

## Awakening

Prior to the awakening vision I experienced two meditations with an extremely augmented heart beat, augmented energy and subsequent affirmation on death and dying should this be my point of no return. There was also a meditation on May 12 2003 in which I was aware of a porous layer above me. I had the feeling that the breaking of this layer would reveal to me the pure divine light.

On June 1 2003 I then had an instant realisation which turned my world view upside down and threw me out of duality

I looked upon the world as if from outside (but not from outer space) and realised that what I saw was my world only, i.e. this world was only valid for me. Everything in it was there only to make me aware of my own path. It offered me situations for my searching and put me into contact with people for my own growth. I stood in this world as a nucleus in a (world)cell. However, "I" was not the human being but the superior perceiving presence within me. While this "I" had all the knowledge of my life experience I knew with great clarity that "it" was perfect and whole as it had always been and always would be. I also knew that this viewing was more true to me than me being a woman. My gender, my name, my physical body were secondary. I was the "I consciousness" which outshone everything else. I felt myself to be my whole known world. All the people were teachers and all situations were part of my learning environment. Everything was part of my own organism and I felt a deep LOVE for everything. I stood in awe of all this beauty and precision. Likewise I felt tremendous joy and

thankfulness. I was able to accept everything as part of myself. This was so EASY to see and felt absolutely right. Everything had melted down to ONE including me. There was no task left. Everything had already been done.

During the days following this insight I noted many thoughts I had never come across before. For example: There is no loss possible. Things may disappear from my eyes but they are still there – in my memory and thus in my awareness.

- The sun goes down every evening only to rise again in the morning. Strictly speaking, this only happens in my awareness. It can never be proven because it would always be just information from „outside“.
- A beloved fellow human being may die. Viewed from a higher perspective there is no death. I am still here, but an energy has changed. I am simply watching. I am also watching my feelings. Thus I have a CHOICE.
- What is God? The concept of God helped me to please Him and to measure up to Him. Viewed from a place where all is ONE I also merge with that image. I am HE and HE is I. Because if this wasn't true there would be duality. But there is only ONE.\*)
- Duality: Morning/evening – dark/light – joy/grief... These things exist only in my awareness. Viewed from a place where all is ONE there is just something happening. I can choose whether I want to get involved or whether I simply watch and accept everything as part of my being. There is no need to be in conflict with it!
- The small ego (Franziska) is the part with free will which tries to control and rule the world until my eyes fall upon myself AS the world. After that there is only love, devotion and wonder.

- I always ASSUME things are either so or different. But what exactly is my direct EXPERIENCE?
- All that happens to me belongs to my story. Nothing happens by chance. Everything is a message from myself to me. That is why conversation is not possible (because this would suggest separation and thus duality). There is only self-talk or entertainment
- My eyes are looking at the world outside and everything is looking at me. The world is my mirror. It is the snake biting its own tail. My inner world is identical with my outside world.
- "I" am the brain of my entire organism. Everything I see and perceive otherwise belongs to my organs, my cells. Thus it is clear that everything is animate.
- When I forgive I only forgive myself.
- There is no beginning. It has always been so.
- I do not recollect my birth and have never died knowingly. All I have experienced is growth.
- All is information for myself. My reaction to whatever happens in the outside world shows me where I still have problems of resistance. That is LOVE because I get the chance to see and grow.
- Knowing that all is ONE requires to understand and accept that I am totally alone (or better: ONE). Concepts and beliefs fall away. Nothing is what it seems. The love is all-embracing and fulfilling because it isn't serving the ego but is flowing from the Self. Neediness falls away.
- No matter matters!
- Nothing is important. I must let go of everything. As long as I interfere with the world the world interferes with me. If I let go I am free.
- I must speak my truth. I must live my truth. Because of this it may be that people leave me behind or I leave them behind. If I disregard my truth people might stay.

- I want to do nothing. I want to be nothing.
- I know all this with bitterness and sweetness. It is blissful and appalling.

**\***) In later meditations I also saw the possibility that nothing ever exists because consciousness objectifies everything that can be seen or felt. Everything is filtered through consciousness. But what IS consciousness? It is no object but simply Being. Where is the object in Being?