



Light of Be-ing

by Mark Naea

Light of Be-ing

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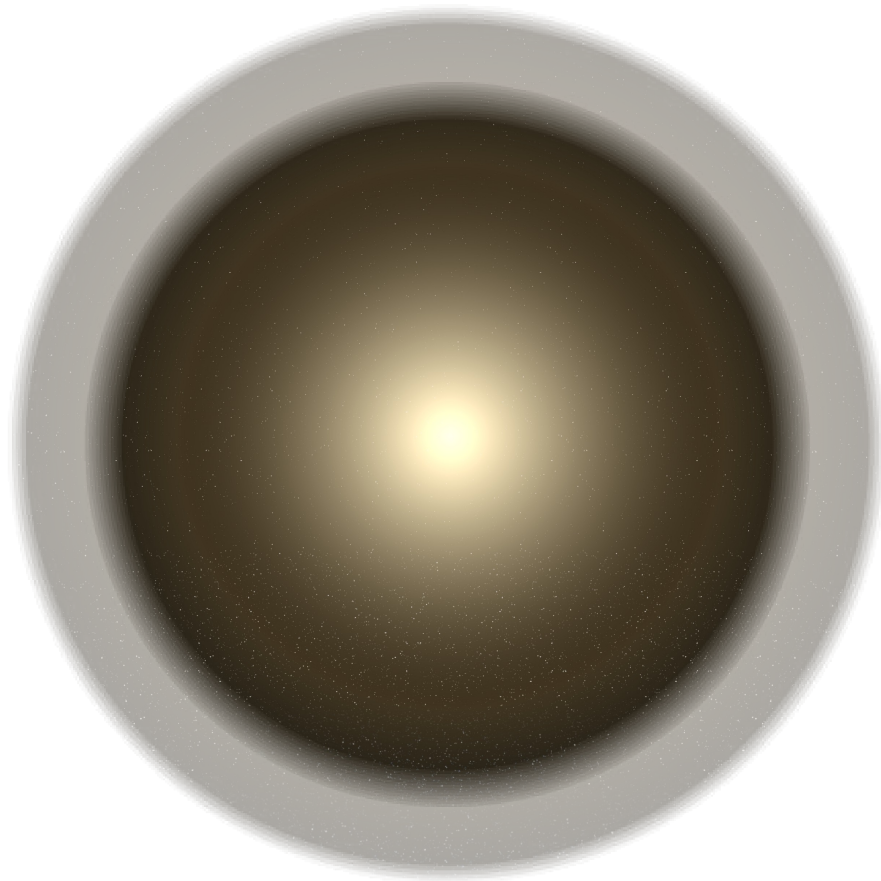
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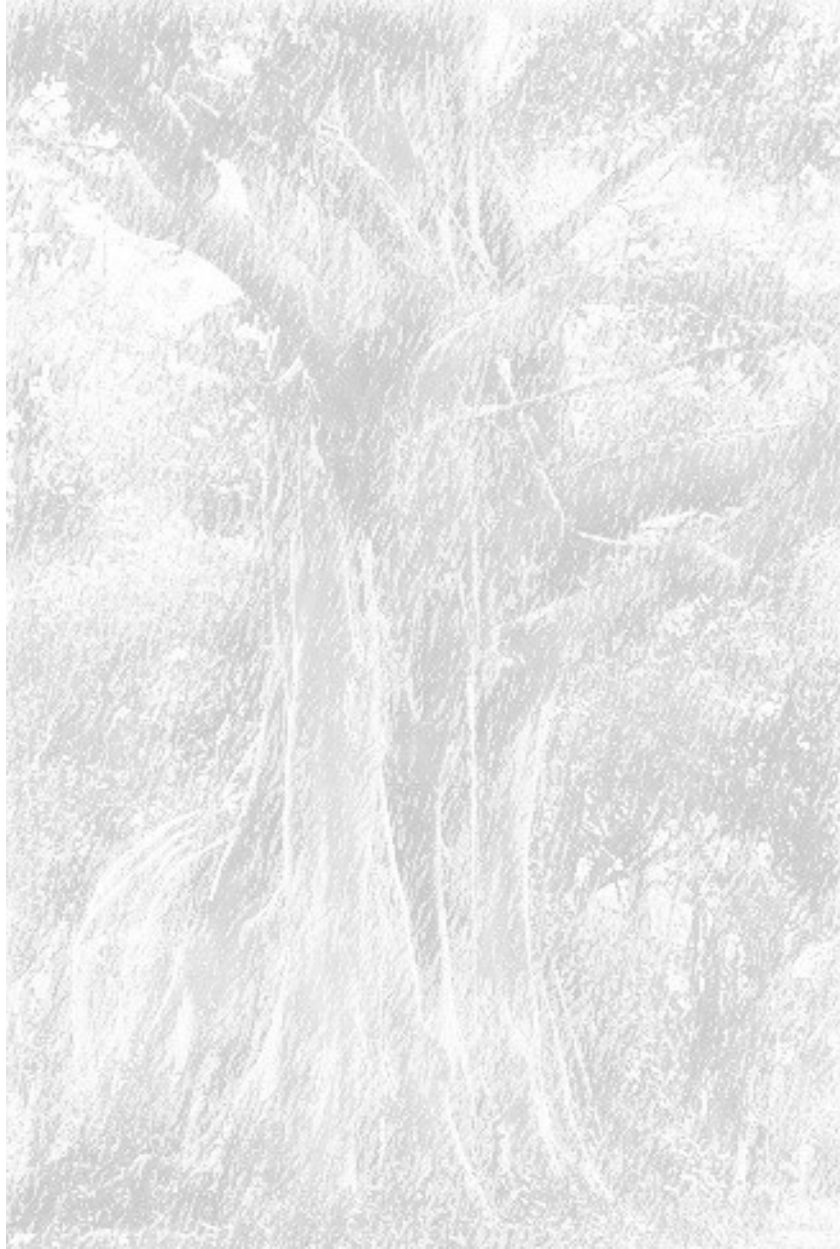
*Dedicated to the ever-present light of
Linda, Brennan and Brianna . . .*



*“We are born of infinite light,
reflected in the joy expressed
in all the wonder and magic around us.*

*It is the illusion of knowledge
like clouds in the sky that cast
the impression that our radiance is dimmed.”
Mark Naea*

Forward



“Do not believe in something because it is reported. Do not believe in something because it has been practiced by generations or becomes a tradition or part of a culture. Do not believe in something because a scripture says it is so. Do not believe in something believing a god has inspired it. Do not believe in something a teacher tells you to. Do not believe in something because the authorities say it is so. Do not believe in hearsay, rumor, speculative opinion, public opinion, or mere acceptance to logic and inference alone. Help yourself, accept as completely true only that which is praised by the wise and which you test for yourself and know to be good for yourself and others.”

Gautama Buddha

Light of Be-ing

Introduction

“it is”
to the sage the answer
to the student the question . . .

*“Your own Self-Realization is the greatest service you can render the world.”
Sri Ramana Maharshi*

Like “a finger pointing to the moon”, the verses of “The 3 Keys” and “The 8 Gates” point to that which is both timeless and real. They are not teachings in respect to their content, nor are they rules or precepts to follow. To describe them as such would be to miss the whole point of their message, as in concentrating on the finger and not seeing that which it is pointing to.

*"You don't understand. My wing. I can't move my wing."
"Maynard Gull, you have the freedom to be yourself, your true self, here
and now, and nothing can stand in your way . . ."
"Are you saying I can fly?"
"I say you are free."
"As simply and as quickly as that, Kirk Maynard Gull spread his wings,
effortlessly, and lifted into the dark night air."
Jonathan Livingston Seagull
Richard Bach*

All beings seek freedom, it is the universal nature of life. Yet the freedom we seek is both elusive and ephemeral. And like a rainbow, it seems always just out of reach.

The 8 Gate cards visually present the restrictions and judgments ego uses to imprison who we think we are. Their imagery lays bare the ideas and central core of those beliefs. Each person will see something different, like looking at a rainbow, no two people will experience it in the same way.

*“Normally, we do not so much look at things as overlook them”
Alan Watts*

Along with the 8 Gate cards are the 3 Key cards and their verses. They are the keys of your true self, with which all is revealed. Although often overlooked and disregarded, they are the very essence of your infinite be-ing.

*“If you cannot find the truth right where you are, where else do you
expect to find it?”
Dogen Zenji.*

There are many deeper meanings embedded within each verse and card, as well as the frequency of self-realization. Like a bell that has been rung and cannot be un-heard, so too with these verses and cards. Once read or viewed, the resonant frequency of enlightenment rings within, and self-realization shines forth from who you truly are.

*"Each of us is an unlimited idea of freedom," Jonathan would say . . .
that whatever stands against that freedom must be set aside, be it ritual
or superstition or limitation in any form."*

*Jonathan Livingston Seagull
Richard Bach.*

Take your time with them, as each releases ever widening ripples of light, until all is clear.



*"Existence is beyond the power of words
to define.
Terms may be used,
but none of them are absolute. "
Lao Tsu*

The 3 Keys



Clarity

Insight

Be-ing



“ All that have faces, forms, voices, colors - these are all mere things. How could one thing and another thing be far removed from each other? And how could any one of them be worth considering as a predecessor? “

“They are forms, colors - nothing more. But things have their creation in what has no form, and their conclusion in what has no change. If a man can get hold of this and exhaust it fully, then how can things stand in his way? “

“He may rest within the bounds that know no excess, hide within the borders that know no source, wander where the ten thousand things have their end and beginning, unify his nature, nourish his breath, unite his virtue, and thereby communicate with that which creates all things. “

Chuang Tzu



Clarity – the visual or mental quality of being able to see or think with focus, without judgment or the filters or lenses of ego that mar the true color or meaning of reality.

"What is, right now, is perfection – presence has not arisen from the past and is not leading to the future. All appears presently as a play in awareness. The apparently separate individual may be involved with self-improvement, spiritual life or anything else throughout the unfolding of that life. But only the clarity of what You really are undermines the search for awakening or for being anything other than what already is."

Nathan Gill



Clarity

The term “Color”, as used in this context refers to a frequency of reality. Everything and everyone has a frequency, is vibrating, has a resonant be-ing. From the Universe on down to the nucleus of a molecule, all is in motion. And each motion, frequency, has it's signature resonance.

The word color is a general descriptive only, as in “the grass is green”. Green is a general descriptive of the frequency of light that is being reflected by the blades of grass. But because of how words are viewed, especially when they are being seen through the lens of ego, i. e. “beliefs”, one will see and hear what one wishes. Whether in agreement or not, the colors, or in this case meaning takes on a personal viewpoint.

Any belief system, even a “no-belief system” such as atheism, requires an ego to support it. At its fundamental core, ego weighs each information element, decides contextual, physical, mental and emotional placement, and projects its picture of reality upon the minds screen.

As more and more information elements are quantified and projected in this way, an illusion of a self is cast. It is cast in the sense of a shadow, as in when one stands in front of a light source, in this case the egos projections.

The reason it is an illusion is that it is made up of nothing more than ever changing projections of its own interpretation of reality. It is this interpretation that forms the basis of self and belief systems.

Ego literally projects the image of self, self projects belief systems, and belief systems filter the reality that ego processes. It is a closed system, one that imprisons. And the reason that it is so hard to get out of is that it truly doesn't even exist.

Ego supports self and beliefs by providing reinforcing information elements, self supports ego and beliefs by specifying reinforcing information elements, and beliefs support self and ego by rendering suitable interpretations of information elements.

One word ties all of this together, it is the chains that bind the body, mind and spirit. It has been used throughout history to enslave, deprive, divest, impoverish and strip one's freedom. It is the keystone of ego, self and beliefs, its very foundation, without which all of the above would fade away.

That word, idea, embodiment, prison - is Judgement.

Who you really are asks, “ Can you experience the world, your world, as it is with Clarity?”



Insight – the ability to look within, comprehend, intuitively grasp that which is beyond the ordinary, to leap across the void in enlightened inspiration, accepting that which is revealed, without judgmental or self-proscribed beliefs and views.

“God is not a hypothesis derived from logical assumptions, but an immediate insight, self-evident as light. He is not something to be sought in the darkness with the light of reason. He is the light.”

Abraham Joshua Heschel



Insight

The term Stress is well known, but what is its foundation? Why is stress a part of so many people's lives, to the point that it is considered a miracle to be without it. Be it physical, mental, emotional or spiritual, or any combination, stress seems to have permeated all aspects of be-ing.

At its core, stress is a belief system. And as a belief system, its foundation is in the ego's projection of self. Self and Beliefs are so intertwined that it is hard to separate them meaningfully. It is akin to trying to unravel and understand the fabric of space-time, an impossible task at best.

But unlike space-time, each belief has a traceable beginning, a birth or self-acceptance reflected in ones reality. Your current state of mind, body and reality is a direct reflection of your inner belief systems as projected by self. And the current state of ones "self" is echoed in its beliefs.

It is a circular system that confines, restricts, and blinds one from true freedom. And stress is its instrument of conformity. From being uncomfortable to panic attacks, stress and belief systems coerce one into accepted patterns.

By their acceptance are you imprisoned, without shackles or bars, held by nothing more than an idea. When one goes looking for the cause of stress, it will inevitably lead back to some personal event or remark that gave birth to a new belief.

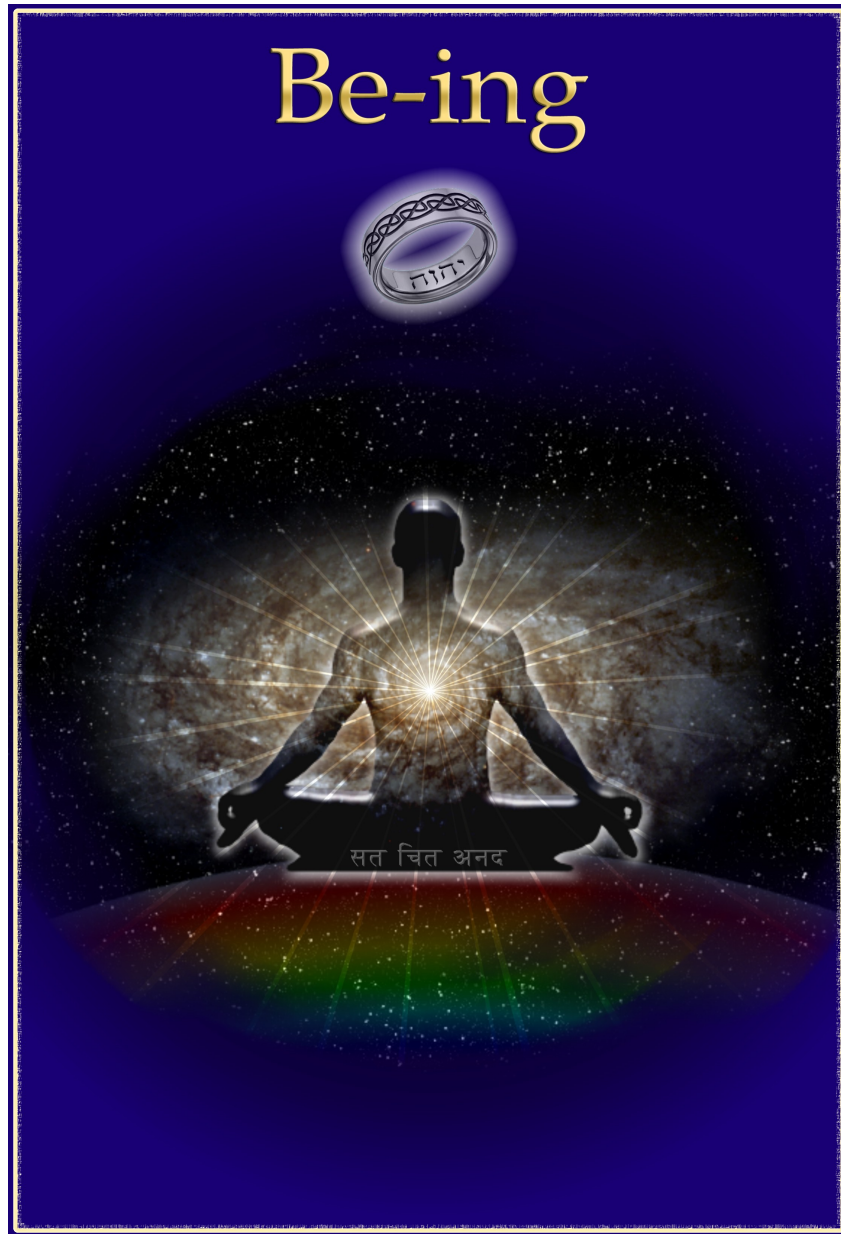
Beliefs can be very powerful engines of both creative and destructive energies. From fanaticism to self-destruction, divine compassion to selfless acts, it is beliefs that drive ones reality.

But how does one tell which is which among the plethora of belief systems one has acquired and accepted, and how does one clear them?

By truly looking at your world, without the judgment of ego-self, seeing beyond the surface to that which you have hidden from yourself. It is by this act alone, this leap of self revelation, that true freedom is recognized.

Who you really are has always been free, who you think you are is bound by the illusions and projections of self and beliefs. Breaking free requires no more than the willingness to experience reality as it is.

Who you really are asks, "Can you go beyond your beliefs, unbound, and take that leap of Insight?"



Be-ing – that which is without any states, beliefs or views, without self or ego, without effort or doing yet all is done, without knowledge or teaching yet all is revealed, “I am” without the I, ordinary yet not ordinary, different yet not different, that which is absolute in all forms and non-forms, without beginning or end.

*“Looked for, it cannot be seen
Listened for, it cannot be heard
Felt, it cannot be touched”*

*“Its reflections are everywhere
It echoes resonate across the ages
And touches all that you are”*



Be-ing

"There seem to be two kinds of searchers, those who seek to make their ego something other than it is, i.e. holy, happy, unselfish (as though you could make a fish un-fish) and those who understand that all such attempts are just gesticulation and play acting, that there is only one thing that can be done, which is to dis-identify themselves with the ego, by realizing its unreality, and by becoming aware of their eternal identity with pure being."

Wei Wu Wei

The term Freedom means many different things to people, but at its core is choice. But is anyone truly free? Are you really free to choose, or is it like the old saying from history, "You can choose any color you want, as long as it is black", Henry Ford on the Model T.

What about the freedom to be who you are, to choose your life's path, without any pressures, rules or conditions. This too is an illusion, as one is constantly bombarded, blocked, obstructed and stressed from ones belief systems and from others belief systems.

So where is it that one can find, experience and be true freedom? Before you walked, you had to experience and be the essence of movement, from motivation to muscles to coordination. There were no belief systems to get in the way, no ego or self doubts, just doing without a self-doer. The idea of self was not yet formed, and its absence made all the difference in the world.

To be, realize and experience true freedom, one must explore the intrinsic nature, the essence of ego, self and beliefs. The ego is made up of the five senses and mind - minds screen. As you grew older, and more information elements were processed by ego, a self was cast.

Because ego by its very nature interprets reality with some form of imperfection, like a lens it casts that unfocused, ill-defined aberration and distortion as a shadow upon the minds screen. As this shadow appears in all of the information elements, the idea of a self is born.

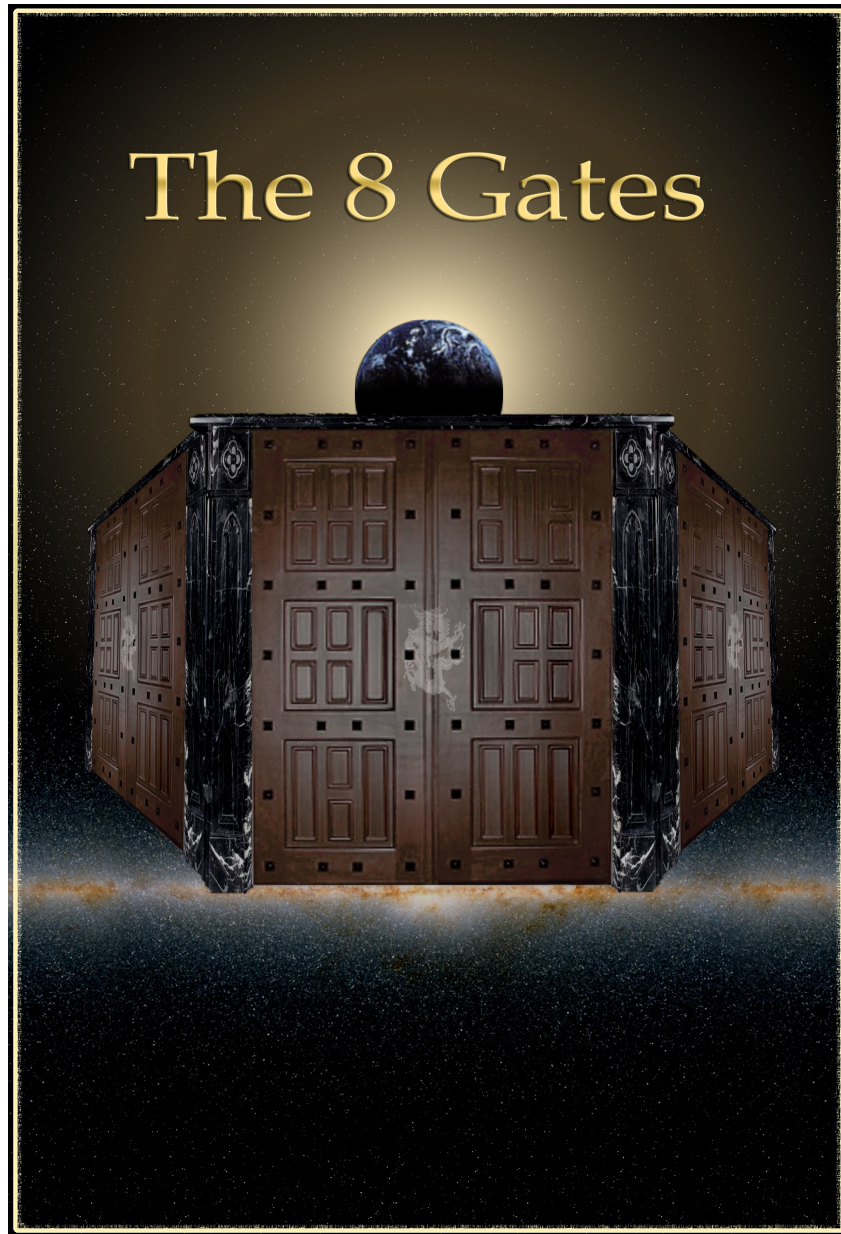
As ego and mind interprets this shadow, the illusion of self takes shape. Though unable to be defined, beliefs begin to be attributed to it. It is at this point that ego and mind attaches to the illusion, the imperfection as ones self and not the reality of who you truly are.

It is in this way that we convince ourselves that our beliefs, world-view, no matter how unlikely or unconventional, is somehow more sane, natural, pragmatic, holy, or truthful than any others. It is nothing more than a prison, built upon the foundations of an illusion.

This is the fundamental core delusion, the belief in self and a self with belief systems. It is a prison without walls, a landscape of well defined and defended boundaries. The perfect paradox of the imperfect be-ing. Cast as the lead thespian, this illusional self and its beliefs spins its own web of misconceptions and assumptions as reality.

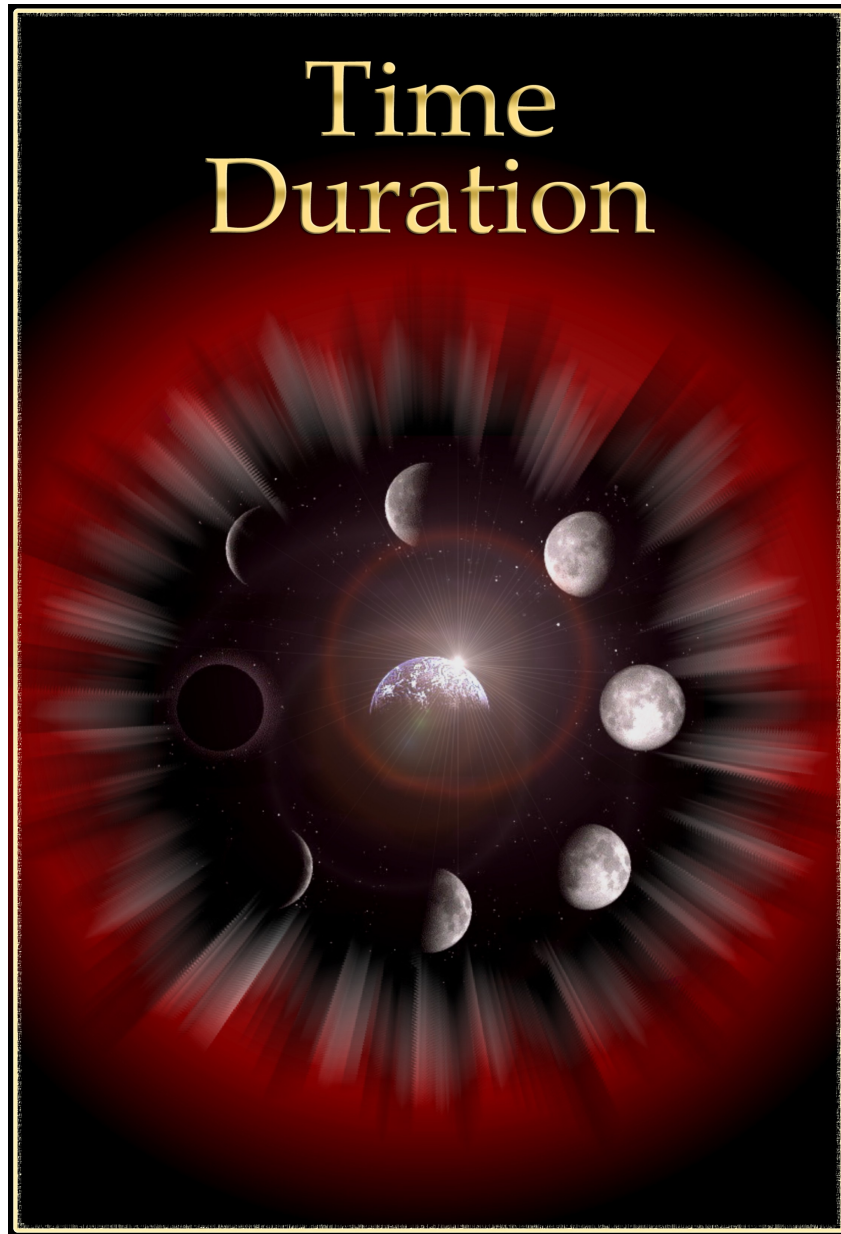
To be, realize and experience true freedom, one must look past the boundaries, question all beliefs, genuinely experience reality as it is, without bias or preconception, with Clarity, Insight and Be-ing as your guide posts.

Who you really are asks, "Can you say 'yes' to all of creation, experience everything as it truly is, and awaken to the very essence of Be-ing?"



*“Like the walls of a prison,
the beliefs that we hold
restrict, confine and define
our world and how we perceive reality.”*

*“True freedom lies beyond
unbound by beliefs and judgments
and is the essence of our be-ing.”
Mark Naea*



Time / Duration – the belief in a progressive linear flow and movement than can be measured against the backdrop of the human, ego-self experience. It is the illusionary cornerstone and foundation of the nature of time and the concept of temporal reality and existence.

Every sense-perception is in itself instantaneous, spontaneous, and impersonal. It is in the Present, is the Present, the only Present we ever know.”

Wei Wu Wei

Time / Duration

*“Time is an illusion, albeit a very persistent one”
Albert Einstein.*

Time, a simple concept, one that needs no explanation. But it is in its passage that we define not only our self, lives and events, but existence itself. We set up our lives around it, make plans by it, covet it, bemoan it and hoard it. It is both friend and foe.

And yet, it fundamentally never seems satisfactory. It is not that time itself is problematic, but it's perceived duration. We treat Time and Duration like a commodity, trading our freedom for the illusion of comfort and safety.

We become slaves to it's deceptive reflection, caught by its Siren call. Enchanted, Time and Duration is the rule and measure of our status. Bound in it's web, most never see Time's true substance. And once caught, few even recognize their loss of freedom.

“Once you accept time and space as real, you will consider yourself minute and short-lived. But are they real? Do they depend on you, or you on them?”

Sri Nisargadatta Maharaj

In order to regain our freedom, we must first look at how we define and determine it. Time and Duration is the linear temporal measurement of going from point A to point B. Flight time, movie length, personal and physical milestones, all are measured in a linear format. But exactly what is being measured?

When one watches a clock, it is believed that one is watching time pass. Each minute moving forward, the tick of the second hand, all give credence to the linear reality of time. But what we are truly observing and witnessing are events in the now. Each tick, every minute, all are events happening in the now.

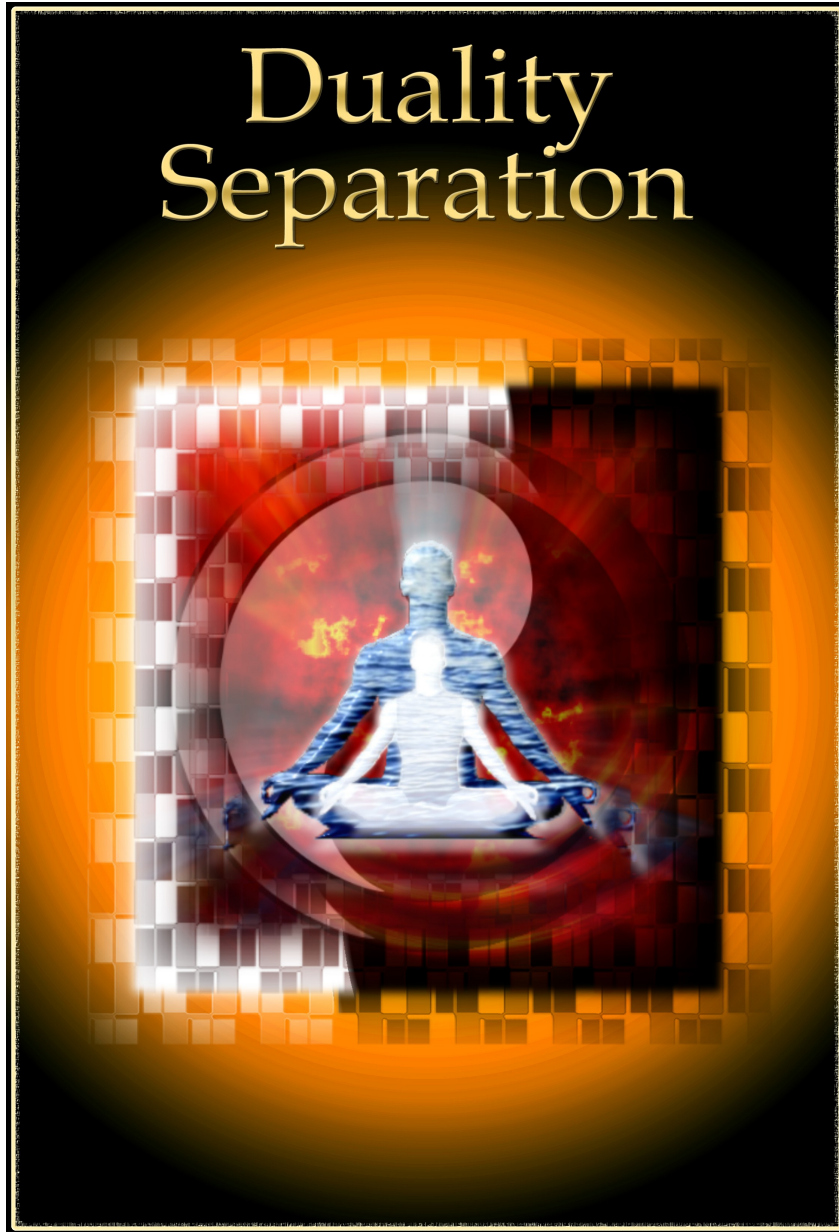
It is in this measureless present that we live, the infinite singularity that is the now. According to new ground breaking quantum research, time is not a fundamental feature of nature, but rather an artefact of our imperfect perception. Our limited senses are incapable in its ability to process the present moment and reality happening in the now.

Time and Duration is only a concept, a convention of society. It is a snapshot of the arbitrary points A and B. It is but a relative view and measurement, dependent on the non-existent structure of time itself. Time - Duration is, at its foundation, a belief system. And as such, it is subject to all of the imperfections, filters, views, distortions and fears of the ego-self.

The key to your freedom has always been with you, hidden in plain sight, in the boundless, timeless, incommensurable now.

Who you really are asks, “ Can you be, just be, present and liberated , untethered by the illusion that is Time / Duration?”

Duality Separation



Duality / Separation – the belief in the separate and dual nature of the universe, the world, one's self and being, from the macro to the micro, and all that is. It is the illusional perception and rendition of the nature of reality by ones mind and ego-self.

“There is no duality. Your present knowledge is due to the ego and is only relative. There are neither good nor bad qualities in the Self. The Self is free from all qualities. Qualities pertain to the mind only. It is as it is.”

Sri Ramana Maharshi

Duality / Separation

In the minds world of concepts and beliefs, Duality reigns supreme. It is what separates us, defines us, binds and enslaves us to who we are not, a separate Entity, Individual. It objectifies and divides the whole, twisting what is to what one believes it to be.

It is that concept of separation that creates misunderstanding and confusion, as one pretends the unreal is real. The belief in Duality is so powerful that even the Yin and Yang concept is often mistakenly conceived of as a symbol of dualism, when in actually it is meant to convey the notion that all apparent opposites are complementary parts of a non-dual whole.

Within the Yin, there is Yang, and in the Yang, Yin. It is the same for all opposites, for each contains the other. Each is a synergistic whole, indivisible, and only the mind's false identification with Duality and Separation imagines otherwise.

"All separation, every kind of estrangement and alienation is false. All is one..."

Sri Nisargadatta Maharaj

The very essence of Duality and Separation is founded in judgments. And judgments are based on opinions and beliefs one has accepted as truth through either cognitive, logical reasoning or personal observation and experience.

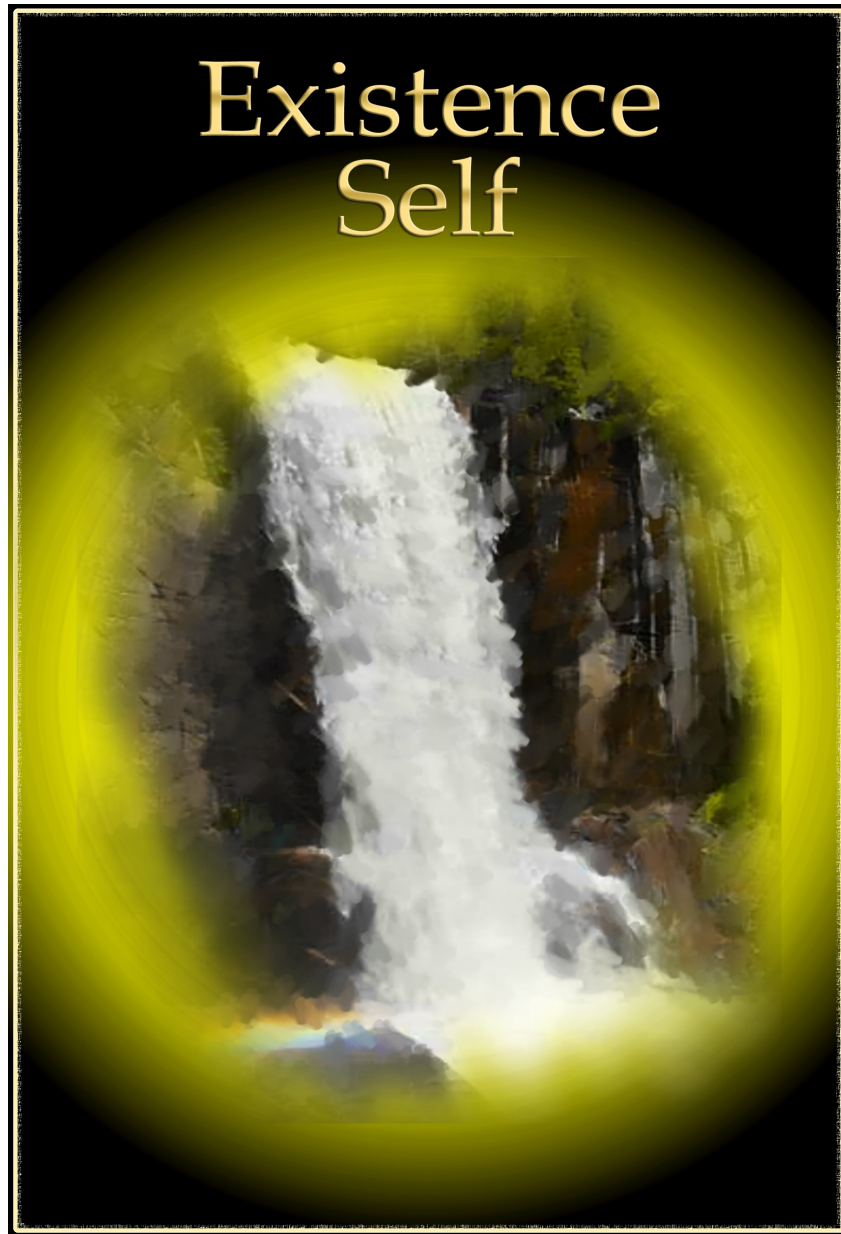
Duality is but a label, and separation an illusion. The problem arises when Duality is given the status of a Universal Law of reality. It is in fact, an arbitrary designation, one in which many invest most of their belief systems.

A battery has a (-) neg pole and a (+) pos pole. You cannot separate one from the other, as then you would not have a battery. It is the synergy of the whole that energy flows through, in this case electricity. To call them opposites is not only inaccurate, it creates a false image of its reality.

Duality and its labels only serve as a function of communication, and as such, have no reality in their own right. Separation exists only as a construct and concept of ones mind and ego-self.

To understand the nature of reality, is to realize you are not the individual, and that you truly are the Universe and the Universe is you.

Who you really are asks, "Can you, without judgment, thoughts and beliefs, observe reality as it is, casting aside the nonsense of Duality / Separation?"



Existence / Self – the belief in the I-ego and personal identity of an individual as the primary vehicle of ones mental, physical, emotional and spiritual world. It is the illusional and ever changing artefact and construct of ones mental projections, experiences and beliefs.

*“There is no mystery whatever - only inability to perceive the obvious.”
Wei Wu Wei*

Existence / Self

Whatever is material shape, past, future, present, subjective or objective, gross or subtle, mean or excellent, whether it is far or near — all material shape should be seen by perfect intuitive wisdom as it really is: "This is not mine, this I am not, this is not my self." Whatever is feeling, whatever is perception, whatever are habitual tendencies, whatever is consciousness, past, future, present, subjective or objective, gross or subtle, mean or excellent, whether it is far or near — all should be seen by perfect intuitive wisdom as it really is: "This is not mine, this I am not, this is not my self."

Gautama Buddha

What is Existence, our so-called Self or identity? It is a fundamental question, a mystery that for many, is the key to their freedom. To truly answer this question, one must look at that which we call our-self.

One is born to a physical body with senses, emotions, mind and awareness. Each sense has a separate element of stimulation, and each senses field of information overlaps and influences emotions and mind. Yet each of these 3 processes, senses, emotions and mind, are all based in past events.

Our senses record events that have already happened, emotions are reactions to events that have already happened. Ones mind processes sensory input, emotional input, and its own memory and belief systems of events that have already happened.

What one usually associates with the I-ego-self of an individual does not exist in the present. That so-called Identity is an illusion, a reflection of past events within the mind, emotion and sense stream. And like a stream, it is never the same from moment to moment, for new waters are always flowing.

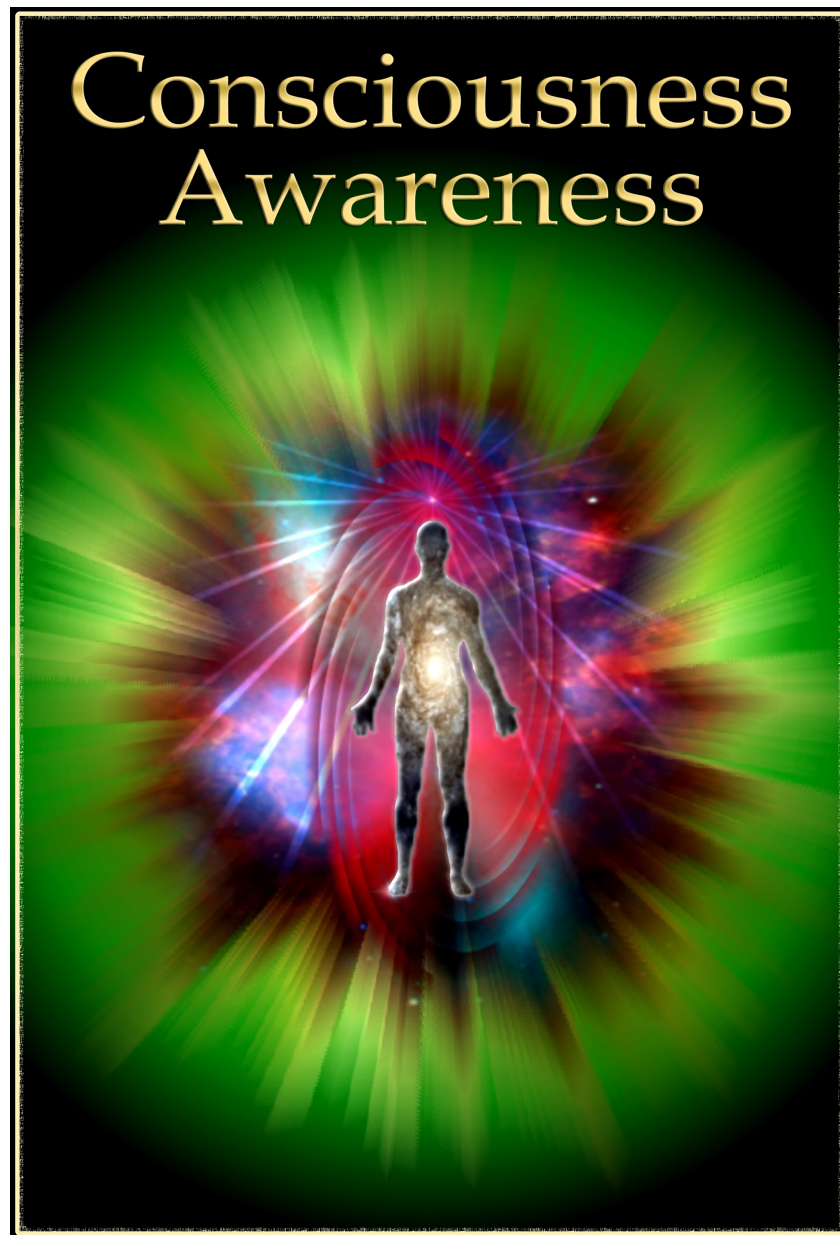
Except awareness, it alone operates independently from the others and is unaffected by them. Awareness is ever present, an inseparable component, neither recording nor judging any and all events, including physical senses, emotions, mind and thoughts.

It is this unnoticed dimension of awareness, the paradox of its unidentifiable presence, that is of fundamental import to self-realization. Awareness does not record the present moment, it is the present moment, the incommensurable now.

Its obvious that one exists in the present, yet most assume that their Self-Identity is based in their senses, emotions, mind and memory. Never realizing that they are but dreaming the past, and all but asleep to the present moment.

Who you are is always present, unnoticed and overlooked by who you are not. When one truly understands this, the radiance of your true Self is revealed.

Who you really are asks, "Can you, in your ever present awareness, lay bare the truth of Existence / Self?"



Consciousness / Awareness – the belief in ones personal or collective identity, including sensation, thinking and emotion, present and witnessing life's events. It is the illusional appearance and impression of subjectivity on perceived reality by ones I-ego-self and mind.

"I dreamed I was a butterfly, flitting around in the sky; then I awoke. Now I wonder: Am I a man who dreamt of being a butterfly, or am I a butterfly dreaming that I am a man?"

Chuang Tzu

Consciousness / Awareness

Consciousness, impossible to define with words, yet one has an intuitive knowledge of its presence. And it is that attention to its presence that sparks the awareness.

From the awareness that I exist, to the consciousness of the inter-active objective reality around ones self, it is minds attention and focus that is the foundation of ones apparent self and consciousness.

It is mind's and self's attention to object-subject that creates the illusion of I and other, but more importantly, it restricts ones awareness of true consciousness.

'A human being... experiences himself, his thoughts and feelings, as something separated from the rest... a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison ...'

Albert Einstein

At any given moment, ones mind is aware of only a minute fraction of its surroundings. Ones senses process enormous amounts of information to enable you to function, yet little of it reaches ones apparent self-consciousness.

Only the focus of ones current attention seems fully represented in our apparent consciousness, in the sense that it can be remembered. It is the paradox of ones and/or minds focus that presents an unfocused view of reality like the shadow cast by a running horse.

Though the shadow mimics every move of the horse, it is but an artefact of the event, without any reality of its own. So too with ones apparent consciousness, it is but a shadow of awareness, cast by the I-ego-self and mind.

Does the thought "I see", see? Does the thought "I hear", hear? Yet hearing is happening effortlessly, seeing is happening effortlessly; all natural functioning is happening effortlessly, without any thought being involved!"

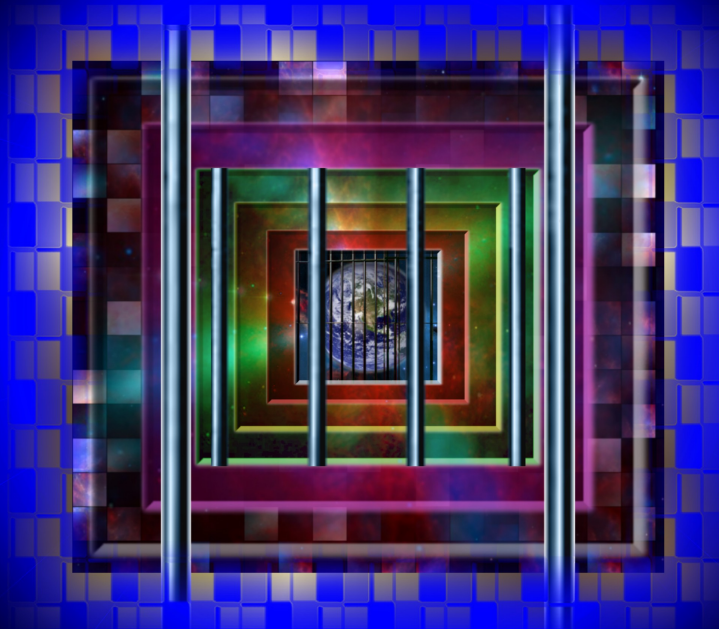
'Sailor' Bob Adamson

True consciousness abides in be-ing, in the ever-present now that is. It's penetrating light reveals all, in clarity and infinite diversity.

Who you are is Consciousness Awareness, radiant and clear. Not the candle of the I-ego-self and mind's apparent construct. When one truly awakens to this, it is akin to turning on the lights in a darkened room.

Who you really are asks, "Can you, without objectivity or the subjective judgments of mind, be the radiance of true Consciousness / Awareness?"

Freewill Intention



Freewill / Intention – the belief in one's independent self volition or freedom of choice within the matrix of sense and minds linear perspective. It is the illusional projection and commentary of ones mind and ego of perceived events.

"Everything is determined ... by forces over which we have no control. It is determined for the insect as well as for the star. Human beings, vegetables, or cosmic dust - we all dance to the mysterious tune, intoned in the distance by an invisible piper."

Albert Einstein

Freewill / Intention

Freewill, the cornerstone of the I-ego-self. It is both the boundary and definitive determinate belief in and of ones so-called consciousness. But is it real, does one truly have choice? And why is so much importance, judgment, and stress associated with it?

As defined by Webster's, Freewill equates to "freedom of humans to make choices that are not determined by prior causes or by divine intervention, i.e. a voluntary choice or decision."

Yet it is "prior causes" within the linear temporal existence of I-ego-self that gives the impression of choice. Freedom of choice is but an delusion of the I-ego-self. It is the source of most of ones stress and unhappiness, judgment and opinion, and the fundamental instrument of separation.

It is the very foundation of self, and the wellspring of the illusion of duality. Every illusional choice that has been recorded by the mind is cast as a brick for the tower of the ego.

Brick by brick, ego raises its tower, all the while standing in judgment of ones self and others. It is by this construct that the I-ego-self is given authority as both gate keeper and warden.

This is the misconception of the I-ego-self, in its effort to chose and control the course of ones life stream. It is akin to saying that a river has chosen it's course, when it is but the essence of water to flow.

The course of a river is an event in action, not a choice. It is in that respect, in the present moment of now, that freewill occurs. So to with ones life.

The illusion that is mind and ego records the event as a separate phenomenon, who you really are is the event itself, eternally present in it's flow.

*Only those who have no knowledge of the Source of destiny and free-will
dispute as to which of them prevails. They that know the Self as the one
Source of destiny and free-will are free from both.
Sri Ramana Maharshi*

Your freedom and freewill is in the now, it is your true be-ing, its essence and presence. You do not choose the events in life, events are life, and your opportunity to truly be alive.

Who you think you are has no freewill, who you truly are is the very essence of it.

Who you really are asks, "Can you, in the present and eternal now that you truly are, be that Freewill / Intention?"

Motion Stillness



Motion / Stillness – the belief in ones self as the acting force and engine of engagement in ones life and existence. It is the illusional doer and director of perceived reality cast by ones mind and ego-self.

*“All the world's a stage, and all the men and women merely players. . .”
Shakespeare*

Motion / Stillness

Stage, a word as wide as the universe. It is the holographic screen and stream of events, where frame by frame, one defines their I-ego-self and meaning.

But it is its foundation, the fundamental meaning of stage, “as in a scene or setting, and performance of, a script or play”, that reveals the true nature of perceived reality.

In the theater of ones life, it is believed that I-ego-self is the causal agent and director of events. From the mundane to that which is life changing, self is the principal star.

Yet with each stage change, twists and turns abound, events unexpected and out of the blue occur, without rhyme or reason. And ones self is left undirected, unable to comprehend.

Stranded and alone in the spotlight, the belief in the I-ego-self in control is unveiled. It is the paradox of perceived reality, the self-imagined separation of the stage / act from the actor.

And as in any play, ones performance is scripted. From the stage, scenery, props and co-actors, the movie of ones life is just that, a scripted performance.

Like the still frames that pass through a projector, its images reflected and perceived in motion, life's drama and tapestry are already written, woven and recorded.

Who you think you are, the star, actor and director, is just that, a thought. It is this mistaken belief that is the cause of so much stress and suffering in ones world.

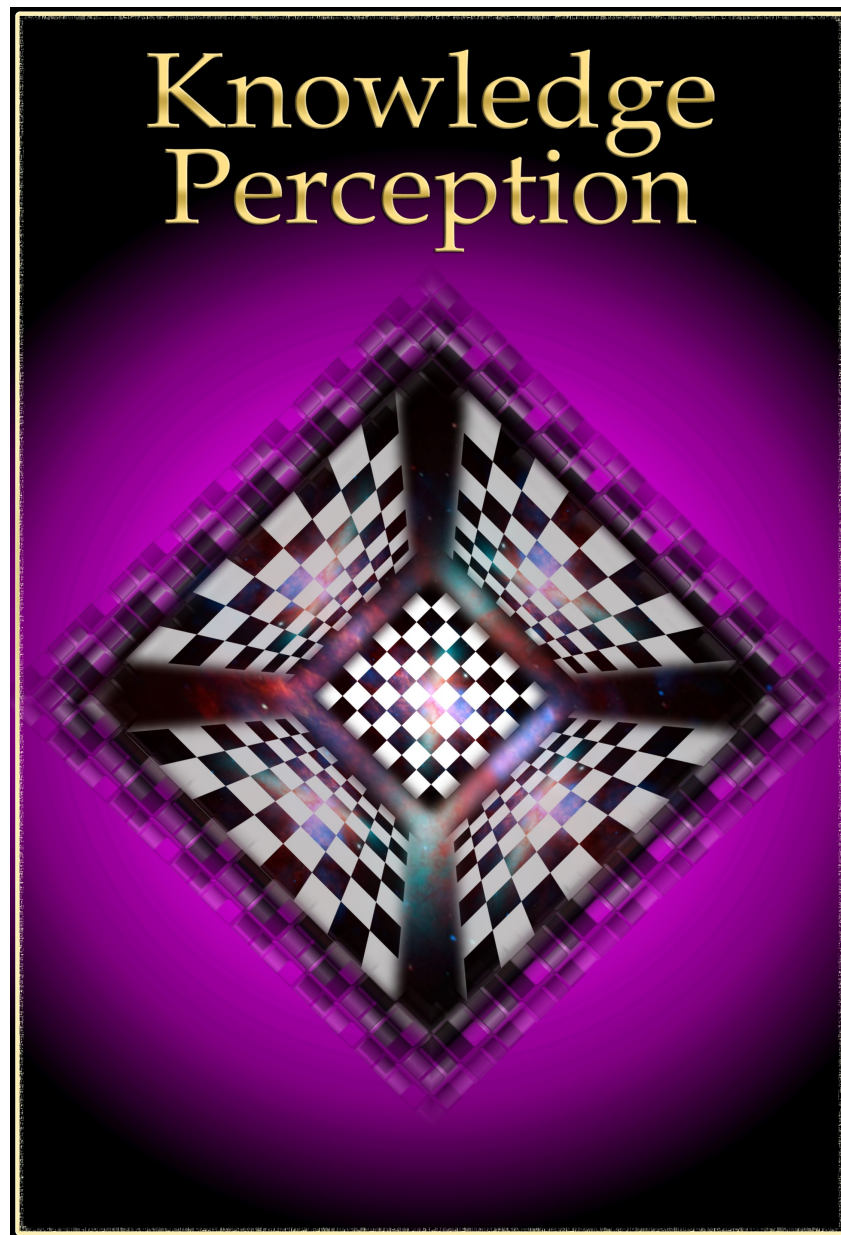
It is akin to a section of a river believing it is in control of the waters running through it. The flow has already been determined long before it ever reaches that section.

So to with the perceived reality of I-ego-self. Events in the flow of life have already been scripted long before it is perceived by ones illusional self.

In every scene, you truly are both Motion and Stillness, and yet the mind and ego-self can only interpret a fraction of it. Lost in the translation is the reality of the moment, passing as a phantom / shadow across the mind's screen.

Who you really are is the light that makes the movies visible, the screen that reflects them, the synergistic Motion in Stillness of possibilities, the ever present moment of now. There are no scripts in the now, only freedom.

Who you really are asks, “Can you, observe the play as it is, and see your true be-ing reflected in Motion / Stillness?”



Knowledge / Perception – the belief in ones understanding and interpretation of their mental, physical, emotional and spiritual temporal experience of reality. It is the illusional ground and pillar of the concept of ones I-ego-self, mind, consciousness and awareness.

*"The Way is not about knowing... or not-knowing.
Knowing is only delusion,
and not-knowing is merely blank consciousness."
Nan-Ch'uan*

Knowledge / Perception

We live in a age of information, where answers are literally just a click away. We are surrounded by it, day and night. From newspapers, magazines, radio, television, books, advertising, all bombarding our senses with mountains of data.

How does one sift through this ocean of images and voices, how does one make sense of it all. In our thirst for knowledge, we are drowning in a sea of information. Yet what exactly do we really know?

“Knowledge has three degrees -- opinion, science, illumination. The means or instrument of the first is sense; of the second, logic; of the third, insight.”

Plotinus (205-270 A.D).

All knowledge and perception begins with the senses, which compares the data to established patterns of belief and opinion. If no match is found, it is then passed onto the reason and logic functions of the mind with its own set of filters and judgments.

In such a closed system, very little is actually untouched by filters, opinions, belief systems, judgments and the lenses of ego. At best, what one is left with is a collection of opinions supported by the belief systems, judgments and fears of the I-ego-self.

Even the most common knowledge and perception can be overruled in this system, as seen everyday all around us. Lost is the grounding effect of actual knowledge, reality viewed as it is without any of the artefacts of the I-ego-self.

As long as one relies solely on the so-called knowledge of the senses, the minds reasoning and logic, and the I-ego-self's beliefs and judgments, one is a slave to their assumptions and misconceptions. It is in this illusional world of dreams that most are asleep.

"Real knowledge is to know the extent of one's ignorance,"
Confucius

To awaken, one only has to question and look past this facade. It is that spark of insight, this assertion of ones freedom to question, that illuminates. True knowledge frees the individual, awakens and enlivens on all levels, and reveals the dream for what it is.

Who you really are asks, “Can you transcend the dream world, its activities and nature, guided by insight, and be grounded in True Knowledge / Perception?”

Form Emptiness



Form / Emptiness – the belief in ones physical body, mind and senses as the fundamental base of ones existence. It is the illusional view and concept of individuality as construed and misunderstood by the I-ego-self.

“Form does not differ from emptiness; Emptiness does not differ from form. Form itself is emptiness; Emptiness itself is form. So too are feeling, cognition, formation, and consciousness.”

Gautama Buddha

Form / Emptiness

Physical and self identity, and individuality, it is the fabric of ones cognitive universe, woven by the mind and ego, and like a flag, proclaiming its sovereignty.

But is this physical canvas truly reflective of ones identity and self, or is it merely a snapshot of the surface, whose truth, depth and mysteries are unsee-able by the mind and I-ego-self.

The foundation of ones physical world is composed of atoms. An atom is incredibly small -- more than a million times smaller than the thickness of a human hair. From head to toe, and the world around us, atoms present the illusion of form and solidness.

Science tells us that the physical world is not as solid as it seems. Everything is made up of atoms, whose interiors are 99.999% empty of any measurable matter. The solidness that one feels is but the electromagnetic fields interacting.

As to mass, that is contained within the nucleus of the atom, made up of even more minute particles - protons, neutrons, and electrons. If one were to take and condense all of the nuclei of a human body, it would be smaller than a grain of salt.

“What we observe as material bodies and forces are nothing but shapes and variations in the structure of space. Particles are just schaumkommen (appearances).

Erwin Schrodinger

One is not the body, for science tells us that it is 99.999% not here. One is also not the grain of salt that makes up our mass. The physicality of the self is but an illusion, a concept of the mind and senses as it interacts with reality.

Who you truly are is the 99.999% that is immeasurable. Your reality rests in the essence of that, the infinite space of be-ing.

"Many people are afraid to empty their minds lest they may plunge into the void. They do not know that their own mind IS the void."

Huang Po

Who you think you are is but a flickering candle, who you truly are is a radiant sun.

Who you really are asks, “Can you, the measureless be-ing that you are, embrace your true Form / Emptiness?”

Epilogue

*“You are God, but you do not know it.”
Sri Nisargadatta Maharaj*

In the now of your be-ing, that infinite timeless space of pure awareness, all that you truly are radiates in all directions. Self-realization is just that, awakening to who you really are.

It is the simplest thing in the world to awaken. But as I am fond of saying, “It is the biggest event that will never happen to you”. At least for the you that you think you are.

Both the imagery and verses of the 8 Gates and the 3 Keys are meant to resonate and cast light on who you really are, and uncover who you are not.

When you awaken someone who is asleep, you shakeup their reality, in this case their person, until they are conscious and awake.

So too with self-realization, enlightenment and freedom. When you awaken someone to self-realization, you shakeup the reality of their belief systems, judgments of events, and the ideas that make up their I/ego/self.

“Light a Be-ing”, the e-book and companion DVD, engages one to really look clearly and deeply at their beliefs, judgments and who they think they are.

And as the light of awareness casts aside the illusions of the I/ego/self, one awakens to who they really are.

“You are not taught to be awake, you did not learn to be awake, it is your natural state. You know without knowing you are awake, it's feel without feeling, that it doesn't have any chemical, mystical or spiritual forces behind it.”

Mark Naea

Enlightenment IS, it is your natural state of be-ing, just like being awake. Who you really are IS, who you think you are is asleep.

Namaste
Mark

Light of Be-ing, The Movie

This eBook is the companion to the ground breaking movie “Light of Be-ing”. Over 4 years in the making, “Light of Be-ing” is more than just a visual and audio delight. It touches that which is always present, the essence of who and what we really are.

Words fail me when asked to describe this movie, it is like trying to describe an apple to someone who has never had one. “Light of Be-ing” resonates on so many levels, a dance of words, color, light and sound.

“Light of Be-ing” the DVD is much more than a collection of imagery, quotes and music. From its original graphic artwork, to the timeless quotes and uplifting music, “Light of Be-ing” resonates with who you truly are.

There are many many levels of information encoded and being transmitted, from sacred geometry, color chromatic synergy, cultural and spiritual imagery, enlightened sayings and background music that sings freedom.

It is the synergistic harmony of who you really are that resonates from every frame of the DVD “Light of Be-ing”. It is both awakening and freeing, bypassing the judgments and filters of the I/ego/self.

Taken together with the eBook, “Light of Be-ing” enlightens all that you really are.

“There is no greater mystery than this, that being the reality yourself, you seek to gain reality. You think there is something binding your reality and that something must be destroyed before the reality is freed. This is ridiculous. A day will dawn when you will laugh at all your efforts. What is there to realize? The real is always as it is.”

Sri Ramana Maharshi

If you truly wish to go beyond just being a seeker, if you have hit your own personal wall, if you are ready to awaken to all that you are, “Light of Be-ing” is your true self answering that call.

Here are some of the comments others have made:

It's indescribable! The first time I watched it, I cried (from joy). The second time I watched it, my eyes and third eye felt full and I felt like reality was altered. The third time I watched it, I cried again (from joy). It's amazing, awesome, incredible, beautiful!!!
Alison

Read the e-book and saw the movie; excellent!!! loved the art work, and the music, and want to go through it again; very nice....

Richard

The DVD blew me away, even though I had seen parts of it in the making, the final version was beyond what I had imagined it to be. Fantastic job, it was like watching enlightenment, I was in joy for hours afterwards...wow!!

WP

Beautiful, observed, was present and took nothing away - we simply are awakened. Pleasant the feeling of being and already knowing.

Bob

I viewed your video this eve. It is really beautiful in so many ways. The graphics are tremendous. What do you think about printing a poster of one or more to sell? Each time I hear the statements I reflect on them anew. Congratulations!

Donna

LOVE THE DVD!!! I tell everyone on Facebook to GET THE DVD and check out your website.

Linda

I found the video calming each time I viewed it. It's really hard to describe, but every time I see something different. It could be the vibration speaks truth, which then vibrates in/out side me, and is a match vibrationally. I find it amazing that you've been able to describe this stuff! I find it difficult to write about...

Thank you Mark for everything over the years!!! I've loved it all from visiting store, to Andaras, and now the DVD. Thank you for be-ing !

Mahalo for guiding me back home.

Dawn

For more information or to order your copy of the "Light of Be-ing" video, visit us at www.LightofBeing.net. I'll see you there...

Namaste
mark