

The One Totally Bodacious Truth of the Cosmos:

YOU

But Don't Take My Word For It...

Introduction

If you're like most of us, you've probably spent some time wondering about the Universe, your own life, and how it all fits together. Huge question, simple answer: like a glove.

And if you're particularly inquisitive or religious, you may have encountered some particular philosophies or doctrines which have led you to believe that there are certain truths about the universe, either to be taken on faith, apparent in their own right, or to be realized by devoted, pious, & patient aspirants.

We're all familiar with the classic images of the monks isolated in the hills sitting for years, or the master yogis engaged in intricate practices. Such cliché stereotypes leaves the common person to feel that such great awesome realization of divinity is beyond their reach.

After all, you can't skip town with a job & a family. Nor do you probably want to leave your family behind. This book is about how silly all our preconceptions about mystical geniuses are, and about how common, ordinary, & achievable Supreme Perfect Spiritual Enlightenment truly is.

“All beings are primarily Buddhas.” - Hakuin Ekaku Zenji

Chapter 1: The One Totally Bodacious Truth of the Cosmos

If we survey the various world's religions, we find that their teachings, while dressed in various dogmas and linguistic paradigms, are essentially aiming at the same teachings. The first, last, most profound, and universal of all these truths is that of the unity of all things, alternatively referred to as God, Allah, Jah, Brahman, Enlightenment, etc. It is taught further that one can realize this truth for themselves. The experience of realization is referred to as awakening, satori, and here as Supreme Perfect Spiritual Enlightenment (because it sounds badass!).

It is taught that upon realizing this truth suffering is transcended, blissful joy is realized, eternal communion with the divine is ensured, and many other wonderful marvelous things.

Well golly gee, that sure does sound swell, don't it? I reckon I sure would love to get enlightened meself. In the next chapter we'll begin our exploration of how one can go about realizing this marvelous truth.

Chapter 2: A Humble, Practical, Orientation

So here we are. We are living, breathing human beings. We see, hear, smell, taste, touch, feel, think and perceive. Our being is quite a marvelous, conscious entity. So from this, whither are we to go to become enlightened? What stands between us and this marvelous truth of the glorious cosmic being?

The sages of the ages have suggested many things. Perhaps it is our sins – we have erred to the divine and must make amends before we are able to commune with God. Perhaps it is our Karma – through living our lives we have created energetic relationships with the things around us and we must live our lives in a particular fashion to let this Karma work itself out.

And while these teachings can be applied to realize deep insights, it is too easy to become caught up in chasing our tails trying to conform to a particular dogmatic system, which can even distance us from our goal.

In reality, there is nothing which stands between us and God. We have already arrived at our destination. We simply are not accustomed to thinking of it in this fashion.

There is a tale in Buddhism of two fish swimming through the sea. A young fish swims up to an elder fish and asks him: “O

Noble Maharishi Mahi-Mahi, what is this magical water that they teach of in the great schools of fish?”

Replied the Great Mahi-Mahi: “Young Troutling, the Water is the great force which encapsulates our entire being. It surrounds, engulfs us, enlivens us. To know the water is to know all.”

And so the same is true of enlightenment. As we have grown as civilized human animals, we have been given & grown a set of beliefs about ourselves and the universe.

Fundamentally, we have been taught to believe that we are ourselves an isolated, separate entity – a skin-encapsulated ego – when in reality we are but one small cell as part of a continuous organism which is the Earth, which is in turn but one node in the mighty interstellar and interconnected network which is our universe.

So to become enlightened is to realize that all along we have been one with this great living force, this divine being, within which all of our thoughts, feelings, and experiences happen.

Think of it like this: you have in your mind various conceptions of yourself. Personalities that you've created, and images and feelings that you associate with the person that you are or the person that you would like to be. But in reality, you are not these images but the totality of your experience right now, of which these images are but a part. Nor is your

life the story that you tell about it, but rather the sum total of the real, lived & breathed moments that you've experienced.

And so we can say that to become enlightened, or coming to know God, is a process of reorienting ourselves. Instead of identifying ourselves as the socially constructed conception of ourselves which we have, we learn to realize and live as our true self – the living breathing human organism which is continuous, connected, and one with the entire universe.

Consider this: we know that our bodies are constructed of many tiny little cells, which are each living organisms in their own right. Yet they do not think and act independently. They act as part of a whole because that is their nature.

We, on the other hand, are minded organisms, and have developed thought patterns which limit us. We think like we are an isolated entity, we think that our images of ourself are our true self, but in fact we are a small part of a much vaster organism. And when we live with this orientation, we are able to realize greater happiness as we are no longer ignorant to the truth of our interconnected nature.

And one thing further: it is taught in many schools of thought that our true self is not our ego-identity, and not even our human organism, but rather the entire universe itself. And so it is by inquiring into our own inner nature that we are able to realize this truth for ourselves.

Even if you aren't willing to accept that you are the entire universe consider it this way – everything that you are experiencing right now is a production of your brain. That means all the sights, sounds, feelings, the whole lot of it. Everything that you experience is within yourself, inside of your own being. Or to use the folk expression, It's all you...

So a pretty awesome concept. Your true identity is the Universe, and it's really mystical, magical and happy. With such a huge, awesome, and happy idea, it's important that we don't get carried away.

For example, as you engage on your quest to unite with the universe, you may have the tendency to feel like a big bad-ass and hold it over other people. If you find yourself doing this, you clearly have missed the point. If you, as a separate self are trying to put yourself over others, who are in reality continuous and one with your true being, then you are actually being a jack-ass to yourself, and making this experience worse for everyone involved.

So do be careful that in pursuing the divine, you're not trying to put yourself over other people, but rather to experience and enjoy your own life more fully.

Indeed, as you become more and more aware, and you

observe more and more of our interconnected nature, you are quite likely to realize how intelligent all the nice people around you are.

Next, we will explore some practical techniques which are used to bring us in touch with our true nature.

Chapter 3: Awareness

So thus far we've learned that in our Universe there is one supreme magical truth, and that our view of it has become obstructed because of our limited perspective of ourselves. We also discussed how this situation is made all the more subtle by the analogy of the fish and the water. We are to God as the fish is to water. So how are we to become enlightened if we are already immersed in light?

Thinking of it this way, enlightened is not something to become, but rather something that we already are deep in our being. Our task is simply to remove the mental obstacles which prevent us from seeing and knowing this truth, thus realizing our true nature through our lived experience.

And so we practice observation. Because in observation we are able to see things for just what they are – thus looking passed our conditioned interpretations. You see, our egocentric materialistic mind is used to interpreting the things which we observe as coming from outside of our selves, when in reality everything which we perceive is inside of our own being.

So in our lives we seek to adopt this orientation. We observe things as they are, striving to be as objective and aware as possible, so that we minimize the extent to which we impose our limiting concepts upon them. The more we are able to observe the world “as it is” the more we are able to be with

God, and the more profound, deep, and bodacious our lives will become.

A yogi once said, “If you cannot see God in all, you cannot see God at all.” God is the unity of all things. So if we wish to become enlightened, awareness of the totality of our experience is key.

And we already have awareness, and in fact our beings are already basking in the supreme light of the heavens. So how are we to cultivate awareness? Meditation.

Awareness Cultivation #1 – Seated Meditation

The first most sacrosanct and traditional of all meditations is the seated meditation. There are many ways to go about this, but for our purposes the technique is simple. Get comfortable, relax, and observe. You can sit cross-legged, in a reclining chair, a straight- back chair, or even lie down.

Whatever you do, it helps to bring to your meditation the intention to observe, and a not-attached sort of attitude. Part of creating an egocentric identity for ourselves is that we become emotionally attached to certain things. So during your meditation let things come and go don't cling to anything particular.

If you like, you can use your breath as the anchor of your

focus. So that as thoughts and emotions come and go, your attention can return to your breath to steady your mind and enlighten your spirit.

And since we are aiming for supreme perfect enlightenment, your approach to this meditation should be not only to observe, but also to use your will power to probe your being at it's greatest depths. We are aiming to realize your true nature. So it is wrong to try and stop your mind, that effort will be a distraction. It is equally wrong to try to fight anything that happens, but it is good to continue using your intelligence in a non-attached sort of way. Use your mind to probe your being, while observing your entire field of experience as a unity.

Another great technique for achieving realization is to meditate on that which is most prior to your breath and all of your experiences.

That is, to meditate on the source of all these things. That source is your true inner self, and once you realize this, you will be enlightened.

It's quite possible that while sitting you will experience physical discomfort – do not be ashamed – simply embrace your feelings, go into them, relax them and continue with your meditation.

Awareness Cultivation #2 – Walking Meditation

Another great meditation technique is walking meditation. In walking Meditation, we find a secluded path where we can walk back and forth, or perhaps a pleasant place in nature where there's no traffic in our way, and we walk. While walking, our focus is on the sensations of our feet as they hit the ground. The totality of this experience as a living process.

As thoughts or other distractions come, see them and let them go. Never chastise yourself, be very accepting. This method is a very powerful technique for cultivating awareness.

Awareness Cultivation #3 – Dancing

Awwww, yeah! Time to get down! This is the most fun meditation technique of all. It's simple: you put on some music and let your body do what it will. Let go, let loose, move with the music, and try to totally lose yourself in the music.

This technique is perhaps one of the most beneficial of all as it really connects us with our animal nature and gets us into our bodies.

With all of these techniques, it's important to make them your own. Do them in such a way so that it's you doing what you want, and not you in a valiant attempt to live up to some

spiritual ideals. In these way, you will own your meditations and they will be an important part of your life.

And always, always, always, the aim of these meditations is to cultivate awareness that you will carry with you throughout the day.

Our aim is the awareness and the simple enjoyment of our lives.

Awareness Cultivation #4 – Audio Assisted Meditation

If traditional seated meditation isn't your thing, or you would like some further assistance or “training wheels” to help you reach deep states of meditation more quickly, then Audio-assisted Meditation is for you.

This type of meditation consists of specially-programmed audio which presents certain frequencies to the brain. These frequencies then “entrain” the brain, so that it begins to vibrate at the same frequency, thus altering our state of consciousness.

Audio-assisted Meditation can be used to take you into deep states of meditation, pleasant relaxed states, or even stimulate intelligent brain activity, all depending on which frequencies are used.

If you are interested in trying audio-assisted meditation for yourself, you can visit my website www.brainwavesculptures.com to try out audio meditation technology for yourself.

Chapter 4: The Wisdom of Hedonism

I cannot stress enough the importance of not allowing your spiritual quest to interfere with the natural unfolding and enjoyment of your life. While meditation practice takes a certain amount of discipline, we must not think of it as a punitive discipline. If you try to force yourself to meditate it will not work. If you find that this is what you're needing to do, then you may want to stick with the dancing meditation or an audio-assisted meditation at first.

For instance, as you have been practicing meditation for a while and become more acquainted with your mind things may come up which you were not thinking about before. You began to sit with the intention of realizing your true inner nature, but as a result your desires to make love with a beautiful woman, start a career in beadwork, climb mount everest, or anything else may arise within you.

Whatever it is – DO IT. If you think that you need instead to sit all day to become enlightened so that you can impress the ladies, you are mistaken. The ladies will not be impressed by your enlightened nature. Your favorite philosophy nerds will not be impressed by your enlightenment either. This stuff matters only to you.

So, suffice it to say that you need to live your life now, not get caught up imagining how awesome it's going to be once you

are enlightened. This is pure and utter foolishness. Your life is NOW. If there's anything you want to do, do it. Soon enough your meditation will just become something that you do naturally when you want to.

Consider this – if you are hungry, you must eat. If you are desirous of Love, it is our natural tendency to follow our hearts and embrace our lovers. So what ever we are feeling like doing, let us follow that.

And continue our mindfulness. My feeling is that resisting our desires is deconstructive towards our life and our growth. However, it is equally true that always being distracted by external things (which are, ironically enough, internal to our true full being) can be an obstacle on our spiritual path.

Sometimes we may feel an urge to do something to justify our existence. And I certainly don't want to discourage one from engaging in fruitful pursuits, but do them for their own sake, or for their intrinsic rewards, not for the sake of some abstract ideals of productivity. Just my two-cents, not a dogmatic truth.

And speaking of the wisdom of Hedonism – of feeling and enjoying your life, there is another point to make. As you expand and attune your awareness, you may find yourself becoming more sensitive to the feelings & thoughts of others around you. And if you aim for awareness above all else, you

will become aware of many feelings that you will experience, and how these feelings are a group phenomenon. In crowd situations, it is all the more important to not attach to anything that happens, and to be open to whatever may happen.

And as you begin to understand how connected we truly are, you will see that using your mind you will be able to do things that will make both you and the group more comfortable and happy.

This is not something that I can really teach you – you must learn to grow your own mind and awareness and respect all life. So enjoy! After all there is no point of life except to live it, and we're already here.

Chapter 5: Entheogens

For the more adventuresome, there is another path to unity with the divine, the path of Entheogens. Entheogens are plants & chemicals which open up our minds and greatly facilitate extraordinary states of consciousness and realization of great depths.

Entheogens plus proper preparation & intentionality can enable one to “see the light” which is to experience the truth of God, and then come back down into the land of the living. If you have an experienced guide, have practiced meditation, and have a comfortable space free from distraction, then entheogens are probably the simplest most cut & dry path to spiritual enlightenment.

Be careful though. Always do extensive research (both biological and legal) on any substance that you're going to ingest, and always prepare extensively for any session. I highly recommend erowid.org as a resource to learn about any and all psychoactive substances. Find an experienced guide, do your research, understand and moderate your dosage, and retire to a calm, quiet, secluded locale before attempting such voyages.

A word to the wise about the entheogenic path to realization: while entheogens may be the simplest, most surefire path to realization, they are not necessarily the best path for

continued communion with the divine, after all, what goes up must come down. Realization is possible, but if you wish to achieve hardcore every moment Zen, more traditional paths will probably serve you better.

Epilogue: It's All You...

Most importantly, you need to do all of this for yourself. There's not really much that I or anyone else can do to aid in your understanding, except by communicating our own understanding which you can set against your own experience to understand yourself.

So I guess what I'm trying to say is... Don't take my word for it. Explore for yourself. Observe yourself. Do what makes you happy.

Not what fulfills your preconceived notions, but what satisfies your being. And do it NOW. Like, even right now. Be aware of your whole being, be with it, and don't stop!

If you try to adopt this attitude towards your life, you'll probably find that at times you want your meditations, and that as you continue these practices, it will be easier for you to maintain full awareness throughout your day. Happiness is sure to ensue.

It's all me, It's all you!
So what you wanna do?
What you wanna do?

About the Author – Devlin Dewitt Donnelly

Devlin Dewitt Donnelly is a dude, nerd, spiritual thinker, psychonaut, musician, activist, scholar, actor, comedian, and all around great guy from California.

As a child, Devlin was raised in the Newtonian scientific materialistic paradigm of the American Educational System and had little patience, interest, or understanding of the various spiritual traditions.

His acquaintance with the spiritual and the possibility of higher & other states of consciousness began as he studied the writings & philosophy of the great Buddhist philosopher Alan Watts & the wacky hedonistic scientist Timothy Leary.

Timothy Leary's Scientific Metaphor made spirituality communicable to a young, scientifically-oriented American man, and so his mind was opened to the possibility of insight from the various spiritual traditions.

Since then, he has studied the teachings of the Buddha, Christ, Krishnamurti, Osho, and countless other prophets, philosophers, and spiritual thinkers, as well as the physics & chemistry of the human brain.

At Devlin's website: www.brainwavesculptures.com there are carefully calibrated Meditation audio files which act as

training wheels for meditation which help one to easily & effortlessly achieve altered states of consciousness and learn to navigate the vast, uncharted waters of their human consciousness.