

THE BOOK OF AWAKENING

Suttas of the Living Buddha

The Path from Forgetting to Clarity

Edition 2.0 · December 5, 2025

Transcribed for the One Who Seeks to See

Contents

Prologue	iii
1 The Breath of the Living Source	1
1 The Sacred Breath	1
2 The Guest House	2
3 The Rhythm of the All	3
2 Mindfulness of the Inner Light	5
4 The Lamp of the Mind	5
5 The Seeing Itself	6
6 The Birth of Light	7
3 The Nature of Suffering	9
7 The Shadow and the Light	9
8 The Garment of Desire	10
9 Facing the Shadow	11
4 The Path of Seeing Through Illusion	13
10 The Ocean and the Wave	13
11 The Space Around the Fire	14
12 The River of Thoughts	15
5 Compassion Born of Non-Self	17
13 The Seeing of Compassion	17
14 Healing the Inner Wound	18
15 The Natural Radiance	18
16 The Space of Seeing	19
17 The Four Lettings-Go	20
18 The Union in the Heart	21

6	The Kingdom as the Present Moment	23
19	The Kingdom is Now	23
20	The Living Moment	24
21	The Dream of Time	25
7	The Fruit of the Way	27
22	The Taste of the Tree	27
8	Liberation: The Ascent of the Mindful Soul	29
23	Mist Before the Dawn	29
24	The Trap of Belief	30
25	The Rising Flame	31
9	The Great Return to the Self-That-Is-No-Self	33
26	The Nameless One	33
27	Fullness and Emptiness	34
28	Already Awakened	35

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.”

