



**Liberation Unleashed**

# The Awakened's Guide to the Galaxy

*You have seen it with the help of one of our guides, or maybe on your own, reading existing threads on the forum or our books. Perhaps it happened all by itself. Either way—you have seen through the illusion of a separate self. Wonderful, exciting, possibly confusing and maybe a little scary. What now?*

Don't panic.

Whether it seems like a big deal at the moment or not, it will likely become more and more obvious to you, in different ways, that it's a new world for you now. Or rather it's the same world, but you've started seeing it without a filter on.

The most important thing to realize at this point is that this is not the end of the road; it's the first step of an awakened, authentic life. While the belief in a separate entity may be gone, chances are a big part of the structure built on top of that belief is still in place. How big, only you can know. It is likely that at some point there will be doubts, phases of felt identification with a person, reactions that may be considered "not useful", and (possibly deep) negativity.

All these things used to cling to and be fueled through the idea of a separate self, which is now seen as an illusion. So whenever thoughts or emotions come up that are judged as negative, don't avoid, don't fight, don't argue. Just stay with them and watch them happen and unfold. Fear will try to divert your attention away. Use it as a pointer, look towards and behind it instead and you will likely find a hidden belief without any basis in reality.

None of this is personal—it cannot be as you now know—and if it's truly not useful anymore it will dissolve if you see through it and surrender, as in just let it be whatever it is. It has nowhere to stick. This kind of cleanup is obviously not a pleasant process but you'll likely realize that it actually works. All you have to do is take your hands off the steering wheel and watch things burn when they go on fire.

Something else that you may or may not experience is a lack of drive and a sense of pointlessness as in, the mind may try to say "There's no me to do anything, there's no future in any sense of the word, so what's the point." Whatever the point is, it's right here and right now like everything else. All desires and drives that are experienced are part of the unfolding in this moment; they're just not 'your' desires. Just pay attention to the authentic drive of the moment as a whole, that underlying current of rightness; let it unfold in whatever way it unfolds and let yourself be pulled into it.

This goes way deeper than thought or emotion; it's an inner knowing of what needs to happen next, and it doesn't necessarily have to be pleasant or make sense in the rational sense of the word. It'll likely take time to move to this felt, intuitive way of navigating through life, but it's happening on its own anyway. Play around with it; see for yourself.



It comes down to one thing, and that's surrender. The word has a very victim-like feel when you look at it from the perspective of being a person against the world, and is something completely different when you stop believing in that separation. In that sense surrendering to felt rightness may sometimes even seem selfish or crazy to others. That's just part of not playing by imagined rules.

Right now you may be in some state of felt oneness or joy; experience in general may be more intense. This can be a bit like the fires after an explosion—they die out after a while. Meaning, enjoy it as long as it lasts, but as time goes by, the intensity of whatever state there is right now will change. It's the stillness underneath all impermanent states that deepens, or rather—is seen more clearly. It is like you took the first step over a cliff and now you're falling. It's normal that the first excitement from the fall passes as you get used to it. Not much to do about it except not try to hold on when you get scared.

So if/when it gets more ordinary, don't worry that you've lost 'it'—there is nothing to have or to lose. States come and go as does everything else. Just don't hold on. While it's hardly possible to climb back, it seems that some who have made it through the gate and “over the cliff” manage to hold on so tight to their remaining beliefs that they actually stop falling. You are not immune against fear. What happens next depends on your honesty and courage. Honesty to admit that there's fear; courage to surrender, no matter how scary it might seem at times. There's literally nothing to lose and when you believe there is, question it.

Question everything, believe nothing. Look at every should, must, can't; look at everything that seems permanent; look at everything that flatters you; look at your deepest beliefs about right and wrong, good and bad, just and unjust; look at things that seem obviously wrong—violence, pain, suffering, things that repulse you, that you feel so strongly about that you want to project your feeling into some universal truth and believe, “This is wrong.”

Keep questioning all that until you get down to something that you know for sure exists, that is right here and right now—your own beingness. Realising what you are not is only the first half of the recognition of what you are.

Keep burning through any belief with the same focus, intensity and honesty that you used to see through the belief of a separate self.

What is then left is what's real.

Welcome home.