

There is only
YOU!



Burt Harding

*You are all you can ever know.
There is no outside or inside you.
'Inside' or 'outside' are
conditioned perceptions of physical memory.
You think, feel, see and experience according
to how you see yourself.*

Let us talk about your favorite subject – YOU! Sometimes people do not want to admit that they are all that they think about, but honesty can be quite an awakener in itself.

If you feel sad then YOU are sad. If you feel happy then it is YOU who is happy. Whatever you believe, no matter how ignoble or noble, you have to live with it. YOU are all you have and will ever have. Whether you admit it or not, it is YOU who has to live with that belief.

One evening during satsang I asked people, *“What is it you want more than anything?”* and replies came in the form of wanting truth, love, peace, reality or what have you. Some if they were very honest would probably have said, *“a million dollars”* or a new Ferrari or having power and fame.

Then I asked them another question, *“When you want truth, peace or fame etc, who is it you want it for?”* And that question made some realize that what they really wanted was *“ME.”* Some had objected and replied, *“No, it is not me I think about but my son. He comes first.”*

“Doesn't he come first because he is your son or do you feel the same about every other son and daughter?” Of course, he comes first because he is *‘MY’* son. *“YOU”* comprises of me, mine and self-image.

When there is objection to this obvious truth, that's when we really have to look deeply into our own heart, for that is when we

defend and protect ourselves. This self-protection and defensiveness is the need to cling to this ME-idea referred to as YOU!

The human paradox is this – the more we object and resist, the stronger we cling to this “YOU.”

Go out in a crowd and exclaim loudly, “YOU!!” and most people will turn around in answer to that call. Here is where you begin to see that everyone is YOU. “YOU” is everyone and yet it is all YOU!

If we start to glimpse, even minutely, what is being written here, you will start to see into what is most precious in Life.

Let’s take it a step further – isn’t everyone the same? After all, when we say the word “YOU” aren’t we really referring to everyone? Did you know that as you read this, you are automatically referring it to yourself and not how it refers to John, Mary or Joe. Everything has to do with you. YOU are all you know and can ever know.

Here is the first truth to mull over – there is nothing outside of you EVER! You start with YOU and end up enlightened with YOU!

So, if everyone is the same, then aren’t we all one essence? Now, doesn’t this blow you away? American Indians say “never to judge anyone until you have walked in their moccasins.”

Here is the great revealer – if I hurt you then I would feel that hurt by not liking myself unconsciously. I say the word ‘unconsciously’ because practically every judgment, dislike, resentment and negative feeling is an unconscious thought of separation from YOU! I have to live with what I think about you. If you make me angry then the anger is in me. If I dislike my world then my world dislikes me. There is no getting away from ME (which is YOU). Since there is only YOU then ‘things’ start to fall into place and we begin to see our oneness.

The great mystery is this – ‘YOU’ are all you can ever know and rightly so because that’s how spiritual awakening happens. There is only oneness but then Oneness is YOU!

So now we can take it a little further – if ‘YOU’ is all there is then it is a degree of awakening insights, or rather, degrees of awareness.

Initially all I thought was about ME, myself, but didn’t know it consciously. The average person thinks about 26,000 thoughts a day and all of them refer to oneself. There is no awareness that how one feels emotionally or mentally has nothing to do with Reality for it is all based on thought.

The next level of awareness starts with seeking something ‘better’ for oneself, maybe some liberating truth or some secret, but no matter what we find, it is all concerned with ME. There is no getting away from ME. In fact, the more I struggle against ME, the greater the ME has a hold on ME. So here I reach frustration, control, anger, fear, uncertainty, insecurity and doubt. These are all necessary forms of recognizing how egoic one really is. We try to become happier but nothing happens. Maybe we study Advaita and learn the ‘evils’ of ego but all we generally end up doing is more information, ready-answers but no joy or real peace. We may join a group, religion or belief system but we are still stuck in square one.

Our awareness starts to move a little deeper when we realize that others are a part of us and so try to be kinder, sweeter and more loving UNTIL we are attacked and we retaliate realizing it was all a façade. However, realizing it was a façade is a great leap in consciousness growth.

We may even pretend we are pure awareness, and oneness is all there is, but we are still stuck with ME knowing this. In fact, we pride ourselves knowing that we know. We may even try to teach others less aware than we are...but we are still not happy or at peace!

Then begins the battle against the ego and that's when sadness becomes a part of our daily life. We just don't know how to get rid of this ego (ME). Just imagine getting rid of this ME when it is all you can ever know.

Is there a secret then? We ask "Who Am I?" but no answers come (and never will) because the "I" that asks that question is the ME (YOU) that never leaves one single bit. How can the ME know what is higher than itself? *But is there something higher than this "I," or am I kidding myself?* Really now – forget about the hundreds of books you have read about the Higher Self or Inner God Force. In fact, come with empty hands like the Course says.

Is this "I" subject to time?

This "I" (ME or YOU) is all there is for YOU. The trick is getting to know whether it is subject to time.

"AHA!!" so that's it. Am I the past or this NOW? If "I" is the past then I am as if dead because there would be nothing alive in me except just memory. If "I" is the NOW itself then I am timeless."

The "I" doesn't change from ego to Self – it is the "I" that we thought was just ME (ego) but began to be aware that this "I" is awareness presence. Now I start seeing that I am truly everyone.

Whatever I see, experience or do, it is always this "I" doing, seeing and experiencing, but now is it the past ME or is it this NOW me? If this "I" was totally caught in the past then it is not truly an alive "I" but a flicker of the real "I". It is but a memory. It is but a shell filled with uncertainty, fear, doubts and even problems. But the question, *"Is it the "I" that is the problem or the preoccupation with the past?"* We had confused the two so completely that we believed there was something wrong with us.

There is a liberating feeling when we start seeing that this “I” is not the thoughts, emotions or even mind, but a higher aspect than just a personal self comprised of time. This begins our freedom – knowing. We begin to see that this “I” is all there is and it is One-Self!!

In fact, how you see others, the world including every single belief you have is all YOU, and how ‘you’ see ‘YOU.’

The most marvelous revelation comes with expanded awareness when YOU start seeing that there is no world ‘out there’ but only your thoughts about it.

When you feel sad, angry, upset or simply lost and negative, it has nothing to do with Reality but only your thoughts about it. You are simply caught in these thoughts (memory). When you attach yourself to these memories then YOU not only believe them but actually manifest them. You can actually believe them to be so real that you continue indulging in them so that even if a good feeling arises it won’t feel real and you sabotage it. You actually punish yourself for feeling bad by feeling worse.

This vicious circle is known as egoic mind. We cannot get rid of the egoic mind, after all, who’s going to do it? Remember, there is only YOU! The trick is this – who is this YOU that you never questioned?

This is when we start waking up and soon discover the greatest secret of peace, love and inner fulfillment. Reflect as you read this and see how obvious it all really is.

‘YOU’ is all there is!! This is not only an incredible statement but it is the revealer of the greatest force in the universe known as LOVE! Love starts with knowing you because everyone else is also ‘you.’ I hope that by this time you are beginning to see the obviousness of this. If not, start reading this booklet again with greater deliberation and reflection.

Did you ever sit still, so still in fact, that you fully relaxed in the moment. Then in that stillness you asked, "Who am I?" and there was no reply because at that moment there was no ego "I" but an expanded "I" (the same "I" always). All you could see was your awareness of all that is. In other words, you were looking through the same "I" but without memory-attachment. Then you discovered that you were the living Presence. This is what was meant by the Biblical statement "Be Still and Know I AM God."

All that ever happens in our life is really "Know Thyself" for there is nothing else but the Self. All you will ever need to know is YOU until you discover that 'YOU' is not an isolated body separate from others but the Self of everyone appearing 'as if' you were separate. This appearance of separation was always the big illusion and the great bondage and suffering.

In moments of stillness also ask, "Who is it that is aware?" and eventually you'll discover it is the same "I" of everyone that lives and has ever lived on earth. It is the "I" that is aware – it is YOU!! There is nothing more than YOU. First it appears as being the past memory conditioning and then, slowly and gradually, awakes to discover that this YOU is all that there is.

Now we come to the most important SECRET of all and one that will blow your ego mind into the Self. This SECRET is so wondrous, is so revolutionary and so transforming that the moment you realize it that's awakening itself.

So, what is this great revolutionary and transforming secret? It is this – you are 100% responsible for every feeling, thought, emotion and experience. There is no world 'out there' – there is only YOU!! You have to be 100% responsible because there is only YOU! Everything you see happening in the world is your responsibility because you are seeing it.

The following is taken from the article “World’s Most unusual healer” by Ted Kuntz.

“Dr. Ihaleakala Hew Len is a psychologist who works with individuals considered criminally insane. These are individuals deemed mentally unstable to such a degree that they are not held legally responsible for the serious crimes they commit. As a society we typically respond by locking these individuals in an institution, often for the rest of their lives.

Yet, after a few months of Dr. Len’s treatment, those individuals who had been shackled are released of their shackles. Patients who had been heavily sedated are able to go off their medications. And those who were given no chance of ever being released are freed. After four years of intervention, the ward in the state hospital where Dr. Len worked closed because so many of the patients had been released.

This is the stuff of urban legend. It seems inconceivable that even the world’s best therapist could cure the criminally insane. The most unbelievable part of the story however is that Dr. Len cures his patients without ever seeing them! Rather than offer traditional face-to-face therapy using cognitive and behavioral interventions, Dr. Len studies the inmate’s charts. He then looks within himself to see how he created the person’s illness. As Dr. Len accepts, forgives and heals himself, his patients are healed.”

Dr. Len realized that being 100% responsible since there is only Him (Self) then the energy is transferred to the ones focused on. It is like calling someone on the cell phone and dialing their number to reach them. They are reached directly by dialing (focusing) their signal until the radio waves reach their cell phone and they answer. Similarly, when we take 100% responsibility for whatever is happening ‘out there’ we imbue our auric-field with so much energy that our focus becomes the signal to reach the ‘other.’

At a meeting a woman complained that her dying son from cancer was not helped by prayer. She prayed continuously for his healing but nothing happened. Then the 'teacher' replied, "You prayed in desperation rather than responsibility. Then she was told how to take responsibility for seeing her son's body deteriorating and to ask for self-forgiveness for her thinking and seeing. Her son recovered.

'YOU' is all there is and there's no one 'out there' but YOU. Once you start seeing this clearly then there is transformation, healing and inner power. You take responsibility for whatever you see, feel and experience and then forgive it in you. The one focused on (being connected with YOU) then receives the benefit also.

With our current understanding of how things are the way they are, Dr. Len's method and taking 100% responsibility doesn't make sense. We actually recoil at the thought that we are responsible for another's behavior. But the truth is stranger than fiction since we are all connected. There is only YOU. When you start hearing this, (I mean really hear it,) then miracles will prove to you that not only it works but that actually anything else is a waste of time and energy.

When you take 100% responsibility then not only you transform but also help others to shift their consciousness by your presence. We are all connected. There is no one to blame or hold accountable but OneSelf.

If this booklet has touched you and you feel somehow that you'd like to contribute to your greater understanding we have a group-meeting in SPIRIT every noon at Vancouver Pacific time. All you are asked to do are these simple steps.

1. At exactly noon time (Vancouver time) sit still with eyes closed and centered to the spot between the eyebrows. As

if you are looking inside your head. Watch your normal breath and relax.

2. Think of someone you have judged or someone you wish to help and focus their "shortcomings" in your own body/mind feeling. Your judgment means it is your judgment and in you.
3. Repeat the words "I love you" "I love you" "I love you" to the All-That-Is "I" and feel your energy encompassing this person or persons.
4. Then, having said, "I love you" follow with, "I forgive myself for having these thoughts, judgments and feelings. I let them go." Having done that a few times follow it by saying, "Thank you" "Thank you" "Thank you."

If you wish to report your experiences it would be greatly appreciated as I am doing this research for a book. I have already received several reports that exceeded my expectations. If you feel you want to do this daily noontime 'practice' then commit yourself to it. 5 to 10 minutes will do the trick. You begin to notice little miracles happening in you and around you.

If you feel, having done this practice and received benefit, a donation would be greatly appreciated.

burtharding@shaw.ca