

# THE BOOK OF AWAKENING

*Suttas of the Living Buddha*

**The Path from Forgetting to Clarity**

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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.” Whenever you are struck,

ask: ‘What is the first arrow I cannot avoid,  
and what is the second arrow I am adding?’

Release the second,  
and offer the first to the Father in trust.





*Chapter 1*

# 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  
back to its hidden spring,  
and you will find the One  
who breathes all things into being  
and gathers them home again.”

## 2

### THE GUEST HOUSE

If a thought grips you,  
pause before you act.  
Feel your feet upon the earth,  
take three quiet breaths,  
and let the river pass before you  
like clouds across the sky.  
“A thought knocks at your door  
and pretends to be the master.  
Do not drive it away;  
do not fall at its feet.  
Simply open the door of your seeing  
and watch it come and go.  
When you remember a hurt,  
place your hand over your heart  
and say, ‘Here is pain; may it be healed.’  
Say the same for the one who wounded you.  
In this, you step out of the chain  
and stand in the Light.  
The true Master  
does not arrive or depart—  
He was the space of the house  
all along.”



# 3

## THE RHYTHM OF THE ALL

Yeshua said:

“Every inhale is the world entering you.

Every exhale is your soul returning to the world.

Between these two tides

lies a stillness

where ocean and drop remember

they are one water.

Bring your whole attention

to this simple breath.

In that seeing,

the current of thoughts is cut

like a rope beneath a bell,

Choose one small, ordinary act each day—

washing a cup, tying a shoe—

and do it as if nothing else exists.

Let this be your gate into the Kingdom.

and only the clear ringing

of the present remains.”





# 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.  
When it turns toward many images,  
shadows crowd the room.  
Turn the lamp toward this present breath,  
this single step,  
Whenever fear of yesterday or tomorrow arises,  
gently return to what your hands are touching now.  
Let the present moment  
be the ark that carries you through the waters.  
this bare moment,  
and its light becomes a sword—  
cutting through drifting thoughts  
as a sharp wind scatters smoke.  
What survives the cut  
is what is truly here.”

## 5

### THE SEEING ITSELF

“You see the sky,  
so you are not the sky.  
You see the thought as it arises now,  
so you are not the thought.  
You see even the sense of ‘I’  
appearing and fading in this moment,  
so you are not that either.  
Rest your attention in the seeing itself—  
still, awake, present—  
and the Seer opens  
like a flower of light  
with no one at the center.”

# 6

## THE BIRTH OF LIGHT

“Sit until the silence  
no longer seems a stranger.  
Sit until the watcher grows thin  
as morning mist.  
Then you will know  
that the Light you sought  
was waiting, patient and untroubled,  
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.  
Suffering begins  
when you bow to the shadow.  
Freedom begins  
when you remember the Light.”

## 8

### THE GARMENT OF DESIRE

“When desire arises,  
let it rise like mist on a warm morning.  
Feel it on the skin,  
but do not call it by your name.  
Touch it lightly,  
as one touches a garment hanging loosely.  
Remember:  
you are the wearer,  
not the woven thread.  
Desire that is seen clearly  
fades by itself  
and leaves the heart clean.”



# 9

## FACING THE SHADOW

“The first arrow is pain  
when life pierces the body or the heart.  
The second arrow  
is the story you tell about it—  
‘This should not be,’  
‘This is who I am.’  
You cannot always turn away  
the first arrow.  
But the second  
is in your own hand.  
Bring your attention gently  
to the ache that is here now,  
without name,  
without judgment.  
In that clear seeing,  
the second arrow falls,  
and the wound becomes a doorway.  
Bow to the darkness with open eyes—  
and it scatters  
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.  
Chase it,  
and you forget the sea.  
Be still,  
and the wave returns  
to the depth  
that has always been yours.  
You are not the passing wave,  
but the ocean that never leaves itself.”

## 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.  
See the heat,  
feel the pull,  
but do not step inside the blaze.  
The fire burns itself out,  
and the night  
remains unburned.  
So too your awareness  
remains untouched  
when you do not call the fire ‘I’.”

## I2

### THE RIVER OF THOUGHTS

Yeshua said:

“Thoughts flow through the mind  
like a river in flood—  
memories, fears, plans,  
arguing for a thousand futures.  
If you are swept into the current,  
you are tossed from stone to stone.  
If you stand on the bank  
in the clear strength of the present,  
you feel the rush,  
but you do not drown.  
Let your attention be a sword  
of quiet seeing.  
With a single, gentle stroke  
it parts the waters of distraction,  
and the bed of the river appears—  
the still, unmoving ground  
of your own being.”





# Compassion Born of Non-Self

## I3

### THE SEEING OF COMPASSION

“Compassion is not the trembling  
of a tender heart alone.  
It is the clear sight  
that no leaf  
falls apart from the tree,  
and no soul  
stands apart from the One.  
When you see through the veil of ‘me’ and ‘you’,  
you cannot help but care—  
for every face  
is your own.”

## I4

### HEALING THE INNER WOUND

“When another wounds you,  
listen for the wound  
beneath their hand.  
It is their cry,  
not your identity.  
Heal the echo within yourself—  
the place that believed  
it could be diminished—  
and the blow transforms  
into a bell  
calling you home.  
Then you will bless  
even the one who struck you,  
for unknowingly  
they pointed to your freedom.”

## I5

### THE NATURAL RADIANCE

“When the self grows quiet,  
love spills out  
as naturally  
as water reflecting the moon.  
You need not command it,  
nor adorn it with names.  
You need only  
step out of the way.  
Then compassion moves by itself—  
no doer,  
only the shining of the Heart.”



# 16

## THE SPACE OF SEEING

Yeshua said:

“When you look directly  
at a thought, a fear, a wound,  
it steps out from your chest  
and stands before you.

In that simple seeing,  
space opens.

What was a prison  
becomes a guest you may receive  
and gently release.

What you behold,  
you are no longer bound to be.”

## I7

### THE FOUR LETTINGS-GO

“There are four doors  
through which the false self leaves quietly:  
non-violence,  
non-judgment,  
non-forcing,  
and non-self.

When you do not wound,  
the heart need not defend.

When you do not judge,  
the mind need not divide.

When you do not force,  
the Way moves of itself.

When you do not cling to ‘I’,  
the true “I Am” may speak.

You do not disappear—  
you become clear.”

## 18

### THE UNION IN THE HEART

“In the heart that has become clear  
through these lettings-go,  
the Father and the Son are not two.  
The Source and the Living Image  
shine as one Light.  
The Holy Breath  
moves between them  
like fire between coal and flame,  
and completes their joy in you.  
This is the bridal chamber within:  
when you cease to wound, to judge,  
to force, to cling,  
you do not become empty—  
you become the open room  
where God and the soul  
know themselves as one.”





# **The Kingdom as the Present Moment**

## **19**

### **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 distant heavens  
or in years yet to come.  
Bring your whole attention  
to this breath,  
this sound,  
this simple act of standing here.  
Such attention is a bright blade  
that cuts the chains of yesterday and tomorrow.  
Whoever stands thus in now  
finds that the doors of the Kingdom  
were never shut.”

## 20

### 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.  
Drink this breath without distraction,  
and you will taste  
the wine of eternity  
poured into now.”

## 21

### THE DREAM OF TIME

“When you step fully into now,  
the watchers of fear fall silent.  
For they live only  
in yesterday’s shadows  
and tomorrow’s storms.  
Hold the present moment  
as you would hold a flame—  
steadily, with care.  
Watched in this way,  
the dream of time unravels  
thread by thread,  
until only naked Being remains.  
Then you will see  
that you never left eternity—  
you only wandered in your thoughts.”







# The Fruit of the Way

## 22

### THE TASTE OF THE TREE

Yeshua said:

“The tree is known by its fruit,  
and the heart is known  
by the taste of its actions.  
Do not ask, ‘Is this path true?’  
Ask, ‘What does it ripen in me?’  
If your seeing bears peace,  
if your words bear mercy,  
if your hands bear freedom from suffering,  
then the root is good,  
whether you name it Dharma or Kingdom.  
The wise one does not cling  
to the name of the tree;  
he tastes the fruit  
and understands.”





# **Liberation: The Ascent of the Mindful Soul**

## **23**

### MIST BEFORE THE DAWN

“The powers rise  
like fog along the valley floor—  
fear, craving, confusion, pride.  
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.  
Liberation is not the death of the powers,  
but their recognition  
as passing mist.”

## 24

### 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 has always been in your hand.  
When you open your fist,  
you discover  
there was never a lock.”

## 25

### 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.  
Do not pull the flame.  
Do not push the flame.  
Simply remove the lid  
from your own heart,  
and its rising  
is assured.”





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

## **26**

### 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.  
Do not cling to the leaves  
of role and story.  
Trust the root,  
and winter itself  
will feel like home.”

## 27

### 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—  
like space,  
bearing all worlds  
yet never burdened.  
To awaken is to rest  
as this silent, shining space.”



## 28

### ALREADY AWAKENED

“Blessed is the one  
who drops even the longing to awaken.  
For as long as you seek,  
you imagine distance.  
At the moment of release,  
the veil falls,  
and you see  
that awakening  
was the very ground  
beneath your feet—  
the Light  
that never left you,  
even in your deepest sleep.”

