

Non Observational Awareness

Take a look,
and what you are looking at is never yourself

To look, is to see and define *Other*
The nature of observation is such
The making of the world into subject and object
Act and acted upon

Welcome to the realm of Observational Awareness
The one we call duality. Never One, always two

To search for oneself in this realm
Is bound to result in your absence
Because this realm is about objects
And Self isn't
So 'No-Self' here.

Self can, and is found full of heart and body
But it requires that we refine our understanding of awareness.

Welcome to the realm of Non Observational Awareness

All subject, no object
All experience, and no observer

Don't look, sense.
Don't seek, experience

For Self realization is a non observational revelation
It is when you recognize yourself in
the immediacy and the beauty of this living experience

One Life, Blossoming
Awake to itSelf. You!