

Saturday, December 31, 2016

MESSAGE FROM WAYNE

Hello my loves,

This Teaching is an unlearning  
A divestiture  
A strip poker of the soul  
A pulling off of all that is false

To stand unadorned  
In the pure light  
Simple  
Luminous  
Of the Essence

A being  
Proud but uninflated  
A manifestation  
Of the Infinite  
Regal in limitation  
Full Emptiness

This Teaching  
Has come to get you  
Relax  
If you can

The harder you resist  
The more it hurts!

With much love,  
Wayne

A LIVING GEM FROM RAMESH (never before published)

The seeker seeks enlightenment, wants to know his true nature. He goes from one Guru to another and he is delighted when there are some what he calls spiritual “experiences”. But he almost always misses the most important point: no psyche-soma, no apparent individual seeking anything as an autonomous entity (and thinking and acting in that capacity) is capable of apperceiving anything significant concerning its true nature. The whole and ultimate truth is that all “existing” is objective, and objective existence is only a notion.

Tuesday, November 22, 2016

## MESSAGE FROM WAYNE

Hello my loves!

In 1997 a man began attending the Talks I gave in my home about Advaita (non-dualism). He was silent at first but after a few visits began to ask questions. He stood out because he was in the habit of leaving \$100 bills in the donation basket and because he was so utterly and profoundly sad! In fact, I commented to my wife, "I think that guy is the saddest person I ever met!"

Eventually someone told me he was a musician named Leonard Cohen and that he had just come down from living in a Zen Monastery in the mountains. I remembered that he had had a hit song, Suzanne, some 20 years earlier though in my musical ignorance I was unaware that he had done anything notable since then!

He came somewhat regularly for about a year, during which time we talked about his inability to reconcile all the pain and ugliness he saw in the world (and obviously felt so deeply) with the principle that everything was "God's will" and was part of an infinite complexity. He struggled with the sense that things should not be as they were...that the Universe was somehow out of order.

In 1998 he asked if he could travel with me to India during my annual visit to be with my guru, Ramesh Balsekar. I demurred but said I would meet him there. He arrived in Mumbai a day before me and when I asked him how he was faring as a first time visitor to a place that can be quite overwhelming he said, "I love this place, man! It reminds me of my mind!" When I asked him again a few days later if he was still liking India he said, "Yeah, this place is great, man, but it's the people, man, it's the people.... You give them a little money and they LOVE you, man, they Love you!"

Leonard formed a deep, resonant relationship with Ramesh and his Teaching of Advaita and over the next several years he returned often and his understanding deepened. He became lighter. Though still deeply sensitive to the pain of life, his suffering (what he called "my sorrow") became less. His demons did not go away but he seemed to come to peace with them. His music and lyrics changed as his personal suffering ebbed.

In 2012 he wrote a song, Going Home, that beautifully captures the essence of his deepened recognition of himself relative to "God" and his own place in life. To me it is an anthem for the Living Teaching of Advaita.

I do not take the slightest credit for Leonard's insights (or anything else for that matter). I was but one of many stepping stones on his journey. I was blessed to have been able to walk with him awhile, to have known him and to have watched as he grew and blossomed.

He was a generous and kind man. A true gentle man. He and his extraordinary talent are deeply missed. His spirit endures however in the memories of those who knew him and in the hearts of all of us who continue to read his words and hear his music.

With love,  
Wayne

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

Awakening can not be a personal experience. Awakening is a flash of sudden understanding that is im-mediate or non-mediate, an understanding as such, without a comprehender. Awakening means understanding intemporality, and therefore cannot happen in duration. In fact, when awakening happens, the only "experience" generally has been that Time stood still! Something, somewhere (not necessarily anything new) suddenly creates an unprecedented impact, and the phenomenon reacts with a shock, for instance, it may suddenly stop what it was doing, or bring its hands together in a vibrant clap. It is important to understand that the psyche is not capable of registering such a "sudden" occurrence because the psyche is a phenomenon in space-time extension, and therefore such "awakening" cannot be a personal psychosomatic "experience". But a phenomenon could be the medium through which it happens and on which the impact could produce an effect.

Friday, October 28, 2016

MESSAGE FROM WAYNE

Hello my loves!

It is truly amazing! The people come and we sit together and sometimes there is a most miraculous happening. The flower blooms in the garden and it is a great joy to see!

And often I am asked, what is my relationship to all of this?

I can only answer that the one thing I am certain about is that I am not the gardener. Rather I see myself more like a bird who has eaten some seeds of wisdom and now I fly from garden to garden depositing and fertilizing as I go.

When a beautiful flower grows I am given credit for having taken a shit!

With love,  
Wayne

A LIVING GEM FROM RAMESH (never before published)

Your awareness of the inner integrated currents of your own organism, and their relationship to the people you come in contact with, to the humanity at large, will spontaneously bring about change, if such change is necessary. You will find, again without any individual effort, that the real meaning of life is to accept death in life, to accept all opposites in life as being inseparably interrelated, to understand the impermanence of all objectivity. When you yield unconditionally to death with each exhalation, you will find yourself reborn with fresh energy with each inhalation. You will then forever be rid of the fear of death.

Monday, September 26, 2016

MESSAGE FROM WAYNE

Hello my loves!

September 26th. Another year has gone by without the body of Ramesh in it. I think of him so often. He is a part of me and he lives on within me. My teachings and writings are infused with his spirit in ways that surprise me (quite pleasantly) when I am blessed to notice them.

The Guru lives on even though the guru is dead. It is the miracle that embodies us.

Ramesh's wonderful teaching always pointed to looking with mystical vision to see what truly Is. As a guru he taught with concepts and Presence. Disciples came wanting something and he gave us Nothing! A few of us were fortunate enough to walk away with less than when we came.

Ramesh is gone but his Teaching lives on. May it find you now!

With much love,  
Wayne

A LIVING GEM FROM RAMESH (never before published)

To deal with the problem of finding security and peace of mind in a constantly changing world, the obvious fact is not clearly understood that this involves a basic contradiction. You cannot expect to find something fixed and static in a constant flow - there is a basic conflict between the desire for security and the fact of change, like the desire to run without having to move. The desire for security, for protection from the flux of life means being separated from life, and yet you do not want to be separated from life! The more security you can get, the more you will want.

Wednesday, August 31, 2016

MESSAGE FROM WAYNE

Hello my loves!

Yin/Yang

We embrace

Separate

But not alone.

Together we complete the circle

Create wholeness

See our place

I fit you

You fit me

And

Within each of us

Lives wholeness

Boundless potential

The seed of the other.

Alone the circle's within us

Together the circle is us

We are this

Continuing act of creation and being

Yin/Yang?

I call it pure love.

With much love,  
Wayne

A LIVING GEM FROM RAMESH (never before published)

When the seeking is impersonal, it is not really a seeking at all in the sense that there is no seeker as such. There is only the seeking which is really the interrelationship between a physical or biological need and its satisfaction. This duality is the basic essential mechanism for manifestation to take place: the subject and the object. The point is that in this basic duality, there is no dualism. The interrelationship, the polarity, between the apparent subject and object is fully accepted, and thus there is no real separation and conflict.

Sunday, July 31, 2016

## MESSAGE FROM WAYNE

Hello my loves!

July 31st will mark twenty years since the Guru Pournima day my guru Ramesh Balsekar first asked me to give a talk about Advaita. Though what is commonly called the Final Understanding had occurred some seven years earlier, I had no aspirations to become a teacher. Obviously the universe had other plans.

These last twenty years have been a wild and wonderful ride. I have been blessed to be continually invited to share this Teaching and my life with countless amazing people from around the world. The depth and richness of the love we are able to experience together is truly extraordinary. It transcends the bounds of the physical and the romantic to rest in a place beyond conditions.

So many people have walked on and and off the stage of my life in these 20 years. Though I may not see them anymore, my memories of them are almost universally fond. During this time I've been privileged to watch the Teaching grow and blossom in the hearts and minds of so many. I have seen the most remarkable transformations take place in both body and spirit as people awaken to a new perspective and are relieved of their heavy burden of personal suffering.

I can only sit in humble gratitude, a Silent Witness to the great gifts that are bestowed on myself and others.

We truly are the fortunate ones.

I celebrate with you in this wondrous life.

With much love,  
Wayne

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

At the heart of each of us, whatever our imperfections, there exists a silent pulse of perfect rhythm, a complex of wave forms and resonances that is absolutely unique and individual and yet connects us to everything in the universe. A deep realization of this oneness in the entire universe, being in consonance with the universal pulse, can transform our personal lives into a beautiful experience, a noumenal, natural, spontaneous living. Once you start seeing the material world in terms of universal rhythmic waves, your ideas of what is "real" and "true" will undoubtedly receive a transformation inasmuch as your perspective will have radically changed from personal involvement to an impersonal witnessing of events as they happen.



Wednesday, June 29, 2016

## MESSAGE FROM WAYNE

Hello my loves!

At root we are storytellers. We select little bits of the Universe and weave a narrative. We may tell the story from a personal perspective or from a grand, unitive perspective but it remains a story... Our story.

The universe is far too large to be captured by any narrative yet our entire being cries out to tell a story, to make sense out of the incomprehensible, to provide a beginning, middle and end.

It is not necessary nor is it even possible to stop this process. Storytelling is our birthright, it produces the meaning and significance without which we feel empty and adrift.

Our best hope is to see it and know it for what it is. With such a vision our consciousness expands, our story gets bigger and we get bigger with it...until the demarcation between us and It blurs, then ultimately disappears.

May it find you now!

With much love,  
Wayne

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

The individual becomes a different person when the organism has achieved the oneness of the body and mind. A certain intuitive dis-identification process gets started. The individual begins to question his identity: he has a body, therefore, he cannot be the body; he has thoughts, so he must be different from the desires; thoughts, the mind; he has desires, so he must be other than the desires; he has emotions, and thus he is not the emotions. The answer happens quite frequently, at times arrives unmasked: I am what remains – a pure center of awareness, an unconcerned witness of all thoughts, feelings, desires, emotions. But until the individual reaches this stage of at least the beginning of dis-identification, the identified individual must necessarily think and work in terms of personal motivation and responsibility for "his" actions.

Sunday, May 29, 2016

## MESSAGE FROM WAYNE

Hello my loves,

When we talk about the need to live in the moment what are we really talking about?

The fact is that we are all always living in the moment...there is no other place we could possibly be. Isn't the discussion really about involvement...secondary involvement? Aren't we actually talking about the quality or nature of this moment (which may include your judgement about what is happening)?

Where is the focus of your attention right now? Are you alternating reading these words with "shoulds" about what happened in the past or what must happen in the future or a complex story about how this moment "should" be playing out. Is there a sense you are wasting your time reading this when you "should" be working or studying or ...?

Memories of the past or hopes for the future are often spoken of as being spiritually unsound. But these are not actually the cause of your suffering. In fact fond reminiscences and future fantasies can make this moment quite rich and full. We need not always be focused on the task at hand to lead rich and fulfilled lives.

The real culprit it turns out is to be found in the denial of whatever it is that is happening now. This denial takes shape in our "shoulds" and when this happens there is suffering.

The way out of this quagmire is in simply seeing what is going on. When there is a recognition that the denial of reality is at the root of the suffering...the suffering automatically begins to reduce. So the Living Teaching exhorts you to look! Look at what is happening, if you can! Take stock of yourself as you are, if you can! Inquire into your essential nature, if you can!

And as good a place to start is right here, right now!

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

If I am conscious of something, then I become the subject and the "something" becomes the object. The basis of consciousness is, therefore, duality. And this subject/object relationship can be a perpetual regression in duality, which can only stop when duality ends in Unicity, when what-I-am (Pure Subjectivity) cannot be aware. It can only be Awareness not aware of itself.

Thursday, April 21, 2016

MESSAGE FROM WAYNE

Hello my loves,

Question, question, question....then question some more. Not with a critical sense...argument will get you nowhere. But with curiosity and wonder....if you can. The questioning mind is open and free...unconstrained by dogma, scholarship and religiosity.

Find your own truth...if you can. Hold it dear for so long as it reminds you of Peace and question it whenever possible...for the comfort of answers is the most seductive of snares...you don't even realize you are caught!

Beware the words of your teachers and gurus, though you love them beyond measure. What they say is not the Truth despite the respite they bring. Question if you can and if today you lack the strength to take another step know that today is not tomorrow when anything can happen!

With love,  
Wayne

A LIVING GEM FROM RAMESH (never before published)

True enlightenment is the apperception of the total absence of an entity either to be enlightened or not be enlightened. There is in fact no question at all of any "disidentification" as such because there never has been any identification of one objective entity with another objective entity.

Thursday, March 31, 2016

MESSAGE FROM WAYNE

Hello my loves,

I am pointing beyond words to the richness that lies there.  
It is a silence profound and deep  
out of which all the words come  
and to which all the words return.  
Do not deny the words...do not deny anything!

Life is not your enemy!  
There is no going back to the Source  
because the Source cannot be left.  
Listen and perhaps you will hear.  
Look and perhaps you will see.  
Open your heart and perhaps you will feel.  
All that is Grace.

Breathe, live, die... as if you had a choice  
in the matter  
but know in your deepest place  
that your every choice is given  
and you are powerless to refuse.

With much love,  
Wayne

A LIVING GEM FROM RAMESH (never before published)

You are not what you think you are. You are not the body-mind organism, the psychosomatic apparatus, that you think you are. You are not the container - you are the sentience, the consciousness, which it contains.

Sunday, February 28, 2016

## MESSAGE FROM WAYNE

Hello my loves,

You live under a powerful illusion. It is the illusion that you could have and SHOULD have done things differently. From this illusion springs the suffering that makes life miserable.

The solution is not readily apparent. In the Living Teaching we point to the underlying sense of being powerful, separate and independent that gives rise to the illusion of SHOULD. With Grace the illusion of SHOULD is revealed to be just that...an illusion.

The first and most crucial step is to look unflinchingly into the limitless Silence. Then we go on to examine who we are and what we are. From there we can begin to cast our gaze outward to that which is around us.

The Living Teaching is not to be mistaken for a guidebook that describes what you will find along your journey. Rather it is a continuous exhortation to be present with yourself and your environment. Look! Now look again! Now look harder! It is right here! Look with blind eyes! See that which cannot be seen!

May it find you now!

With Love,  
Wayne

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

This principle of accepting both the acceptable and the unacceptable as an intrinsic basis of the functioning of life as we know it becomes extraordinarily difficult particularly for the Western man, brought up in the aura, as Alan Watts says, of Christian and Hebrew aspirations because it seems to deny any possibility of "progress", an ideal which flows from their linear (as distinct from cyclic) view of time and history. Indeed, the whole enterprise of Western technology is "to make the world a better place" - to have pleasure without pain, wealth without poverty, health without sickness. But as is now becoming obvious, our violent efforts to achieve this ideal with such weapons as DDT, penicillin, nuclear energy, computers, automotive transportation, industrial farming, damming, and compelling everyone, by law, to be superficially "good and healthy" are creating more problems than they solve. We have been interfering with a complex system of relationships which we cannot understand: the more we study its details, the more it eludes us by revealing still more details to study. As we try to comprehend and control the world, it runs away from us. Instead of chafing at this situation, one must ask what this really means. What is that which runs away when pursued, and can never be caught? The answer is one's shadow, that is, oneself!

Thursday, January 28, 2016

MESSAGE FROM WAYNE

What's the point? Everyone wants to know what is the point.

The answer could not be simpler.

The point is to live.

The point is to breathe.

The point is to laugh.

The point is to cry.

The point is ache.

The point is to love .

The point is to fight.

The point is to rejoice.

The point is to work.

The point is to play.

The point is to rest.

The point is to be.

In the quest for deeper meaning and for significance in life, life itself is often overlooked. In the attempt to unravel the mystery of life, life in its entirety, in its wholeness, in its fullness and completeness is lost. All that remains are dead scraps of knowledge.

So live if you can! Be still a moment and look about you, if you can! Climb aboard this very breath and know you are fully alive!

With Love,  
Wayne

A LIVING GEM FROM RAMESH (never before published)

The realization of the divine Ground, Consciousness, as being simultaneously within and without, as the Self of the perceiver and at the same time as "That" by which all this world is pervaded is the state known as "enlightenment" in which no individual is present, as having been enlightened.