

Awareness

Awareness – the silent witness behind all experience

This writing is not a theory.
It is not a teaching.
It is a mirror.

What it reveals is not a state of mind –
but the space behind it.

In everyday language, we speak of **consciousness** when we say:
“I am aware of this.”
We mean: I perceive. I think. I feel something.
But the one who perceives – is still part of the play.

Awareness is something else.

It does not speak.
It does not grasp.
It is not involved.

It is what remains when all movement ceases.
It is the space in which thoughts arise – and pass.
It is the silence behind emotion.
It is the presence that sees – but never interferes.

It cannot be understood.
It can only be remembered.

In this space, there is no doing. No achieving.
No identity is needed to rest here.

Consciousness, as we usually mean it, includes content:
Memories. Concepts. Feelings.
“Me” and “mine”.
It changes. It moves. It grasps.

Awareness has no content.
It is always here.
It never began.
And it cannot end.

You are not your thoughts.
You are not your feelings.
You are not even the one who watches them.

You are the space –
in which all of that appears.

The Moment Before You Know

There is a moment –
before you name.
Before you grasp.
Before the thought “I” appears.

This moment is not special.
It happens all the time.
But you rarely stop there.

You are trained to skip it –
to move into concepts, meaning, control.
To find a position. A ground.

But what if there is no ground?
What if that moment –
the one before “me” –
is the real foundation?

Not a state you enter –
but the truth that has always held you.

This is what is meant by **awareness**.

Not a function.
Not an experience.
Not even a presence that “you” can control.

It is the silence
that holds all becoming.

You cannot create it.
You cannot hold it.
You can only remember it –
by falling into the space
where nothing needs to happen.

In that space, there is no identity.
Not because you lost yourself –
but because you never truly were “someone”.

The End of Seeking

Every path, every method, every practice –
is built on one assumption:
That something is missing.

But in awareness,
nothing is missing.

There is no way to it –
because you are already in it.

Every attempt to reach it
only moves you further away.
Not because you go in the wrong direction –
but because movement itself
is the forgetting.

Stop.

Not in resistance.
Not in effort.
But in full allowance.

Let everything fall –
every need to understand,
every identity to protect,
every goal to achieve.

Then what remains?

Not silence as a state –
but as your essence.

Not peace as an emotion –
but as the absence of control.

You are not what moves.
You are the stillness in which movement dances.

You Don't Need to Be Ready

There is no requirement.
No level to reach.
No condition to fulfill.

Awareness doesn't ask you to be pure,
or free,
or enlightened.

It simply asks:
Are you willing to stop pretending?

To stop holding your identity –
like armor.
To stop searching for something
that has never been missing.

You don't have to be calm.
You don't have to be spiritual.
You don't have to understand anything.

You just have to stop –
for one breath.
Not to gain.
Not to improve.
Just to be –
without effort.
Without story.

Beyond the "I"

The mind wants to understand.
It wants to name.
It wants to hold a position.

But **awareness** has no position.
It does not look from a place.
It does not choose a side.

It is not "your" awareness.
It is not personal.
It is not a possession.

It is the field in which
even your self-image dissolves.
Not lost – but seen through.

The “I” that wants to be awake –
cannot awaken.
Because it is part of the dream.

Only when the “I” rests,
when seeking stops,
can the truth appear:

Not as a vision.
Not as insight.
But as absence.

The gentle absence
of everything you thought you were.

In this absence,
everything is present.

No Path Leads Here

You cannot walk to what you already are.

Still, the mind will try.
It will invent practices,
call them “direct”,
and then try to control what cannot be grasped.

But awareness is not hidden.
It is not waiting.
It is not a goal.

It is what sees the effort –
without judging it.

It is the space in which
even your most subtle spiritual identity dissolves.

There is nothing wrong with practice.
But know this:
Every practice ends where it began –
in the one who does.

And the doer
can never reach the space
in which he is seen.

Only when the doer rests –
utterly,
without conclusion –
does the space reveal itself.

It was never gone.
Only covered by the idea
that you needed to find it.

What Cannot Be Lost

You may think you lost it.
That it disappeared.
That you fell back into mind, into ego, into suffering.

But awareness doesn't go anywhere.
It doesn't fade.
It doesn't retreat.

Only attention moves –
like clouds before the sky.

But the sky is still there.

You cannot “lose” what you are.
You can only stop noticing.

And even that
is already noticed
by something deeper –
by the awareness
that never leaves.

Even your forgetting
is held in that same space.

There is no judgment here.
No failure.
No time.

Only return –
without movement.
Only remembering –
without memory.

You were never not home.
Only the thought of a journey made it seem so.

No One Can Do This

You are not the one who awakens.
You are not the one who sees.
You are not the one who rests in silence.

The “you” that wants to realize –
is itself what veils the realization.

Awareness does not belong to anyone.
It is not a possession.
It has no owner.
No center.

The moment you stop trying to enter it –
it is revealed.
Not as a new experience –
but as what has always held all experience.

This is not something you can do.
It is something you can stop pretending
not to be.

All effort is respected here.
All confusion is allowed.

But nothing is needed.
Not even clarity.

Even the one who wants to disappear
is already held –
by the space in which he arises.

The Body Remembers

Awareness is not an idea.
It is not something to figure out.

It lives through the body –
not as sensation,
but as space.

When the mind grows still,
the body becomes transparent.
Not because it vanishes –
but because it no longer blocks.

Breath slows.
Muscles soften.
Attention spreads.
Presence deepens.

This is not a technique.
It is what happens
when you stop holding yourself.

The body does not awaken.
But it reflects
what no longer resists.

No control.
No posture.
No goal.

Just this:
A body
that no longer defends itself
against being.

You don't need to transcend the body.
You only need to stop making it your shield.

Everything Belongs

There is no mistake.
No wrong thought.
No feeling that should not be here.

Awareness excludes nothing.
Not even resistance.
Not even the sense of separation.

Whatever arises –
is already held.

You don't need to fight it.
You don't need to transcend it.
You don't need to fix it.

Just be here.
Let it move through.
Let it pass –
like weather in the sky
that never needs to apologize.

You don't need to reach awareness.
You are the awareness
in which everything appears
and disappears.

Even the attempt to be “aware”
is seen.
And in that seeing –
you are already home.

Nothing needs to be healed
for you to rest in what you are.

The Soft Eye

Awareness is not sharp.
It does not pierce.
It does not analyze.

It sees –
like water sees:
by touching everything,
but clinging to nothing.

When you rest in awareness,
you do not narrow down.
You widen.
You soften.
You let go of focus
and begin to include.

Not as an effort –
but as your nature.

The eye of awareness
does not pick sides.
It does not judge.
It simply shines –
without needing to understand.

This seeing is not cold.
It is not detached.
It is intimate, warm,
without needing to hold.

To see everything
without turning anything into “me” –
that is the soft power
of being.

You Don't Have to Understand

Awareness is not a concept.
It cannot be explained.
It cannot be grasped by thought.

And it doesn't need to be.

Understanding is for the mind.
But awareness is before mind.
It is what sees the mind trying.
And it does not resist it.
It just watches. Gently.

Stop trying to figure it out.
Let go of the need to define.
Just rest in what is here –
without interpretation.

Even confusion is welcome.
Even the one who says "I don't get it" –
is already being seen.

You are not here to understand.
You are here to be.

To let life move
through the open field
of your unguarded presence.

What sees the question
was never separate from the answer.

Awareness Needs Nothing

It doesn't want to be recognized.
It doesn't need to be felt.
It has no message.
No form.
No voice.

It is not waiting.
It is not calling.
It is not offering you anything.

It simply is.

It holds you –
even as you forget it.
It carries everything –
without asking to be seen.

Stop trying to meet it.
You are already in it.

Even your effort to “be aware”
happens inside of it.
Even your forgetting
is not outside.

Nothing can threaten it.
Nothing can complete it.

This silence has no need for your awakening.
It already is –
with or without you.

Nothing Left to Say

When words fall silent,
when the inner dialogue dissolves,
something remains.

Not as a thought.
Not as a state.
But as a subtle knowing –
without an object.

This is not emptiness as lack –
but as openness.
Nothing missing.
Nothing held.

You do not need to find this space.
You are this space.

Here, even the question “Who am I?” disappears.
Not answered.
But dissolved.

No one is left to answer.
And yet – everything is held.

The silence is not empty.
It is full of being.
Not your being.
Being itself.

You are not inside this silence.
The silence is inside of you.

It Has Always Been This

You searched.
You struggled.
You tried to wake up.
You followed teachers, books, signs.

But the one who searched
was already inside the space
he could never leave.

It was never hidden.
Never far.
Never dependent on your effort.

You are not arriving.
You are remembering
what never stopped being true.

This is not a peak.
Not a special state.
Not an achievement.

It is the absence of all struggle.
The end of effort.
The soft recognition:

You are.
And that is enough.

You don't need to wake up.
You only need to stop believing you are asleep.

There Is Nothing to Do

No technique will bring you here.
No thought will reveal it.
No feeling is closer than another.

All movements happen
inside what you already are.

So stop.
Not to find something.
But because there is nowhere else to go.

Let every impulse fade.
Let every concept die.
Let every question be unanswered.

What remains
is not a thing.
Not a self.
Not an experience.

It is this.

Pure presence.
No center.
No edge.
Just the open, silent knowing:
I am.

Logical Derivation of the Existence and Significance of Awareness

(as deeply laid out in the original German)

1. **Everything that is observed – is not the observer.**
Every thought, feeling, or impulse can be perceived.
Therefore, none of these can be what perceives.
They are content – not the container.
2. **The sentence “I am aware” proves that there is a point of view.**
This statement implies a subject that observes –
otherwise it could not be made.
But this subject itself can be observed.
Even the thought “I am aware” is seen.
Thus, the awareness is deeper than this “I”.
3. **Awareness is prior to all conclusions.**
It does not depend on language or cognition.
It is the quiet witnessing – before thought arises.
Before emotion appears.
Before the body reacts.
It is always already there.
4. **Without awareness, there would be no experience.**
You could not register a sensation.
You could not know that a thought appeared.
You could not even say “I am not aware.”
That statement itself proves awareness –
because something has noticed the absence.
5. **Therefore, awareness is not content.**
It cannot be touched, changed, or lost –
because everything that can be lost
is something it already saw come and go.
6. **Awareness is not bound to the person.**
The person appears inside it.
It is not your awareness.
It is **the** awareness –
in which all forms arise and pass.
7. **Its significance is not theoretical.**
It is what remains
when all stories fall.
When every effort ends.
When there is nothing more to find.

There is no method to reach awareness –
because you are never outside of it.
What seeks it is made of it.
What asks for proof is seen by it.
And what believes it does not understand –
is already being held in it.

The 4 Modes of Speaking – and How to Recognize Them

1. **Speech of the Mind**

This speaking explains, argues, clarifies, compares.

It uses logic, structure, and thought patterns.

It seeks to understand – or to be understood.

It often uses the word “because”.

You feel it in the head – it contracts slightly, it activates the forehead.

2. **Speech of the Emotion**

This voice expresses feelings – pain, joy, fear, longing.

It is often dramatic, full, intense.

The “I” is very present here – it wants to be heard, recognized, held.

It can be liberating or manipulative, depending on its awareness.

You feel it in the chest, throat, belly – it vibrates.

3. **Speech of the Field**

This mode does not belong to a person.

It arises from the present moment – like resonance.

It does not speak “about” something – it speaks **through** something.

Often, it appears when someone stops controlling their voice.

It feels still, clear, without a personal agenda.

You recognize it by its silence – even when it speaks.

4. **Speech of Silence**

This is not a metaphor.

Silence also speaks – when words are no longer needed.

When presence alone carries the message.

It can happen through a gaze, a breath, a pause.

You feel it in the whole body – and beyond.

It opens the space between speaker and listener – so that both dissolve.

The deeper the awareness –
the more speech becomes space.