

the Little Book of  
**Awareness**

Being aware of being aware  
is the essence of enlightenment

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The Little Book of  
AWARENESS

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## Foreword

The mind is a jar that contains things which we experience as thoughts, emotions, sensations, ideas, opinions, decisions, reactions, memories, doubts, fears, expectations, anxieties, suspicions, pain — the entire gamut of our *interpretation* of life. They are all there in the jar where lighter things rise to the top and heavier ones sink to the bottom.

This jar also houses an invisible medium in which everything is suspended, like fish in the sea. The medium itself is a simple form of awareness which, unbeknownst to itself, vivifies everything it becomes aware of. Neither the jar nor its contents are aware of themselves. They are known only *through* the medium of awareness and this medium is the only thing that can be aware *of itself*.

When the contents in the jar are rendered more quiet and still, the awareness surrounding them naturally withdraws its consciousness *of* them back into itself. In doing so it becomes aware of being aware. It realizes itself as the 'light' that makes everything else visible.

This light of awareness, however, is not visible even to itself. It simply becomes aware of being aware; never as a thought, inner voice, impulse, sensation, or emotion of any kind. It is a silent, motionless *inner* presence that has the capacity to be consciously aware — to see and be aware of seeing. At the same time, it is the

only thing in both the inner and the outer world that cannot be seen. What this implies is indescribable because it is so completely other than the mind and the mind's very limited ability to conceptualize.

Awareness inside the jar of the mind is also like the air inside a room: it is independent of the room and all the furniture in the room just as air outside is independent of the world and all the objects in the world. And there is no lid on the jar to prevent awareness from 'escaping' into the sky. The only thing keeping awareness mind-ridden is its own fascination with things around it. The more it remains fascinated with (attached to) the jar and the contents of the jar, the more it is appropriated by them as myriad forms of 'I', 'me', and 'mine' — the ego self.

This false appropriation is our number one dilemma, yet awareness does not have to force its way out. It has simply to realize itself as awareness, let go its psychological grip on things, and start *being*.

This is the essence of enlightenment and all else follows from this.



TO BE AWARE of being aware is the essence  
of enlightenment.



True masters are masters of awareness. They are not interested in getting hold of the world. They want to get hold of their real selves, their conscious awareness. Nothing is more interesting or worthwhile.



Awareness is not ordinarily aware of itself. It is always there. It is simply unaware of being there.



When awareness becomes aware of being aware,  
it realizes that it is always there. It self-realizes.





The mind looks for meaning in things without recognizing that awareness is what gives meaning to everything. This is why the mind is never satisfied, no matter how much it looks for or learns.



Awareness does not need to be developed. It needs to realize itself. Everything follows from this.



True self knowledge is the Self of awareness  
knowing itself.



True salvation means awareness saving itself  
from unawareness.



When awareness is aware of being aware, it bypasses, surpasses, and encompasses the five senses. It sees them and is not them.



Attention is always drawn or controlled or forced, whereas awareness simply *is*.



Awareness is not something you *do*.



We *are* the awareness behind our body, mind,  
person, and all their experiences.





Pure awareness is who and what we are whether  
we are aware of it or not.



The Self of awareness encompasses and exists apart from everything it is aware of. It is simultaneously aware of everything and of itself being aware. This is what the absolute awareness in and of the universe is, and is always doing.