

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.”

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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
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

“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.
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,
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,
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.”



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 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.”

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

I8

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.”



Liberation: The Ascent of the Mindful Soul

19

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.”

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

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.
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

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

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

24

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.”

