

# Spiritual Resonance: A Gentle Real-Self Marathon

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(The rundowns in the following presentation are my own unique creation, inspired by 40 years of study and practice of the Techniques taught in the Classes Presented by The Prosperos School of Ontology where I am a Certified Mentor.)

## Introduction

cognitive ecstasy, ecstatic understanding and comprehension. (Jason Silva)

We're going to awaken to our true identity as pure awareness.

Ontology: The Science of Being

The one thing that might be construed as a deviation from classical Ontology is my incorporation of a 2nd person recognition of infinite mind as "God." This is to evoke a deeper experience of "infinite mind" in a way that is more intimate and has more "thou-ness" than the relatively sterile concept of "infinite mind."

**Ken Wilbur:** *"Spirit, like all of reality, arises in first-person, second-person, and third-person dimensions. There are streams of spirituality that have been developed in humanity that relates to each of those. The religion that specializes in first-person spirituality is Buddhism and the contemplative religions. The goal of Buddhism is the expansion of my own identity to include more and more of both interior and exterior reality. Next I'll jump to third-person spirituality, which is nature mysticism. This is a spirituality that arises from a spiritual relationship with the manifest world: vision quests, deep ecology, shamanism, that sort of thing. Then there are the second-person religions, and these are the religions that relate to God as a divine person. The Western religions, Judaism, Christianity and Islam specialize in this form of spirituality. Now, one of the hugely important aspects of integral theory is that first-person, second-person, and third-person dimensions of reality can't be reduced one to the other. To have a more complete or more inclusive spirituality we are invited to practice in all three realms."*

**Nisargdatta Maharaj:** *"Be careful. The moment you start talking you create a verbal universe, a universe of words, ideas, concepts and abstractions, interwoven and interdependent, most wonderfully generating, supporting and explaining each other and yet all without essence or substance, mere creations of the mind. Words create words, **reality is silent.**"*

**Tara Brach:** *"Whatever you most care about, let this tenderness of heart energize your meditation. The sincerity of your longing will carry you home."*

## The Rundowns

Any spiritual principle you practice as an ego identity is necessarily going to be limited and distorted by that identity. So if you can learn the practice of successfully shifting your sense of identity from your ego to your Real Self, you would greatly empower everything else you do, including your practice of all other spiritual principles. So that's what I want to concentrate on in this talk. By the end of this talk, I want you to feel that shifting from ego to Real Self is the easiest and most natural thing you can do.

My purpose is to approach this issue in a variety of different ways so that by the end of the talk the spiritual principle of shifting identity from ego to Real Self will be very easy and natural. I intend to accomplish this with six different rundowns:

- 1. The Noticing Rundown**
- 2. The Forgiveness Rundown**
- 3. Let it Resonate or Evaporate Rundown**
- 4. The Contemplative Rundown**
- 5. The Actual Experience of Being Truth Rundown**
- 6. The Deepening Rundown.**

*The purpose of doing this is so that all these different approaches converge at the center of your awareness and ignite the experience of your awareness as the actual substance of GOD's being. (atomic bomb example)*

**There are two basic ways to achieve our objective**, and it works best to do both. One is to climb up to an awareness of what True Identity is, and recognize that as our Real Self. And the other is to employ some method to make the ego dissolve so that the Real Self that the ego has been concealing is then revealed. Since doing both works best, that's what we're going to do, and sometimes both at the same time

**1. The Noticing Rundown**, let's take a few moments to see what we can notice about awareness by simply considering what it actually is.

*First of all, how is it that you are aware? How is that happening? Did you manufacture or create your awareness? What, exactly, is it anyway? What is it made of? Of what does it consist? Does it really make any sense that signals running around in our brains can cause awareness?*

*Notice that our awareness has no shape, no size, no extension. It doesn't really seem to be a pinpoint. And yet it doesn't seem to have any size beyond that either. It seems to extend to whatever it is that we're aware of.*

*Notice that it really doesn't seem to be a substance of any kind. It doesn't seem to be made of anything. And yet it is more real than substance because without it we would never be aware of substance.*

*So it confounds the entire idea of materiality. Matter is so prominently substantial, and yet without insubstantial awareness all the substance of matter would be pointless.*

*Notice how absolutely gentle awareness is. Unless what it is aware of has something to do with force, awareness itself is absolutely gentle.*

*Now notice how our very existence would actually have no meaning at all were it not for the fact that we're aware of existing.*

*And now, notice that it actually in fact is the greatest thing we could ever know, because without it we wouldn't be able to know anything. Notice that it actually in fact is greater than any other experience we could possibly have because without it we wouldn't be able to be aware of any experience.*

*Of all the magnificent phenomena in the entire universe. Of all the astounding miracles you could ever imagine. None is more magnificent or astounding as our own, living awareness. Just consider for a moment how much of an astounding miracle it actually is that we are aware.*

*And now consider this: Awareness is greater than anything else we could possibly know about GOD, because without it GOD wouldn't be aware of anything, which would nullify everything else about GOD that is grand and magnificent. Try to imagine GOD not being aware of His own existence. Without awareness, GOD would be nothing. Just think about that for a moment.*

*So the greatest thing we can know about GOD is that GOD is awareness, because GOD would be nothing without awareness, just as we would. So, awareness is the one thing that is clearly essential both to us, and to GOD.*

*Notice that if we weren't awareness in the first place, we couldn't imagine ourselves to be something other than awareness. We have to BE awareness before we can think we're something else. That being the case, what's the point in thinking we're something else?*

*And now consider this, can there possibly be anything more true than awareness. Just try to imagine something that is more true than awareness. Everything we can possibly know about Truth could not be known unless there was awareness in the first place to be aware of it.*

So it's clear, then, that Awareness is our Real Self.

**Lillian DeWaters:** *"Where shall we look to see the Perfect only? We shall look into Pure*

*Awareness. Pure Awareness is Heaven. We shall see the Real by the Real, and know the Divine by the Divine."*

**2. The Forgiveness Rundown**, to shift from ego to Real Self, by allowing a facet of ego to dissolve, and then contemplating an awareness of what our Real Self actually is, to break the habit of entertaining the fantasy that your awareness is something that exists separate from GOD, and then we're going to feel what it feels like for our awareness to *be* the Presence of GOD.

First, notice that the ego uses the phrase "my" awareness, as if *it* were your real self and awareness were something it made and owns. The greatest catastrophe in the world is how we allow our ego to deceive us about the true nature of our awareness.

Now how can we forgive ourselves for this?

*Close your eyes and let's simply become still and merely look at this, without any judgment, and quietly do nothing. Just look, without judgment, at how your ego thinks it owns awareness, believing it can mold it to its own self-image. In stillness, do nothing but quietly look at this without judgment.*

*When awareness is not being possessed by the ego, it is nothing less than the actual presence of God*

*tell yourself, slowly and thoughtfully, allowing the meaning of the words to sink into your mind:*

*"I experience the Awareness that I am, to be Presence of GOD." Feel what this feels like.*

Everything we thought was wonderful, magnificent, sublime, supreme, tremendous, incredible, fantastic, powerful, beautiful, beatific, grand, awesome and spectacular about God, all of that, is what we can discover awareness to be, in an exquisitely sublime way, overwhelming in its very sublimity.

*"I experience the Awareness that I am, to be Presence of GOD." Feel what this feels like.*

**3. The "Let It Resonate or Evaporate" Rundown**, further letting go of judgment of the ego.

Most of the time, most of us are feeling less than Divine. But as a result of our being on a spiritual path many of us have the idea that we SHOULD be experiencing ourselves as Divine, and so we may have a negative judgment about the fact that we aren't.

As you may have guessed, feeling less than Divine isn't the problem. Your negative judgment

about that, is. So let the judgment disappear. Always give yourself permission to feel whatever you're feeling, without it being strangled by a judgment. If you'll simply accept whatever you feel, if it's something that falls short of Divinity, it will gradually *evaporate* to reveal the Joy and Peace that's always underneath.

That's because acceptance is a form of Love. **When you shine the light of Love on anything, it either *resonates* with the Love of which it consists, or it *evaporates* to reveal the Love it concealed.**

The solution is always Love, and it's a solution that always works. Any time you notice yourself judging yourself in any way and for any reason, gently let go of the judgment, and Love or accept yourself instead. What the judgment was about is irrelevant. Don't waste your time giving it any attention at all. Just gently let go of judging and begin Loving. Keep it that simple.

And just as it works with yourself, it will work with everything, because everything is actually a reflection of your Self. Any time you notice yourself judging anything or anyone, let the judgment dissolve, and Love instead, or in other words, welcome and accept it instead.

**This one simple practice evaporates the ego that conceals the clear, perfect harmony of your Real Self and the Perfect World it embraces. It's so simple.**

In other words, you can't allow your desire to see or be the Evidence of Love to cause you to inadvertently repress any feelings you might have to the contrary. This cannot be over-emphasized. Resisting a negative feeling will NEVER result in your becoming free of the feeling, but will instead result in the negative feeling becoming stronger and manifesting more insidiously. In order to release a negative feeling, it is essential that you give yourself permission to feel it, fully and completely, without any reservations, without any interference, without any resistance, and without any judgment.

That doesn't mean to INDULGE in, or express, the feeling. No. You are fully aware of the fact that the reason why you are giving yourself permission to feel the negative feeling is only for the purpose of releasing the feeling. And you only need to experience the feeling for a few brief moments. If there is no interference, the feeling will arise and fall in ten to twenty seconds at most.

Beyond that, we have a Class called RHS that teaches a 5 step process for handling emotions and the memory-conditioning from which they arise.

So what does all this have to do with identity? Negative feelings arise from ego. And you can't let go of ego so long as you're judging or resisting it. You can say that negative feelings are the nudity of the ego, rather than merely ideas about the ego that can waste your time. Deal with negative feelings, and you're dealing with actual ego directly.

Our focus is on learning how to look at our egos without judging ourselves or others, for having an ego. Practicing this as best we can will result in our gradually becoming less and less

identified with our false self. Judging ourselves, others, or the world is a defense that keeps our self and the world very real. no judgment = no attribution of a pretense of reality

**4. The Contemplative Rundown**, where we're going to proceed to shift our sense of identity from the ego to our Real Self. The rundown is in the first person. Close your eyes and say to yourself:

*My Divine Self is my awareness. There is no doubt that I am aware and that I am being, and this incontrovertible reality of my awareness owes none of its reality to any beliefs. I am clearly awareness regardless of whether I have any beliefs about awareness or not. And whereas I've assembled the beliefs that make up my ego, I have had no hand in creating or giving rise to my awareness, the creation of which is clearly the exclusive handiwork of GOD. And since all that GOD creates is fully invested with the Totality of GOD's Nature, then my awareness actually exists as the Presence of GOD Expressing the Totality of GOD's Nature. And since GOD is All there Is, I am in perfect harmony with All there Is and hence am perfectly happy. All the problems I used to have were all due to identifying with the fraudulent sense of self that constituted the ego. But now that it is clear that my Divine Self as awareness, is the only real self I have, I no longer believe the ego is who I am, thereby dissolving my commitment and allegiance to the ego, which is, as a result, gradually evaporating.*

Beyond that, we have a Class that teaches a 5 step procedure for seeing the Truth about the erroneous beliefs that are a lie about the Truth

## **5. The Actual Experience of Being Truth Rundown:**

*Say to yourself, I AM. That's a meaningful sentence, is it not. And you are certain of it. You have no doubt about it.*

*But now ask yourself, Who do you believe the I is that is saying I AM?*

*Notice the sense of self that believes it is the I. Be aware of that sense of self.*

*Notice that you are aware of that sense of self.*

*Now notice that it is awareness that is aware of that sense of self.*

*Now notice that awareness is the knower and that sense of self is what is being known.*

*Now notice that you have to be awareness itself as the knower in the first place before you can be aware of seeming to be that sense of self that is known.*

*So notice now that what you really are is awareness and not the sense of self that you thought you were.*

*So now identify yourself as awareness itself instead of that sense of self that you thought you were.*

*Now feel what it feels like to be awareness itself.*

*Make awareness itself now your sense of self, knowing yourself as awareness. Awareness aware of itself. Awareness aware of awareness is what the pure "I" is. Awareness aware that what it is is that it is I AM THAT I AM. Say to yourself, I am that I am. Keep saying to yourself I am that I am letting its meaning sink in deeper and deeper.*

*Now as you keep saying to yourself I am that I am begin to deepen your experience of what those words mean, that what you are is that you are.*

*Now as you keep deepening your experience of the words I am that I am, let the words gradually begin to fade away until you are no longer saying I am that I am but are only experiencing the awareness of what those words mean.*

*Now rest silently in that awareness for a few moments. Notice what purity and stillness there is in this center of yourself. Notice how clear it is that this is indeed what you truly are. Notice how easy and natural and effortless it is for you to identify as this awareness that you truly are. Notice how easy it will be to shift to awareness as your sense of identity any time you choose to do so.*

*OK, now for a few moments, contemplate the fact that when Moses asked GOD who He was, GOD answered, I am that I am. Your awareness that I am that I am is the very substance of your divinity.*

*OK, now open your eyes and just relax for a few moments. Don't do anything, just rest for a bit in stillness and peace.*

## **6. The Deepening Rundown**

Once again, close your eyes, and say to yourself:

*I am awareness. I am not what fills my awareness, I am not the content of my awareness, I am awareness itself, the ability to be aware of anything. I am the awareness that is able to be aware of a body. I am the awareness that is able to be aware of human identity. And now I leave behind all my concerns as a human being and I allow myself to dissolve into this pure awareness that I am. I just allow myself to slip into it like slipping into a crystal clear pool. I am not the human role I was playing in the fantasy dream of duality, I am this pure crystalline*

*awareness, this utterly miraculous ability to know. This awareness is the very substance of GOD, and here it is the very substance of the I that I am. I am not human. I am not a personality. I am I. And this I that I am is GOD. At first I see it only as a glimmer. I feel myself still holding on to my human sense of self and my personality, but gradually, gently, I start letting go of that grip, and as I do I feel myself melting into this I of me, this absolute center of my being, this substance of beingness itself, this unfathomable miracle of awareness. I do not resist my human sense of self, I do not judge it as good or bad; it is nothing and my response to it is nothing.*

*It's now clear to me that the ONE thing that is true about me AND GOD is that both GOD and I are awareness, and since GOD is all there is, this awareness that I am cannot be anything other than GOD. But that only reports what is True and where that Truth is. Now I am looking where that Truth is. And where is that? It is at the absolute center of my being. It is the most essential part of me. It is that without which I would not know that I exist. It is my own awareness itself. And as I immerse myself into awareness and let go of my attachments to anything else, I find a peace, a stillness, an absolutely tranquil delight that has no parallel to anything I feel as a human being. It is as if I have entered another world, a world of infinite, pure, crystalline, fresh, clean, radiant, formless, dimensionless, space. It's a world more real than my dream because it is a world consisting only of pure awareness, and awareness is the only thing that ever bestowed any apparent reality to the dream in the first place. If I am not aware of the dream, it vanishes, because it never was anything in the first place. It was always only my awareness that was existing, nothing in the dream. My awareness itself, my awareness itself being only aware of its own self as awareness, is the only Reality. The dream world does not exist. It is an illusion. It has no reality.*

*Now, however, I am forgetting about the dream for the moment and immersing myself into reality itself, the only reality, my own unfathomably miraculous awareness. I have come before the throne of GOD, the holy of holies, and it is the one thing about myself that I can be certain is true about me -- that I am. I am on holy ground. The One GOD of all reality, absolute and infinite, is here, present, as the very core of my own being, the center of myself I refer to with the word "I".*

*And in silence, in absolute stillness, I feel what it feels like for my awareness to be absolute, infinite Divinity. How much do I feel it? Just as much as I let go of resisting the dream, of holding on to the dream. Just as much as I let go of my feelings of attraction or aversion to the dream. Just that much I melt into reality as the I that I am and feel what it feels like for the I that I am to be the one and only absolute and infinite GOD. It electrifies me. It galvanizes me. It relaxes me. It enlivens me. It overwhelms me. It enraptures me. And it floods me with absolute peace and tranquility.*

## **Conclusion**



Identified as awareness, you can easily be aware of identities with purely neutral attention, without any judgment or resistance, and without the juice of your reactivity they will gradually fade and dissolve. And all you're doing is simply being what you are.

You will from now on have an awareness and appreciation of the awesome, Divine, wondrous, magnificent, vivid, immediate, intimate, profound, and miraculous nature of your awareness that you'll never forget and that will never leave you and will enable you at any time to easily and naturally shift from any ego sense of identity to your True Identity as the magnificent and divine awareness that you Truly are, and from that Real Self truly be the Presence of GOD in far more fullness of expression that you ever have before.

The really wonderful thing is that absolutely EVERYTHING that you do from an identification with your True or Real Self will work out far more beautifully, gracefully, serendipitously, synchronistically, successfully, wonderfully, and beneficially than it would from an a lesser sense of identity.

## Afterword

To get the link to the recording of this talk, and the link to these lecture notes, give me your email address by sending an email to [b7gilberti@yahoo.com](mailto:b7gilberti@yahoo.com)

I will also be posting both the link to the recording and the link to the PDF file of these lesson notes on my Facebook Page in a day or two.

Here is a list of Certified Prosperos Mentors you can contact for conversation, counseling and further study. There is no charge for conversation:

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I'll post info about future Prosperos Classes on my Facebook Page as they are scheduled.

And now, we'd like to ask you to tell us what you would like us to talk about at future Sunday Meetings. We can have these meetings every Sunday, and we'll be happy to design them to meet your needs and interests. Let me know.

Much love,

Ben