

## Non Duality

Some people look at a tree and will say  
“This tree is in the forest”  
And this makes sense to them because  
you can take the tree out of the forest  
and the forest, as it seems remains

Then I would ask  
If you take all the trees out of the forest  
Will the forest still be there?

And This is duality.  
The idea that trees are in forests  
people are on planets  
fish are in oceans  
phenomena arises in consciousness  
and bodies are things that house our spirit  
that afterwards goes somewhere else

And this is all one big misunderstanding  
And the source of our greatest discontent

Because trees are not in a forest  
they are forest expressions  
Likewise waves are ocean expressions  
and people are planetary ones

This is non duality  
Where everything is an expression of the whole  
Where God is not the creator but creativity itself  
And life is not something you go through  
but something that you are an expression of.