

Gleanings from Robert Wolfe's  
*Abiding in Nondual Awareness*

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The willingness to risk is not separate from the openness to awakening.



The enlightenment process leads to thorough non-attachment; it may  
as well *begin* with non-attachment.



Ultimate Reality surrounds and *permeates every form*. Its presence is  
thoroughly *inescapable*.



Your brain is a product of this Intelligence—your thoughts and actions  
owe their manifestation to this ultimate reality—*You* are not the Doer.



Each night in our deepest sleep there is an emptiness which is choiceless  
and in which nothing really matters.



Do not talk of helping another until you can put him beyond all *need* of help.

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Only when your candle is aflame can you light another's.

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*All* appearances are subject to change.

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You *are* That because *all* things at their basic existence are That.

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What is infinitely and eternally omnipresent need not be searched for; pervading all things, it cannot even be avoided.

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Wherever division exists, conflict will be a product.

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The Truth that you will discover is the same Truth that is present this very moment.

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What-to-do is to awaken. The what-to-do *after* awakening can only be known after *awakening*.

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Any actions prior to awakening are confused actions, from the standpoint of the “self,” “others” and the “world.”

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The purpose of being awake arises from being awake.

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What do you have any obvious control over? Yourself.

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The first dedication of enlightened teachers was to free themselves from their illusive identity as a “doer.”

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Without a profound perception of “everything in its place and time” how is one to sustain trust that “all things work together for the good of each and all”?

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If there were a principle of the universe, it would be that anything which any thing does is okay

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The desire for something not to exist which does presently exist is suffering—our word today would be dis-content.

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“Freedom” means to *allow* ‘what is’ *to be*

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Peace means truce in the war with what appears in consciousness.



Die to the idea that *you* exist.



Nothing changes in any external sense, just the awareness that what we had taken to be our identity is a misconception.



Everything in the end is a defense against nothingness.



There is no such thing as free will: “You are not the Doer”



The Self-realized person has no problem being exactly as he is—  
spontaneously and transparently.



She holds no notion of who she is supposed to be, what role she is assumed to play in other people's imaginations.

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To be as you are, is where peace and freedom are finally understood.

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When you have come to terms with being as you are, you then allow others to be as they are, without feeling the compulsion to "improve" them.

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The Absolute is inescapable; it must be closer than your very own heart and that must be so this very instant.

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The awareness which "sees" is seeing its own substance wherever it looks.

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The relative existences are one with the Source.



The source of all thoughts is the Absolute.



The source of every present appearance is the Absolute.



Every witness is the Self.



Ramana Maharshi's theme: The Self you seek to be united with is  
already your own essential self.



God does not *have* being. God *is* being. *Your* being is God as presence.





Choicelessness is a matter of being present with what is.



Part of the choiceless condition is relinquishing the idea as to how you, or others, ought to behave.



One observes the choices that are being made and their outcome, without concern, without feelings of conflict. This is called “choiceless awareness.”



To have in mind any ideal is to set yourself up for dissatisfaction with “what is”



We will experience conflict until our dualistic mindset is transcended.



There is no need for “unity” because there was not disunity from the start.



The Absolute animates every organism.



All things being the divine, nothing is special.



Viewing the world as it really is, without having ideas about it, one lives “in it” though not in the customary manner.



You are in consciousness, consciousness is not “in” *you*.



Wherever there is an idea of gain, there will be an attempt to control, for fear of loss.



“Realization” is merely the attentive living of life.

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Contemplation is part of every mundane movement, unceasingly.  
“Who is it that watches what?”

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With Absolute awareness, there is observation of the appearance of  
mind chatter, without concern for whatever is factually present.

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In Absolute awareness it makes no difference whether there is mind  
chatter or no chatter.

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The universe does not exist itself as any conceivable thing, in the  
absence of a mind to specially identify it.

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Enlightenment is the realization that “there is Nothing from the start.”



“Truth is a pathless land”—you are inescapably immersed in it.



The seeker is the sought.



An absence of self-interest results in an attentive day-to-day existence  
notably only for its freedom from strife.



The self cannot endure in the moment which knows no past.



You *will* relinquish your ego-centeredness sooner or later.



At that time, you will cease to create problems for yourself and others.



The “presence of clarity” is a way of saying “the absence of ego.”



What is your priority?



The only thing which all appearances have in *common* is That.



The only freedom anyone really has is where to place one’s attention.



Attention to one’s outlook is our sole responsibility.



To have in mind any ideal outcome is to set yourself up for dissatisfaction with 'what is.'



Our most grievous attachment is the attachment to fixed ideas.



Images of what "has passed" and ideas of what "is to come" are the tendrils of the vine of attachment.



Nonattachment is not a matter of repressing desire, but of allowing it to fall into disuse.



To be present in the moment is to risk.



If you take the direct road, be prepared to jettison your cargo.



Throughout our lives an unabated awareness monitors every activity or  
inactivity.



Every single thing you experience is experienced within awareness.



There is no self outside of awareness.



In order to merge you must first yield.



You will be annihilated one way or the other.



There is nothing that you can learn that can affect this shift in  
awareness.



The epitome of awakening is the evaporation of one's self-centered fixation and concern.

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No one is more – or less – Godly than you.

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The universe will get along just fine, whether someone seeks your counsel or not.

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Life itself appears to have resulted from instability in the cosmos yet man disdains instability.

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Burn your bridges behind you, and die to the past.

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As long as you continue to presume that you are not That, you will  
continue to read and question.



You and Being are not separate, regardless of whether it feels like it, or  
not.



Our bodies are made from the ashes of long dead stars.



Whether one is a seeker or a finder, neither has escaped being.



Suspend your hopes, ideas, beliefs or preferences, for whatever is  
present, to be anything other than what it is.



Once realization is present clearly, we comprehend that the real “practice” is how we live our life, not some superficial system or methodology.



This is what is truly meant by meditation—being present with what is present.



Your “true nature” is another name for the Ultimate Reality.



Bliss is another word for the equanimity which is the characteristic of our true nature.



Our temporal world is a projection of what is in our hearts.



There will not be outer peace until there is inner peace.



An idea is a plan to control things.



The seat of our fear is in the preservation of each individual “self.”



Have you surrendered to expectation? Or is this “surrender” an element of a gaining idea, quid pro quo?



Surrender is an emptying out.



Surrender says to the unfoldment, “Do with me whatever you will: enlightenment or non-enlightenment.”



To *yield* is closer to what surrender is intended to mean.



The image of the self is best not preserved, but pickled.



When you don't consider yourself to be anything in particular, you're not restricted by labels.



This Presence is the essence which animates every single activity.



Being without meaning *is* its meaning.



The world will not become a perfect place to live and you will not become a perfect person.



Imperfection comes with the earthly territory.



The cosmic bottom line: Nothing really matters.



That which is transcendent of change is your true nature.



The egoic self is merely one of the many forms that appear as  
manifestations of the absolute Self.



Life is like looking out of the window while sitting in a train.  
You have no control over what appears in view.



To transcend the concern regarding any thoughts which appear is the  
hallmark of a silent mind.



It's all one thing, from the start.



Are we *living* the teachings we quote?



One of our most stubborn of expectations: I should get my way.



Take each moment as if it were your last breath.



What you are striving for must be here now, or it is not an everlasting  
infinite Presence.

Therefore concentration on a practice is a needless distraction.



An attentive awareness to what is present can be of service to the seeker.



The sages insist that there is no such actuality as an independent self:  
then, “whose” thoughts are these?

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Enlightenment may occur despite having a practice, but not because of  
it.

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For many people, meditation is associated with a goal-oriented  
program. Contemplation reflects a freer focus of attention.

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It is the Unlimited that “connects” all that is limited to constitute  
wholeness.

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When the mind ceases to embrace limiting concepts, reality no longer is  
compartmentalized, fragmented.

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It has been said “The ‘what is’ is what it is!”

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When one is effortlessly present with what is present, it doesn't matter  
what is present.

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Even discontent could be present and one can be content with that.

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Enlightenment is to be continually aware of the nondual actuality—  
even in the midst of dualistic perception.

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Enlightenment is simply *clarity*.

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When it is recognized that you and I are an unbroken whole, then from  
the Absolute perspective, there are no relationships that exist.

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There is nothing you can do wrong.



The crumbling of a huge boulder begins with an insignificant hairline crack.



Silence is the tongue of nothingness.



Byron Katie says, “Whenever I argue with *what is*, I lose.”



The call is to focus awareness on the manifestation of this cosmic Truth that’s right before our eyes.

Pure light, through a magnified lens can ignite a conflagration.



It's amazing how the world gets along without my *intrusion*!



My actions are actions without concern for outcome.



Free will is not the original source of the activities which have been generated upon the earth.



Knowing that grace is not some gift to await in the future is the grace that is now present for you.



Who is responsible for the process of human thought? Are you?



From the standpoint of God, there can be no such thing as a “problem”.



The seeker is proposing that there is an “I” apart from the “guru.”

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That which is present (or “pure”) awareness can’t be known by a “you”  
which is unreal.

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The mind that is aware of “you” or That (as separate) is not real.

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There is but one undivided consciousness—not “mine” and “yours.”

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Awareness is the focused presence of undistracted and imperturbable  
attention.

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As Hui Neng put it, “There is nothing from the start.”

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With non-attachment to “outcome,” there occurs a deep physical relaxation.



One’s attention can be directed to the reality of being, rather than the desire of becoming.



When you’ve really got something worth giving, you don’t have to lay it on people—they’ll ask you for it.



As long as you *want* anything from this world you cannot know patience.



The only way I can truly be of service is in assisting in the transmission of the dharma.



“Better” or “worse” have no ultimate, cosmic meaning, and therefore  
make no lasting difference.

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I don't concern myself with the need to make the *what is* “better.”

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What is important is the moment-by-moment *living* of Self-realization.

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Do not take it for granted that your “future” is anything but a word.

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Suzuki Roshi said: “the true purpose of Zen...is to see thing as they are...  
and to let everything go as it goes.”

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Change is irrepressible.

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Problems—and their solutions—have a common origin:  
resistance to change.

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A solution is a way of making things happen as contrasted to letting  
things happen.

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A solution is an attempt to control the challenge of change which we  
define as a problem.

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Change will not lastingly be controlled; each solution is followed by a  
renewed problem.

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When we have no expectations, there are no significant problems in the  
present.

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Expectation is an idea which attempts to draw the Past and the Future into the existing moment. The Past and the Future are themselves ideas.

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Security is the self's backbone.

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Freedom is fraught with the risk of conventional error.

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There are no guarantees in a universe without limitation.

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There is no one to blame, when you assume neither the role of follower  
or leader.

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Humans collectively would rather see the world evaporate in a puff of  
plutonium smoke than to surrender the individual sense of self.

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We all stand—spiritually—in the path of a tornado.



Our conditioning has immobilized us with hypothermia of the soul.



Dallying to preserve the security of our ego, we waste that energy whose potential is love.



Time is the scaffolding upon which our sense of self rests for support.



Abandon the self-centered life, which is limited by fear and desire.



Open to selfless existence, in which there is no concern for outcome.





Die to the self, so that there is space for the unknown, the timeless and  
the indivisible.



Engage a wholly different way of living, a life of *being* rather than  
becoming.



Let go of desire and of fear. Be not afraid of death nor life.

