

# *Wake up 'now' or never!*



## *Burt Harding*

The most popular statement received from most seekers is the following, *"I understand what you say and it makes sense but I don't feel it to live from it!"*

Did you know that this is the ego's way to keep you trapped in your familiar conditioning?

I keep hearing this excuse over and over again and it is time to address it.

If what you hear is logical and truly makes sense then all you have to say to yourself is this, *"Either it is true or it isn't true!"* If it is obvious that it is true then why do you need to realize it (that will happen by itself when you relax into it).

There are **only two things you need to know** beyond any doubt and, these two things are enough to wake you up here and now, if there are no excuses.

And, we are talking about “waking up” and not our usual beliefs about enlightenment.

**First**, answer this question, *“How do you know you exist?”* If you know you exist then you have your first obvious truth. This ‘knowing’ is not an emotion, not a thought nor memory. It is your awareness recognizing itself.

**Secondly**, answer this question, *“Is there any other time than now?”* It takes very little intelligence to know that ‘now’ is all there is or can ever be. I have had some intellectuals say to me – *“but now is a misnomer because even as we speak what you say is already past and, what you haven’t said is in the future, so where is now?”* The egoic mind is always coming up with smart remarks to evade the obvious. ‘NOW’ cannot be measured because it is timeless.

You see, my friend, it is all a matter of looking at the word ‘time.’ Time is created by conditioned mind through the linear brain. This ‘now’ is not just the present time that contains both past and future in it. ‘Now’ is a container of the present time and therefore timeless. Think of it this way – you are on a train and as you pass the territory you are traveling on you can see your past starts fading away as you move forward. You can see the past going by and as it fades from view still knowing that it is still there in the far distance. Then you take a helicopter and see with greater awareness the train’s past, present and even future. However, you keep growing in awareness as you look at the whole scene from an airplane and the whole past, present and future are in plain sight. When in the present moment you relax your mind from questioning and look plainly (with greater awareness) at this ‘now’ it will be clear that all you can ever have is this moment. And, here’s another fact that is obvious – there aren’t two moments in time!

The moment you start seeing that time is psychological then a whole new way of seeing opens up for you.

We live in psychological time because we are conditioned in it and afraid to look at what is true. The truth can shake us up and challenges our strongly held beliefs. However, ask yourself this again, *“Is it true or not?”* and that should be your only concern. If there is sincerity, honesty and an authentic drive for what is real, then you allow yourself to see the obvious. I admit, it is scary, but heck, if it's true what other choice do you have? This is all the spiritual maturity you need – to look at the truth squarely and commit yourself to it. The advantages far outweigh the disadvantages.

Looking at this thing called ‘time’ opens the door to the unexplained and unknown to the ego and obtains a clearer image of the Source behind all phenomena.

The crucial key to waking up is a direct LOOK at *time*. It was A.S. Eddington, a scientist and researcher who wrote, *“In any attempt to bridge the domains of experience belonging to the spiritual and physical sides of nature, Time occupies the key position.”*

The mind is consciousness containing thought, imagination and time-consciousness. As we examine the deeper subconscious that makes us believe, experience and think as we do, we will begin to see that all events are occurring in the ‘present.’ Yet, when the present becomes fully contained in this ‘now’ then we enter the timeless. For instance, you get fully involved in a situation that you are fully in-love with and then find yourself saying, *“Gee, where did time go?”*

In Reality there is no time but the eternal NOW which the ego-mind (conditioned) will refute without giving it a fair chance. Yet, if we are sincere and authentic in our search for what is true, we'll start to see that this NOW is eternal. This begins a whole new way of

looking at everything. *If 'time' is eternal then where is death except to our 3<sup>rd</sup> dimensional appearance? Is the body as solid as our senses make us believe? Are our senses to be relied upon when they are conditioned by imagination?*

*And, if NOW is eternal then aren't all events that happened still exist now? Are we really born and do we really die or simply go through form change? How real is the form, or is it just a shell or appearance of consciousness?*

All science knows this fact – Energy (Spirit) is indestructible, it simply changes form.

I love the statement made by the philosopher Alfred North Whitehead, *"It is impossible to contemplate time and the mystery of the creative passage of Nature without an overwhelming emotion at the limitations of human intelligence."*

As the illusion of time begins to dawn on you a whole new deepened consciousness will start to arise. What seemed limited before, now will stand as awe and wonder and greater vision. At this point we will not forsake the mind but appreciate its greater beauty of creativity known as imagination.

*What is not imagination?* The anxieties you feel; the anger that arises at certain moments or the uncertainty, fear and insecurity that had haunted you before now you start seeing as imagination. It is a creation from the subconscious mind. Our conscious awareness might take a jump from the average 5% to a vaster seeing. Something inside you will know that everything you had taken to be who you are was just what you told yourself you are subconsciously. Now you see with grander vision that you are literally boundless being, vaster than vast and timeless beyond birth or death. This sounds grandiose at this point, but it will all seem natural and simple once you start looking at the obvious truth of you in these **two steps**:

1. You know you exist and therefore are existence itself.
2. You know that 'NOW' is all that can ever be and it contains it all and is timeless.
- 3.

**Everything was and is imagination.** The 'one' that is not imagination is also obvious – it is the one who imagines it all. In other words, the only thing that is not imagination is the one who imagines it all. **This 'one' is you!**

Imagination is what created the world, our daily life, our emotions and thoughts. Whatever you imagine to be real becomes real to you. That is the function and power of your subconscious mind. You, in fact, are a creator through your imagination. First you create, through unconscious choice, by making real whatever happens to you and thus form your world. In this case it is a 'negative' world. Then, the moment you realize that your negativity is all made up by you, then you start seeing the power of imagination and start rebuilding your world the way you want it. This creativity is your great power.

What made man go to the moon, create airplanes, computers and advanced technology? Isn't it all imagination and knowing that it can be realized?

McKenna, author of Archaic Revival, has foreseen that in 2012, Time will cease to be linear because the technology will be created which will cause Time to lose its linear and serial quality.

Ordinarily we don't make up that we are frightened or anxious or angry. **We see what we imagine.** In other words, we don't purposely create our attitudes and emotions but we create them through our set conditioned imagination as being real.

Primitive consciousness had no imagination and therefore was driven by habit. As imagination increases so do our emotions. However with greater awareness of our self-created pain, we begin to see our inherent power to reverse it through imagination.

Humans became “bicameral” when imagination and language evolved to the point of creating civilization. Thus utilizing language the left side of the brain separated from the right side of the brain. The left side is egoic and deals with the details of daily living, whereas, the right brain deals with imagination, vision and insight.

It is interesting to note the phenomena of religions was something that the mind needed for his herd instinct, to belong, to feel okay and to know that there’s something deeper than just form, name and language. Religions started the wars in their different beliefs and ways of doing things imagining that “*our way is the best and only way.*” This separation is hard to uncreate and this is where the seeing of the timeless comes to our rescue.

Science may have many answers but it still unable to explain our awareness of ourselves. This pure awareness, which is timeless, is existence itself and like the ocean creates waves upon its surface. In other words, we are existence itself (spirit) that appear as units (waves) upon its surface. Yet the waves are the ocean itself. Similarly, we are units of energy that are existence itself. Awareness does not evolve since it is already complete. The human soul evolves to the point of recognizing our One Awareness. This starts to happen when we commit ourselves to what is obvious...

1. The fact that we exist and are existence itself.
2. The fact that NOW is all there is and it is timeless. Therefore, ‘now’ is not a time but who we are itself.

When Edgar Mitchell described his vision while on the moon during Apollo 14 he related his overwhelming sense that the universe itself is alive and that it is in some way a conscious being in its own right. This means that all forms, whether on earth or elsewhere in the universe, are all part of one giant consciousness.

There is something inside us that pulls us 'forward' into evolution. As we move towards it, in order to understand and tolerate its presence, we are becoming more like it. In fact, we discover the timeless now as ourselves, find that we are IT and have always been.