

What Is Enlightenment?

by Richard Dupuis

Chances are, if you have an existential bone in your body – and I suspect you do, otherwise you wouldn't be reading this article – you've pondered the questions: "What is this enlightenment thing; is it all it's cracked up to be, and how do I get me some?"

So like Indiana Jones in search of the Holy Grail, you set off down the road, snacking on bite-sized pieces of every practice and prophet and woo-woo workshop and deity out there; hoping, just hoping, that one day you'll hit the spiritual jackpot, and "poof" all your problems will be gone. You'll be able to sit back and rest on your well-earned spiritual laurels, occasionally dispensing a nugget of wisdom, exuding the happy whiff of nirvana and grinning in ecstasy.

So what, you might ask, is wrong with this picture? Answer: well, nothing, if your goal is to spend the rest of your days on this planet having the label "professional seeker" slapped on your invisible lapel badge. But, if you really want to wake up, you might want to set aside all those high falutin' spiritual ideals and do, well, nothing.

What I hear you say, as you throw up your hands in horror, "What do you mean exactly by nothing." Okay, so here's what I mean by nothing. What I'm actually talking about is the big scary "S" word, surrender. You've heard the word touted about, and maybe paid a bit of lip service to it. You've poked it, prodded it, tried it on for size, but you never really got fully into it, because, well because, frankly, this self-improvement gig has a lot more going for it, and doing nothing is for the birds.

So here's the rub. The good news and the bad. You already are awake and enlightened, you are simply not aware of it. You don't need to "do" anything to get there. What keeps you separate from this understanding is that you have "your story" and you're sticking with it, and don't even try and take it from me, cause it's mine, and your stuff might be a creation of your mind, but mine is real. In other words, you are totally identified with who you are not. Your belief that you are separate from everyone else keeps you cut off from consciousness and keeps ego firmly in the driving seat.

The mind loves complexity and

problem solving, but that will not help you to awaken. Ego will also try to keep you distracted. That is why so many so-called spiritual practices are popular; yet they do not take you to enlightenment. Ego loves distraction and the status quo and will oppose any and all change, especially anything that will lead to enlightenment. You are seeking truth and truth is infinitely simple. Anything that makes it complicated takes you further from truth.

So let's just suppose you shake off the shackles of bondage, and what the Buddha called suffering, by just well, surrendering and allowing; allowing the truth of your true nature to permeate your reality. What might enlightenment, or the awakened state actually look like? Here's a good one. You are closest to enlightenment when you're asleep. What? You mean I'm awake when I'm asleep? How can that be? Any time you stop thinking, like when you're day-dreaming, or when you're doing a Tiger Woods, or at least trying to, and entering "the Zone," you are awake.

Notice the stillness when you wake up in the morning, before the mind starts doing its chatter. Forget the to-do list and the grief your boss gave you yesterday at work and let yourself really feel that expansiveness and sense of

connection. Generally, you will experience consciousness as a feeling, or sometimes even a vast emptiness. The more time you spend in consciousness, initially just seconds turns into minutes, and one day, you will awaken to take your place in a permanent state of transcendence. In the transcendent state everything just is, no good or bad, no assigning qualities of relativity.

So what's the big deal about becoming enlightened? What will it do for me? As the Buddha said over 2,000 years ago, enlightenment is the end of suffering, but it's much more than that, it opens the doorway to the power and creativity of consciousness and it fuels your life force. As you awaken, you begin to experience unbounded wisdom, inner knowing, creativity, love, joy, peace, abundance, and prosperity.

Richard Dupuis lectures and teaches nationally and internationally. He is available for private phone consultations and may be reached at (206) 933-5899, or by e-mail at richarddupuis@juno.com. Workshops can be sponsored in your area. He is author of the books "Creating Your Light Body," "Ancient Wisdom," "From the Mouth of God," and the forthcoming book, "Prosperity Boot Camp."

There are a couple of simple and easy-to-use techniques that I have developed that, when used properly, will assist you in waking up and will bridge the gap between form and formlessness.

The technique I recommend is an ancient mantra that will connect you to consciousness. Your intention is important here. The mantra has two syllables: horn on the in-breath and sawh on the out-breath.

Since you can't speak and breathe in at the same time, just think or speak horn silently to yourself. Sawh is spoken aloud or quietly to yourself as you exhale.

The mantra will take you to the threshold of consciousness. Before you start thinking again, while your mind is still, just simply notice or become aware of consciousness. As you do that, you will step across the threshold and experience the formless existence of consciousness.

As you repeat this process, the length of time you are aware of consciousness will lengthen. Your experience may be expedited by working with others or by working individually with a teacher.

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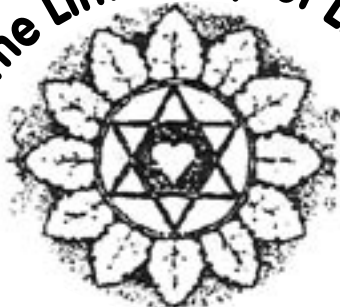
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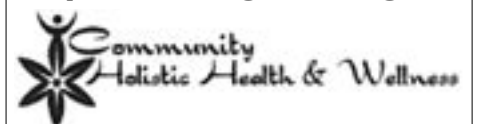
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