one has reawakened old memories and brought gratitude to the forefront.

I am truly blessed in countless ways! The circumstances of my life are mostly very good with ample amounts of health, freedom, love, sex, money and ease of being. To say that this has not always been so is to reinvent understatement. Thirty years ago my life was bleak and empty...empty in the way of soullessness. I had a roof over my head and a wife and children and a business that was doing OK in spite of me, but I was dead inside. My body was rotting from the effects of excessive amounts of alcohol and drugs. I was a shell of a man, unable to truly give or accept love, unreliable and unavailable. What's more, I had no idea that there was anything wrong or that there was anything missing from my life. Most alcoholics and drug addicts die like this but for the last 30 years this has not been my fate.

I was lifted out of the morass of fear and darkness and was laid down in the light. I was given clarity and hope and vision. Not because I deserved it, but with the profound whimsy of Grace. I was introduced to the potent 12 Steps of AA and given the power to work them. Soon thereafter I met my beloved Ramesh who pointed me with generosity and good humor toward a Peace beyond my wildest imaginings.

Today I am content to do that which I am given to do, be it to write or talk or sit quietly and simply Be. There is no greater gift.

May it find you now!

With love,  
Wayne

A LIVING GEM FROM RAMESH (never before published)

Enlightenment or awakening is not phenomenal or personal. It is essentially noumenal and impersonal: A sudden shift from objective temporality to subjective intemporality. It is the subjective adjustment of the recovery of the clear vision of the whole-mind by the sudden removal of the barrier of separation created by the split-mind of subject/object. Other than the removal of the "me"-concept which impeded the in-seeing, enlightenment does not have any direct body-mind impact.



April 2015

## MESSAGE FROM WAYNE

Hello my loves,

How do you feel when you intend to do something good for yourself, like exercise or diet, and then you don't?

Do you feel disappointed with yourself? Do you feel as if you have screwed up? Let yourself down? Even if you can point to events outside your control that interrupted your plans, isn't there a lingering sense that you should have accounted for the possibility of an interruption and planned differently? Is there not at some level a feeling that you should have tried harder?

Can you remember how good you felt the last time you decided to do something good for yourself and then you did it? Remember how "in control" you felt?

In this way the False Sense of Authorship creates a potent, subliminal connection between being in control and being comfortable. Unfortunately, as you well know, such comfort is fleeting.

Lasting comfort is to be found in the recognition that all that you do is the product of vast Universal forces and that nothing you do is the product of your own authoring.

May it find you now.

Much love,  
Wayne

## A LIVING GEM FROM RAMESH (never before published)

The understanding of apperception is like a spiritual laser beam. Direct it against any problem and the problem itself gets annihilated.

Expectation is really the major "sin". Based on past memory and future insecurity, it brings about fear that hopes may be belied or evil may befall, and hatred for the "other", the enemy who may be the cause of either or both.

March 2015

## MESSAGE FROM WAYNE

Hello my loves,

I am like a hunter/gatherer rather than a nomad. I go out on trips...sometimes long ones, but I rejoice in the home I return to. This life is a blessing and a benediction. I am carried to distant places to sit with you, to Talk a bit and to point to the lie that rests as the base of the suffering. Then I am swept back to open my mail and cradle my Grandkids in my arms, to laugh with them at all the silliness that abounds and to chase soap bubbles on the wind.

I walk past a drunk passed out in a spreading puddle of his own piss and know that all that separates us, him and me, is an instant of Grace. The pretty ideas about Nothingness and Illusion and Spacious Awareness suddenly seem petty and meaningless.

I write this to you and you take the time to read it and perhaps consider. I have been a Teacher far too long to imagine that I know how to teach. Yet the Teaching continues to happen! It is in the words and in the white space too. At once, profound and empty. Sublime and ridiculous. You can never get it but my wish for you is that it finds you now!

With love,  
Wayne

## A LIVING GEM FROM RAMESH (never before published)

What brings about the sudden wish to pray? What brings on the sudden urge to know ones true nature? What brings to a sudden halt the constant creating of images by the mind based on the memories of the past and the hopes in the future? What brings about the sudden beingness in the present moment, making time stop? For want of a better word - if a word must be used at all! - I would say GRACE: God's grace, guru's grace. But the question itself ceases when it is remembered that all of it is part of the impersonal functioning of Totality.

MESSAGE FROM WAYNE

I love You. You are amazing. You have given me so many gifts. You have given me breath. You have given me consciousness. You have given me, me. And as me, I now have the capacity to feel.

You have given me everything I have and that I will ever have. The gratitude is overwhelming. Even my pain is a gift.

Everything around me is vibrating with the luminosity of Your existence. You are everywhere. Within me. Outside of me. All is You. You cannot come to me and I cannot go to You because we are not two. And yet I feel gratitude towards You as if You exist, which of course You do not. You have even allowed me to create You so that I can feel this.

One moment this makes me laugh, the next moment this makes me cry. Such is the agonizing beauty of life!

Seeing this clearly is the greatest gift of all! May it find "you" now!

With much love,  
Wayne

A LIVING GEM FROM RAMESH (never before published)

A person who has just started learning to swim, and has to make considerable effort just to keep afloat, will find it difficult to accept that it is possible to float effortlessly. So also, a seeker beset with a plethora of questions and problems, will find it difficult to accept that the seeker is the sought, that the very seeking is the problem, and that it is possible to float through life naturally and effortlessly, without a sense of doership.

January 2015

MESSAGE FROM WAYNE

Hello my loves,

I am the dreamer and the dreamed  
The ocean and the wave  
You are me  
And I am you.

The boundaries define us  
But do not limit us  
We cannot be contained.

For us the impossible is always possible.  
The mysterious resides within the known  
And The Known will always be a mystery.

We are mortal and yet Eternal  
Death cannot harm us  
It merely transforms us.

Follow me if you like  
Reject me  
Exalt me  
Love me  
Hate me  
None of it has anything to do with us.

I will be here until I'm gone.  
Then another will arise to take my place.  
We walk this path together in this moment  
Entwined like lovers  
Of the same flesh.

I give you my heartfelt thanks  
For all you have brought to me  
Knowing beyond doubt  
You could have done no more  
Or no less.

So let us sing our voiceless song  
And rise above the mindless chatter  
To touch and be touched  
As only we can.

With much love,  
Wayne

A LIVING GEM FROM RAMESH (never before published)

Self-enquiry begins intellectually at the level of the "me": who (or what) am I? This begins with the gentle urge to know that something which presumably must exist prior and beyond birth - living - death phenomenon. A certain amount of reading and cerebration on the subject brings about an intellectual belief that the "me" is nothing more than an accumulation of images in the consciousness, though one's own impressions would no doubt be more flattering than those of others!

At this stage there is an intellectual understanding that the "me" cannot be anything other than a concept and that therefore the "I" must be something more substantial, though perhaps formless as a sense of presence (which does not change as the body ages), the I AM. Then the urge to know proceeds implacably further, and the knowledge arises that this I AM also cannot be anything other than a concept, though certainly more basic, more fundamental than other intellectual concepts. This sense of presence must inevitably be interconnected with its opposite, the sense of absence which arises in the deep sleep state or under sedation. Then, at the appropriate time, when the time is ripe for the happening, there is the sudden realization that what-is, reality, must be the absence of both the presence and the absence, in which there is no need of any awareness of any kind - the void, the plenum, the potential throbbing energy = the I-I-I. And the self-enquiry disappears.