

THE BOOK OF AWAKENING

The Living Dharma of Yeshua

The Path from Forgetting to Clarity

Transcribed for the One Who Seeks to See

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Prologue

To the one who seeks to see...

Yeshua said:

“First there is forgetting: the soul sleeps in the garment of the world. Then there is awakening: the soul opens its eyes and sees that it is not the garment. Finally there is remembering: the soul knows it is the Light itself.

This is the scroll of Awakening. Here we accept the duality of the watcher and the watched, not to remain divided, but to gain clarity. For you cannot be what you observe. You are the Seer, not the seen.”



The Breath of the Living Source

I

THE SACRED BREATH

Yeshua said:

“The breath you call yours
was given before you had a name.
Follow it gently—
and you will find the One
who breathes all things into being
and gathers them home again.”

2

THE GUEST HOUSE

“A thought knocks at your door
and pretends to be the master.
Do not drive it away;
do not bow before it.
Simply open the door of your seeing—
and watch the true Master return.”

3

THE RHYTHM OF THE ALL

“Every inhale is the world entering you.
Every exhale is your soul returning to the world.
Between these two tides
lies a stillness
where the ocean and the drop
remember they are one.”



Mindfulness of the Inner Light

4

THE LAMP OF THE MIND

Yeshua said:

“The mind is a lamp
set upon the altar of the heart.
Clear its flame,
and the whole room of the world
shines with it.”

5

THE SEEING ITSELF

“You see the sky,
so you are not the sky.
You see the thought,
so you are not the thought.
Look into the one who sees—
and the Seer will open
like a flower of light
with no one at the center.”

6

THE BIRTH OF LIGHT

“Sit until the silence becomes your companion.
Sit until the watcher dissolves.
Then you will know
that the Light you sought
was waiting
beneath the next unspoken breath.”



The Nature of Suffering

7

THE SHADOW AND THE LIGHT

“A shadow follows your feet
and whispers, ‘I am you.’
But you are the sun
that casts the shadow—
untouched,
unbroken,
unbound.”

8

THE GARMENT OF DESIRE

“When desire arises,
let it rise as mist on a warm morning.
Touch it lightly,
as one touches a garment hanging loosely.
Remember:
you are the wearer,
not the woven thread.”

9

FACING THE SHADOW

“The darkness you refuse to face
becomes your jailer.
The darkness you turn toward
becomes your doorway.
Bow to it with open eyes—
and it will scatter
like crows before dawn.”



The Path of Seeing Through Illusion

IO

THE OCEAN AND THE WAVE

Yeshua said:
“A thought rises—
a single wave
tasting the open air.
Follow it, and you forget the sea.
Be still,
and the wave returns
to the depth
that has always been yours.”

II

THE SPACE AROUND THE FIRE

“Anger flames high
when fed by the self.
Stand one breath away,
as the clear night
stands from the campfire.
The fire burns itself out,
and the night
remains unburned.”

I2

THE PAINTER AND THE PAINT

“The world is a painting
brushed upon the canvas of your seeing.
Seek the painter,
and you will find only light.
Seek the light,
and you will find
no painter at all.”



Compassion Born of Non-Self

I3

THE SEEING OF COMPASSION

“Compassion is not the trembling
of a tender heart.
It is the clear sight
that no leaf
falls apart from the tree,
and no soul
stands apart from the One.”

I4

HEALING THE INNER WOUND

“When another wounds you,
listen for the wound beneath their hand.
It is their cry, not your injury.
Heal the echo within yourself—
and the blow transforms
into a bell
calling you home.”

15

THE NATURAL RADIANCE

“When the self grows quiet,
love spills out
as naturally
as water reflecting the moon.
You need not command it—
you need only
step out of the way.”



The Kingdom as the Present Moment

I6

THE KINGDOM IS NOW

Yeshua said:
“The Kingdom hides
in the folds of the present moment
like a jewel in a child’s hand.
Do not search in the distance.
Sit, breathe, listen—
and the jewel opens.”

I7

THE LIVING MOMENT

“The past is a footprint in dust.
The future is a story in ink,
yet to be read.
This breath alone is alive—
and the Living One
whispers within it.”

18

THE DREAM OF TIME

“When you step fully into now,
the watchers of fear fall silent.
For they dwell only in yesterday’s shadows
and tomorrow’s storms.
Stand in the clear day of the present—
and they cannot touch you.”



Liberation: The Ascent of the Mindful Soul

19

MIST BEFORE THE DAWN

“The powers rise
like fog along the valley floor.
But the awakened soul says:
‘You cannot bind me,
for I have seen the sun.’
At this,
the fog remembers
what it is
and melts.”

20

THE TRAP OF BELIEF

“Do not flee the world—
the world is a passing cloud.
Flee the one
who believes the cloud is a prison.
For that belief
is the iron gate,
and clear seeing
is the key that was always in your hand.”

21

THE RISING FLAME

“When grasping loosens
and resistance unwinds,
the soul lifts itself
as a flame lifts toward the sky—
not by effort,
but by nature.”



The Great Return to the Self-That-Is-No-Self

22

THE NAMELESS ONE

Yeshua said:

“When all that you are not
falls away like autumn leaves,
what remains
is the bare tree of your being—
rooted in the Nameless One,
whose breath is the wind
through every branch.”

23

FULLNESS AND EMPTINESS

“When emptiness is seen clearly,
it overflows with fullness.
When fullness is held lightly,
it reveals its empty heart.
Between the two dances
the One
who is neither and both.”

24

ALREADY AWAKENED

“Blessed is the one
who drops even the longing to awaken.
For at the moment of release,
the veil falls,
and they see
that awakening
was the very ground
beneath their feet.”

