

Stephen Priest How to Find Your Own Soul

# HOW TO FIND YOUR OWN SOUL

by

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*Deus illuminate mea*

## NOW

No before.

No after.

Only now.

## TODAY

Unchanging from day to day,

*Each* day is today.

In a sense,

There is only ever one day.

## WORLD

The soul is in the world.

The world is in the soul.

The soul is not of the world.

The world is not of the soul.

The soul exists whether there is a world or not.

## THOUGHT TRAVEL

Think of a distant place: thought-travel.

Travel within your soul.

You do not exceed the limit of your soul  
because your soul has no limit.

You do not exceed the limit of your soul  
because you are your soul.

### LINE

The eternity of the soul is not a line.

The eternity of the soul is the space-time of the here and now

### DAY

The soul is like day.

The soul is you now.

This human being sits at its centre.

### NO-THING-NESS

The soul is not some-thing.

The soul is not nothing.

The soul is no thing.

The soul is no-thing-ness.

### HISTORY

~~The human being is in history.~~

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History is in the soul.

### WORLD

The soul is where the world is dis-closed.

## DETACHMENT

To be at one with your soul:

detach yourself from appearances.

For any thought say: 'This thought is not me.'

For any sensation say: 'This sensation is not me.'

For any bodily movement say: 'This bodily movement is not me.'

The you-ness of you is the space that remains.

## DAYBREAK

The soul is daybreak.

Eternity is not a long time.

Eternity is its being always now.

What is outside the soul?

God is outside the soul.

## MANIFEST AND UNMANIFEST

When the world is manifest the soul is unmanifest.

When the soul is manifest the world is unmanifest.

## HARD TO SEE

The soul is hard to see or think because it is not in front of you.

The soul is all around you.

The soul is your pervasion of the world.

The soul does not come or go.

Your soul is the ground of your world.

### DAYLIGHT

The days of the world are fleeting, the daylight of the soul eternal.

Linear thinking is an obstacle to soul realisation.

The soul is your existence all here now, not on the way to somewhere else.

### AWAKE

The human being is asleep.

The soul is awake.

### SUBSTANCE

The world seems substantial but is insubstantial.

The soul seems insubstantial but is substantial.

The world is not a substance in the philosophical sense.

The soul is a substance in the philosophical sense.

### IDENTITY

Do not seek your identity in the things of the world.

Your soul is your real identity.

You are *this* one, not that one.

### CALM

To realise your own soul brings calm.

The world moves.

The soul is calm.

## THINGS OF THE WORLD

The things of the world perish; their permanence is only apparent.

The soul does not perish; its permanence is real.

Worldly things are what they are in relation to one another.

The soul is what it is in itself.

~~its being and your being it co-incide.~~

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## FORM AND CONTENT

The soul is form.

The world is content.

## INFINITE

The infinite cannot be reduced to the finite.

## NOT A THING

The soul is not a thing.

The soul is an emptiness.

## THEORY

The *theory* that the soul does, or does not, exist is not of much use in finding the soul. Pay attention to *the expansive space of your own existence*, with the human being at its centre.

The soul is not the idea of the soul, as space is not the idea of space.

The soul remains theory unless you become aware of your own existence. The soul cannot be grasped as 'over there'. The soul cannot be 'pictured'. Being it is an obstacle to picturing it.

## BETWEEN THE PAST AND THE FUTURE

You are between the past and the future. Why is this? God has inserted your soul into history to animate *this* human being.

You are not just *located* between the past and the future. (To think in this way is to be in the grip of a picture. The picture is not wrong but it is necessary to think without it: with-out it.)

You *are* the difference between the past and the future.

You, personally, are the demarcation between *everything that has happened* and *everything that is yet to come*.

How come? Why should you be invested with such cosmic significance?

### PATH

You do not move forward on a 'path' or 'way' to the soul; you remain still.

The way to the soul is to drop the way. Pushing, trying, seeking are all moving away from the all-here-now which is the soul.

### HIDDEN

The soul is ordinarily hidden but by self consciousness it can be revealed. This must be an existential self consciousness you feel in your bones, a revelation of space (not just the self-consciousness we think we have already).

### DISCOVERY

That there is a soul is not a matter of opinion but discovery.

### KNOWLEDGE

There is knowledge of the soul, rather than (just) belief.

You either have this knowledge or you do not. If you have it, it seems ridiculous to speak of belief. (No doubt, if you do *not* have this knowledge, it also seems ridiculous to speak of belief.)

The existence of the soul is not a matter of opinion but of knowledge and ignorance.

If your soul has never been dis-closed to you, clearly, you will think its existence a matter of opinion, probably, a matter of groundless opinion.

### OBVIOUS

The soul is more obvious in some historical cultures, than others.

Crowded minds, third-person paradigms for knowledge, acquisitiveness and means-to-end thinking all take us away from what we are, here and now.

### SIMPLE

The soul is simple.

The soul has no parts.

### DOOR

The soul is a doorway.

Through one way it opens onto the world.

Through the other way it leads to God.

The soul is a portal to God.

You are your soul.

You are a portal to God.

### BEYOND

The soul is beyond ordinary knowledge.

It is not *on the other side of* ordinary knowledge.

Knowledge of the soul is K-now-ledge: knowledge of the Now.

### LIGHT



The soul is like light. Light cannot be seen in the straightforward way that a physical object can be seen. Nonetheless, you can *see that* there is light rather than darkness. For example, you can *see that* it is daylight rather than darkness. Not all detecting by the sense of sight is seeing.

### SPACE

The soul is space.

Space cannot be seen in the straightforward way that a physical object can be seen. Nonetheless, you can *see that* there is space.

### METAPHOR

Our ordinary thinking is conditioned by perceiving physical objects and so is riddled with spatial metaphor. If you imagine something you tend to imagine it as physical. The content of the mental image is like an impressionistic picture of a physical thing. These limits in our thinking are obstacles to understanding that we are souls.

### NOT A PHYSICAL OBJECT

The soul is not a physical object. But if you do imagine the soul as a physical object, imagine you are at the centre of a vast chamber the sides of which are so distant as to be imperceptible. The chamber is in fact infinite and has no physical sides. This vastness that radiates in every direction from the human being who you 'are' is your soul.

### SKY

The soul is pure space.

The soul is like the sky.

### SOURCE

Your soul is the source of your life.

This source has a greater origin.

## DEATHLESS

The soul is deathless.

The soul is deathlessness.

## VEIL

The soul is veiled from the world.

The veil is thought and experience.

## WINDOW

The soul is the window on the world.

Looking through the window, we ordinarily are not aware of the window.

Once the window is noticed, it absurd to say there is no window.

## IMAGE

An image is an image of something physical.

The soul is not physical so there is no image of the soul.

An image has content.

The soul is empty form.

There is only an image of the soul if there is an image of empty form.

## VOID

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The soul is a void.

## FORGROUND AND BACKGROUND

Desire makes the world foreground and the soul background.

Spiritual goodness is the falling away of desire.

The falling away of desire make the world background and the soul foreground.

### SAME REALITY

‘Space as it appears to you’ and ‘your soul’, these are two names for the same reality.

### SPIRITUAL SPACE

There is spiritual space: your presence in the world.

### PAST

The past has its origin in the present, not: ‘a long time ago’.

Events ‘well’ out of the present and become past.

The present is not *pushed along* by the past.

### SEEKING

Ordinary seeking does not lead to the soul.

Ordinary seeking is physical, third person, seeking. It is looking for something in front of you by touching and looking at the things in front of you.

Not just physical seeking but mental seeking, that is, the subjective shadow of physical seeking, does not lead to the soul.

The soul is the space where both seeker and sought exist.

The soul is the space where the search takes place.

### ESSENCE

Your soul is your essence.

You are essentially your soul.

Your soul is essentially you.

### INFINITE

The capacity of the soul is infinite.

### ETERNAL

The realised soul does not 'become' eternal.

The soul was eternal all along.

Realisation consists in coming to realise this.

### EMPTINESS

The form of the soul is emptiness.

Look at the world. It is obvious that the things in it depend on emptiness.

Realise that this emptiness is the soul.

### BLISS

The interior of the soul is bliss.

### BEYOND DUALITY

The soul is beyond duality.

Duality belongs to the appearance of the world within the soul.

Knower and known are appearances within the soul.

### IMPOSSIBLE

You can never be separated from your soul because you are it.

### EVENT

The soul is created, but not in the manner of an event.

Mental and physical 'things' are events or processes.

A process is a constellation of events.

### SPACE-SUBSTANCE

The soul is a space-substance.

The soul is not located 'in' space, like a physical object.

The soul is a space.

The soul is what you have been all along.

### HERE

Here is not where the soul is.

Here is what the soul is, shorn of contents.

'Here' refers to an unchanging substance, not just changing empirical locations.

The human being is located in space, but the spiritual space of their own soul.

### EXISTENCE

The soul belongs to existence, but not ordinary existence.

The soul is *like* non-being because it is not a thing but it *is not* non-being because it exists.

The soul not nothing but not any-thing.

## YOU

Your soul makes you you.

Your soul makes a human being 'you'.

The soul is intrinsically pure.

## HUMAN BEING

The human being is in the soul.

The soul is in God.

## CONSCIOUSNESS

By 'consciousness' understand 'space'.

Pure consciousness is the soul

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We should give up using the term 'consciousness' and use 'soul' instead, (unless we are just talking about experiences, or the difference between being awake and asleep).

## APPEARANCE

By 'appearance' understand 'presence'.

## PRESENCE

By space and presence understand soul.

## MIRROR

The soul is a mirror, the world its image.

## ONE

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The soul is undifferentiated.

## BODY

The soul is not (just) in the body but is centred on the body.

## SEEKING

If you are looking for your soul.

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How can this seeking succeed?

Not by an encounter.

You are what you are looking for.

You are the space in which all these ideas and experiences of yourself take place.

## GOD

You cannot find yourself outside yourself unless this means by turning to God.

Whether you know this or not, you find yourself by the grace of God.

Pray that you might find yourself.

God illuminates the soul.

The light of the soul is lent by God.

God is the source of the light of the soul.

## WORLD

The limits of your soul are the limits of your world.

## PURE INTERIORITY

The soul is pure interiority.

This means it is an inside without an outside, not an inside with an outside.

You cannot imagine this interiority as an object.

Realise that you are it now.

You are a pure interiority and so turned infinitely outwards in every direction from the centre.

A human being is at your epicentre.

## TRANSCIENCE

Things perish.

The soul endures.

Things pass away.

You remain.

## STRANGER

Regard this human being as a stranger who you operate from the inside or ride.

Although you know one human being from the inside you *are* no more that human being than any other human being.

If you do good and avoid evil and prepare to meet God this life will be better.

In yourself, you know what is right and what is wrong. Do what is right.



Be ready for death. Live as though you are about to confront God.

God created you. God created you for a purpose.

Doing good earns happiness in this life and blessedness in the next.

Doing evil haunts you.

This life is a dream of the soul.

The soul is not irrational but non-rational.

The soul is not illogical but non-logical.

The world is an appearance but the soul is a thing-in-itself.

The soul is. The world is perceived to be, thought to be.

Scepticism unknowingly presupposes the soul.

Without the soul a perspective or point of view would not be anyone's.

#### APPEARANCE AND REALITY

The soul is real.

The world is appearance.

#### INEFFABILITY

The soul is not ineffable but not easily described in ordinary language.

Whereof we cannot speak we might have a mystical experience.

#### ONE AND MANY

The soul is not one thing amongst others.

## CHANGE AND CHANGELESSNESS

The soul does not decay or improve.

The world is change. The soul is changeless.

The soul does not change itself and cannot be changed by anything in the world.

The soul is the changelessness against which change happens. It is still now *now*.

You move but the soul stays still.

## GOD

Once you realise you are a soul it becomes more obvious that there is a God.

Only God could create souls, so if you are created as a soul there is a God.

The soul is created by God.

Your soul is in the presence of God.

If you focus on God your soul is revealed to you. This is because focusing on God is shedding body and mind.

## ETERNITY

You have always already been your soul.

The soul is eternal life.

‘Eternal’ can mean ‘existing at all times’ or ‘existing without duration’. The soul is eternal in the second sense.

## MIND AND MATTER

The human being is deceived by mind and matter.

The soul can be liberated from mind and matter.

The human being is mind and matter and typically knows only mind and matter.

Releasing mind and matter discloses the soul.

## LIBERATION

In liberation the soul is disclosed to itself.

The soul is disclosed to itself as presence.

## LIFE

Being alive hides the soul from the soul.

It is possible to become aware of your soul in this life. Before you die.

Being alive hides God from you.

## BEING

The soul has being.

The being of the soul is the kind of being captured by *being someone*.

This has nothing to do with personality or even being a human being.

It is the being of being it.

The soul is being, the world beings.

Being is not being anything in particular.

## LIMITS

The soul has no inner limits.

You have never seen the outside of your own soul.

The body is limited. The mind is partly limited and partly unlimited. The soul is unlimited.

## INTERIORITY

You are the inside of your own soul.

## PERVADING

Your soul pervades the world.

If you pervade something, you are at least where it is but you are not it.

## THE WORLD

The world is present to you in the soul.

The world is in the presence of the soul.

## NOW

The soul makes the world now.

## KNOWLEDGE

Ordinary knowledge cannot grasp the soul.

Once you have noticed your own soul you know it is there.

Once you have noticed your own soul its existence is no longer a matter of opinion. Its existence, once noticed, is far more obvious than the existence of physical objects.

Once you have realised your own soul you have knowledge not just belief.

It is a very large difference between people, to know or not know that they are souls.

## IDEAS

Your soul is not an idea.

The soul is not a concept of the soul.

The soul is not a concept.

The soul is not an idea of the soul.

The soul is not an idea.

The soul is the space where concepts and ideas operate, arise and subside.

## THINKING

Your soul can be experienced more easily than it can be thought.

The soul is not the mind.

Thinking this thought rather than that is not much help in disclosing your soul.

The soul is the space between thoughts.

The soul is the space where thoughts come and go.

Thinking about thinking is thinking.

Thinking about not thinking is thinking.

Trying to not think is thinking.

Being the gaps between the thoughts is not thinking.

The soul is not thinking.

Let thoughts fall away and the soul is revealed.

The soul is the background.

We are lost in thought.

Rather than just thinking what is thought, experience the thinking of what is thought.

The thinking of what is thought begins in space, lasts and changes in space, dissolves in space.

This space is you.

This space is your soul.

## FORM

The soul is form rather than content, but formlessness rather than form.

### PROXIMITY

The soul is too near for you to see it easily.

### SUBJECTIVITY

Being it is ordinarily an obstacle to seeing it.

The soul is the inside of subjectivity.

The soul is more subjective than subjectivity.

The soul is more objective than objectivity.

### EGO

The soul is not the ego.

### ONE

The soul is a one-ness.

### WHOLE

The soul is a whole.

### NAMES

The soul can be named:

‘space’,

‘now’,

‘here’,

‘oneness’,

‘no-thingness’,

‘interiority’.

These names only help if you notice that you are the changelessness they denote.

### IMAGE

Having a mental image of the soul is not of much help.

The image presents it as other, as there, as transparent, as like ice or a gas, as bounded, as a discriminable item. All these lie in the wrong direction, that is, away from your own existence.

Ordinary imagination, the flow of images, is a distraction from the soul.

Expanded imagination, without content, discloses the inside of the soul to itself.

### NOTHING

The soul seems like *nothing* ~~to those who have not seen~~ it.

The soul seems *like* nothing to those who have seen it.

### ABOVE AND BELOW

You are not really standing on anything.

There is nothing above you.

Nothing below you.

God is all around you.

Subtract the human being, you are what is left over.

This looks like nothing but it is no-thing-ness.

This no-thing-ness of the soul holds the world as it appears to you.

The soul is clarity.

### ALREADY THERE

Your soul is disclosed or revealed as the space that is always already there.

Your soul is not *postulated* or *perceived* as an extra see-through object.

### ENLIGHTENMENT

The soul is enlightenment.

You are already your soul and so already enlightened.

Your body and your mind hide your soul from itself.

### ABSOLUTE STILLNESS

Going here rather than there will not help reveal your soul, unless you realise that you never moved at all while your human being wandered.

Mental and physical activity is within the still space of the soul.

Following this activity rather than that is of no help, unless it discloses the spiritual space where it all happens.

The soul is always still.

Body and mind move.

The soul does not move.

### DESIRE

Desire entails being on the way to something else.

The revelation of the soul is all here now.



### ALL HERE NOW

Being all here now.

Being only here now.

This is the disclosure of the soul.

### DISCLOSURE

The disclosure of the soul is the disclosure of the soul to itself, not a disclosure to the mind or the body.

There is disclosure of the soul to the soul.

This is not a meeting.

There is disclosure of God to the soul.

This is a meeting.

### PRESENCE

The soul is presence.

The soul lends its presence to the mind, so things can be present to the mind.

The soul lends its presence to the body so things can be present to the body.

### HAPPINESS

The revelation of the soul is spiritual happiness.

### SPIRITUAL SPACE

There are spiritual spaces.

You are a spiritual space in the existence of the world

### SENSES

The five senses are a clue to the soul if it is noticed that they operate in a sensory field.

This field does not depend on the senses but is a substance in the philosophical sense.

## HUMAN BEING

The human being that you 'are' arises and subsides in the soul space that you really are.

You 'have' a human being. You are your soul.

It is useless to identify yourself with a mind or a body or both.

Surprising as it may seem you are not a human being, if this means identical with a human being.

You have a body. You are not it.

You have a mind. You are not it.

You have both a body and a mind, a human being, but you are not it.

You are the soul-space centred on the human being that you use to operate in the psycho-physical world.

All human beings have souls.

Few realise this.

There could be human beings without souls but they would not *be* anyone.

The soulless is anonymous, or dead.

## OPPOSITES

The soul is the space where opposites meet.

The soul is beyond dialectic.

By exhausting dialectic it is possible to come to the soul.

## PARTS AND PROPERTIES

The soul is not a part of anything.

The soul is not a property of anything.

## OBSCURITY

The soul is obscured.

This is not that, that is not this.

These take place in the soul-space.

## CENTRE

The soul is the centre.

## YOU

Your soul is more you than you.

Your soul is held by God.

You are the soul.

You perceive the world.

There are many routes to the soul. They all lead back to yourself.

You the human being are typically far from your soul.

Your soul is near to God.

Your soul is in God.

You are the inside of spiritual space.

## SPIRIT

The soul is spirit.

The spirit is not nothing.

Spirit is the no-thing-ness of you now.

The soul is pure.

### SIMPLE

The soul is simple, in the philosophical sense of 'indivisible'.

Body can be divided.

Mind can be divided.

Soul is indivisible.

### ATTENTION

There is attention in thinking.

There is attention in each of the five senses.

Rather than focusing attention on one thing, notice your whole field of attention.

This relaxed or expanded attention discloses the spacious interiority of the soul.

### FEAR

If you realise you are a soul you should not fear death so much, even if you are close to death.

Nothing can fundamentally harm you.

### IMMORTALITY

Your soul is immortal.

This does not mean that it stretches into the future as an unending line.

It means that when your body and mind dissolve at death you are still *all here now* as spiritual space.

## REVELATION

The revelation of the soul is a revelation of being, not a thought of this rather than that.

## HORIZON

The horizon of your awareness is the horizon of your soul.

## NO-THING-NESS

You are not nothingness.

You are no-thing-ness.

## SUBSTANCE

The soul is in-dependent.

The human being is not ultimately self sufficient.

The soul is self-sufficient, or depends only of God.

The soul is a substance in the philosophical sense.

## PEACE

The inside of the soul is peace.

Mental and physical turmoil are in the soul.

They hide the soul from itself.

Once mental and physical turmoil subside the soul is revealed to itself as peace.

The peace of the interior of the soul is preferable to worldly pleasures.

Mental and physical events are a storm.

The soul is peace.

## LIGHT

The soul is a spiritual light.

Because the soul is a kind of light it can be seen.

It is nothing other than the light of your awareness now.

It is not a light within your awareness or beyond it.

You are the light of your own soul.

## NO WAY

Striving is not the way to the soul.

The way to the soul is staying still and allowing mental and physical striving to cease.

The soul is always already here.

## UNCONDITIONED

The soul is the unconditioned disclosed when the conditioned falls away.

## (W)HERE

The soul is not in the human being.

The human being is in the soul.

## PRESENCE

The presence of the world is the absence of the soul.

The presence of the soul is the absence of the world.

A *Gestalt* switch: 'Being-as'.

## SENSATIONS

The world of mind and matter dissolves into sensations replacing one another in the soul:

Then, into nothing, in the no-thing-ness of spiritual space.

## YOUR OWN EXISTENCE

The soul is not other than your own existence now.

It can stagger someone who has not really noticed their own existence that they exist.

Your soul is what some existence being *your* existence consists in.

## SIGNS

There are signs of the soul:

it is always only now,

where ever you are you is still here,

something is you,

you have a psychological interiority.

There are fragments, hints that you are a soul, in life.

Do not forget these.

Do not neglect these.

## LETTING GO

When you finally do let go, it is obvious you have been your soul all along.

## SUCCESS AND FAILURE

Success and failure point away from the soul, unless they leave you all here now.

## WHAT IS

In a direct sense, what is and what is you coincide.

What is *given* and what is you coincide.

## GIFT

Your own existence is a gift.

You did not choose it.

It did not emerge naturally out of matter.

## DISTANCE

Distance yourself from your mind.

Distance yourself from your body.

You are neither of those.

Be the nowness of now, the space that is here.

## GUEST

We are guests.

## INVISIBLE

The soul is invisible. 

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Paradoxical as this might seem, despite being invisible the soul is detectable by the sense of sight.

It cannot be seen but everything but it in it can be seen.

The soul is the shape of what can be seen all at once.



(If you see someone bump into an invisible physical object you detect the object by the sense of sight, even though you do not see it.)

## LIVING AND DYING

Living and dying happen within the soul not *to* the soul.

The human being lives and dies.

The soul does not live or die.

## EVENTS

The soul is the arena of mental and physical events.

It is the present spiritual space-time in which events happen.

Events come out of the soul as though out of nothingness but in fact out of no-thinness.

Events begin and end absolutely.

Before an event happens that event does not exist.

After an event happens that event does not exist.

An event only exists while it is happening.

Every event you have experienced occurred in the infinite space of your own soul.

Events arise and subside in the soul.

The soul is t/here whatever happens.

## OBJECT

The soul is not some extra object in front of you.

## HUMAN NATURE

Your soul is the space all around and through the human being who you 'are'.

To realise you are your soul it is necessary to transcend your human nature.

Realise that you occupy a human being and view the world from it, but are not it.

You exceed this human being.

## SPACE

The soul is not a transparent image in the head.

The soul is what you ordinarily take to be space.

## CONSCIOUSNESS

Consciousness, space, the soul.

These are one and the same.

## CREATED

The soul is the image of God.

Soul and human being are created.

Human being can be destroyed by human being.

The soul cannot be destroyed by human being.

How do I know?

How could now be destroyed?

How could space be destroyed?

These are within the power of God alone.

The soul is created, but only by God.

The soul could be annihilated, but only by God.

### OUT OF THIS WORLD

You do not entirely belong to the world.

### INDEPENDENT

The soul does not depend on the body or the mind in any way.

### CONSTELLATION OF EVENTS

Body and mind are constellations of space-time events.

The soul is the spiritual space in which they occur.

The human being is a constellation of psycho-physical space-time events.

The soul is the spiritual space in which they take place.

The soul is not an event but everything that takes place within it is an event.

Thoughts are fast events.

Physical objects are slow events.

### INDESTRUCTIBLE

Because the soul has no parts it cannot be destroyed by coming apart.

The soul is not divisible so cannot be destroyed by divisibility.

### SIZE

The soul has size but is not measurable.

The soul does not increase or decrease.

### NOT PHYSICAL

The soul is space but not physical.

The soul has no shape, except that of the inside of a sphere with no walls.

### ATOM

The soul is an atom.

### INTERIORITY

There is such a thing as being an interiority.

Being an interiority is being a soul.

### BEGINNING

The soul came to be but not out of parts.

### QUALITIES

The soul has no parts but the soul has properties, that is to say, there are things true of the soul.

Qualities come and go in soul space.

### SOUNDS

Sounds are heard in soul space.

### EXPERIENCES

Your soul is where your experiences happen.

The soul is when your experiences happen.

There are clues to this.

Here is where your experiences happen.

Now is when your experiences happen.

### THE INSIDE OF TIME

Your soul is the inside of time.

You are your soul.

You are the inside of time.

### THE INSIDE OF SPACE

Your soul is the inside of space.

You are your soul.

You are the inside of space.

### AGING

Your soul does not grow old or die.

### SAME

The soul is why you are still the same.

The human being is why you are different.

### UNCHANGING

If you pay attention to yourself you will notice that there is something in your own existence that has always remained the same:

Absolute stillness.

When you are being always now.

Where you are being here.

Me-ness.

Interiority.

That which is *unchanging* despite the coming and going of thoughts and sensations, the growing or ageing of the body. It is your soul.

### LASTING

Lasting is not adequate to the eternity of the soul.

### TIMELESSNESS

The eternity of the soul is timelessness.

### BEYOND STRIVING

Becoming your own soul, you are beyond striving.

### HOPES AND FEARS

Being your own soul, the hopes and fears of *this human being* do not touch you.

### HARM

Being your own soul, the weapons and diseases of the world do not harm you.

## PERFECT

The soul is complete.

The soul is perfect.

## TRANSCENDENT AND IMMANENT

The soul is transcendent when the world is immanent.

The world is transcendent when the soul is immanent.

## ILLUMINATION

The soul is bright and illuminates the world.

## NEAR

Do not seek for your soul far from you.

Your soul is infinitely near to you.

You are it.

## SEEKING

Seeking takes you away from the soul you are.

*Clearing, cleaning, shedding*: These are better than 'seeking'.

Seeking presupposes an object and the soul is not an object.

## THIRSTY

You are thirsty.

The soul is water.

Your soul is thirsty.

The water is God.

### IGNORANT

If you realise your own soul you are a knower amongst the ignorant.

We are ignorant because we follow thoughts, we follow physical objects, we follow other people, we follow desires. All these take us away from ourselves.

### BIRTH AND DEATH

The human being is born and dies.

The soul is free from being born and dying.

### FALL AWAY

Just being a soul allows hopes and fears, anxiety and business to fall away.

Letting the world fall away discloses the soul.

Just being discloses the soul.

### POOL

The soul is the pool once the ripples have stopped.

There is a pool without ripples but no ripples without the pool.

Soul-space remains when thinking and sensation cease.

Thinking and sensation being yours is their arising and subsiding in this soul-space.



## MOVING

The human being moves through the world.

The world moves through the soul.

## INTROSPECTION

The soul cannot be introspected as one object or event amongst others.

The soul is the emptiness in which introspection happens.

## INNER SENSE

The soul makes inner sense inner.

The soul makes the mind private.

The soul makes the mind inalienable.

## TRUTH

The soul is the realm of truth, not half truth.

The truth is within your soul.

The truth is outside you, outside the human being.

## ONE AND ZERO

You are the coincidence of one and zero.

## OPEN

The soul is open.

The soul is never closed but sometimes filled.

### TRAVEL

The way to the soul is to remain at the beginning, not to travel to the end.

The soul is near, not at the end of a journey.

The soul is the remaining the same of the river, if life is the river's flowing by.

You are where you are wherever you are.

### EMPTINESS

The soul is a vast emptiness.

The soul is eternal.

The soul is tranquillity.

### INFINITE

Allow the mind to be quiet.

Shed distractions.

Allow the body to relax.

You are the infinite spiritual space that remains.

Body and mind are finite.

The soul is infinite

Oneness is infinite.

Multiplicity is finite.

The soul is oneness.

There is a multiplicity of souls.

### BELIEVING

Believing or disbelieving in 'souls' is beside the point here.

The point is to disclose your own soul to yourself.

### EXPERIENCE

Existence, nothingness, space, time, me-ness:

We experience the ineffable in our own soul.

### PAST

The world comes out of the present.

The world does not come out of the past.

Seeing this is the beginning of spiritual understanding.

Clinging to the view that the world comes out of the past is remaining within the confines of worldly understanding.

### SILENCE

The inside of the soul is silence.

Your soul is transcendental; a necessary condition for the world being present to you.

### RELEASING

Let go your attachment to mind, desire, your body, physical objects, the world.

The soul is revealed by releasing not by grasping.

### NOT THIS

The soul is intangible.

The soul is outside time.

The soul has no past.

The soul has no future.

Realising you are a soul requires understanding your own existence in the here and now much more clearly. It does not require postulating or believing in an extra entity.

### PRESENCE

The soul is pure presence.

### FOUNTAIN

The soul is a fountain.

### DEATH

The soul transcends death.

You were not really 'in' time all along so you could not really die.

Realising you are a soul gives insight into what it is like to be dead.

If you realise your soul, you see clearly that death is not your end.

Death is an end and a beginning.

Death is a transformation.

The human being dissolves.

The soul is disclosed to the soul as spirit.

This disclosure is possible before death, in life.

### TIME

The human being is in time, not the soul.

Time comes out of the soul.

The soul is not in time, time is in the soul.

### SPIRIT

Mind exceeds matter.

Spirit exceeds mind.

The soul is eternal spirit.

You are a spirit contained within a much greater spirit.

### EXISTENCE

The soul is existence beyond human existence.

You are powerless to destroy your own soul.

Only God can cause souls to cease to exist.

### HELL

Hell is distance from God.

### GOAL

Becoming your soul is a goal of life.

### CRAVING

If you find your soul, there is no longer any need to crave objects in the world.

### LIVE AGAIN

Will you live again as a human being?

It has happened once.

It can happen again.

### UNION

God joins souls to human beings.

God separates souls from human beings.

It is within the power of God to make you live again as a human being.

This is because everything is within the power of God.

### CREATION

God created your soul.

God gave you the gift of life.

God gave you the gift of eternal life.

## WHAT YOU ARE

Becoming your soul is becoming what you really are.

Becoming what you are gives you understanding of what you are like when the human being dies.

## FEAR

There is no need to fear death.

When you die the part of the mind that would experience dying dies.

So there is no experience of death.

Indeed, special training is required to be conscious of the transition from life to afterlife, as you make it.

Similarly, when you fall asleep the part of you that would witness you falling asleep falls asleep.

## NOT EASILY THOUGHT

The soul is:

invisible,

intangible,

without taste,

odorless,

silent,

so,

the soul cannot easily be thought.

## BEING IN ACCORD

Realising your soul is being in accord with your soul.

Think “I have a body’ not ‘I am a body’.

Think ‘I have a mind’ not ‘I am a mind’.

Your mind and your body are tools that God has given you to function in the physical world.

Look after them as you should look after tools.

Do not become too sentimentally attached to them.

Do not make the absurd but prevelant mistake of thinking you *are* them.

### EVERLASTING

The soul is everlasting because it is eternal presence.

### BLISS

The interior of the soul is bliss.

Bliss is the soul’s natural state.

When pain and pleasure fall away bliss is disclosed.

### SPIRITUAL STATES

The soul has spiritual states that are not mental states.

The revelation of the soul to itself is a spiritual state rather than a mental state.

The soul does not depend upon the brain or any other physical object.

The soul does not depend on words, concepts or images.

Becoming the soul that you are is a spiritual contentment.



### NOT AN IDEA

The soul is not the idea of the soul.

You are not your idea of yourself.

You are your own existence.

### HIDDEN

The world hides the soul.

At death the world dissolves in the now.

At death the soul remains as the now.

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### THE LIVING

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God makes the living the living.

### ANXIETIES

Realise you are a soul.

Hand over your anxieties to God.

### BEING SOMETHING

Be your soul.

Be what you are.

Life will go much easier.

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### INNER AND OUTER

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To realise you are your soul drop the outer world.

Drop the inner world of thought and sensation also.

Drop your ego which is not you but your idea of you.

The soul is neither mental inner nor physical outer nor ego but space.

### UNDERSTANDING

It is hard to come by knowledge of the soul.

Ask God to give you understanding.

### NOW

Focus on now.

Notice the chain of events coming and going in the now.

Notice that you are this now.

You are not anything that comes and goes within the now.

What we ordinarily call 'the past' and 'the future' are traces and hints in the present.

### EVENTS

Events do not happen in a line.

Events come out of the now.

Events dissolve in the now.

To start to see it this way is to begin to have spiritual understanding.

### CONSTANT

The soul is constant.

Human life is variable.

## TWO WORLDS

~~The soul is part of the spiritual world~~

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The soul is not part of the physical world.

During a human lifetime the soul is present in the physical world.

Part of the spiritual world is present in the physical world.

‘Present in’ is meant literally here.

Being alive, being embodied, living in the material world.

These all hide your spirit nature from you.

Only God has complete understanding of the spiritual world.

## MYSTICISM

Mysticism is misnamed.

Mysticism should be called ‘clarity’, or ‘insight’, or ‘the lifting of conditioning’.

## SKY

The soul is like the sky.

## SPHERE

The soul is vast.

The soul is like the interior of a sphere.

## GOOD

Do good, not evil.

This will give you the contentment in the present not to hope, not to fear, and not be driven from your true nature.

## OUT OF THE BODY

~~Perhaps surprisingly, you can exist without a body~~

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Perhaps surprisingly, you can exist without a mind.

Are out of body experiences possible?

You are not 'in' your body now.

Your body is at the centre of your soul-space.

## ASPECTS

Being a human being only reveals some aspects of reality.

## HEAVEN

Heaven is a spiritual space.

The kingdom of heaven is a spiritual space.

## LOVE

Souls are connected by pure love.

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## LIGHT

You are inner light.

## POINT

You are a spiritual point and the space that emanates from that point.

### SUBTLE

The soul is subtle.

The soul is easily missed.

Nevertheless, the soul has being.

### TODAY

The soul makes a day today.

### TRANSIENCE

The soul is eternity in transience.

The world is transience in eternity.

All this will be gone.

The soul will remain.

### ABSOLUTE

The soul is absolute, the world relational.

### EMPTINESS

The soul is emptiness.

### PERMANENT

The soul is permanent, the world impermanent.

### NOUMENAL

The soul is noumenal, the world phenomenal.

## WORLD

You are the soul.

You are not the world.

Your body and mind belong to the world.

Your soul belongs to you.

The world is conditioned, the soul unconditioned.

The soul is more real than the world.

The soul is eternal, the world perishing.

## GATEWAY

The soul is the gateway to God.

## INEXHAUSTIBLE

The soul is inexhaustible.

## I AM

'I am' is true of the soul.

'It is' is not wrong but inadequate.

The I am is eternal.

## SOULS

Your soul is distinct from any other soul.

## BEING AND KNOWING

In being the interiority of your own soul you know it.

OBJECTS The soul is indestructible.

Objects pass through the soul as they pass through space.

EX NIHILO

God made your soul out of nothing.

In making this soul God made you.

In making you God made this soul.

God gave you a body and a mind for life in the world.

UNCONSTITUTED

Human beings are mutually constituting.

They constitute one another as mutually constituting one another.

Souls are unconstituted.

As well as the constituted 'I am' that depends upon the human 'you are' is an unconstituted 'I am' which depends upon the infinitely greater 'thou art.'

HISTORY

The human being has a history.

The soul has no history.

Thinking historically does not reveal the soul.

History as we know it presupposes the soul.

Without the soul history would be anonymous.

Without the soul history would not be divided into past, present and future.

## BEING YOU

Who looks through your eyes?

Who hears what you hear?

Who thinks your thoughts?

Who owns your body?

Your soul.

## HUMAN BEING

If your soul did not exist a human being would not be you.

The human being could still have *that* body, *that* mind, be born of *those* parents, be subject to *that* conditioning. It would not be you.

If your soul did not exist, you would not look from this human being.

This human being would be an anonymous other or 'someone else'.

If your soul did not exist, you would not be centred on this human being.

Being you has two opposites: 'being no one' and 'being someone else'. You are not no one and you are not someone else. You are someone else to someone else, anyone else, but you are not someone other than you are.

## SPHERE

Existence is sphere-shaped.

Realise: you are the inside of the sphere and your body located in that.

## BE IT

Don't think about the soul.



Experience it.

Be it.

### ALL HERE NOW

It is all here now.

You are all here now because your soul is all here now.

Your soul is all here now because you are all here now.

Your soul is this 'all here now'.

What you are looking for is right here.

This is it.

You are it.

### TREE

Be like a tree.

### ROOM

As light fills a room, your soul is all here now.

### FACE

Close your eyes and look at the inside of your face.

The body is in the soul-sphere.

### BEHIND YOUR EYES

The soul is the darkness behind your eyes.

## BODY

Imagine away your body.

You are what is left over.

Lie in Bed, relaxed, eyes closed.

Imagine you are facing the other way.

If you move the world stands still.

If you stand still the world moves.

You know you are not your body.

## BREATH

When you breath in, inflate your whole body, like a balloon.

You are not inside your body.

Your body is inside you.

Sleep:

Shut down the body and travel.

## OUTSIDE IN

If you think of yourself as your body you are thinking of yourself outside in.

You are not a non-physical thing inside your body.

Your body is a physical thing inside your self.

You are not an object in the world.

Better to think of objects in the world as in you.

Leave you body!

Join your soul.

## DOG

The soul owns the body.

The body is an animal.

The soul owns the body like a pet dog.

The owner and the kennel are one and the same.

The body is unruly - like an ill trained dog.

Train the dog.

Don't let the dog deceive you into thinking he is you.

The dog is tethered to a stake at the centre of the soul.

## DEATH

At death the content of the here and now changes.

After death it is still here and now, but this world is replaced by another. That is how it is done.

## INTERIORITY

You are an inside without an outside.

The soul is an inside without an outside.

You are the inside of the rest of the universe.

You are not inside you.

You are all around you.

The soul is spherical, like a ball.

You only ever see it from the inside however.

Do not think of the soul ball from the outside.

That leads nowhere.

Be the soul ball from the inside: interiority.

The interior of the soul is decorated with the colours of day.

The interior of the soul is full of the emptiness of night.

You need to turn yourself inside out.

### NO-THING-NESS

Be the no-thing-ness inside being.

Experience: objects, sensations, changes, nothing.

By nothingness understand no-thing-ness.

### THE VIEW FROM NOW-HERE

Go nowhere, fast.

Move to now-here.

Be now-here.

## SCIENCE

Science tells us about the movements of physical objects.

Science tells us nothing about the soul, nothing about ourselves.

The soul is the opposite of science.

Science is quantitative, the soul is qualitative.

Science is deterministic, the soul is spontaneous.

Science is absence, the soul is presence.

Science is materialistic, the soul is spiritual.

The soul is sacred, science profane.

The soul is private, science is public.

Science is objectivity, the soul is subjectivity.

The soul is self, science is other.

Science is the atheist's religion.

Science is totalitarian.

Science gives us practical rules of thumb to get by in the physical world, but not the truth.

Science is third-person plural. The soul is first-person singular.

## SPACE

Reach out and touch the sky with the end of your finger.

Look at the space all around you. That is you.

Realise: north is not up and south is not down.

Up can be down if down is up.

Ask: How big is here ?

See the sky as a light blue dome.

Realise: the sky continues beneath your feet, the other side of the earth.

The body is in the soul-ball as the earth is in the sky ball.

Ask: What is still when everything else is moving?

When you breath out, inflate the whole universe.

Put in earplugs.

Sit down quietly.

Close your eyes.

Imagine your awareness is expanding.

Pump yourself outwards in every direction, infinitely.

## FLOWER

Open out like the petals of a flower.

Be space.

## 360 DEGREE VISION

Imagine you had 360 degree vision.

You would see yourself.

Unlearn your opinions and see what confronts you.

What people think of as space is the soul.

Did the soul begin?

Did space begin?

Will the soul end?

Will space end?

Can your soul die?

How are you going to set about killing space?

## ROOM

The soul is a room, a room with infinite room inside it.

The walls of the room are there to be seen.

Your body is in the soul as in a physical room.

The soul is absolute space, not relative space.

## HILL

Stand on a hill.

## FROM ABOVE

Lie on the floor on your back.

Look at the ceiling.

Convince yourself you are looking down at a floor with a light in it.

You are spread-eagled on the carpeted ceiling.

CLOUDLESS

A cloudless sky.

CLEAR

All clear.

RING

What does the ring enclose?

LIFTED

The cloud has lifted.

CHANGE OF HEART

Empty but full.

LOOKING STRAIGHT UP

Look straight up.

As though you don't exist.

No!

As though you are all there is.

NOTHING SOLID

The earth feels solid beneath your feet.



But the earth is in space

### LOST IN THOUGHT

You are lost in thought.

Snap out of it.

### DREAM

Step out of your own dream and look.

Think less. Experience more.

### WHOLE

You are the whole of what you are aware of.

Thought is narrow, the soul is wide.

Go out of your mind. Join your soul.

We are dis-integrated.

### SOLIPSISM

The soul is what makes solipsism thinkable.

### IMAGINATION

Use your imagination as a tool, not to imagine physical objects, but to discover the soul.

Discover rather than invent.

The soul is full of the emptiness of night.

## INSIDE OUT

You need to turn yourself inside out.

## TIME

Notice that whatever time it is it is now.

How long has it been now for?

What never changes?

## MUSIC

In listening to music, be taken along by it.

When you walk, where are you going?

How could you *go* anywhere ?

Vision misleads us.

Our own movement misleads us.

## VALUE

Breath in goodness.

Breath out rubbish.

Breath in strength.

Breath out weakness.

Breath in God.

Breath out evil.

## WORLD

You pervade the world.

Nature is *not* a picture of the soul.

If the world disappeared, you would be left over.

The world is not in front of you.

The world flows through you.

The world happens in you.

## RE-MEMBER

Forget the world.

Re-member your self.

## BUSY

The world is humming.

The world is busy.

Let it get on with it.

## OPEN

If the world is closed you are open.

The world is pinched in a bit, just behind your head.

Your soul has flooded the world.

In the world, your soul turns the lights on.

## PLANET

As you wander about the planet, notice that you remain absolutely motionless.

The planet is to the soul as sculpture is to music.

The planet is a statue of the soul.

## PERVASION

You pervade the world.

The world is not in front of you.

The world flows through you.

The world happens in you.

## UNIQUE

You are unique.

You are not one of a kind.

If you were cloned, any number of times, the clones would not be you.

You are the centre of the universe.

Don't feel ashamed to think this.

It is obvious.

You are out of this world.

## BEING

Existence is sphere-shaped.

You are the inside of the sphere, and your body located in that.

## YOU

Are you your body?

Pay attention to your body.

Ask yourself:

What exactly am I saying about my body when I say I am this body, or this body *is mine*?

Nothing physical.

Are you your mind?

Pay attention to your mind.

Ask yourself:

What exactly am I saying about my mind when I say I am this mind, or this mind *is mine*?

Nothing mental.

Hold up a hand.

Say: 'This is a hand'.

Now say: 'This is my hand'.

What is the difference?

What extra information about the hand is conveyed by calling it yours'?

(If you are tempted to answer; 'It is attached to my body' then say about your body: This is a body. Then say: This is my body' and ask what *that* difference is.)

## SIT

Sit down.

Shut your eyes.

Pay attention to all these chaotic thoughts passing through your mind. Yes, including who did what to you and how resentful you feel about that. Now, these are thoughts.

But are they you?

See the way they well up and pass away. Sometimes they recurr in an annoying way.

They are not you.

Thoughts come and go but you persist.

You are the spiritual space in which these thoughts happen.

This is the inside of your soul.

This is what you are.

## ANOTHER

Look at your body. (You can see the front of it from the chest down.)

Suppose there was another one, just like it, right next to it.

Would it be you ?

No.

Suppose there were five hundred, or five million, living human bodies just like yours.

Would they be you?

No, of course not.

Nothing about your body could distinguish your body from others just like it. You are distinct from anything which is not you. You are not your body.

### TAKING

You take your body with you wherever you go (at least for the time being).

This misleads us into identifying ourselves with our bodies.

This misleads us into thinking the body is necessary for one's own existence.