



## **Ken Wilber • From You to Infinity in 3 Pages**

# I N T E G R A L n a k e d

What I am going to do in the following is simply "describe" the nondual Self right now as it is immediately seen. The following is stream of consciousness, so forgive any goofs. Simply relax your mind and read the following easily (if a sentence immediately makes sense, fine, if not, just keep lightly reading):

What you have been seeking is literally and exactly That which is reading this page right now. That Self cannot be found because it was never lost: you have always known you were you. That I AMness is a constant condition of all that arises, is the space in which it all arises, has nothing outside of it and thus is complete Peace, and radiates its own beauty in all directions. John arises in the space of that I AMness, John arises in this vast spaciousness, this pure openness. John is an object, just like a tree or a cloud that arises in the space of the Self that you are. I am not talking to John right now, I am talking to you. That which is aware of John is this ever-present Self. This Self is aware of John arising right now. This Self is God. God is reading this page. John is not reading this page, God is reading this page. The Self is aware of John and aware of this page. You are not John. You are what is aware of John. What is aware of John is an I AMness that itself cannot be seen but only felt, felt as an absolute certainty, unshakeable is-ness, I AM that I AM eternally, timelessly, unendingly. There is only this I AMness in all directions. Everything arises spontaneously in the space of this great perfection that is the Self, which is reading this page right now.

And you, John, are that Self. You have always known that you are this Self. There was never a time that you did not know that you are you. You can never remember a time when you were not you. The only thing you can ever remember is something that this Self did. There is only this Self. You cannot reach out for it because it is that which is doing the reaching. You cannot see it because it is doing the seeing right now, which means, everything simply arises in its awareness: the entire world arises in your awareness right now. You are that space in which it is all spontaneously and effortlessly arising. You are that One. You have always been that One. There is only that One. Do not pretend you are finding that One. Do not pretend you have forgotten that One. The only thing you have ever known, the only thing you can ever remember, the only thing you are actually feeling right now is that One: the is-ness, now-ness, suchness of everything, just as it is, and as it is arising within your Self—the simple feeling of Being, which is all you ever feel always.

# I N T E G R A L n a k e d

The title 'I N T E G R A L n a k e d' is displayed at the top of the page. The words 'I N T E G R A L' are in red, uppercase letters, while 'n a k e d' is in black, lowercase letters. A blue wavy line, resembling a sine wave, passes through the letters. A solid red horizontal line is positioned below the wavy line, ending in a small red dot on the right side.

Look at the clouds: they are arising in your awareness: they are arising in you. The clouds are outside of John but inside of your Self. Look at your body and this room. Your body is in this room, but both the body and the room arise IN your awareness. You are literally holding them in your consciousness lovingly. The mountains are arising in your awareness: they are arising in you, and you are lovingly holding the mountains within your consciousness, holding the arising world within your embrace as the dearly radiant beloved. The mountains are arising outside of John but inside of your Self. The clouds, the mountains, and John are all simultaneously and effortlessly arising in this Self, the reader of this page. All that is arising is arising in this unshakeable I AMness, which is not a thing or an object or a person, but the openness or clearing in which all things and all objects and all persons are arising. This emptiness, this openness, this vast spaciousness is your Self, is what you have always been, is what you are before your parents were born, is what you are before the Big Bang happened. Before Abraham was, I AM. There is no before and no after for this now-ness that is the Self. There is only this now-ness of the Self that is reading this page in this very moment. There is no past and no future in this never-ending now. All before and all after arise in this awareness. There is only this ever-present, never-starting, never-ending, unborn, undying, radiant beauty that is aware of this page, that is aware of this universe, and that finds all of them IN the space that it is, and therefore all things arise in the unshakeable Peace that holds them all easily in its caring within. John is in the universe; the universe is in your Self.

Therefore, be this ever-present Self who is reading this page. I am not talking to John, I am talking to you. Let John arise and fall like all objects. Let John come into being, remain a bit, and pass: what has this to do with your Self? All objects arise, remain, and pass in the spaciousness and emptiness that is aware of this moment, and this moment, and this moment, and this moment. Yet this moment has no end, you have never actually felt the present come to an end because it never does: it is the only thing that is real: this now-ness, this simple feeling of being, the very same feeling-awareness in which this page floats, and in which John floats, and in which the clouds float. When you feel this present now-ness, there is nothing outside of it—you cannot see on the outside of this timeless now because there is nothing outside of it. Now and now and now is all you ever know, and this now-ness is simply another name for the spacious Self in which the entire kosmos arises as a radiant, joyful, ecstatic swoon of bliss and a desire to share this infinite Joy with somebody else.

# I N T E G R A L n a k e d

Because this page and the mountains and the clouds all arise in your awareness, there is nothing outside your Self. That there is literally nothing outside your Self means there is literally nothing that can threaten it. Since you know this Self, you know Peace. Because you are already, directly, immediately, and intimately one and identical with That which is reading this page right now, you know God right now, directly and immediately and unmistakably and undeniably. And because you know God right now, as the very Self reading this page, you know you are finally, truly, deeply home, a home that you have always directly known and always pretended you didn't.

Therefore, pretend no more. Confess that you are God. Confess that you are Beauty. Confess that you are the very Truth the sages have sought for centuries. Confess that you are Peace beyond understanding. Confess that you are so ecstatically happy that you had to manifest this entire world just to bear witness to a radiant beauty you could no longer contain only in and for yourself. Confess that the Witness of this page, the Self of this and all the worlds, is the one and only true Spirit that looks through all eyes and hears with all ears and reaches out in love and compassion to embrace the very beings that it created itself in an eternal ecstatic dance that is the secret of all secrets. And confess that you are Alone, that you are literally the only One in the entire universe: there are no others to this One. There are indeed others to John, but both John and the others arise in the awareness that is reading this page, and this awareness, this Self, has no other because all others arise in it. One without a second is what is reading this page.

Therefore, be that One. And also give my love to John.

Ken

p.s. Do you realize, deeply, deeply, deeply, that the one who is reading this page is the one who wrote it, yes? John, and Ken, and this page, all arise in the Witness of this page, yes? The Self is not hard to find, but impossible to escape. So drop all this fuss about finding and losing, and simply be the One in whom all worlds are now arising. So go outside and look at the beautiful world arising within your very own feeling-awareness, arising within your very own Being, and then, you know, go have a beer or something....