

Unlocked - Bondage and Liberation



**The End of all
Lockdowns**

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Nothing can harm you. There is nothing to escape from.
There isn't a problem with anything at all.

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The natural reality is innocence.

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This message doesn't claim or offer anything.
As a side effect, it may become obvious that there isn't a problem with
anything at all.

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Leave yourself alone, and everything will take care of itself. There is no
need to worry or bother about anything. The body will take care of
itself.

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Liberation is the plain and simple death of the illusion to be someone.
Until that, the whole energy is based on need and survival – to keep
and hold “your life” together. After the apparent death there is a
movement of letting go. Instead of keeping it all together, the energy is
set free. Eventually, over the months and years, this apparent letting go
seems to permeate the body and may cleanse it from traumas and
stuff like that. However, this isn't a rule.

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Liberation is when life let's you go. When life has enough of you and
your suffering, then it turns out that there never was anyone living.

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Both, bondage and liberation are part of a dream – the dream of being
some separate thing which is present.

Every experience of presence is suffering.

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Liberation is the end of the experience of being a separate entity. Free from meaning, it's cheerfully and delightfully light, unburdened by the need to find anything else – however, delightful for no one.

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Well-being is the natural reality. Everything is totally and absolutely well in being what it is.

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Seen from the perspective of the person, liberation is assumed to be the overcoming of the seeking by finding something – and then become a fulfilled person. But there is no person. There is neither someone imprisoned by what happens nor is there someone to be freed from what happens.

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Liberation is a breakdown for no reason. It's a melting away of the seeking energy for no reason and for no one. Nothing is left than what's apparently happening – and even that's for no one.

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You could call it awakening because it's like the end of a dream. The experience of being someone having a life is nothing but a dreamed reality. So, the end of that dream is like waking up. However, in the end, there is no one who wakes up as there was no one asleep in the first place.

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In the personal setup, the emphasis is on the experience. There might be a waking up from disturbing thought-patterns. That may feel like a gain, as if life was about that. Yet, what the person overlooks, is that this whole life is illusory.

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There is neither someone in liberation nor is there someone in bondage. In liberation no one is liberated and in bondage no one is imprisoned.

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The sufferer is illusory. No one suffers from anything.

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When I'm talking about liberation or freedom, I'm not referring to something which will happen. I'm not referring to an additional aspect. Freedom is the natural reality, however, for no one. Liberation is the breakdown of the illusion that there is someone who is unfree and, eventually, the breakdown of all ideas and concepts that this apparent person was holding on to.

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On the apparent path there seem to be lots of revelations, conclusions, insights, understanding, knowledge – and in the end, they are useless.

Neither of those end the experience of separation. They take place within the setup of experience.

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The only possibility of the 'me' is to feel unfulfilled. That's why it's searching.

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For the 'me', its life, its path, its longing are utterly serious and very meaningful. Everything seems to be real. That feels heavy. 'Me' lives with and within the burden of reality.

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The 'me' is constantly saying: "Not this! Fulfilment must look different!" And so, it tries to change, to develop, to find - not noticing that it's constantly rejecting 'what is'. In liberation, that struggle comes to an end. Even the strongest "no-go's" turn out to be 'it'.

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Liberation isn't dependent on you surrendering. Oneness surrenders 'you'! Which means that it kills you. And in that it becomes obvious that there was no one to kill in the first place. No one who was bound to separation and had to become liberated. Separation never happened.

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Liberation isn't you finding out that there is no advantage. It's not you finding out that there is no 'you'. Liberation is the complete breakdown of that setup.

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From the standpoint of 'me', liberation is death. It's the end of all knowing or rather the end of the illusion of knowing.

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Liberation is the death of the illusion of there being a center. That center seems to nourish the functioning of the personal story by giving it attention. When that illusion drops, there is no attention anymore that nourishes the personal story.

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In dying nothing happens. In dying nothing dies. Nothing changes.
Nothing becomes anything else. Just the experience of presence – me
and my life – turns out to be illusory. It never existed.

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Enlightenment doesn't produce an enlightened person

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The whole idea that you can become something better or even lose
something is part of an illusion: the illusion of being 'me'.

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Everything happens by itself – including you.

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The birth of 'me' is like waking up in the morning: No one does it.
There simply is no one there before the waking up happens who could
prevent it from happening.

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'What is' isn't an illusion – the experience of it is the illusion.

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Many spiritual traditions suggest that you "just watch" or "simply be
aware" as a way out of identification and the suffering that seems to go
with it. That's promoting a dissociated state while claiming a
connection to liberation. That's not what I'm talking about. There is
nothing to escape from. No feeling, no emotion can threaten you.
Nothing can really harm you, simply because there is no one and
nothing that could be harmed.

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Seekers discard the simplicity of 'what is' and cherish the illusion they have to arrive there. They overhear the simplicity of the message and turn it into something difficult and complicated.

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There is nothing to seek and nothing to find. Honored people from Jesus to Ramana Maharshi point to this utter simplicity. I have no idea how it can be overheard so often.

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You can find this message throughout history over and over again, yet, it never came from a tradition. The apparent person would love to squeeze it into a tradition with a path and special knowledge – with something that you can and have to do. However, what all these messages are trying to say is that there is no 'I' and nothing to get.

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Liberation is the end of seeking without finding anything. Nothing has been found. Nothing has been additionally seen. It's just the end of the seeker.

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In any religion the actual message degenerates into a footnote and becomes suffocated by the rituals, practices and traditions of the person.

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This whole "union with God" thing is based on the assumption of there being a separate entity. Yet, there isn't. There is already and only union.

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This 'I' that wants to do 'surrender to God' is an illusion.

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Seeking and investigating the 'me' seems to produce insights, to lead to conclusions, to generate clarity. It may feel like succeeding and moving on. Yet, it is going in circles and never finding real answers. It's whirling around in a dreamed reality.

The illusion of being a spiritual self living in a body hold a huge potential for suffering: All those stories about 'me' and 'me and my life', about 'me not being happy' and all that stuff. That's the suffering.

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There can be awareness without a story for a while. However, sooner or later the attention goes back into some kind of story. To hang around as awareness becomes boring after a while; that's when you want your story back.

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The sense of effort is part of the illusion.
Without illusion, there is no effort.

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A teacher might say: "Stay in that awareness". Or: "be quiet". In a non-dual sense, that would mean "remain before you were born". However, there is no 'me' before the apparent arising of the 'me' illusion which could prevent that from happening.

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That's why all these religions and traditions basically fail. There is no 'me' and all this working, transcending, inquiring, trying to find and understand the 'me' is futile. It just keeps the apparent me occupied with seeking.

Seen from the apparent perspective of the 'me', liberation is assumed to be an ongoing experience of consciously knowing and feeling that everything is good. But there is no experience now, and there will never be any experience.

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It's neither an insight nor a knowing. It's the melting of the subject-object reality or rather the melting of the trinity of experiencer, experienced and the process of experience into no-thing; into unknowing.

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This energy of absoluteness and freedom is utterly attractive for the 'me'. It longs for it. Yet, the closer it gets - the it dawns on it that it will not survive there. That's its dilemma.

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The idea and the experience of being someone on a path is nothing but a dream. It dissolves into blankness without a replacement.

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What dies is the illusion that there is an inner center, a core within the body which you are and which needs to hold it all together. In a way, it's the turnaround of the whole energy.

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In liberation, there is no person which needs to be protected anymore.

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Every sense of presence is accompanied by a subtle sense of unfulfilment. Out of that the seeking arises.

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The experience of presence is the birth of the 'me'. Suddenly there is the first subtle something. And automatically, there has to be something around it. So, if you have one, you have two. And when there are two, there is also something that divides or connects them – a border, a bridge. That's the process of living in awareness and attention. Now you have three: the perceiver, the perception and the perceived. Out of that, the whole (illusion of a) world arises.

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All experience of completeness that you create is part of the dream. All experience is illusory. 'What is' is naturally whole already, no matter what it looks like or what it feels like.

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The whole setup of experiencing doesn't exist. The first element of it – you – seeking in the second element – what you experience – is a dreamed reality. All results of that seeking are part of that dreamed reality as well.

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You can't find fulfilment. The apparent me believes liberation will be replacing the experience of unfulfilment and seeking by the experience of fulfilment and having found. Instead the whole setup of experience turns out to be non-existent. It isn't replaced by anything.

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Working to get rid of the illusion is part of the illusion.

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Yes, you are it, but without having an experience of being it.

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There is no 'me', no soul, no presence, no self-awareness and no self-consciousness.

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This "thing" lives in an apparent self-experience, which is accompanied by a sense of unfulfilment and the attempt to find an answer to that sense.

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All the 'me' has is its existence – that's what it consists of. And exactly that existence has to be pumped up artificially with meaning and greatness in order to make it worthy.

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This isn't a teaching. This isn't happening for anything or anybody. Personal teachings promise salvation and fulfillment. They address the person. And that's what the person wants in the first place: to be seen, to be recognized as present, as existent. It's a method of confirming one's own existence. But the whole experience of presence – me and my life – turns out to be illusory.

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You can't do anything. It's either heard or not.

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There is no 'me'. So, there is no dream of 'me' either. The assumption that there is a dream that could end is already part of the dream. There is neither delusion nor a dream to wake up from.

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I refer to liberation as death. It's not a seeing of something. It's not developing towards something. It's not becoming or being aware of something. It just is the sudden death of the illusory experience to be that something which experiences presence. It's just dying for no reason, without having reached somewhere and without having gotten any answers. Liberation is just the end of that presence for no reason.

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The apparent me has all those ideas of high goals, holy aspirations and dreams about states of bliss and greatness. And then, suddenly, all that's left is this. All that's left is sitting in a room, being me, being you, these thoughts, these feelings.

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Liberation is just 'this' – for no one. There is no finding in that, no arriving, no realization, no death and no experience of something coming to an end.

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There is no additional realization to what's apparently happening.
There is no additional insight or awareness or arrival.

There is no all-encompassing love that you can consciously become.
The whole setup of experiencing isn't something that exists.

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It's the arrogance of self-awareness to heighten itself and give itself importance. Yet, actually no one cares. Self-awareness doesn't have importance except within its own artificial existence. So, it's better to speak of "an illusion of importance".

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Seen from the perspective of the apparent me, 'me' and 'my awareness' is the most important thing.

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The 'me' realizing that it actually is pure awareness is still the 'me'. In a way, it's even right, but what's left in the end is that 'awareness is all there is', which is nothing else than saying that "all there is, is 'me'". It's wonderfully personal and wonderfully arrogant.

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As long as the method of coming back to awareness again and again works, the person feels wonderfully fine. It's like being successful on the path. However, it's neither free nor effortless.

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The 'pure presence' experience is just another unfulfilling experience that's transient. From there, naturally the seeking goes on.

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Liberation is the end of the illusion that there ever was someone on a path who went deeper and deeper. That "me and my path" stuff has no reality at all.

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Liberation is the death of the experience of presence with the actual notion that there never was such a thing. Seen from the perspective of the 'me', it's like going from presence to absence, which is nothing but death.

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The sense of being someone automatically is accompanied by a sense of unfulfilment and mostly by a sense of restlessness

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The miracle is that 'what is' is naturally whole and complete. All its problems are imagined problems.

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The illusion of there being an advantage actually is the disadvantage.

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The illusion that there is something which brings about fulfilment is the disadvantage. You might think that it's an advantage to be without that illusion. Yet, nothing is better or worse than anything else. There is no advantage in anything.

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Seen by the 'me', who is permanently striving for an advantage, this message is absolutely useless.

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There is no right and no wrong.

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Liberation isn't the seeing of something. Liberation isn't coming from the seeing of the circumstance 'I am' to the seeing of another circumstance called 'no me'. Liberation isn't gaining the awareness of another circumstance. 'Awareness of something' is illusory – there is neither awareness nor something to be aware of.

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There is absolutely nothing wrong with things being illusory. There is nothing wrong with anything.

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You're waiting for something to be real and for something to be really fulfilling. Maybe the next insight will be real and the search will end. Maybe the next partner will be real and will be the right one. Maybe the next guru will be real and will help me to get to a real circumstance called liberation. Forget it!

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There are no real insights, nor are there real partners or real gurus.

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The assumption that you're happening right now, that's the dream. There is no happening at all.

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Liberation has nothing to do with any approach or coming closer. There is no approach as well as there is no becoming. There is no 'me' that is on any path.

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The 'me' illusion assumes itself to be on the way to wholeness all the time. "I'm moving towards the real thing" is the illusion of there being someone who is on a path towards the real thing.

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Liberation is the end of the seeking by the apparent death of the seeker. In that death, nothing has been found, nothing has been realized and nothing has become aware.

There has never been a person and there never will be a person.
That's enlightening.

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Experiencing is the dream. The experience of being something is the seed of separation. It's that first sense of presence, and – bam! – you have the whole world.

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Experiencing doesn't happen. There is no creation, and there is no illusion of creation.

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What the apparent me is looking for is an experience. All that's worthwhile for the 'me' is an experience. The statement that oneness is for no one is almost an insult for the 'me' . All that it longs for is to experience its fulfilment. It never will, though, because it's for no one.

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"I experience something" is the dream.

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This 'I am' is the illusion, but as there is no real 'I am', there is no illusion either.

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That which lives in presence wants to escape its presence in order to be present with its absence.

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Liberation is the illusory death of an illusory presence.

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Who could rest or abide in anything if there is no one there to do so?
No one needs to do or to be anything. It's whole already.

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It's whole and free already – however, for no one. No one sees that. No
one abides in that. It just is 'what is'.

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All this “recognizing or knowing yourself” thing takes place within a
personal setup. It all takes place within an experience of presence. All
'me' knows is presence. All 'me' knows is 'me', so, by personal
investigation, all it can do is to find out that all there is, is
consciousness, which means nothing else than “all there is, is me”.

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Liberation is death. It's not something that happens to someone. It's
the sudden and final death of the illusion of being someone.

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Every experience of being something that is (some-thing separate as
opposed to other things “out there”) is naturally woebegone.

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Whenever there is an experience of presence, there will be some sort
of seeking.

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There is no one to be saved. All of that “I’m in the suffering and have to get out” is an illusion.

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Suggesting anything would just perpetuate that dream.

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Liberation is not the end of the path. It’s the end of the one who assumes themselves to be someone on a path.

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If you add the experience of time to the experience of presence, you end up with things like ‘eternal’ or ‘always now’. Those convictions come out of personal experience.

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The death of ‘I am’ is liberation because it liberates from the sense of reality. It liberates from the neurotic drive that only exists within its artificial reality of desperate seeking. However, liberation doesn’t produce a liberated entity.

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These are dream-like questions, and all you can get are dream-like answers. There is no answer to anything.

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Oneness is beautifully ignorant. And it is so simply because there is nothing else.

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Liberation is an accident. It happens or not. Nothing can bring it about, and nothing can prevent it from happening either.

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When life has enough of you, it kills you. That's liberation. It's neither a success nor something that someone does.

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There is no choice anywhere, or rather: Everything is chosen already.

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"Just living" is happening already. There is no 'you' who has to or who even could do it. To live consciously is the illusion.

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The 'me' wants to surrender in order to be in a surrendered state, which is supposed to feel somehow better. However, it doesn't want to die.

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Your whole existence is nothing but a dream – there is nothing right or wrong with that.

No one knows. There is no one there to know.

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Experiencing is knowing – the apparent knowing that I'm something experiencing something else. Not knowing actually means not experiencing – neither a self nor something else, neither a 'here' nor a 'there'.

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Sometimes, when you're busy with a problem, and letting go happens, you think that you created that wonderful experience of release.

Subtly, you mistake liberation to be a more total experience of letting go. As if all your small successful 'let go's' lead to a bigger, final 'let go'.

All of that is just whirling around in the dream world of the person.

Liberation is when life let's you go.

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All 'me' wants is to be there in order to hopefully experience fulfilment one day. Until then, the least thing that it has to do is to survive. The second important thing is to seek.

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Liberation is when the illusion that life means to experience something dissolves.

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When there is a seeking energy, there is an inquiry into the question in order to come to an experience of relief in finding the answer. The apparent me thinks that this moment of relief is something real and somehow permanent – and that it then took another step towards its goal of personal fulfilment. However, that's the dream.

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There is no personal fulfilment. It can't be, simply because there is no person. Asking questions is already 'it', yet, there is no fulfilment in getting answers.

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This the answer that comes out. Another way of saying it is that I died. These answers seem to come out of that apparent death.

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Liberation isn't the awareness about there being no one. There just is no one.

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What is liberation? The death of 'me'. And a story.

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A lot of spirituality is about the 'me' finding out that it's not its story but 'impersonal awareness'. That feels good for some time. Suddenly, there are no thoughts running about my life, my partner, my kids, my achievements and problems. There is silence, and 'I experience that'. Yet, sooner or later it becomes a little bit unpleasant, either boring or restless. And the attention moves back from being awareness into the story.

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The whole setup of being a person with all its apparent consequences is nothing but an illusion. Unraveling the illusion as illusion seems to be joyful itself. Nothing has to be found. There is no one there who is separate. That's great news.

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This whole stuff about getting something or somewhere is part of the dream.

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The whole idea that there is an illusion is part of the illusion. There being no 'I' actually also means that there is no illusion. You don't have to wake up from anything or slowly percolate any layers of delusion.

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There is nothing to know, simply because there is no reality that can be known, nothing you could get hold of.

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I'm not passing on any knowledge from old scriptures, but yes, it has all been said before. I'm not adding something new. There never will be something new.

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No way in, no way out. No movement and no standstill.

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There is no experiencing in deep sleep. Liberation is when there is no experiencing during daytime as well.

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Liberation isn't a waking up from one state into another state. It's the end of the illusion of self-consciousness to be something that exists.

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Liberation is rather like falling asleep in the evening and not waking up in the morning than waking up from night dreaming to daydreaming.

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When there is a person, there is the illusion of something waking up in the morning. Yet, nothing wakes up. It's a dream.

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In the end, nothing happens. In the end, nothing changes and nothing needed to change. It was all just an illusion.

Leaving the thoughts has nothing to do with liberation. Who is it that comes out of the thoughts? Who thinks that it's a better experience to be without thoughts than with thoughts? It's the 'me', of course, who is seeking for something.

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The 'me' doesn't want to have certain feelings. It thinks that in order to become free, it either has to consciously not think any thoughts or learn how to only think the right thoughts.

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By leaving the story for a while, you can easily get an experience of relaxation. It's like a break from your life and your story. But sooner or later you just go back into your story. And that's not wrong! All this is based on the assumption that thoughts and stories are real and therefore a real problem. It's coming from a personal standpoint: that 'me' assumes itself to be a part, assumes thoughts and feelings to be parts and wants to find an experience of freedom within that whole happening.

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All attempts to bring you closer to this are part of the dream. There is no 'you' that's separate. How can you possibly get closer when there is no one separate in the first place!?

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Liberation is an illusion. There is no such thing. There is no 'I' that's asleep and that has to wake up. There are so many courses, workshops, seminars, books, ideas and that only support that idea that there is a person who can become something. It's a joke.

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The impression of being separate is an illusion. The whole setup of being separate, of having an autonomous existence which could end is part of the dream.

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The apparent me is awaiting something – a point of arriving, an experience of something coming to an end. It assumes liberation to be an experience of awareness about the fact that something has ended. That's all 'me' stuff. There will never be the experience of an end.

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There is no real movement going on and no real change.

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There is no step from presence to absence as this experienced presence is illusory already. Nothing is going to happen. Nothing is happening already.

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You're already coming from a personal standpoint when you experience this moment. This moment is all that the apparent me has, meaning that all it has is the present experience. Yet, "I experience something" is the dream.

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There is no delusion. It's already part of the delusion that there is a delusion. There isn't. There is nothing to overcome and nothing to lose.

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The idea that something still has to happen is part of the dream – and all spirituality is about making something happen.

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I'm not referring to something that still has to be realized and brought into existence. What I refer to is what's already happening.

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Liberation is the end of the illusion that there is a conscious entity which has a life and could consciously act within that assumed life.

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I'm not trying to point out to you that there is no one. How could I do that when there actually is no one?!

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Wherever the seeker believes themselves to go, there is always the assumption that it happens for some reason.

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The assumption is that one day, you will arrive somewhere. Yet, you never will. There is neither a 'you' nor a reality that can be experienced. There are no circumstances to arrive in. In that sense, it's wonderfully hopeless.

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It just is what it is: an apparent illusion. The word 'illusion' may have a bad reputation within the me's assumed reality, yet, that, too, takes place within an illusion.

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The person's experience only consists of "It's not completely obvious yet" or "I'm not completely there yet"

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The promise that there is one perspective which brings about fulfilment is just part of the dream, be it the observer or the creator, be it gratitude or something else. You just can't land anywhere.

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The assumption that there is Maya already is Maya. Maya is a dualistic concept.

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You want to simply be here? You'll never really succeed. It takes almost permanent effort to keep up that artificial state of presence. Liberation is effortless – there is no one left doing or not doing anything.

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The whole experience of there being something that exists comes from the personal experience. It's the experience of 'I am' to be something that exists and has been created. Exactly that's the dream: that there is something that has been born.

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Liberation is the end of the artificial reality, which isn't replaced by another reality.

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There is no mysterious process of creation somewhere "underneath", "behind" or "beyond" it. What is, is uncreated. Nothing came into existence.

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There is no real person living in a real world needing to find real fulfilment. All of that is the dream.

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There is no creation. There is no real happening in time and space.
Nothing ever becomes something. It's that simple.

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The words are of a stunning directness today. The scriptures we have from the past are mystified or theologized. The actual message is hard to find. Today, you just say: This is 'it'. There is no one. Spirituality is an illusion. It's so simple.

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As long as there is the illusion of being someone, there will be seeking.

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Liberation is the death of the seeker without having found anything. Liberation isn't the end of a successful seeker's career. It's the end of the seeker, for no reason.

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Ramana might have said "be still" or "don't think about it", yet, that's nothing that you can do. When you ask "what shall I do?", you refer to someone who is supposed to be on a path towards a goal. These things don't exist.

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If sitting with gurus happens, that's what happens. If that game drops, that's what happens. It's already 'it', yet, when there is someone, this will be overlooked.

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You can't do it wrong. And you will not do it. It's inevitable – and that's the freedom. Nothing can be different from what it is.

You want another experience in which the stress of life has ended.
You're looking for becoming a liberated person.

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Trying to stop anything is like trying to find something. Waiting for an end is like waiting for a new beginning. Nothing will come, and nothing will end.

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To not manipulate anything is love – mark you, not as a personal standpoint.

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There is no step towards that nor is there a step away from that.

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In a teaching, there is always a point. It's always about something – something that's right or worthwhile and something that's wrong or neglectable.

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Awareness and all those states that seem to happen within awareness aren't real. There is no separate awareness that's aware of a separate happening. The apparent melting of that setup leaves nothing behind but apparent blankness. Empty fullness for no one.

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Every teaching addresses a person that's supposed to be able to consciously do something and take a position. Yet, there is no one. For instance, to stay in the 'I am' is futile. It's self-confirming, which is the only interest of the self.

There is no way out. That there has to be one, is the dream.

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Who are you? Who am I? There is no way to find an answer. Who wants to inquire? Who wants to come to conclusions and know? 'Me' is trying to know something in order to change its experience. However, there is no one. The 'me' has no reality at all.

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You cannot leave the dream behind. The assumption that there is a dream running already is part of the dream.

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There is no incarnation, so there is no reincarnation either. Nothing gets born and nothing dies.

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As long as there is the illusion of being someone, there will be effort. Yet, the effort is illusory and doesn't lead anywhere. It's just part of the dream of 'I am'. The seeking drops automatically together with 'I am'.

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Exactly that's the dream: that there is a person who could consciously act according to its own will.

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Seeking is part of the dream of 'I am' and never leads out of that setup. Seeking confirms the 'me' in its existence and apparently only serves that existence.

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Presence and absence are not experienced.

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There are so many assumptions in the 'me' world. The biggest one is the assumption that there is a purpose and a bigger goal in life, be it world peace or enlightenment or only "to live a happy life". All these assumptions arise out of the sense of existence.

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The 'me' puts all its energy in finding the fulfilment of all desires. When there is no one, all the thoughts and feelings around that seeking drop.

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With the apparent liberation there is a tendency for old traumas and unhealthy behavior to drop off. The person that the traumas try to protect isn't there anymore. So they may slowly and subtly relax and drop off. That seems to happen organically and ordinary. However, that is neither predictable nor needed. When there is no one, there is no need for anything to drop off. So, if at all, it happens wildly and freely and not as a result of conscious work on the personality.

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This very ordinary happening is total. There is nothing parallel or extra. It's directly and uncompromisingly itself.

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It seems as if the me-illusion is constantly reinforcing the traumatized body by its experience of being that body. When there is no one, the trauma simply falls off. There is no one who has to be protected anymore.

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Liberation doesn't feel impersonal. There just is no person, even if it seems to be personal. Even if there seems to be Andreas who wants this or that, there is no person behind it.

*

It's possible that after liberation all kinds of ideas still linger around in the system. Usually, they drop off eventually. No one knows.

*

Pain as well as the reaction to it are what apparently happens. There just is no one there living in the illusion of doing any of it.

*

When the personal energy melts back into 'what is', you still have a conditioned and often neurotic organism. A lot of the conditioning and neuroses were built around the artificial need to protect the artificial person. They are still in place and playing out. They drop off naturally and organically after a while. This 'while' can last for years.

*

It's not a process that could be consciously supported. Everybody who tells you so is back in the game of there being someone who could choose between right and wrong, someone who has to work on their path. Yet, liberation is effortless.

*

Everybody is just helplessly here. There is no way out and no way in.

*

It's real and unreal, whole and empty at the same time. No-thing appearing as some-thing, formlessness appearing as forms. But that's just words, they don't really mean or refer to anything.

'Me' can't hear the words, because it's looking for something in them.
It can't hear the melody by looking for meaning in it.

*

I'm just a dog barking. And this is what these talks are. This is what
every conversation is: just barking dogs.

*

Speaking is what apparently happens, yet, it's devoid of reality and
meaning. It may have apparent meaning, however, it's a dreamed
meaning.

All my words are empty. You can't get anything out of it.

*

That applies to anyone and any conversation: No one is saying anything
– it's just stories. It's all just barking.

*

Nothing true can be said. There is no real happening about which one
could say something true. That reality doesn't exist in the first place.

*

All these things that I seem to talk about – awareness and liberation
and the death of 'me' – do not exist. It's all empty talking.

*

I don't mind if you lose interest in this no-thing here. You don't get
what you're looking for. Your apparent needs aren't recognized here.
You don't get the attention you long for. You don't get the
entertainment. You don't get spiritual highs. So you walk away.

*

There is nothing to get rid of. Nothing has been born decades ago. Nothing woke up in the morning. Nothing is here right now. Nothing will go to sleep and nothing will die. That whole existence doesn't exist.

*

Wholeness is the natural reality. It's simple and plain and obvious.

*

I'm not saying anything. Apparently, this sets up an energetic dynamic in which the apparent me starts to disappear, yet, that's neither intended nor seen as real.

*

If you find anything destructive in this message, it refers to an illusion. What's being pointed to is wholeness itself. It's pointing to a healing that's already the case.

*

There seems to be an apparent possibility of an instantaneous understanding or obviousness of what's being spoken here. It's not even something real, however, the apparent me might die in that obviousness.

*

Many thanks go to

Dietmar Bittrich

Tony & Claire Parsons

My family, parents, brother & friends!



About the author

Andreas was born in 1979 in Ludwigsburg in Southern Germany. After taking drugs in his youth and seeking in spirituality afterwards, he met Tony Parsons in 2009.

“First, I was shocked. Though I had already known and experienced a lot, this was something new and unexpected. Suddenly, for no reason, I heard what Tony was saying, and soon it was undeniable:
There is no one.”

Since 2011, Andreas has been holding talks and intensives throughout the world.

The **quotes** were selected by Dietmar Bittrich.

The **pictures** were taken by Andreas in 2014 when he was working as a courier driver.

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