

Just be THIS



THIS is all, which is. Say to yourself: "Allow me to speak to THIS", move your body slightly and say: "I am THIS".

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“THIS” is a way of referring to all, which just is in this moment and there is always just this moment. Just move your bodily posture slightly and say: “I am THIS”. This is what is. It is beings and things, energy and empty space, mind objects (thoughts, feelings, memories, imaginations) in your and any other mind, nothing and the oneness of the whole world from a subatomic particle to the whole universe. This is unborn and undying, space and time and no space and time. Everybody can realize it, and nobody can grasp it. First when saying: “ I am This” there is this vast unlimited I but even this I is not it, it is just it, just this. It has no characteristic and all characteristics. So, forget all the nonsense here and just be this.

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