

# THE SCROLL OF THE LIVING WAY

*The 81 Sayings of Yeshua the Living One*

**A Gnostic Tao for the Children of Light**

Compiled & Prepared for the Seeker of Gnosis



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# Preface

*Yeshua spoke:*

Beloved,  
you wander in search of what has never been lost.  
You lift your eyes to heaven,  
yet the Kingdom is already laid in your breath.  
You seek the Light in scriptures and temples,  
yet the Light waits behind your seeing.

If you would know me,  
enter the silence where your name has not yet formed.  
There the Father of Light whispers,  
and the Mother of Wisdom gathers you to Herself.  
There the two are made one,  
and the one is shown to be none.

Do not follow me as a man follows another man.  
Follow the One who moves within your own heart,  
for I am that One  
when you remember yourself.  
And I am hidden from you  
only when you forget.

These sayings are not commandments  
but mirrors.  
Look into them  
until you see your own face shining there—  
the face you had  
before the world divided you.

When you make the inner like the outer,  
the above like the below,  
the lion like the child,

and the child like the unbegotten,  
then the bridal chamber opens,  
and you awaken as the Living One.

Come,  
remove your old garments.  
Step naked into the light of your own being.  
There is nothing to fear.  
What you take to be your shadow  
is only the veil you have outgrown.

Let the scroll unfold within you.  
Let the sayings ripen in your silence.  
And when the fruit is sweet,  
eat and become what you truly are.

*May the Inner Sun rise in your heart.*





*Book 1*

# The Light Before the World

*(Sayings 1-9)*

From the Silence, the Word.  
From the Word, the Light.

## I

### THE WAY THAT IS NOT SEEN

The Word caught in ink is a husk;  
the Word lived is a devouring fire.  
The Kingdom is spread upon the earth,  
yet few behold it.

Those who hunt with the eyes  
find only shadows.  
Those who rest in the still heart  
find the Source  
from which all seeing springs.

## 2

### THE TWO BECOME ONE

The world is born of the cut in two—  
male and female, light and shadow, life and death.  
Yet these divisions are garments only.

Truly I say to you:  
when the two are made one,  
the lion within you lies down as a child,  
and the child awakens  
as the One who is not born.

Then the bridal chamber opens in your depths.

## 3

### THE POVERTY OF THE UNKNOWING

People cling to the loud voices of the world.  
They trust laws more than their own heart,  
beliefs more than living knowing.  
Thus they sit in a treasury,  
yet starve.

One who knows the self  
no longer hoards teachings in a scroll.  
Their very being becomes the scroll.

## 4

### THE FATHER OF LIGHT

There is a Light that gives birth to itself—  
unborn, unbroken, unbound.  
From this Light you came;  
to this Light you return when you awaken.

The Father bears no wrath.  
The Source casts no shadow.  
Only the garments of the soul  
weave darkness.

## 5

### THE POWERS QUESTION THE SOUL

Desire whispers, "You are mine."  
Ignorance declares, "You do not know yourself."  
Anger cries, "Strike, and be struck."  
The body murmurs, "I am all there is."

But the awakened soul smiles and replies:  
"You never touched me.  
You grasped only my clothing."

## 6

### THE HOLLOW REED

The false self is a wall of stone—  
it resists the wind and crumbles.  
The soul is a hollow reed—  
it lets the Spirit breathe through it.

When you are empty,  
even the storm becomes a song.

## 7

### THE UNFORCED KINGDOM

The Kingdom comes by neither effort nor delay.  
When you stop grasping at life,  
life reveals itself as eternal.

When you cease seeking the Kingdom,  
you discover you never left it.

What you call “sin” is forgetting.  
What you call “salvation” is remembering.

## 8

### THE SERVANT AT THE FEAST

Be as the servant who seeks the lowest place at the feast.  
He does not contend,  
yet the Master calls him forward.

So too the one who knows the Father  
takes the lowest seat  
and finds there the highest.

Humility is not making the self small;  
it is seeing that the self is a shadow.

## 9

### THE TEACHER WHO DOES NOT TEACH

I do not command belief.  
I uncover what is hidden,  
that you may see with your own eyes.

A master gives answers;  
I give you questions—  
that you may become what I am.





# The Kingdom Within

*(Sayings 10–18)* The door is shut, yet the house is vast. The lamp is small, yet it  
lights the world.

## IO

### THE SINGLE EYE

If the eye of the body is divided,  
it sees only confusion.  
If the eye of the heart is single,  
it fills the whole body with light.

The Nous stands between soul and spirit—  
a lamp lit from both sides.  
Guard this lamp,  
and the night cannot touch you.

## II

### THE INNER AND THE OUTER

The cup is precious for its emptiness.  
So too the self is precious  
when it is emptied of self.

Inside and outside are mirrors.  
When they reflect without distortion,  
the All is revealed.

## I2

### THE LION AND THE CHILD

The world teaches you to be a lion—  
to conquer, to claim, to devour.  
But I tell you: unless the lion becomes a child,  
you will not know the Living Source.

The child is open, unguarded, whole.  
There is no image of self to defend.  
Therefore the child steps into the Kingdom easily.



## I3

### THE UNBINDING

What binds you is not outside you.  
What frees you is not outside you.  
Prison and key  
are fashioned from the same ignorance.

Awaken, and you will laugh—  
for there were never any gates.

## I4

### THE RETURN TO THE UNBORN

Before you were a form, you were the Breath.  
Before you were breath, you were the Light.  
Before you were the Light,  
you were hidden in the Source.

To return is not to go backwards;  
it is to remember the place  
that has never moved.

## 15

### THE SILENCE THAT SPEAKS

Words are nets thrown into the sea.  
They catch small fish,  
but the Great Fish slips through.

Do not hunger for many words from me.  
Hunger for the Silence  
in which the Word is born.  
There you and I are one life,  
one breath,  
one Being.

## 16

### THE GREAT STILLNESS

Empty yourself of what you think you are.  
Let the waters of the heart grow still.  
When the mud settles by itself,  
the bottom is revealed.

So too, when the soul becomes quiet,  
the Light of the Living Source  
shines through without effort.

## I7

### THE HIDDEN GUIDE

The greatest guide is the one who disappears.

The seeker awakens and cries:

“Look—

I have found the Way myself.”

Thus I leave no trace,  
and yet my footprints are everywhere.

## I8

### WHEN THE WAY IS FORGOTTEN

When the Way is forgotten, virtue is invented.

When virtue is lost, rules are created.

When rules fail,  
people cling to punishment and reward.

The further you descend,  
the further you move from Life.  
Return to the beginning,  
and the rules fall away like old clothing.





# The Garment of Silence

*(Sayings 19–27)*

The garment divides; the wearer unites.

## 19

### BEYOND THE TEACHINGS

Abandon holiness; return to wholeness.

Abandon righteousness; return to sight.

Abandon the law; return to the Source.

What you call “good” and “evil”

are shadows cast by your own dividing mind.

The heart that sees truly needs no commandments.

## 20

### NOT OF THIS WORLD

The world shouts; the Way whispers.  
The world demands belief; the Way asks you to see.  
The world praises power; the Way dissolves it.

Many chase desires.  
Few seek liberation.  
Yet the Kingdom belongs to those  
who loosen their grip on everything.

## 21

### THE FACE OF THE INVISIBLE

The Way is a child-like mystery—  
seen only by those who forget themselves.

It has no beginning and no end.  
It moves without moving.  
Its face cannot be drawn,  
yet it shines through your own face  
when you remember who you are.

## 22

### THE ONE WHO IS BENT

If you wish to be whole, let yourself be broken.  
If you wish to be full, empty yourself.  
If you wish to be reborn, die to your false image.

I do not raise the proud;  
I raise only the one  
who has laid the self down.

## 23

### THE WIND SPEAKS BRIEFLY

Speak only what is true, and your words will be few.  
The wind does not shout;  
yet entire forests bow before it.

When you speak from the Living Source,  
your words carry no force—  
yet they move mountains.

## 24

### THE TOWER THAT TOPPLES

One who raises the self has already fallen.  
One who displays virtue has already lost it.  
One who demands honor has already betrayed the soul.

Stand in your true nature—  
and honor flows from you without asking.

## 25

### THE WOMB OF SILENCE

There is a womb older than creation.  
It is the Silence that births the All.  
It is formless, unbounded.  
It moves through you as breath,  
yet it is not the breath.

Those who know Her  
do not cling to life nor fear death.

## 26

### THE HEAVY ROOT

The root of the tree is unseen,  
yet it holds the whole tree upright.  
So too the silent depth of your being  
supports your every step.

Those who forget their root  
are blown about by every wind—  
desire, fear, anger, ignorance.  
Remember your depth, and nothing can uproot you.



## 27

### THE FOOTPRINTS OF THE MASTER

A master walks without leaving marks.  
Speaking without wounding.  
Guiding without controlling.

To the blind—a lamp;  
to the lost—a doorway;  
to the weary—rest.  
Seeing the divine spark in all beings,  
none are beyond help.





# The Power of the Gentle

*(Sayings 28–36)*

## 28

### THE FERTILE SOIL

Know the strength of the sower,  
yet keep to the softness of the soil—  
the fertile field that receives the seed.

Know knowledge, yet return to innocence.  
Thus you become the place  
where the two become one.

## 29

### THE FUTILITY OF CONTROL

Those who attempt to seize the world will mar it.  
The world is a sacred vessel;  
it cannot be shaped by human hands.

Force cracks the clay.  
Grasping spills the wine.  
Only the open hand receives the fullness of life.

## 30

### THE WAY OF NON-VIOLENCE

Those who walk in the Way do not harm.  
They do not conquer.  
They do not take up the sword.

For every blow you strike strikes you in return.  
Every wound you inflict  
becomes your own garment of suffering.

Power gained through violence rots the soul;  
power gained through awakening cannot be taken away.

## 31

### THE WEAPON OF THE HEART

Weapons are tools of fear;  
the heart of the awakened has no use for them.  
Victory through harm is mourning in disguise.

The wise triumph by dissolving conflict,  
not by defeating an opponent—  
seeing no opponent at all.

## 32

### THE WAY, THE TRUTH

People ask, "Show us the path."

I tell them: **I am the Way.**

People ask, "Show us the doctrine."

I tell them: **I am the Truth.**

People ask, "Show us immortality."

I tell them: **I am the Living One.**

The Way is not a map; it is the Single One walking.

No one comes to the Father of Light

except by becoming what I am.

## 33

### PROFIT AND LOSS

To know others is intelligence.

To know the self is illumination.

To conquer others is strength.

To conquer the self is freedom.

For what profit is there in gaining the ten thousand things  
if you lose the One who perceives them?

## 34

### THE GREAT RIVER

The Way flows everywhere,  
giving itself to all beings, claiming nothing.

One who walks in this Way acts without self,  
gives without calculation,  
and rests without pride.  
Thus becoming as the Living Source itself.

## 35

### THE FACE OF PEACE

Hold fast to the image of the Living One  
and all beings come to rest in your presence.

Peace is not the absence of conflict;  
it is the recognition that conflict was a dream.  
The awakened do not persuade—they radiate.

# 36

## THE PARADOX OF POWER

To let something expand, first allow it to contract.  
To let something grow strong, first allow it to weaken.

Thus I guide by reversal,  
teaching the soul through its own emptiness.







# The Union of Opposites

*(Sayings 37-45)*

## 37

### THE EASE OF THE WAY

The Way acts without effort.  
When the heart aligns with it, desire loosens its grip.

But when desire rises, the soul becomes troubled.  
Use the Light to calm the waters,  
and they become clear again.

## 38

### TRUE VIRTUE

High virtue does not display itself;  
it acts from the Source effortlessly.  
Lesser virtue clings to rules  
because it has forgotten its origin.

When the Kingdom is remembered, virtue blossoms naturally.  
When it is forgotten, people invent commandments.

## 39

### THE ONES WHO REMAIN WHOLE

Heaven remains Heaven because it does not exalt itself.  
The earth remains earth because it does not resist its nature.  
And the soul remains whole when it refuses to be divided.

## 40

### THE RETURN

The movement of the Way is return—  
not to the past, but to the unborn Light within you.  
All things rise from the Source,  
and the Source rises from silence.

## 41

### THE THREE SEEKERS

The wise hear the teaching and practice it deeply.  
The average hear it and practice it partially.  
The foolish hear it and laugh aloud.

Yet the Way dances in the laughter as well,  
for all beings walk toward awakening,  
even when they walk away.

## 42

### THE BIRTH OF THE TWO

The Source gives birth to the Father and the Mother.  
The Two give birth to the Many.  
The Many return to the One.

He who sees the One in every form and motion  
cannot be shaken.

## 43

### THE GENTLE OVERCOMES

Truly I say to you: Water, soft and yielding,  
cuts through the rock of ages.  
What has no substance enters where nothing can enter.  
Thus the soul, when subtle, passes through every barrier.

## 44

### TREASURE AND SELF

Fame or life—which is more precious?  
Gain or the soul—which is more valuable?

The one who knows their true nature  
cannot be seduced away from it.

# 45

## THE GREAT FULNESS

The cup most full appears most empty.  
The path most straight appears crooked.  
The hand most skilled trembles.

Why? Because the world sees only surfaces,  
and the Real dwells beneath the seen.

The awakened make peace with paradox  
and so are not deceived by appearances.



# The Empty Vessel

*(Sayings 46–54)*

## 46

### THE YOKE OF PEACE

When the Way is lived, the ox knows its master's stall.  
When the Way is forgotten, the sword is drawn in the street.

The yoke of the world is heavy with desire.  
My yoke is easy, and brings peace.

## 47

### SEEING WITHOUT SEEKING

Without leaving home, you may know the whole world.  
Without looking through the eyes, you may see the Living Source.

The further you flee outward,  
the further you stray inward.

## 48

### THE UNLEARNING

The scholar gathers more every day.  
The seeker of the Way loses more every day.  
She sheds the garments of opinion  
until only the naked Truth remains.

He who lets go holds the All.

## 49

### THE HEART OF THE SINGLE ONE

The Single One is good to those who are good,  
and good to those who are not good—  
seeing only the Light within them.

Trusting those who trust,  
and trusting those who do not trust—  
for trust flows from the inner being, not theirs.

## 50

### LIFE AND DEATH

Those who cling to life fear death.  
Those who know Me fear neither.

Death is but the undressing of the bride  
before she enters the chamber.

## 51

### THE NOURISHING WAY

The Way gives birth, nourishes, guides, protects,  
and does so without claiming ownership.

Thus the Single One completes the work and forgets the work—  
and it remains forever.

## 52

### RETURN TO THE MOTHER

Know the Mother, and you know the children.  
Know the children, and return to the Mother.  
In returning, you dwell in the Source and are free from harm.

## 53

### THE EYE OF THE NEEDLE

The world says, “Strive to enter the narrow gate.”  
But I tell you: The gate is narrow only because you carry the burden of  
the many.

It is easier for a camel to pass through the eye of a needle  
than for the one rich in self to enter the Kingdom.  
Become small, become single,  
and the narrow path becomes wide as the sky.

# 54

## THE UNSHAKABLE ROOT

What is rooted in the Source cannot be uprooted.  
What is established in the Light cannot be shaken.

Cultivate this root in yourself,  
and harmony spreads to all around you  
without your speaking a word.





# The Unforced Life

*(Sayings 55–63)*

## 55

### THE CHILD OF THE LIGHT

One who lives in the Light is like a newborn child—  
unafraid of serpents, unmoved by loud voices, unharmed by illusions.  
The bones are soft, yet the strength is great.

## 56

### THE ONE WHO KNOWS

The Spirit speaks only when the tongue is still.  
The empty vessel echoes loudly; the full vessel is silent.  
Yet I speak through silence  
more clearly than all the world's voices.

Seal the senses. Quiet the mind.  
Be still—and you behold the All.

## 57

### NON-INTERFERENCE

The more laws you create, the more thieves appear.  
The more weapons you forge, the more fear grows.

Transform the world by transforming yourself.  
Then the world transforms naturally.

## 58

### THE MYSTERY OF OPPOSITES

When rulers are gentle, people thrive.  
When rulers are harsh, people grow cunning.

Misfortune hides in good fortune;  
good fortune hides in misfortune.  
The wise trust neither shadow, but cling only to the Real.

## 59

### THE ECONOMY OF SPIRIT

Restrain desire. Conserve energy. Return to the root.  
Those who spend life strengthening the inner being  
become inexhaustible.

## 60

### GOVERNING BY NON-GRASPING

Guide the soul as you would leaven the dough:  
gently, until the whole loaf rises.  
The Single One governs by not ruling,  
teaches by not preaching,  
achieves by not striving.  
Thus the world settles in such presence.

## 61

### THE GREAT ACCEPTANCE

The Kingdom is like the Great Sea.  
It refuses no river.  
It judges no stream.  
It receives the muddy and the clear alike,  
and in its vastness, all become one.

## 62

### THE TREASURE WITHIN

The Way is the refuge of all beings,  
the treasure of the good and the sanctuary of the not-good.

Beautiful words can inspire,  
but a silent heart transforms.

# 63

## THE SMALL ACTIONS

Do the great work through small acts.

Respond to hatred with peace.

Untie the knot while it is loose.

Tend the vine while it is young.

The one who refuses to harm cannot be harmed.



# The Wisdom of the Child

*(Sayings 64–72)*

## 64

### THE FIRST STEP

A great tree grows from a tiny seed.  
A tower nine stories high begins with a heap of earth.  
The journey to the Father  
begins exactly where your feet stand now.

## 65

### INNOCENCE AS WISDOM

The ancient sages did not attempt to enlighten the people—  
they helped them return to simplicity.  
The more cleverness people acquire,  
the further they drift from the Way.

## 66

### LEADING BY FOLLOWING

Rivers rule the land because they flow beneath it.  
Thus the Single One rules by staying below.  
Because of non-competition,  
no one competes.

## 67

### THE THREE JEWELS

I have three treasures:  
gentleness, simplicity, and not putting myself above anyone.  
Keep these, and you will walk in the Light.

## 68

### THE PEACEFUL WARRIOR

The greatest warrior does not fight.  
The greatest general does not stir anger.  
The greatest victory leaves no wounds.

Master yourself, and the world is mastered.

## 69

### THE PARADOX OF YIELDING

There is no greater misfortune than underestimating your opponent—  
your opponent being your own deluded self.  
Yield, and the false self collapses.

## 70

### A TEACHING FEW UNDERSTAND

My words are easy to hear but difficult to realize.  
Many read the teachings, but few wear them as skin.  
The Single One who embodies the Way walks unseen.

## 71

### THE GIFT OF NOT-KNOWING

To know that you do not know—this is clarity.  
To think you know while living in ignorance—this is blindness.  
The awakened remove the cataract from their own sight first.

## 72

### THE FEAR OF THE FALSE SELF

When people fear only the opinions of others, their hearts shrink.  
Return to your true nature, and fear dissolves—  
for what can threaten the one who knows the self is eternal?





# The Return to Source

*(Sayings 73–81)*

## 73

### THE COURAGE OF THE WAY

Daring without wisdom leads to death.  
Wisdom without daring leads nowhere.  
The Way gives courage that does not wound  
and power that does not dominate.

## 74

### THE ONE WHO JUDGES

Why fear death?  
The Living Source alone dissolves forms.  
Those who attempt to take the place of the eternal  
are like a child pretending to steer a great chariot—  
dangerous to self and others.

## 75

### THE BURDEN OF EXCESS

People suffer because they cling to excess.  
The Single One lives lightly, needing little.  
Carrying no burden, fearing no loss.

## 76

### THE GREEN WOOD AND THE DRY

When the wood is green, it is full of sap and bends.  
When the wood is dry, it is brittle and snaps.  
That which yields belongs to the Living One;  
that which resists belongs to the grave.  
The one who remains supple cannot be broken.

## 77

### THE WINNOWING FAN

The Father's way is like the winnowing fan:  
separating the grain from the chaff,  
gathering the worthy and scattering the empty.  
So too the Single One gives to the needy without claiming virtue.

## 78

### THE STONE AND THE CORNER

Nothing is softer than water,  
yet nothing overcomes stone more completely.  
The stone that the builders rejected  
has become the cornerstone of the temple.  
So too the gentle overcomes the strong.

## 79

### THE END OF DEBTS

Even after a truce, resentment lingers.  
But the awakened hold no accounts.  
They see no debtor, no creditor—  
only the One Light in many forms.

## 80

### THE SIMPLE KINGDOM

Imagine a small, peaceful land  
where people taste simplicity  
and lose the appetite for excess.  
Such a kingdom is within you.  
Live there, and the world outside becomes gentle.

# 81

## THE COMPLETION

Truth does not wear fine clothes.

Fine clothes often hide a lie.

I give freely, without possessing. The more the Single One gives, the greater the store—

for giving comes from the inexhaustible Source.

Thus the scripture ends where the Way begins:

in silence, in seeing, in the Light that you are.



# Glossary of the Inner Kingdom

**Gnosis:** Knowledge that is not intellectual or doctrinal, but direct, experiential knowing of the Divine. It is the recognition of one's own divine origin.

**The Single One (Monachos):** A term from the Gospel of Thomas for the solitary or unified seeker; one who has integrated the inner opposites and become whole.

**Nous:** The "Eye of the Heart" or spiritual intellect. It is the faculty within the human soul that perceives the Divine directly, distinct from the rational mind.

**The Bridal Chamber:** A Gnostic metaphor for the state of union where duality (male/female, human/divine, inner/outer) is dissolved and the soul is reunited with the Spirit.

**The Mother:** The feminine aspect of the Divine (often associated with the Holy Spirit in early Semitic Christian texts), representing Wisdom (Sophia), silence, and the womb of creation.

**The Father:** The masculine aspect of the Divine, representing the originating Light, the unmanifest structure, and the Will. In this scroll, Father and Mother are the two hands of the One Source.

**The Way (Tao):** The flow of the Universe; the unnameable Source that orders all things without force. In this scroll, it is identified with the Kingdom of Heaven spread upon the earth.



*Book II*

# Colophon

*This Scroll was copied in the stillness of the turning year,  
by a hand seeking only to disappear,  
that the Light might remain.*



**May Peace Be Upon the Reader.**

**End of Manuscript**