

# 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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YESHUA THE LIVING ONE

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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.”

• ◎ •



*Chapter I*

# 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.”

# I5

## 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.”

# I8

## 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.”

• ⊙ •