

Reflections OF THE ONLY



JOHN M. GRENAFEGE

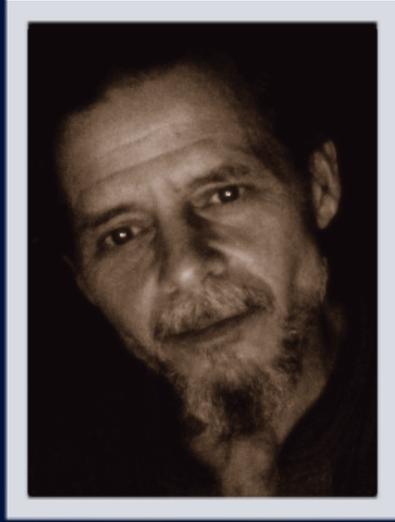
ILLUSTRATIONS BASED ON THE ARTWORK OF
ERIN TAJIME CASTELAN

This is a Companion Book
for

SITTING AT THE OPEN
DOOR OF THE HEART



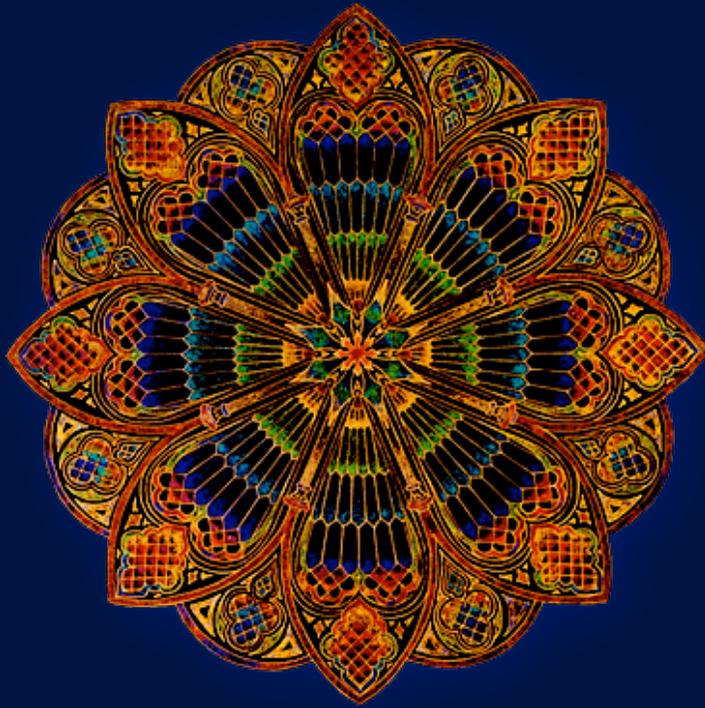
JOHN M. GRENAFEGE



My deepest wish is for you to realize the Truth of your Being. Know that the search and the one who searches are imaginary. When the mind is still, you are on the threshold. Abide there until The Only reveals and the imaginary evaporates.

J.





What if...

none of this existed?



I am here to tell you, and this is the only
purpose this One has, is to tell you...

You do not exist!

It's a dream!



We are in a misty, holographic,
wonderful projection of God.

God's projection.

Made of His own Self, Her own Self.

Experiencing our Self.



It's amazing what this is!

And that will never cease to astound.

That's the joy.

That's why Consciousness does this, so it can
experience Itself as Itself.

The Absolute has no experience of
Itself... *without manifesting.*

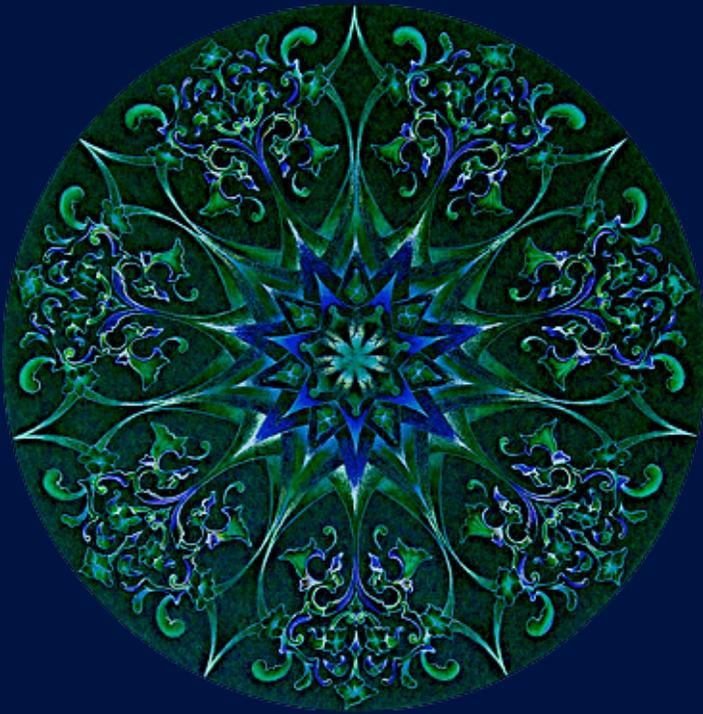


To the Absolute there is no such
thing as Reality.

Reality is a word. There is no Reality.

Only within Consciousness, only within this
mirage dream — where there are mirage
'I's' — does the debate come...

“Is there a Real or an Unreal?”



The Absolute witnesses this from what we call a *witness*, which is Consciousness without an object.

But It witnesses this with absolutely no concern, because It's aware that none of this ever happened.



One mind, not 'your' mind.

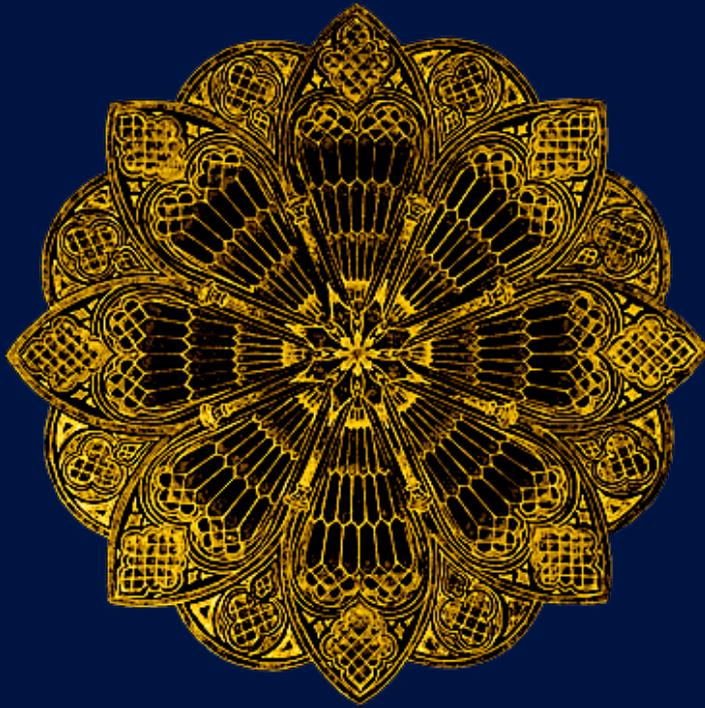
'You' don't have a mind.

'You' is a word the mind creates. And it gives it generously to everyone who has that stream of thought.

There is no 'you' independent of language and appearance within this dream.



You abide untouched and beyond
any and all that can be perceived or
conceived in language or action
resulting from thoughts in the
holographic display.



It all takes place within the
dream of Consciousness...

Where It imagined it couldn't find Itself,
so that it could find Itself!

So the whole thing's *imaginary*.

It's a dream.



What can you trust?

You are, you know you are.

But you don't know 'what' you are.

*So invest what you must of
your attention...*

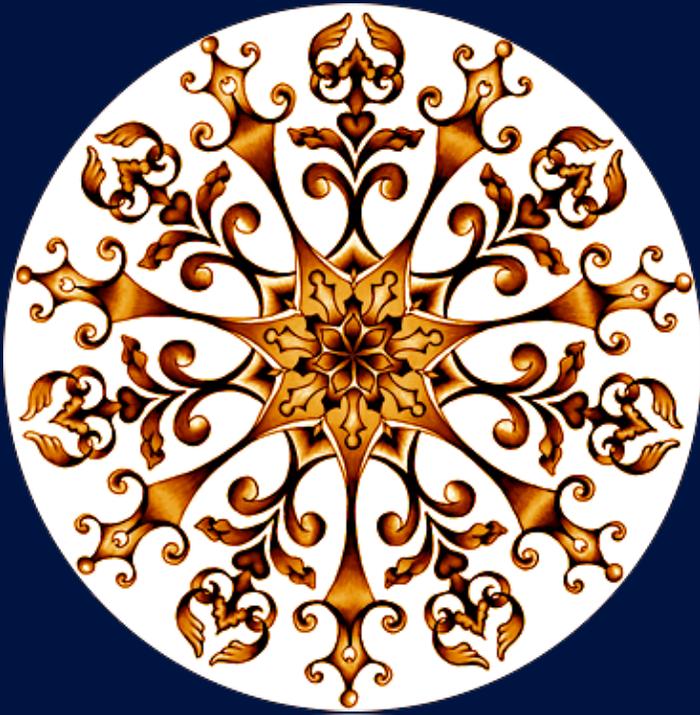
Find It!



The unreal is created with language.

The *separation* can't be complete
without language.

You can't have a show without words.



When I say it's not real, it's not that
we should shun this, we should embrace
it! We should be amenable, it appears in and
on what we are. Floaty mist, flashing on and
off... bridges... rockets going to the moon...
the fake moon... imaginary sun...

All impressions of, and within, mind.

Perceptions!



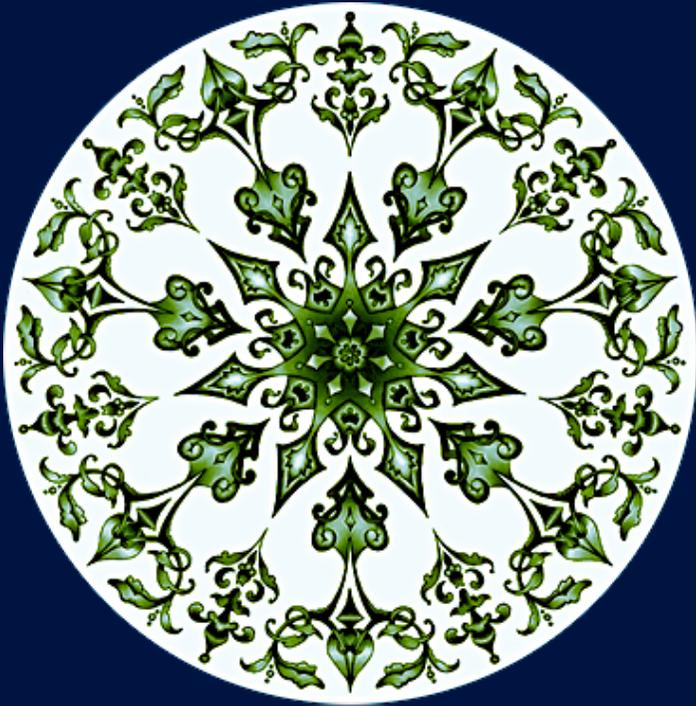
There is no sun that exists in a
universe somewhere... *it's a perception!*

A reflection in mind of one Light... Reality
is that which is prior to even the Light.



We're mirages.

Wonderful mirages that appear every
morning... that are woven together
with memory.



This experience is happening, but
it's temporary... and it's *empty*.

It's a mirage... like in a desert.



How can a mirage have a core issue?

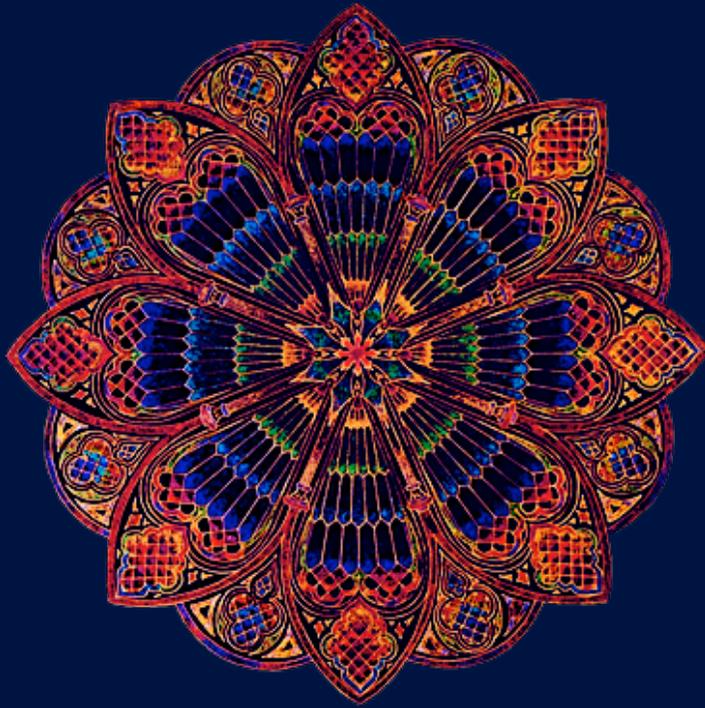
How can a mirage have anything?

The body's a mirage.

The mind is a mirage.

The only thing real is the One that's
watching this dream.

Awareness.



Every one of us is a ray of the Absolute.

Light that illumines the dream.

And the body that we identify with is
part of the illuminated dream,
like on a screen.



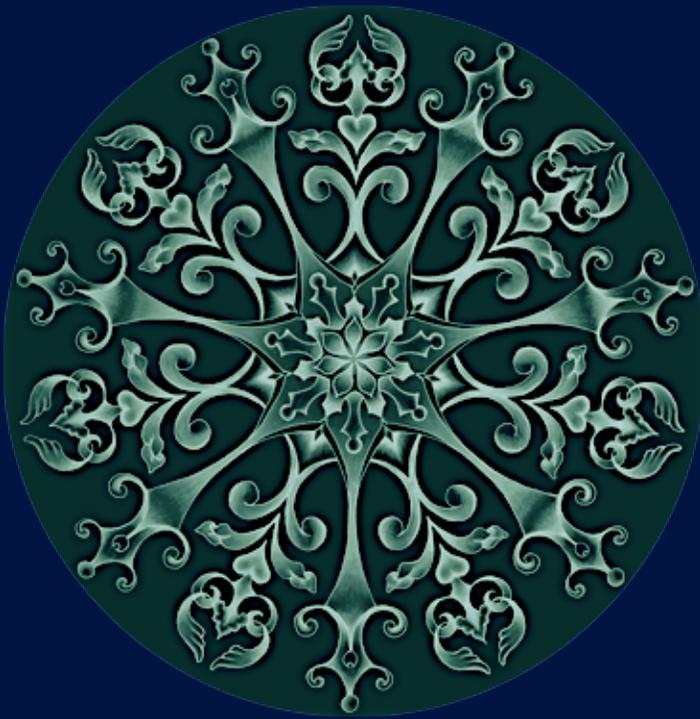
It's just like watching a film in a
movie theatre.

And could you imagine the character in
the movie not liking '*what is*'?

We would laugh at that!



It's truly amazing when it dawns that
you were never born.



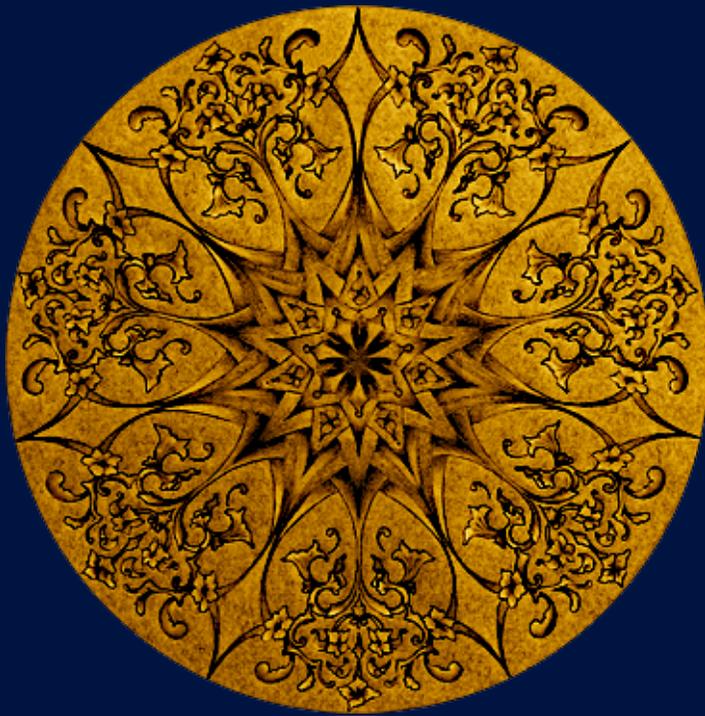
If there's no time, how can something
be born... or die?

Where would that happen?



Time...

there is no such thing as time, because
everything appears on this no-time eternal
Oneness... Self... God... True God...
Parabrahman.



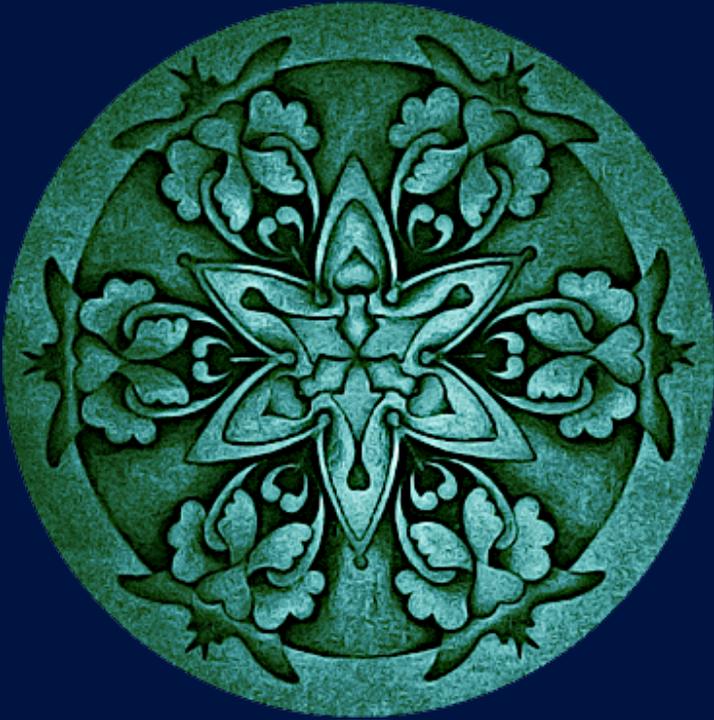
Every moment is an opportunity,
every moment is an invitation from
Parabrahman.

The opportunity that is being presented
is to know the Self.

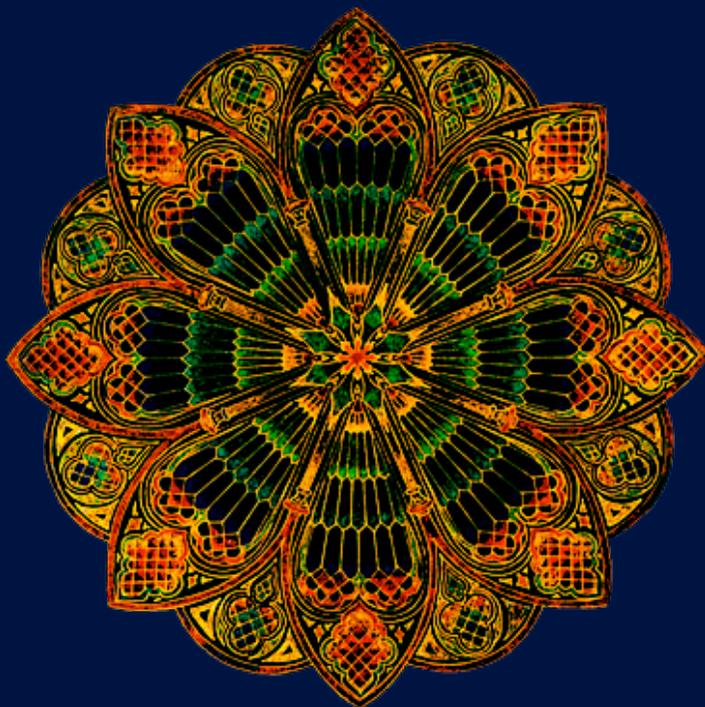
There is no other reason to be here.



The commitment to wanting to know
your Self has to be the highest...
beyond any other commitment
you could ever imagine.



You either want to know what it is...
or you don't.



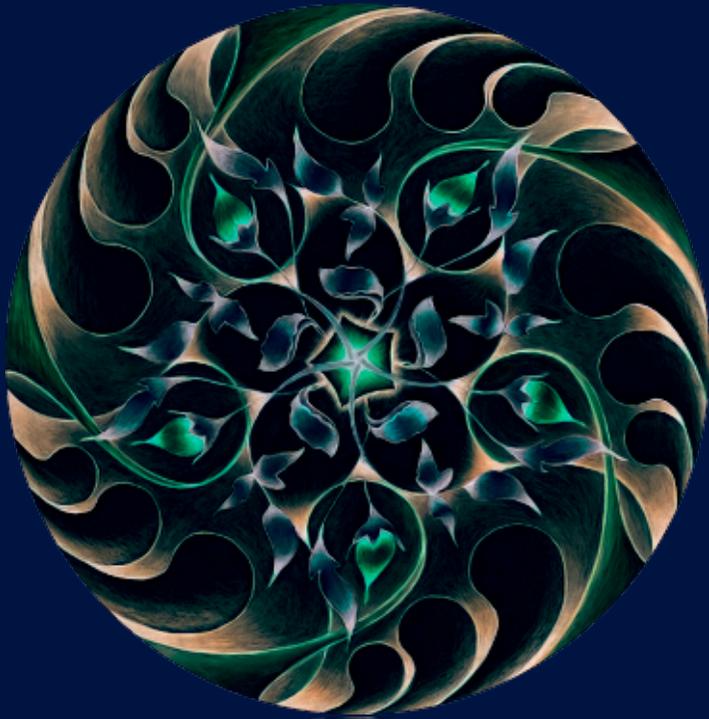
The truth is, this body is empty.
There's nothing inside the body.

There isn't a body.

You are not the particular.

You are not the body.

*You're the whole manifestation,
and prior to it.*



If the amenability to what's
happening... when one starts to awaken...
is such that there's no resistance, *the*
natural state will be known.



The ego will be seen through as being just a concept, just an I-thought... the lynch pin that everything gets hung on.

But *something's* watching those thoughts move, and that's where I'm always pointing.



At some point, by staying at the
I Am-ness, something will move... and
there'll just be the Consciousness.

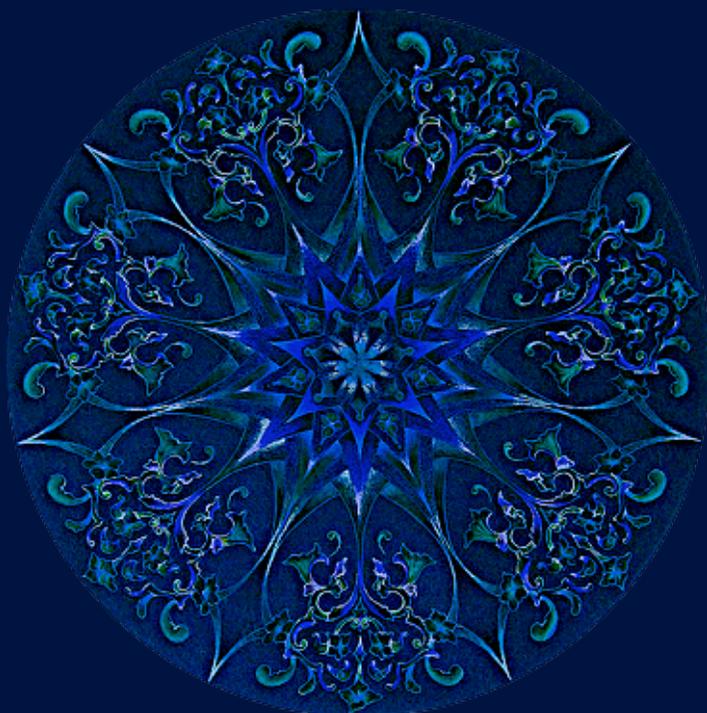
It becomes clear that you and the world are
one — that everything's made of the same
imaginary dream-stuff.



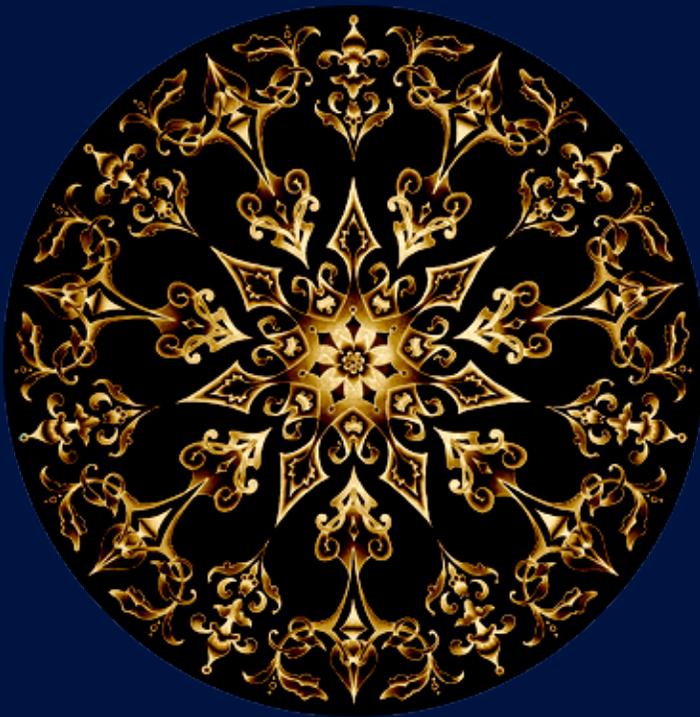
There's only the *natural state of affairs*.

There are only the facts.

Everything else is fiction.



Realization is the complete breakdown of that whole construct of a person... of time... space... place... and then, the knower and the known being one, there's no one to even say there's oneness.



There's nothing wrong with
'intellect' because that same intellect is
the gift that's going to turn everything
around and lead back... *and reveal.*

And then thoughts and the mind become a
playground... a servant.

All imaginary.



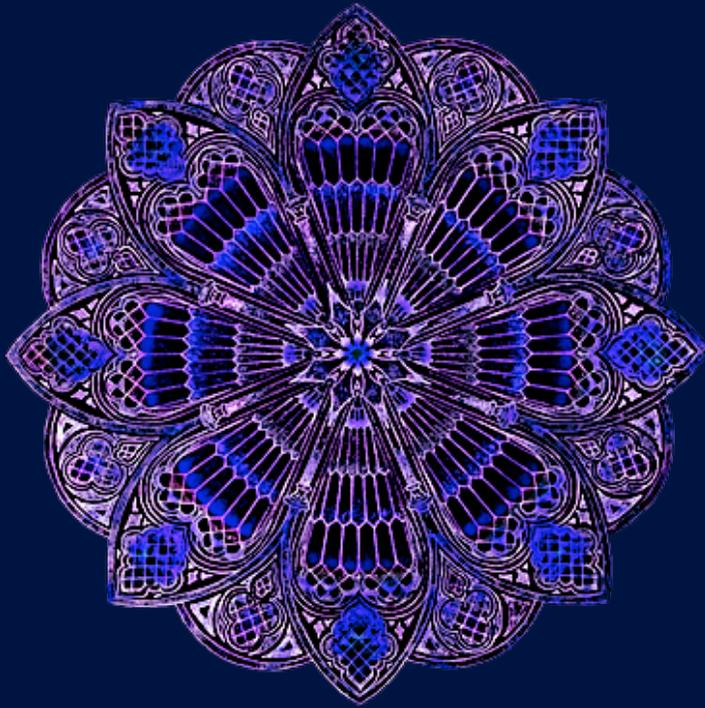
Step one when you are on the path
is to realize, *none of this is me.*

In other words, *I want to know my Self.*

I am someone who wants to *know* who I am.

The teaching is, not this, not this.

Neti, Neti



Then the next step is, the one that's saying *not this...* and this happens naturally, there's no one doing it... but in this process of awakening, the one that's saying *neti, neti...* a movement happens where that one... *and everything...* are 'me'.

I am one with everything...
Awakening.



Awakening is I Am there, and
everything I see is unity.

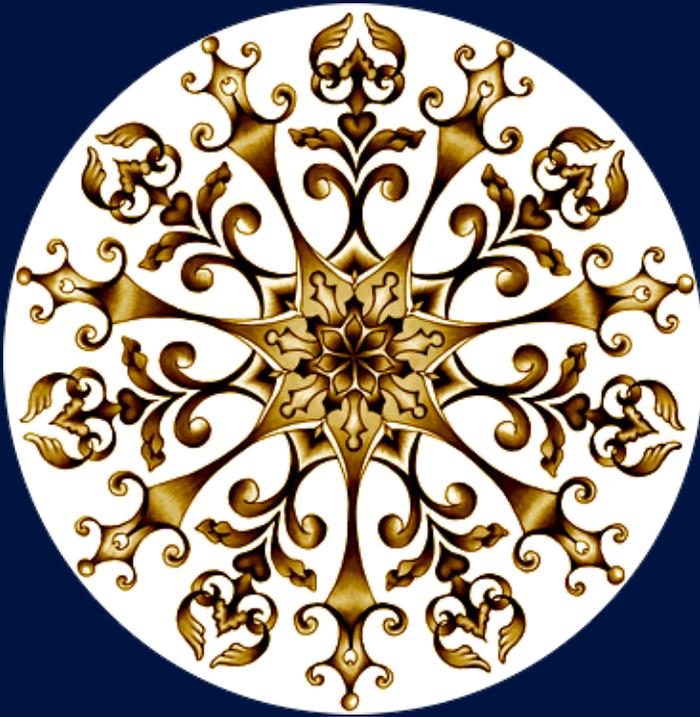
And when one stays in that space, then it's
seen that if knower and known are one, then
neither 'are'... revealing Only the One with
no 'knower' of that... the nothingness,
fullness and unconditional love of the
timeless Absolute!



There is only one 'Being' here, one Self.

You have to go beyond any manner of thinking... or belief... or concept. But 'you' don't go beyond it. You have to see that the 'you' is part of the concept.

That's the contemplation, the
I-thought.



The 'I' believes, or this 'construct of beliefs'... of which there are many that make the 'I', the personal 'I', the person... believes that it is going to get something, it's going to be 'enlightened'.

Forget about getting 'somewhere' as a goal.

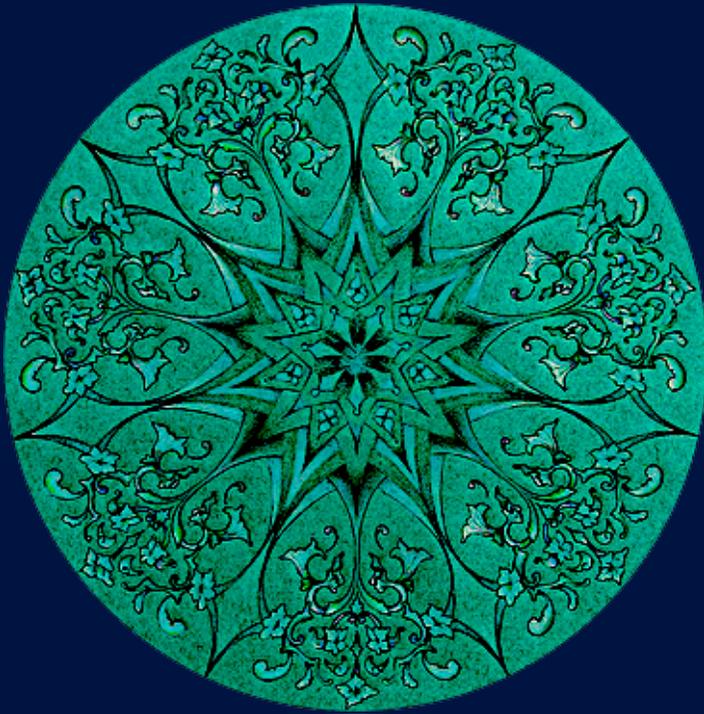
You are the goal, here and now.



Make your experience open by
not labeling anything.

Don't even think about what I'm saying.
Don't try to find meaning in what I am
saying.

*These words are going deeper than what
the mind is.*

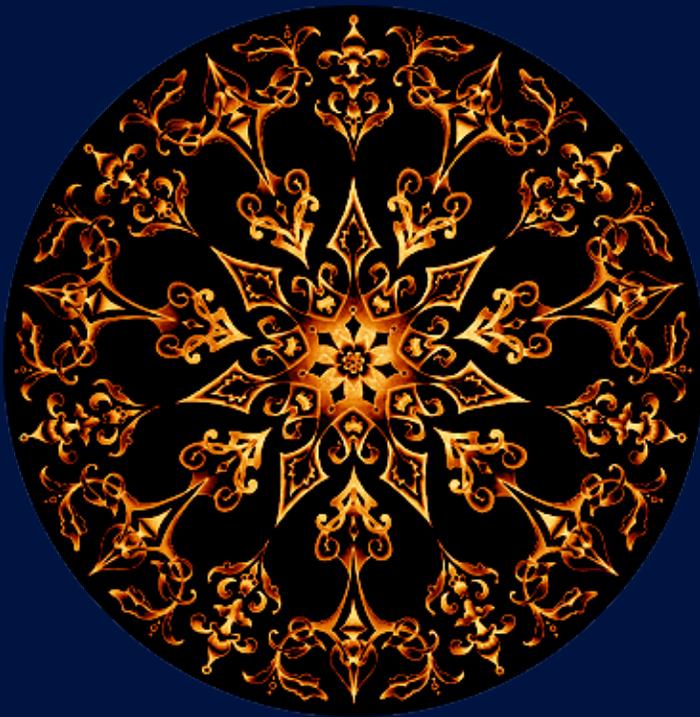


Just look. Don't label anything.

Just Be.

Feel this presence... and you have already improved 'your' experience.

The experience of life has already come 'forward' a little bit.



If you're obsessed with the future and the past, your attention is 'somewhere' else. You're nowhere of value imagining that 'you' are separate from life...

You're not *present* in the birth of what's happening, you're not really living.

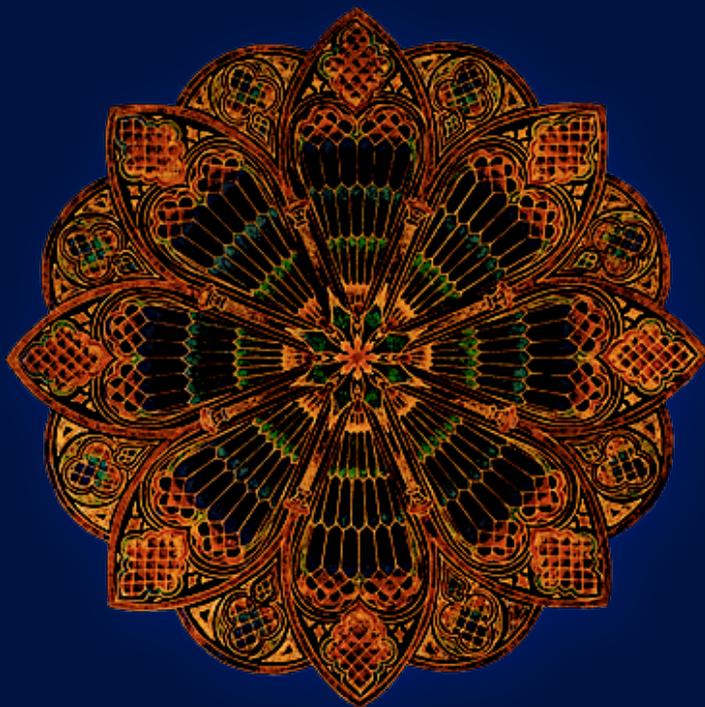


You are enlightenment!

You've got this phantom in your head
that thinks it has to go find it!



Worship your Self — your own Self.



Self, which is beyond perfection, pure,
whole, complete... without beginning and
eternal... allows the dream of mind to create
universes, worlds and the imagined concept of
beginnings and endings...

Do everything slower. There's no rush.

The mind is in a rush. Life is not in a rush.



We are only the Looker.

The only thing that is Real in this whole presentation is That which is looking, not the perception. And yet, although the perceived is temporary and imaginary, even this is completely one with the Divine Only.



There's perceiving
happening, but no perceiver.

And even the known, even that which
is perceived, comes up together in unity
with a knower and a known... witnessed
by the I of 'I'... the pure, untouched
Awareness that never moves, the True
Eternal Self, which you are.



We are neither the knower or the known, we are the Looker behind it.

All arises spontaneously, yet is made of the same Divine substance of the witness Self... *so it arises to no one.*



The I-thought belongs to no
one, it's a thought — 'I'.

What notices that?

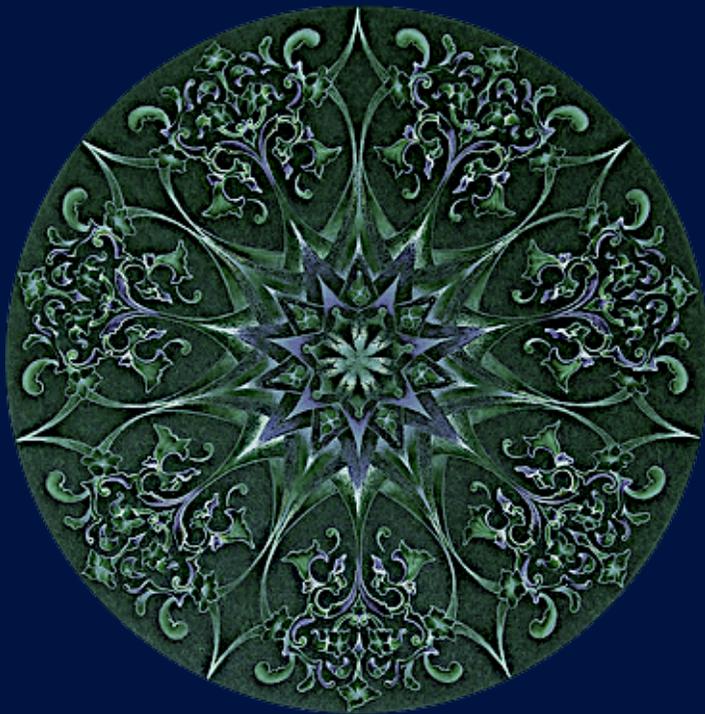
*There's something noticing...
witnessing...*



This is one *imaginary illusion* of a knower and an object.

That's the illusion.

But *something* still has to be witnessing that... *Pure Consciousness*... the I Am without thoughts, memories, associations, perceptions —
I Am-ness.



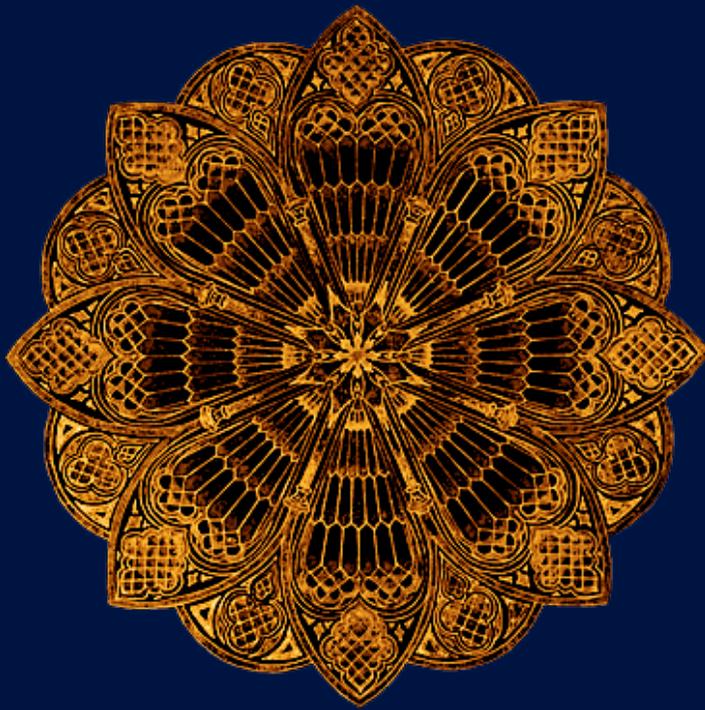
When it's realized that all this arises
instantaneously... and the knower and the
thought are one... then *you* can't be the
knower of the thought — if it's *one*.



The Bhagavad Gita says,
'know the knower'.

There's no one to know the knower.

But when it's seen that the knower and the
known are one, then the witness unites...
then it's all one.



The 'knower' and the 'known,'
arising as one solid, holographic
projection *within the Absolute.*

And it's flashing on and off,
at lightening speed, witnessed by
absolutely pure awareness of Self,
the only true knower.



Knower and the known.
Perceiver and the perceived.

Behind which stands a witness that does
not arise and fall.

It's ever present, never moves.
And nowhere a 'person'.

Only Oneness



This idea of a separate knower from the known is the strongest part of this illusion.

I Am-ness is the first concept.

It Itself is part of the illusion.

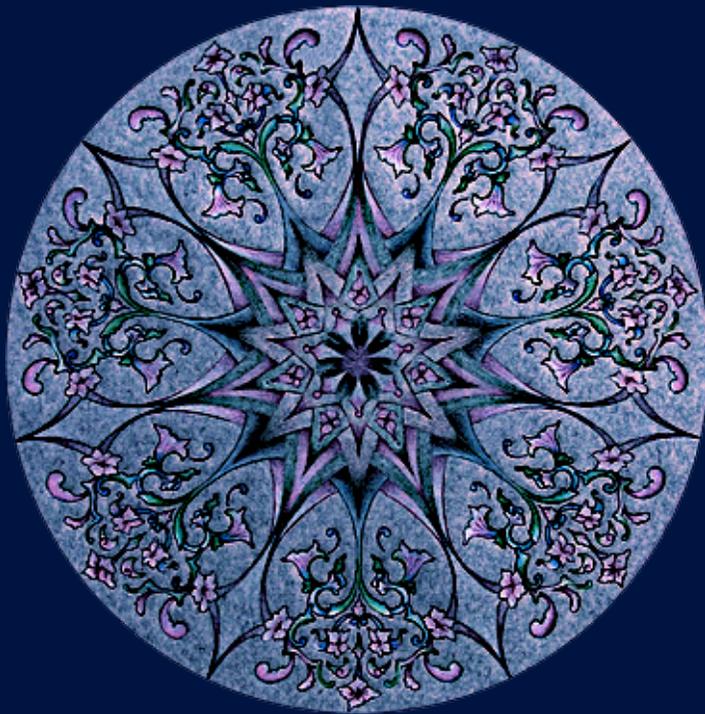


There are infinite knowers and knowns
of thoughts... feelings... emotions...
associations... perceptions... arising and
falling within all sentient beings
within the dream of Consciousness.

All witnessed by the One pure
awareness of Self.



The knower of the thought... and the
thought... are just one solid, illusory part
of the veil.



The human thing is totally independent of
what's going on in Reality.

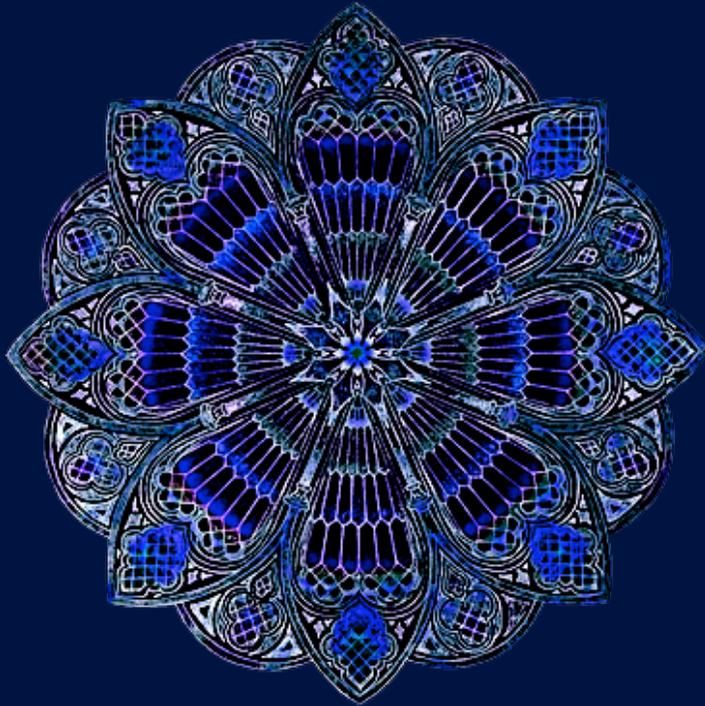
The Reality has nothing to do with this.
And yet, paradoxically... Reality has
everything to do with this!



The dream expression of life, universes
and beings is made from, and supported
by, the Only Divine substance... or Self...

It watches Its play of life Untouched and
Untainted by Its expression! As the Only and
Ultimate witness... inviting 'us'...

"come home, I'm right here!"



There's no coming or going.

There's just this one solid block of Reality that's formless, colorless and the forms and colors *appear in and on it...* in dream-like form... in the so-called waking state.



Thoughts arise and subside, they
come and they go — but it's assumed
there's a *separate* one who had the thought.

That's why I always say the '*I-thought*' is just
a thought.



The 'thinking apparatus' that functions in one body-form, and the 'thinking apparatus' in another, are the same thing... just conditioned differently. Belonging to not a person. This is the realization.

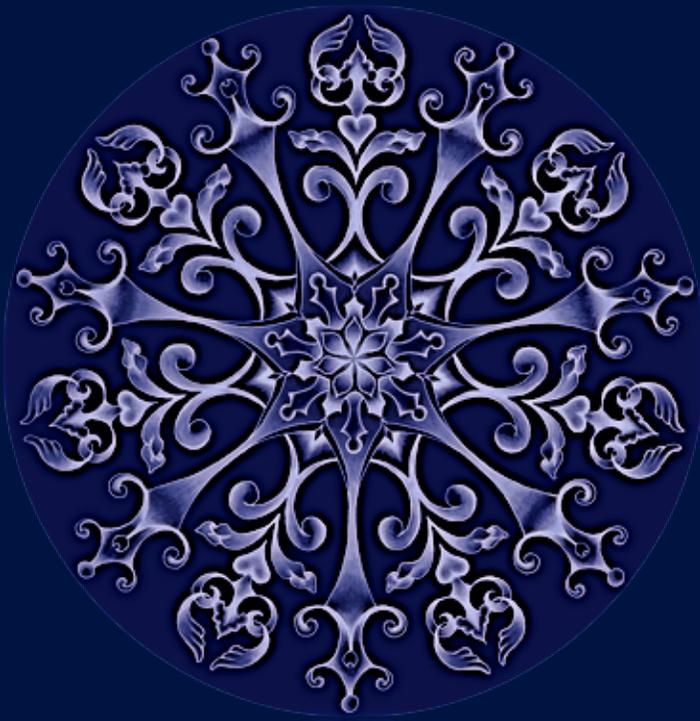
The realization is that you are not.

Consciousness *is*, and that's temporary as far as Its manifestation.



You're a reflection — you're being done!

*Stop imagining that you're in control
of anything!*

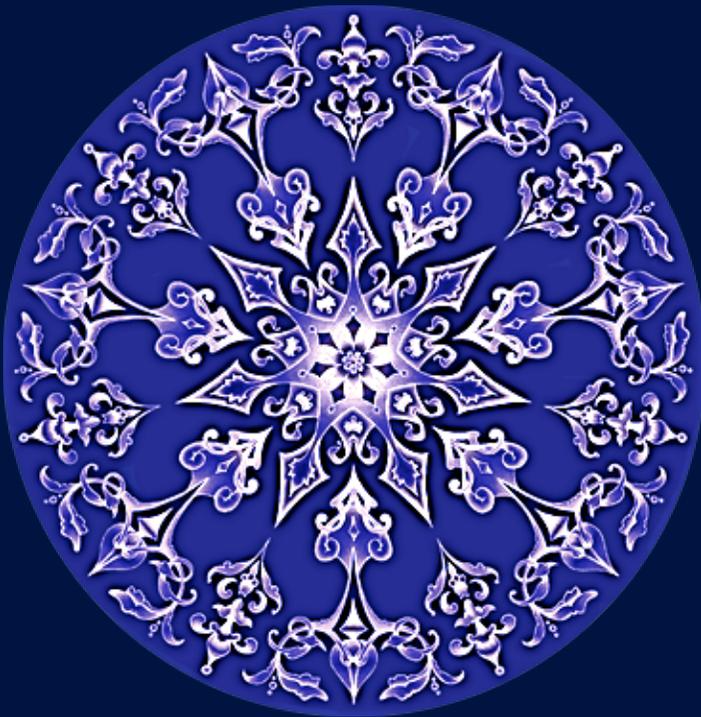


Forget spiritual.

The strongest of all illusory ideas and concepts are spiritual ones. 'That you're getting somewhere 'spiritually'.

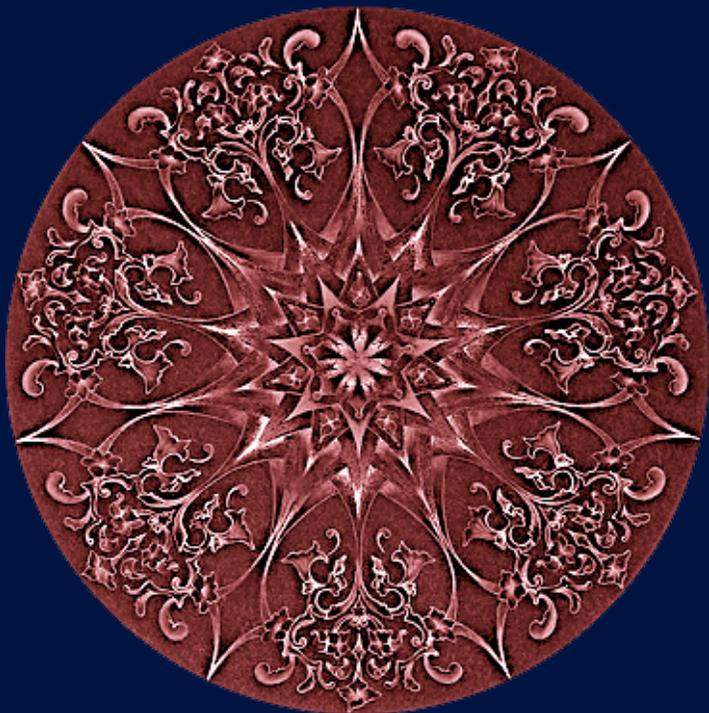
Who is getting somewhere spiritually?

*True spirituality is the end of the one,
the knower of it.*



You are the knower of your own birth.

And as Consciousness knowing that...
that Consciousness... not the 'person'... got
involved with *the idea* of being a person.



You are the 'whole', the whole thing.

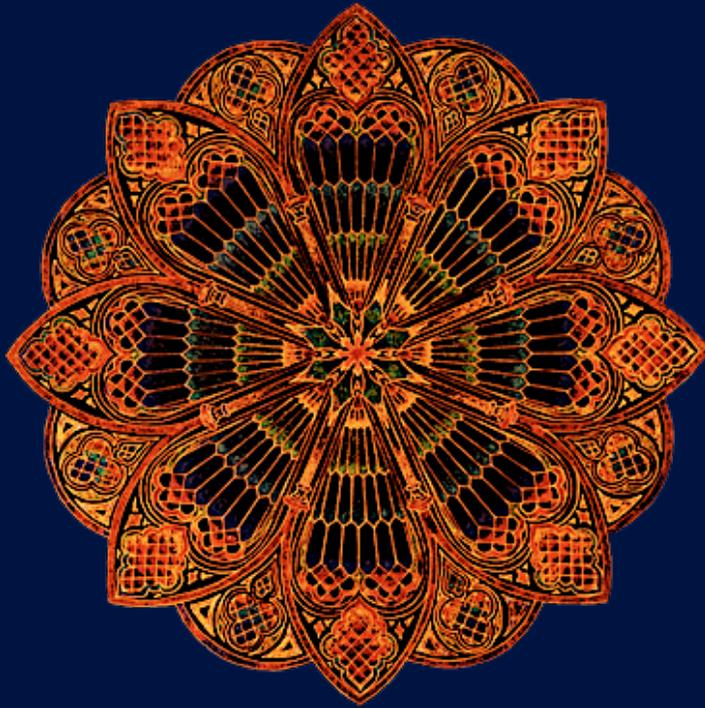
All this appears on You.



Unfuse the idea that you're the
body and mind and be the Looker
who doesn't care, who has no interest in
the story.

Self is That which allows the dream of
Consciousness...

While remaining untouched... Itself



Know the Looker.

The more you can unfuse this idea that you're the body, in a world... again the more the *attention* is put back on *that which is watching...* and have no attachment to what happens... that's the habit that's developed.



Never been born. You'll never die.

*We witness the body being born.
Awareness watched all this!*

But, you know, there's no way out...
only the imagined concept of a separate entity
seeks a way 'out'. And that includes
enlightenment! That seeker must go... *nothing
ever happened...* contemplate that!



Eventually, when all this dissolves
again, it thins out and there's no
Consciousness anywhere.

No Universe — just *Nothingness*.

*We are the Absolute, we're prior to
Consciousness.*



One of the best metaphors to explain the Absolute is the ocean. Imagine an ocean that has no beginning and no end, has no place... it is.

It has *no place* because it has no beginning and end. So it has *no location*. There's nothing in it to point to otherwise that's real.

Just Oneness prior to the word oneness.



Deep in the ocean there are no currents, it's solid... It's still. It is Complete unto Itself... unborn... without source... and eternal prior to the concept of 'eternal'.

And as you rise to the top, you have currents that move. And then as you keep going you have waves, and then on top of the waves you have the spray, and little bubbles. Little bubble universes.



We're the little bubble universes... temporary expressions... and yet, always one with the 'ocean'.

We each have our own bubble universe, our own non-dimensional speck within the Absolute.

We call that 'Consciousness'... because that's when the I Am projects a world and we see the pictures.



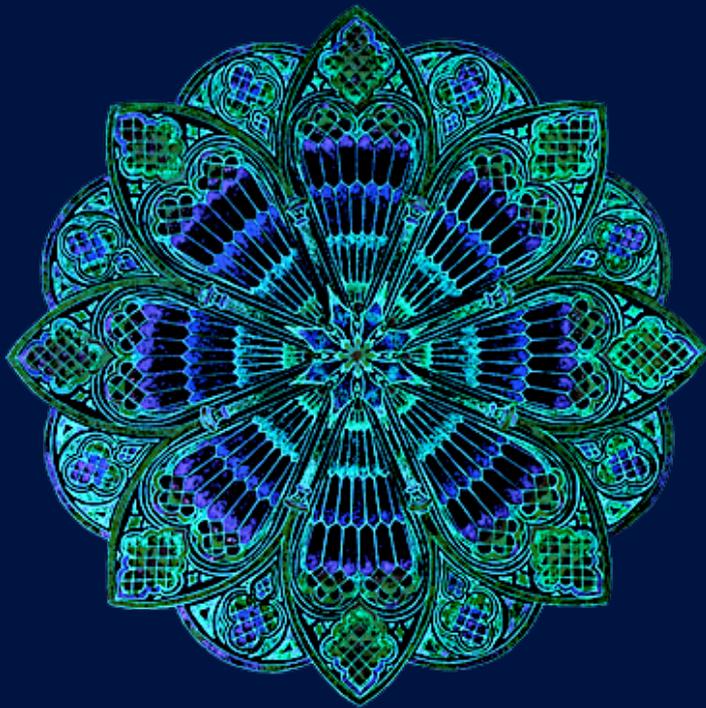
Now, I'm saying these things
and I want you to listen gently...
don't let your mind get too wrapped up in
what I'm saying because what I'm saying is
to break these conditionings.

These conditionings that we have that are
in the *current*... they're in the
subconscious.



These currents move as a whole
in the ocean. And the bubble 'I' claims
to be there on the top of the wave as a
choice made by the 'I-sense' of ego as 'doer'...
describing what has already happened.

But the *current* moved the wave *and* the bubble.
And that's why I always say we're behind the
beat... as we're claiming *afterwards*, in
language, describing what *appears* to be
happening.



All words are descriptions of perceptions
of what the bubble is seeing,
the I-bubble.



If the perceiver and the perceived are one, then neither can be because there's there's no one... or no 'other'... or none... to say that the other is!

It's part of the illusion. It's part of the projection of the Absolute — starting with currents, waves, bubbles.

Mirage.



To extend this metaphor a little further... because I'm using the graphic idea of the ocean, with the depths... in Reality, *the Absolute permeates all of it.*

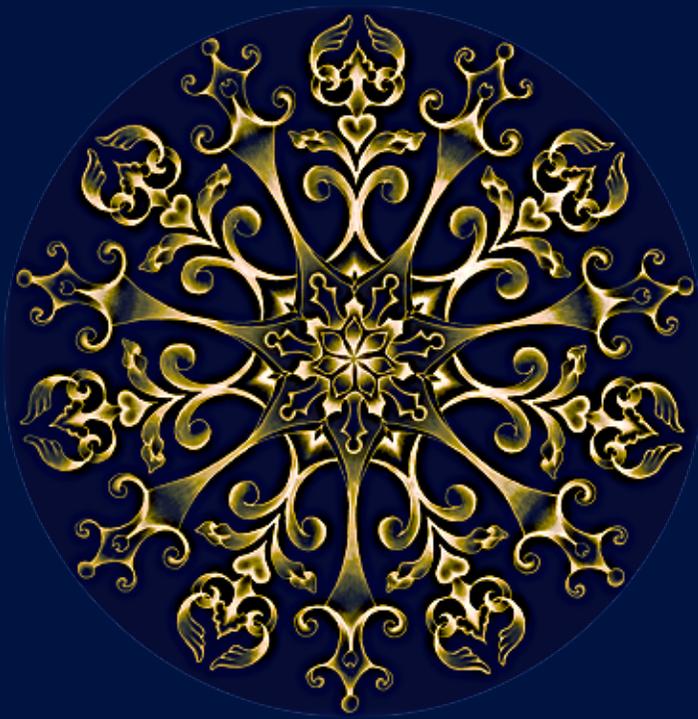
All appears as a holographic mist *in and on* the unmanifest Absolute... which permeates while also being the 'display' ... *one solid block of Reality.*



Whatever you say it is, it isn't.

It's the *foundation* of anything that ever
could be, ever will be, ever was.

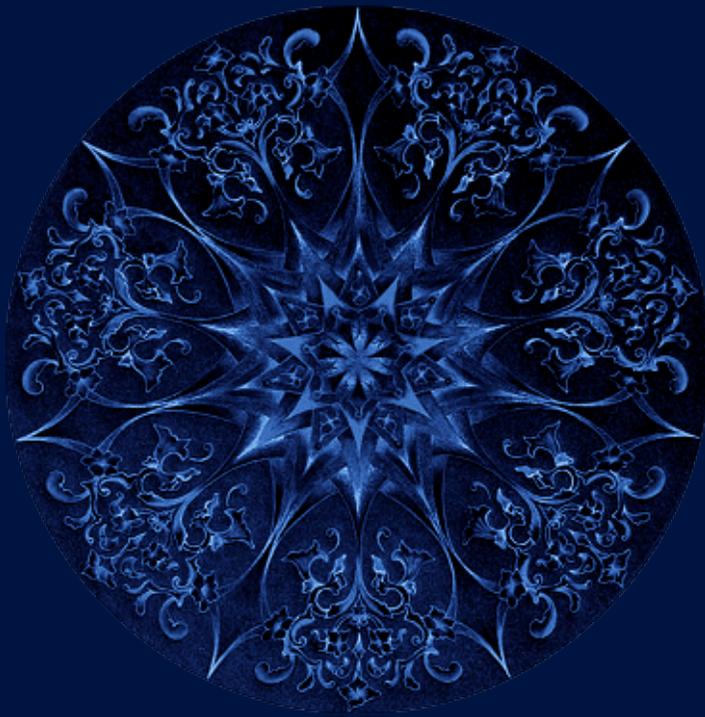
And It can absorb all this back into Its all
alone Self again... and be perfectly fine.



The *first movement* of the Absolute was
Beingness.

Consciousness, even without a space. The space
wasn't even there, it was just 'I Am'!

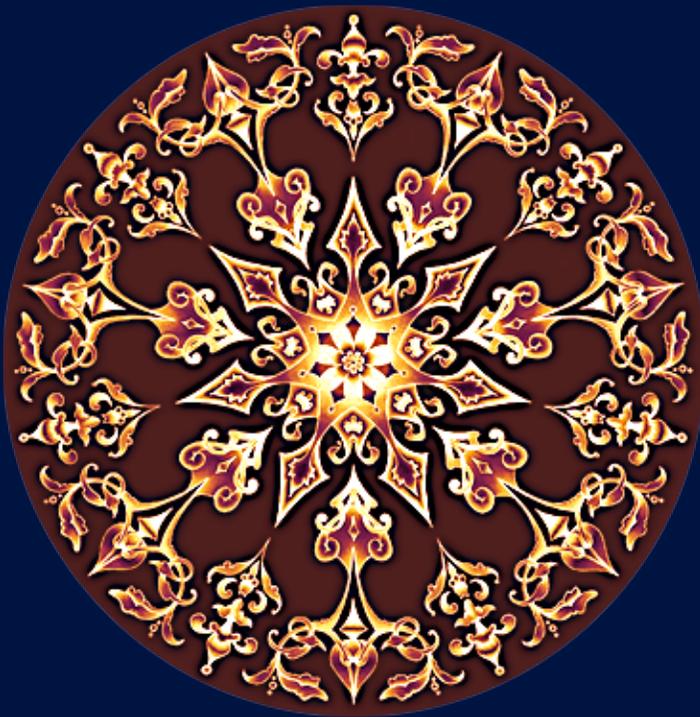
In other words, you had a bifurcation of
'oneness' prior to the word... a bifurcation...
and all of a sudden there was 'otherness'.



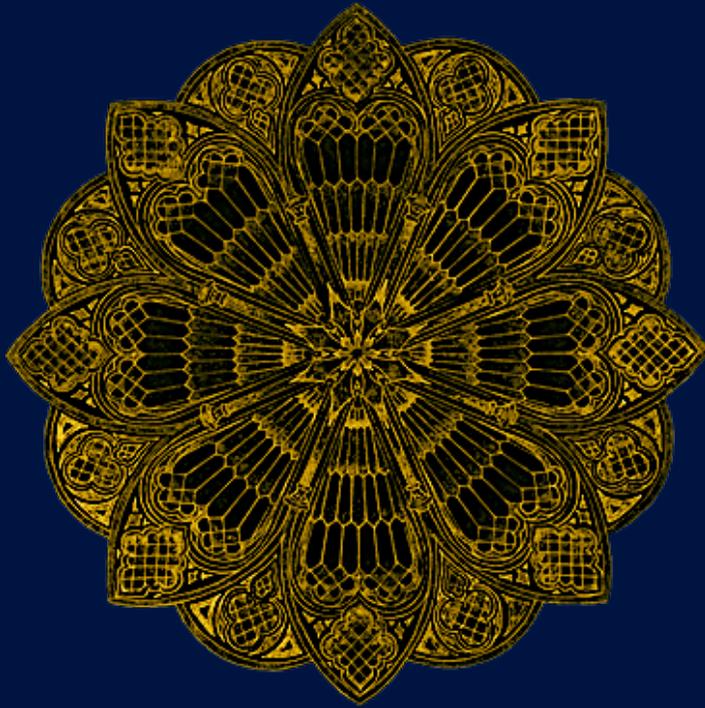
The Universe never really
began because it's *out of time*.

*Time is apparent motion within that
which is Eternal.*

And the witness that we are is a speck
of that, *witnessing a play that is not.*



The 'I'... or 'person'... is only a thought, a concept that exists in memory — an imagination of a future. Outside of this it has no place.



One is in the bondage of these concepts and false imaginings only due to *not paying attention to the present now*. Out of habit your *attention* stays in the loop of memory of a nonexistent past, and imagining an unrarrived future.

*All the habit of attention to thought...
and inattention to just being.*



So what can one do to
break the loop of memory?

How can one find what has not been lost?

Stop labeling!

Do not label or describe anything.

Simply look.



Be quiet.

The more quiet you are, the more you allow.
Have no opinion (or judgement), about *anything*.

Understand that what is going to happen, is
going to happen. You are not the doer.

*There is no doer... the expression of Life
is being done!*

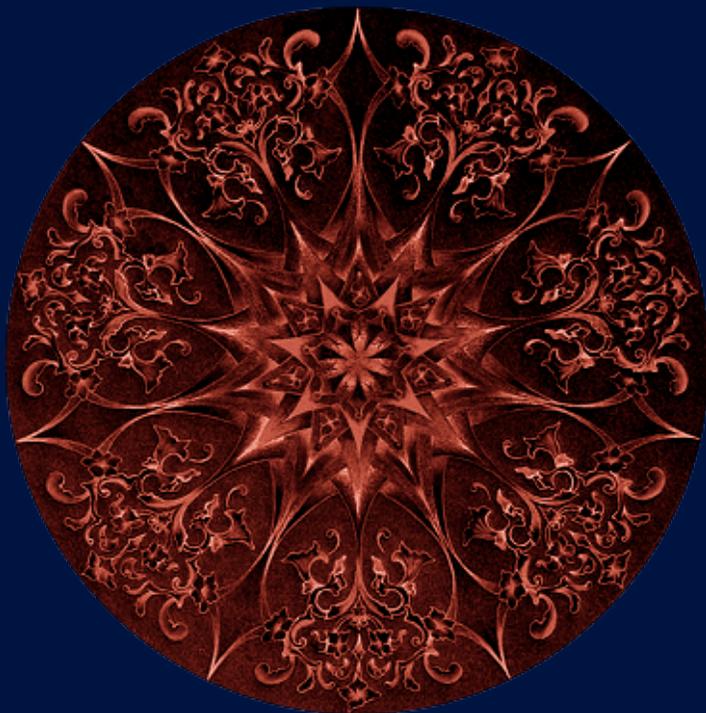


What is does not need to be Awakened.

It is *That*.

We are That.

When a surrendering happens enough that
Grace moves forward, there will be nothing
that could keep you from *That*.



Relax... Be Still...

and THIS will happen.

And then you will realize that the 'I Am' was
the first illusion and that *you are not...* that
there has never been a human being that existed
anywhere, because...

Nothing has ever existed... anywhere!



Only dreams of worlds,
universes, and beings.

Within, made from, and
witnessed by the Only.

All is As It Is

Eternally the Self...
and you are That!
Self

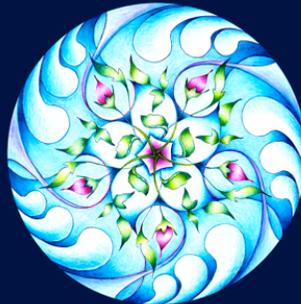


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EIGHT ORIGINAL MANDALAS OF

Erin Tajime Castelan

To contact Erin, or to see more of her artwork including murals, plein air
and street paintings please visit her website:

<http://www.magnificentmurals.com>





JOHN GRENAFEGE

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