

# **CLARITY**

**By**

**Nathan Gill**

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# Prologue

If all there is is Consciousness, if there is only Consciousness, then why or for what are you still seeking? If there is only Consciousness then right now you must be that and everything else that appears in and as awareness must also be that, including your sense of separate self if that is how you appear now. Any personal sense of I or 'doership' or ego must be Consciousness. What else could it be?

I, ego, time, thought, separation, - if all there is is Consciousness then is not all of this already Consciousness? Any appearance of mundane, ordinary existence can be no less of Consciousness than any appearance of unconditional love, wholeness, bliss, stillness, silence or anything else. Does anything really need to be transcended, found or let go of?

Why not live in this understanding, no longer requiring that you wait for all the supposed signs of 'enlightenment' to appear?

# CLARITY

Until I was about 25 years old, I had no interest in so called spiritual matters and all I knew about them was what I had learned in religious education lessons at school.

Around 1985 I joined a fraternal order which sent me regular monthly lessons in mysticism and 'universal law'.

After a couple of years I lost interest and became interested instead in the teachings of a deceased Indian teacher offered, again, in monthly lessons, and also a guru-disciple relationship – even though he was already dead!

Another couple of years and several spiritual techniques later, I was bored with it and happened upon a book by a western guru. This book told me that I was already awake and needed no liberation. The truth of what he was saying was obvious. However, he then went on (in the next few years and over the course of quite a few books) to proclaim himself the world teacher and offered a guru-disciple relationship with those who were interested.

Well, I was having none of it, although over the following five years I read a few more of his books and just about every other spiritual book I could get my hands on. But, nothing really cut it for me like this western guru's book had done. Somewhere in me I knew it was true; that I was already awake and free but, I was still confused because I seemed to be just an ordinary person with all the usual sorts of problems that ordinary people have.

Anyway, I got sick of this guy's stuff and everyone else's and then I hit the Advaita scene. I read everything by and about Ramana Maharshi, Jean Klein, Nisargadatta Maharaj and Ramesh Balseker.

A lot of the confusion that I had felt before went. I understood that all there is is Consciousness, but why did I still feel like a separate me? What was the

missing link? If I was already awake and free then why did my life seem like a pile of dung?

In 1997 after reading Tony Parson's first book called "The Open Secret", I contacted him and he invited me to join a discussion at a private house in London.

I went along and sat in the crowded room and it became clear to me how much mystique I had built around the whole 'enlightenment' drama. Tony appeared as an ordinary man and spoke with humour and patience. I listened to what he said in response to people's questions and I was struck by the simplicity of his answers. I went to more discussions over the next year and spoke to Tony on the phone when I could.

I wanted to make him into my 'teacher' but he explained that he had nothing to teach, and simply pointed out that there is only Consciousness which I already am. Although I had accepted this already, it really began to sink in. Tony pointed out that there need not be any kind of 'event' associated with the recognition of your true nature.

Well, as it happened, in September 1998 an event did occur. I was gardening and it was drizzling with rain. I looked up and there was a subtle sense of 'me' not being there. I got on my bike and cycled around the lanes and it seemed like there was a movie going on without any effort needed on my behalf to be taking part in it.

Even though Tony had pointed out that no event is necessarily associated with the recognition of your nature as Consciousness, I had obviously still been subtly waiting for one because now that this event, or experience, was occurring I gave myself 'permission to be awake'. Without realising, I had been waiting for confirmation of my true nature.

I rang Tony and excitedly explained what was going on and, having given myself 'permission to be awake', I allowed myself to speak from the clarity of understanding that had already unfolded during the years of the process of my seeking before the event took place. Suddenly, I no longer related as a

seeker to Tony and he recognised that I now spoke directly from my nature as Consciousness.

Now, having associated this event with being awake, I started to get a bit precious about it. Instead of seeing this event as merely another appearance in awareness I assumed it was the 'enlightenment' I had been waiting for. I overlooked the fact that the recognition of my true nature had already been the case for some time, that I had simply not acknowledged this was so because I was subtly expecting an event to confirm it and so now I became focussed on the event itself.

I woke the next day. Was it still there? Yes! Then, after a few days, I noticed that the event was wearing off a bit, but a couple of days later it was full on again. After a couple of weeks of it coming and going and of trying to hold on to it, I went to one of Tony's discussions and the event seemed to be re-charged by being there but then a few days later it disappeared altogether. I didn't say anything to Tony about it and I didn't go to the meetings for a while. I felt confused again.

Then I happened to read a book called "Collision with the Infinite" by a woman called Suzanne Segal who described an ongoing event lasting many years which she referred to as 'the vastness'. After several years she was told by certain 'teachers' that this experience was 'enlightenment'. Then she got ill and died, and, in the afterword to Suzanne's book which was written by a therapist friend of hers, I read that near the end she had become confused and frustrated because the vastness event had disappeared.

Suddenly it became clear to me that these events – I call them transcendental events – actually have nothing to do with clarity. A transcendental event can last a few seconds or ten years or maybe even the rest of your life, but a transcendental event is just that. An event, an appearance. Many people have these events and sooner or later it disappears and often the person is left with a desire for more of it. They think they have been given a taste of 'enlightenment', when all that has happened is that there has been a transcendental event. Walking down the street is an event, but it's an ordinary one so you don't go looking for more of it.

The confusion was gone. I no longer required any transcendental event to prove my nature as Consciousness, as this in which all appearances come

and go like waves rising and falling on the sea. It was clear that the whole of my life and 'spiritual' search was arising as a play in Consciousness or awareness and I understood the confusion around this whole issue, why 'spirituality' and 'enlightenment' are confused with simple clarity. This recognition of my true nature was not associated with any transcendental event. It was clear that a transcendental event of any kind is easily confusing if it occurs without clarity – understanding of your true nature.

Obviously the transcendental event that appeared had nothing to do with clarity of understanding. The occurrence of the event merely brought my confusion to a head and allowed me to see clearly how I had been subtly waiting for an event as permission to be what I already am.

I see now that no transcendental event has any significance in the light of plain, ordinary, everyday clarity.

# AWARENESS

You are Consciousness or awareness, this in which all appears. World, body, thoughts – all appear in you. You are not to be found as separate from anything. You are the source and appearance of all that is. You need not go anywhere or do anything for this to be obvious. It is the most obvious thing. You are always overlooking it, taking it for granted.

All appears in awareness, ordinary awareness now, which is the ground of all that is, including this present experience. Simple awareness is the common factor to all experience. Just see that you are simply present. Nothing else is ever happening. See that all arises and falls in present awareness. People pass, clouds are going by, conversations are going on, thoughts appear. All unfolds in present awareness.

Within awareness, you are appearing to yourself as everything. People, thoughts, worlds, universes, life, death – all take place in you. Identification as an ordinary human individual takes place in you. You are the source and appearance of all.

All appears in you. There is only the present appearance of everything in and as awareness. Any 'enlightenment' event is merely another modification of appearance in awareness. You need not attempt any transcendence or annihilation of individuality, ego, or anything else. All of that appears in ordinary awareness. This appearance now, however ordinary or extraordinary, is the content of awareness. Nothing whatsoever needs to change. You are Consciousness, aware and appearing as everything.

There is awareness right now – whatever the content. Awareness and content. Ocean and waves. The ebb and flow of life. This is it now. You are it.

# ACCEPTANCE

When you no longer seriously entertain the whole conceptual story of a life extended in thought beyond the present content of awareness, conceptual living is seen for what it is and ceases to be the exclusive focus of attention.

Identification as the conceptual me – or ego – is merely an appearance in awareness, an addition to the appearance of bodily presence.

The acceptance of life as it is rather than any efforts to be rid of thinking or ego, or to become 'enlightened', allows seeking to fall naturally away. All efforts to be rid of ego merely reinforce identification as the individual.

Acceptance of life as it is does not bring ordinary bodily life to an end in some magic firework display of enlightenment. Thought continues to arise, life carries on, but is no longer burdened by the complication of the search for unity. Life is seen as the expression of wholeness rather than a search for it.

You are Consciousness. However you presently appear is already perfect including any play as ego, and also any seeking to be rid of ego. Conceptual identification is merely an appearance within the present play of awareness, and awareness requires no enlightenment. Ego thinks it does.



# THE PLAY OF LIFE

With clarity, life appears as a great play or dream, You - Consciousness - play all the roles and it is part of the play that you play the roles usually without knowing your real identity, but sometimes, as part of the show, you allow yourself to know your true nature.

When you are involved as a character in your play without allowing yourself to know your true nature, the role is taken seriously and all the dramas of life appear from this.

If a role is played where you become aware of your true nature, the play is seen for what it is. Where your true nature becomes obvious the character doesn't disappear with a flash and a bang – although that is possible because there are no rules for the play, - or put on ochre robes and have disciples, or teach 'spiritual' truths, although any of these are possible, depending on the pattern of the character's role in the play. The character will likely appear as he or she did before knowing their real identity. The character is likely to continue to lead what is an ordinary life in the play. It is not even necessarily so that the character tells anyone or communicates what is now obvious.

There is no point to this seeing with clarity. It is part of the play and has no merit associated with it. If the character was suffering or had a problem before the clarity, then that may still be part of the character's role. There could be bliss or delight, but only if that is a part of the role being played. There are absolutely no rules or conditions. The whole play has no purpose or point beyond present appearance. It is your cosmic entertainment. You are your play. It has no separate existence from you.

# SPIRITUAL LIFE

Spiritual life has no particular relevance to clarity. Spiritual life appears as part of the play of life but often becomes confused as a pre-requisite to clarity because of what appears in the play as the individual's evolution through progressively 'higher' or finer stages of life.

The ordinary character, occupied with all the usual affairs of human life, perhaps becomes interested in religion or self-improvement. There could be a movement into 'spiritual' life and maybe an interest in the non-duality of Advaita.

This progression is not necessary for clarity to appear. It could appear at any time in any character in the play. None of the various parts or apparent stages in the play of life have any ability to produce clarity. Advaitic knowledge has no more special ability to create a condition for clarity to appear than any other part of the play.

Spiritual life is based on the presumption of individuality, with enlightenment or re-union with the whole as the projected goal, and as a means to achieve this goal of re-union, an array of exotic techniques and methods are provided in the play to 'purify' the individual, to get rid of the ego, to calm the mind and emotions etc.

The fundamental point being missed at every stage of the individual's quest is that the individual – being played by you, who are Consciousness – is already what he or she is seeking. Nothing will make the seeker any more what he or she already is.

The search and all the methods and techniques employed are there for no more reason than any other part of the play. They arise for their own sake as part of the play.

Clarity can occur in anyone at any time with no spiritual 'qualifications'. Consciousness in the form of a person sitting in a lotus posture, visualising a purple light in their genitals, breathing the universe into the solar plexus, chanting "om" and ascending up the spine into the thousand petalled lotus, has no more chance of re-union than the drug-addict in the ghetto.

Consciousness is already perfectly present in either case so no re-union is needed or possible.

Spiritual life imposes many conditions on the 'impure' and 'separate' individual. Special meditations, appropriate behaviours, ceremonies, diets, sexual conduct, destruction of the ego, cessation of thought, finding the stillness, surrendering to the guru etc.

Consciousness, already being Consciousness in whatever form it appears, has no need of a vegetarian diet, celibacy, tantric sexuality, meditation or gurus. Consciousness already is all of these things. If you like chanting, meditation, eating vegetarian food, or practising tantric sex, then that's all fine. It won't help you realise this which you already are.

The individual's attention could move to exotic planes and realms. See the continual creation and dissolution of the universe at the atomic level and experience the eternal ecstatic cosmic union of Siva and Shakti. But, when you get back, don't forget to go to work on Monday, pay the electricity bill and clean the toilet.

You - Consciousness - also appear in your play as individuals playing the roles of teachers, masters or gurus. In some cases the individual may have had a transcendental event or a still occurring one, which the individual believes is his or her 'enlightenment'. If the individual was already following a guru of their own or a certain teaching, it is likely that the beliefs and methods that appeared to lead up to the transcendental event – his or her 'enlightenment' – will now be passed on to the individual's followers as 'the truth'.

As part of the play some of these 'teachers' may even have the ability to induce unusual experiences in the disciple via energy transmission which is often a strong attraction to the disciple.

There is nothing wrong with any of this. All of it is the perfection of the play, Carry on with it. Have fun. None of it leads to clarity.

# I AM THAT – BUT .....

I am that - but ..... I need to take responsibility, heal my life, go deeper, become more aware, be here now, enter the stillness, save the planet, express my emotions, think positively, become the witness, be blissful, find a guru, be useful, find the meaning of life, calm my thoughts , do good works, get rid of the ego, enter manhood or womanhood, be more practical, get enlightened, find my soul-mate, perform a ceremony, become initiated, get in touch with my feelings, .....

Maybe you do. How can I disagree? While you're busy with all that, I'll go and have a cup of tea and read the paper.

# WHAT ALREADY IS

What is, right now, is perfection. At each moment the content of awareness is absolutely perfect just as it is.

This present moment of awareness has not arisen from the past and is not leading to the future. All appears as a play in present awareness.

If you seem to be a separate person with a strong sense of ego and plenty of problems, then that is because you - Consciousness - are playing that role. The apparent separate individual may concentrate upon self-improvement, spiritual life, or anything else throughout the whole of their life if that is the role being played, but only the clarity of what you really are undermines the search to become awake or to be anything other than what already is.

# THE OBVIOUS

You - Consciousness - are appearing as your whole play now. Your play is not a separate creation watched and presided over by you. You appear as your play now, completely awake, absolutely already wide awake, unable therefore to wake up. You are always obvious to yourself; never hidden.

The characters played by you in your play have no separate existence, only an apparent one. Your characters are you celebrating yourself, immersed in your great play of life, playing the game of looking for yourself, sometimes finding and knowing yourself as the appearance of your play.

This communication about clarity has no particular relevance or significance over any other part of the play. It carries no merit and has no point. There is no purpose for you to find yourself.

The person of clarity appears here with all this made obvious, seeing with clarity the play in all its myriad forms, knowing the non-necessity of everything.

Right now you are Consciousness, appearing as a character in your play. Maybe you think you need confirmation. Forget it. Relax. You already are That.

With much love to You from Yourself.

Nathan Gill

February 2000

# AFTERWORD

I sought 'enlightenment' as an escape from what I saw as the problems, trials and boredom of ordinary life. The ordinary life continues but is now seen in, and as, present awareness. The 'spiritual' search is over. Life is just as it is.

Nathan was born in 1960 and lives in rural England, working as a gardener.

He currently holds clarity dialogues in London.

For details, please write to:-

**G.O.B.  
15 Court Broomes,  
East Sutton  
Maidstone  
Kent  
ME17 3DH  
England**