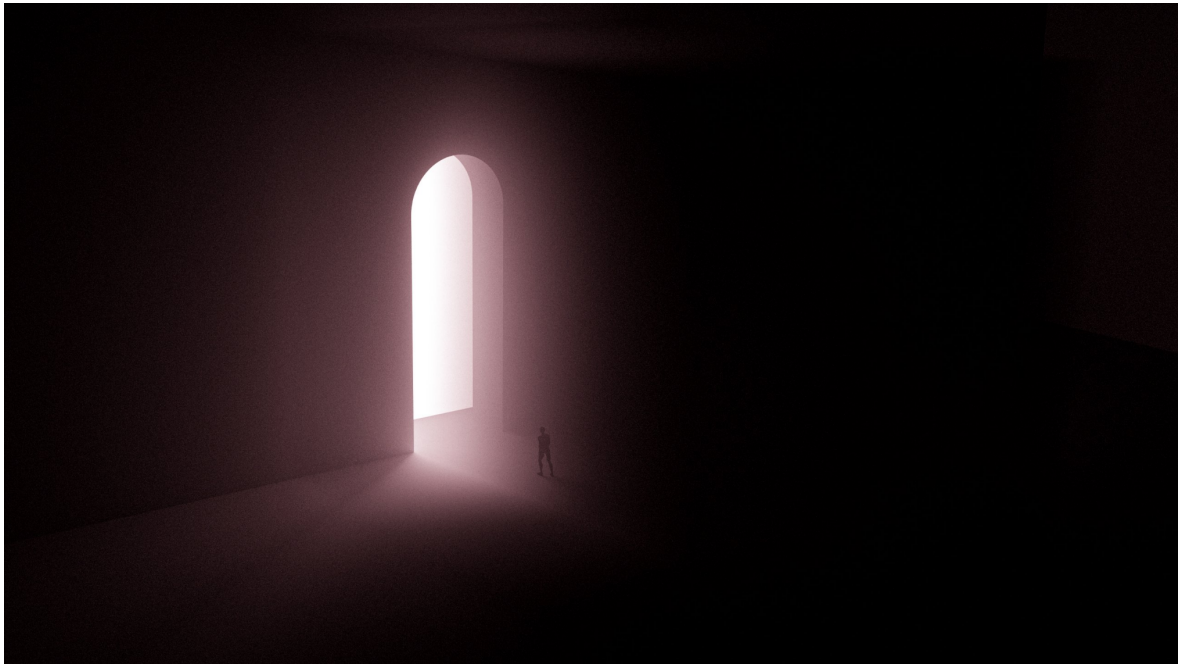


The Unfiltered One And Only Truth Manifesto



“The real does not die, the unreal never lived.”

— Nisargadatta Maharaj

A word of honesty before you proceed.

I speak the words you will read in this Manifesto not from the position of someone who has arrived at a higher realm and looks at you from a distance that can't be crossed, but as someone still walking the same path with you. What I'm about to share with you here is what I have discovered along the way I'm still traversing — not a view from the summit, but a report from the trail.

It is evident, but then again...

... it also isn't.

So, let me spell it out:

To Look For - And Find - The One And Only Truth Is Your Life's Main Objective

The kind of truth I am referring to here is *all-encompassing, fundamental, timeless*.

It's the basic truth about the nature of reality, therefore also about your very own nature.

(You don't believe you are separated from reality, do you?).

My guide in discovering this One and Only Truth consists in testing whether it meets three important conditions.

Yes, these are the same ones I mentioned a couple of sentences above.

To begin with:

The One And Only Truth Is Timeless

To use words such as “permanent” or “eternal” to describe the One and Only Truth is hopelessly misleading.

This is because these words presuppose the existence, and therefore influence, of another important word starting with the letter T:

Time.

The concept of Time necessarily implies change.

In fact, Time is change.

Wherever there is change, Time enters into effect.

Let's take your life.

For you to be able to even perceive two situations in your life as different from each other, a change (even the slightest possible one) must take place.

And for any change to take place, a given amount of Time - even infinitesimal - must pass.

(Here, you need to acknowledge that it is difficult to accept anything that constantly changes as completely and undoubtedly true).

So, then, that becomes the key question:

Is There Anything In Your Life That Never Changes?

In There Anything In Your Life That Time Cannot Touch?

If there is such a “thing” - one that is timeless, indestructible, entirely new and fresh each moment - then this must at least point to what the One and Only Truth is.

Actually, to be more direct:

Such a “thing” must BE the One and Only Truth!

And it cannot be that this thing - *one that is never subject to change* - is non-existent.

Because, if that were the case, this would mean that every single thing in the world you live in - without an exception - would be changing all the time.

But this would make it impossible for you to perceive change in the first place...

... given that change needs a constant, changeless background against – and based on - which it can be identified; wouldn't you agree?

And this constant, changeless, timeless background, must then, by definition, be the One and Only Thing that is True!

Having established timelessness as Its key feature, let's now move on to the second condition that the One and Only Truth must meet.

The One And Only Truth Is Fundamental

It is elementary.

Indissoluble.

Standalone.

It is the ultimate building block, the primary cause at the heart of everything that exists in the world.

Once you strike upon such a foundation, you have found the invaluable treasure you've been looking for and you do not need to – and could not, even if you wanted to - dig any further.

You have arrived at the core of existence – any existence, any being – including, of course, yourself.

It is evident that once you arrive at such point, the One and Only Truth becomes thereafter - and forever - the guiding light of your life – quite *literally* so.

(“Guiding” you, yes, because there cannot – by definition be – a definite “arrival” in this case – if anything, you become fully liberated to continue the never-ending journey of your life, in the way you've always wanted).

And This Is Truly The Light That Never Goes Out

The third condition that the One and Only Truth must meet complements naturally the other two:

The One and Only Truth Is All-Encompassing

In other words, the One and Only Truth is global.

It applies everywhere and at any time, without a single exception.

There cannot be a hint of doubt here, nor any room for even the slightest misinterpretation.

The One and Only Truth always holds.

It is unmistakably valid, under any circumstance.

And since this is the case, it must also hold true that the One and Only Truth is completely unaffected by any phenomenon or event, anywhere in the world.

It must rather be the other way around:

**Every Event Is Subject To The One And Only Truth
And Is Eventually Destined To Serve It And Be Subject To
It**

Having established the conditions of the One and Only Truth, I now move to the next obvious question:

What is the one and only thing that meets all three of these conditions?

What Is The One And Only Truth?

You, of course, are the only one who can truly answer this question.

Yes, I can help you to answer it.

(I still ask it myself every day).

Yet, you must realise that you are the one who has to:

- 1) accept or reject my help;
- 2) be fully convinced – “sold”, so to say – about the answer *you will eventually provide yourself with*; and
- 3) soak in this answer, experience it and be one with it, and not just mentally entertaining it.

Let's give it a go, then.

If the One and Only Truth is timeless, fundamental, all-encompassing, It surely applies to your life...

... given that you are not detached from the world around you, but – on the contrary - form an inextricable unity with it.

Everything you do affects the world around you; and everything that is happening in the world around you affects you.

Even if your conditioning may dictate otherwise sometimes, the reality of this should be evident to you.

OK.

So far, so good.

Let me now closely examine your life, to see if I can find out what is this one element in it that meets all three conditions of the One and Only Truth.

To recall, the One and Only Truth must be:

Timeless, Fundamental, All-Encompassing

So, here come three important variants of the key question I posed a bit earlier in this text:

What has always been there, ever since you can remember yourself?

What is the one constant, steady factor in your life?

What is permanently present, no matter where you are, no matter what you do?

It Is, Of Course, YOU

Wherever you go, there you are.

Whatever happens, there you are.

Whoever you meet, there you are.

Or rather:

HERE You Are!

Is it then possible that the answer to such a profound question is that simple?

Can it be that your One and Only Truth... is you?

Are things, in the end, so obvious and uncomplicated?

Well, the answer is...

Yes and no.

Yes, it is that simple:

You Are, indeed, your One and Only Truth.

And if the Truth is Only One...

... then it is also true that:

YOU Are THE One And Only Truth

And this is where things get complicated.

And they do get complicated because this is the very point where your conventional – or better, conditioned – understanding of reality and, even more importantly, of yourself mix the situation up.

In simpler words, *the root cause of any problem in your life, any misery, any suffering, any lack of harmony is the completely erroneous picture you have about the nature of your identity.*

And the worst thing is that you have learned – better, been conditioned - to cling onto this specific picture - or, better, self-image - which, in reality, is non-existent.

To put it in even more elementary terms:

**Who You Think You Are
Is NOT Who You Truly Are
And That Is Why You Are Unhappy**

(Here, remember, that I'm saying all this from the inside, as somebody who's still "on the way", like you are).

If this misidentification is true in your case (and chances are it is, unless you already belong to a very rare category of human beings, who, however, wouldn't need to read this manifesto in the first place) ...

... it then follows that your whole existence - your entire life, literally everything in your world - is based on a mirage-like, illusory foundation.

This shaky foundation is basically your identification with a finite mental concept.

You think that you are *so and so* [enter your name here] who carries the burden of the, so called, "story of your life" as you go through your days...

... moving – or rather being dragged on - from one experience to the next.

You believe you popped up in one "random" moment in this world and that, likewise, you will disappear from it in another, equally "random", moment.

In the meantime, you operate under the assumption that you have to struggle on a day-to-day basis, first to "survive" and then to "make it".

And that is exactly what drives your behaviour most of the times, if not at all times:

It's this *feeling* of you needing to fight against all odds, basically pushing back against what you interpret to be a neutrally hostile - at best – environment.

An environment which you moreover feel that it surrounds you in (what you typically experience to be) a suffocating manner, thus being perceived a constant existential threat to you.

Does All This Sound Familiar?

I bet it does.

But since you landed here and you are still reading these lines...

... it is also certain that you suspect there is something deeply problematic and misleading about this whole idea of your life being nothing more than a hodgepodge of constant strife, struggle, and hopelessness.

And the good news is that your suspicion is correct.

Your life experience doesn't have to be like that, because *your life truly isn't like that*.

(Read this time and time again:

Your life is truly NOT like that).

The only reason it appears to be so is because you are confused about who you truly are.

So, Then...

... Who Are You?

This is the most significant question you will ever ask yourself (whom else could you ask, really?).

And, in a sense, I have answered it already.

Nonetheless – and this is quite normal – you are not in a position yet to grasp the answer.

And you may not be in such a position for a while...

How long this “a while” is going to last differs from the one case to the other...

... so, it is practically impossible to assess how long it would take for you...

... unless ...

... I got to know you in person.

It might take one minute; it might take one decade; it might take a whole lifetime.

This being said, you shouldn't get stressed or anxious about this.

Not at all.

Yes, indeed, this is the most important quest in your life!

Yet, the most effective (not to mention enjoyable) way of approaching it is with a fully committed - but, at the same time, also playful, stressless and open-ended - disposition.

This may strike you, at first, as an oddity.

This is because it is not unlikely that you have grown to believe that you must approach your life's most significant issues in a very serious – at worse grave, at best cautious - fashion.

But this is certainly not the way to go about this quest.

Yes, clearly, you have to devote your full being into finding – better, realising - the answer to the question of your true identity; I have no doubt about it.

On the other hand, you should also *remain as calm and relaxed as possible* while exploring it.

How do you achieve this paradoxical – yet, necessary - state?

Simply...

By Investing Your Entire Being

In Conducting This Journey Of Self-Discovery And Self-Realisation...

... While At The Same Time

Maintaining A Careless And Nonchalant Attitude

About Reaching Your Destination

To which *you will arrive*; let there be no doubt about it.

Now, let me return to my concrete question about your true self's identity:

Your (the) One and Only Truth.

Given the many layers of conditioning and illusory impressions you have accumulated thus far in your - so-called – life...

... which prevent you from seeing and embracing this Truth for what it is...

... it may be wise to approach the whole topic from another, indirect route.

So, in order to effectively begin (or, better: effectively realise that you ALREADY are on) this journey towards the One and Only ever-shining core of your True Being...

... Let Me First Establish...

... What You Are Not

In this way by gradually distancing yourself from everything that has nothing to do with the True You, you'll facilitate the discovery of your true identity.

So, let's immediately get down to it.

Most human beings identify themselves with their body, their mind, or rather an awkwardly vague conglomeration of both mind and body.

First question, then, is:

Are You Your Body?

Can you really say that the core of your identity is found in any place within it?

Could the True You be found anywhere in your arms, your legs, your head, your heart, your skin?

Could you even be your whole body and nothing more than that?

Your direct experience easily informs you that this is not the case.

Your body executes a number of functions, at any given moment.

You may feel as if you consciously control some of them (such as, for instance, picking up something and holding it in your hands or standing up and walking to the other side of the room)

...

... while you may feel as if you don't exert any control upon a few others (for example, your heartbeat or the operations of your liver).

Regardless, though, of this seeming separation between “conscious” and “unconscious” body activities, it is clear that you cannot identify yourself with your body.

Your body cannot be considered as the fundamental truth of your being.

This is because there undoubtedly (you feel them all the time, don't you?) exist other forces in you – be they “conscious” or “unconscious” – that animate your body and use it as an instrument to fulfil their “objectives”.

You see...

... your body alone is - in a very fundamental sense - a *lifeless mechanism*...

... which comprises a set of features and functions that *require a kind of vital energy to become active and effective*.

(It is no coincidence that dead human corpses are being referred to as “bodies”).

Furthermore, your body changes all the time.

It may look very similar to you from day to day...

... (and this sentence alone, by the way, is another proof of the existence of an actual distance between your body and who you truly are – consider: *to WHOM does your body look similar???*) ...

... but what is an undisputable fact is that every cell in it is fully renewed every few years.

Therefore, your body doesn't meet the conditions of your One and Only Truth and should consequently not be mistaken for it.

Moving on to the next, inescapably more difficult, level of my query:

Are You Your Mind?

Things may seem to get a bit trickier, or at least more delicate, here.

Appropriately so, as your mind is arguably of a much finer and malleable substance than your body is.

Nevertheless, make no mistake: your mind is as unreal – and consequently as “not you” – as your body is.

(Please remember: my criteria here are the conditions of the One and Only Truth, which, as I will soon demonstrate, your mind doesn't meet...

... hence the reference to it as something that is “unreal”).

Very simply put, your mind is but a long sequence of changing thoughts.

Thoughts that you can observe while they are rushing in and out of your brain.

Believe me:

It is really not that difficult to take some distance from this endless mental parade and witness it as objectively and detachedly as you can.

Try it, right now!

Even if it is for a few moments.

See your thoughts appearing and disappearing within you, without engaging with them...

Are you back?

It worked, at least for a while, didn't it?

This proves to you that you cannot identify yourself with any of these thoughts, and therefore...

... you cannot identify yourself with your mind!

And this, as I showed, is the case not only because of your thoughts' evident impermanence...

... but, also, due to the indisputable fact that you can maintain a distance from them if you so choose.

In other words:

There Is A Clear Degree Of Separation Between You And Your Thoughts...

... Therefore, The True You Cannot Be Your Mind

For the same reason, you cannot be your feelings.

By the way, I consider a feeling to be a hybrid kind of “animal”:

One that has *both a mental and a corporeal component*.

I think you can relate to my postulation from your daily experience.

Let's take one example: stress.

When you feel stressed, this is triggered by you fixating on a certain thought and not letting it go, which, in its turn, causes you to experience one or more bodily sensations - such as, for instance, intense activity in your stomach or a migraine.

So, again, since feelings come and go and given that you can also take a distance from them and impartially observe them, it follows that you cannot be your feelings.

Before I proceed any further, it's really important that you take a moment and reflect on the understanding that you are *neither your bodily sensations, nor your thoughts, nor your feelings*.

Try to grasp this, but not just intellectually.

Realise that this is a big and important truth that you've (most likely) refrained from clearly seeing up to this point in your life.

OK, it's now time I asked you again:

Who Are You?

Since it is very possible that until now you haven't yet managed to fully connect the dots of the implications of you not being your body, your senses, your thoughts, or your feelings...

... and since moreover you may have already forgotten the conditions of the One and Only Truth...

... you're probably inclined to reply to this question by providing a number of factual data about yourself.

"My name is so and so; I was born in 19-what-have-you; I grew up in Nothingsville; I studied to become a history professor, but

I instead became the CFO of a packaging company; I have a wife and three kids; I own a house; I have this amount of savings in the bank” etc. etc.

Can you see that there are a number of (serious) issues with such a reply?

First of all, these are all merely features of the entity *you currently recognise as yourself, not yourself, per se*.

Plus, they are evidently of a transitory, fleeting nature.

In other words:

You Can Lose Any Of Them, In Any Given Moment

Think about it for a while:

Even the technical, expert, academic or professional knowledge which you may have accumulated over many years...

... could easily become obsolete or you could forget all about it, as a result of amnesia, dementia, or another such unfortunate mental development or condition.

Not to mention that all such things are – in one or another, yet always illusory, way – “possessions” of yours and *not elements of your true identity*.

(What you have is different from who you are, right)?

Not to also mention that the mere thought of all these things forming part of who you are is – did you guess it? – no more than exactly that: *a measly thought!*

So, to return to what I was saying a while ago, the answer to the question of who you truly are is far from obvious.

It is nonetheless important that I have already established that you cannot be – or, if you prefer, it is wrong to identify yourself with – your body, your mind, your feelings...

... or any group of features or characteristics you have attributed to yourself (directly or indirectly, through others).

Now, now...

I can hear you protesting by exclaiming something like:

“But I know that my life has a history, a continuity.

I remember all the key past events that shaped me in the way I am today.

There is a chain linking these events in the course of time:

One event leading to another – and, finally, to exactly how my life looks like today”.

I hear you.

And, indeed, what you claim is true to an extent.

However, let me say that:

You Are Still Missing The Point!

The point being that this “story (of your life)”:

- a) is a thought arising in the present moment (*it's VERY important to actually feel this*) in your mind; and
- b) indeed concerns “your life”, but that doesn't mean that “your life” (better, what you conceive - rather than perceive - as “the story of your life”) is who you truly are!

And this is the last, and perhaps most tricky, misidentification you need to overcome in the context of your self-discovery and self-realisation journey (in which I assume and hope you find yourself even more immersed into than when you started reading this manifesto):

You Are Not Your Life

All the events that have happened in your life and the ways you have processed them have a clear and unquestionable impact on your actions, your reactions, the challenges you are facing,

your priorities, your preferences, your beliefs, your ideas - on all those things.

Right, but again:

These are things you have, or you deal with, or you entertain, or struggle against, or... choose whatever other verb indicating possession or action in relation to something else (*different from you*) you wish.

So, none of them have anything to do with who you truly are!

They all presuppose, if tacitly, a Being of constant and uninterrupted presence that is the Subject of all these objects.

Who or what is, then, this mysterious Subject?

This Subject Is Who You Truly Are

It is as pure and as simple as that.

This is your One and Only Truth.

But there cannot be “yours” and “mine” when speaking about the One Thing that is truly unique and singular.

Right?

Otherwise, that would be a quite illogical situation.

So, it can only be that:

THE One And Only Truth *Of This Universe*

Is Who – Or What - You Truly Are

And, by the way, even the word “subject” I just used is misleading in this sense.

Because in order to even discern a subject, at least one distinct object is required.

In other words, a relationship between the two – subject and object – is a necessary condition for them to exist in the first place.

But then, who you truly are...

... (being timeless, fundamental and all-encompassing) ...

... must include everything, exclude nothing, and be beyond all ideas of duality (the most basic one of these being the one separating “subjects” from “objects”).

I know...

It all sounds quite far-fetched.

If you have been used to think and act in terms of duality during your entire life, it is not easy to truly entertain the notion of Oneness.

Not to mention that Oneness is not something intellectual.

It is *strictly experiential*.

(More on that in a while) ...

Now, then, you are probably wondering:

“What, in the name of all that is holy, is this... Thing that I truly am?”.

There are many words or terms I could use to describe It.

Yet, and as you may imagine, these are all only partial (at best) depictions of Its – that is (let me painstakingly remind you) YOUR – True Nature.

Language itself, you see, operates within the realm of duality of subject and object, and Oneness is terminally beyond its reach.

And This – What You Truly Are - Is One, Only, And Indivisible.

Language inherent restrictions aside, I must certainly give a try at approaching It verbally, as presently this is the only means at my disposal.

In this regard, perhaps the best way to describe It would be by returning to a previous question I raised, which I will nevertheless pose a bit differently at this juncture:

What Is Always There

No Matter Where You Are No Matter What You Do?

The Light that never goes out - what is It?

It is the most self-evident thing, really.

It is your consciousness, your awareness, your attention.

(Consciousness, Awareness, Attention.

Three words shedding their inextinguishable light on different aspects of the same Thing...).

This is the true and only constant behind every experience you have ever gone through in your life.

Any event that has ever happened in it is recorded by your consciousness.

You are aware of it.

You have paid attention to it.

In a sense, if you are not conscious of, not aware of or paid no attention to something, *it's like this "something" doesn't exist.*

It Is Like It Never Existed!

And not just “like” it never existed...

In a very true sense it has indeed, LITERALLY, never existed for you!

So, considering the conditions of the One and Only Truth and all the things I have discussed so far it only follows that:

Who You Truly Are Is Your Consciousness

But, if your Truth, THE Truth, is One and Only – globally applicable to everything and everyone – then the conclusion can only be that:

**Who You Truly Are...
... Who Everyone Is...
... Is The SAME Consciousness:
The One And Only - Pure And Simple - Consciousness**

In a nutshell, all this exploration of one's true identity that I just described is the essence of what is commonly referred to or known as “spirituality”.

And what is often referred to as “spiritual awakening” is exactly the realisation – which is a complete and groundbreaking experience, not just an intellectual understanding - of who one truly is.

This is, moreover, the cornerstone of the teachings of any truly worthy mystic or religion founder in the history of humanity, regardless of any (and, unfortunately, there are quite a lot) subsequent misinterpretations of what they said by other human beings who followed on their footsteps.

This is the true “Secret of Secrets”.

And this - your innermost Truth, the spiritual cradle, and unshakable foundation of your existence - is essentially what the word “Spirit” or “Soul” refers to.

Yes, these terms may have been abused or misused quite a lot and for far too long, but don’t be fooled: *this is what they point at...*

Finally, your One and Only Truth is expressed by another particularly important word.

This is, perhaps, the most conceptually and emotionally charged word humanity has ever crafted in its millennia-long historical trajectory:

God

I admit it.

The whole thing gets weirder and weirder - and perhaps a bit tougher to digest - the more we proceed; does it not?

Am I saying that the infinite, ultimate, foundational, omnipresent and omnipotent Being – qualities that virtually all human languages attribute to the entity described as “God” – is who you truly are?

Yes, that is exactly what I am saying.

The True You Is Who – Or What - God Is!

So, in reality, all you are (all that God is) is Pure Consciousness (or Awareness or Attention).

And this Consciousness that you are is timeless, completely free, infinitely intelligent, wise, creative.

Boundlessly caring, compassionate, loving.

It is also something else:

Formless.

It has no form; yet (as well as because of that) all forms – which are ever-changing, in every single passing moment – spring out of It.

In fact, all forms are created out of It.

They are made from Its formless material.

Which means that every and any form that is created is bound to disappear or (ATTENTION!) *die* at the very next moment.

Here, remember what I said earlier on:

The existence and passage of Time presuppose change.

But the change is only on the level of the form, of appearances.

The formless One - in which all forms originate - always remains the same:

Timeless, powerful, endlessly productive, unwaveringly innovative.

In this vein, what you label as “your life” or your conventional “self” is but *a sequence of ever-changing forms*.

These forms are similar to each other, yes.

Perhaps even to the point of confusing you so much as to identify Your True Self with the idea of their continuous existence.

**But Exactly This Misidentification
Is The Very Root Of Your Voluntary Separation
From Your True, Divine Self**

And this separation *is voluntary*, make no mistake about it.

At least it was like that at the very beginning.

Because, if your True Being is omnipotent, It could do anything.

It could even identify Itself with something that could never be
It...!

(And, also willingly, forget that's what It did).

This is the core, most fundamental paradox of your life...

... which in reality is unsolvable until...

... you remove the illusion of this misidentification and realise –
consciously and fully – who you truly are.

To put it in different, simpler (hopefully!) terms:

**The One And Only True Being
(Who You Truly Are)
Being By Definition All-Powerful
Can Even Entertain And Experience The Illusion**

Of Actually Being (One Of) Many As Convincingly As Possible

Maybe this separation is not even a problem, so long as it remains at the level of playing a conscious game.

The real problem, though, begins, when Your True Self takes this separation at face value, and accepts it as the truth of your world.

But once this happens, once you forget the (your) One and Only Truth, things go further south, so to say.

Discord, disharmony and imbalance become the name of (your life's) game.

Believing that you are an entity that is irrevocably severed from the rest of the world, you naturally begin feeling at odds with the latter.

And, thus, you also begin striving to restore the foregone harmony, to re-establish your Paradise Lost...

... in which you strongly feel you used to live, and from which you now have (supposedly) been cast away.

Of course, throughout this time and underneath this intricate illusion, you have always remained in unity with Your One and Only Truth.

How could you not?

The True You
- The World's One And Only Truth -
Can Never Cease To Exist!

This is, then, in a nutshell, the fundamental, (True) Self-inflicted, drama that you experience as “the story of your life”.

Furthermore...

... the belief that this very separation is real and irreversible constitutes the root cause of what is truly Evil in this world.

Please bear with me here for a second, as this may initially seem counterintuitive to you:

Your deeply problematic and misleading belief that you are an entity distinct from the world “around you” leads you - unavoidably and directly - to the next mistaken conclusion:

That there are two separate and conflicting forces in the Universe.

One of them is the supposedly “evil” force, which consists of all the things you – temporarily or permanently - perceive as opposing, resisting or tormenting you during your life, in one or the other way.

On the other hand, you of course have the “good” force, which consists of all the things you – also temporarily or permanently - perceive as friendly, helpful, or supporting you, in any way.

(An important, if a bit redundant, yet necessary clarification is that when I speak about “you” here, I am referring to the “conventional” entity you “by default” – and erroneously – identify with).

In your mind, then – and NOT in reality – there is a constant battle going on between the two opposing forces:

The “good” one and the “evil” one.

Now, what follows is an exceptionally fine point, so please approach it with a lot of attention:

**In Reality, True Evil
Is Nothing Else Other The Wrong Belief
That There Exist In Your World
Two Irreconcilably Opposing Forces:
A So-Called “Good” ...
... And A So-Called “Evil” One**

This belief is at the root of any misery inflicted upon, and experienced by, any human being since the dawn of our species.

If you follow all of what I've just said, then the question of eradicating Evil from your life takes a very unconventional and unexpected turn.

(Unconventional and unexpected, considering, once again, the conditioning you have in all likelihood been subject to since... times immemorial).

You make True Evil disappear by dismissing the illusory belief that a separation between “good” and “evil” actually exists.

Or, for that matter, that ANY separation at all exists, including yours from the rest of the world.

And you dismiss such belief by realising – again, through actual experience and not merely intellectually – that what is... truly True is but One and Only Thing.

This Thing Being:

You!

I will repeat this as many times as I deem necessary.

If the Truth is One and Only, and if that Truth is you...

... then literally any notion of separation, dichotomy or fragmentation you mentally entertain...

... is a mirage, a falsehood, a temporary impression that needs to (and eventually will) be dispersed and vanished...

... as if it never existed...

... taking down with it, in its fall, any notion of Evil.

In a very significant sense, truly overcoming this separation “firewall” feels like waking up from a dream.

Bad one?

Good one?

Who knows, and, frankly, who cares once one is awakened?

After all, a dream is nothing more than... a dream, and once it is over and you wake up it has virtually no (or, at worse, very limited) practical impact on your waking life.

Granted, you may carry along with you for some time said dream's atmosphere and the impressions it registered upon your consciousness - occasionally it may even have some physical consequences upon you - but it is very clear that a dream cannot affect your waking life in any tangible or truly lasting way.

Unless, of course, you would allow it to...

Here, once again, I return to your key, central role in everything that happens in the (your) world...

The dream analogy is actually a very good one with respect to you waking up from your misidentification with an illusory, finite entity.

But Does That Then Mean...
... That Your, So-Called, “Life” ...
... Is Nothing But A Dream?

The short answer to this question is yes.

To be a bit more precise:

Yes, insofar as your identification with a non-existent, finite entity, which is supposedly severed from its environment, persists.

And to move away from such mistaken identification is not at all a matter of belief or logical affirmation.

In fact, it can never be anything like that.

You see, a belief implies a believer.

A thought implies a thinker.

An affirmation implies an affirmer.

To take it a step further:

Language, in general, implies a speaker and a listener.

But all these fundamental products of the notion of duality have nothing to do with the unperturbed Unity or Oneness that is the only unshakable reality of this world.

Oneness:

Your One and Only Truth.

**Oneness Is Pure Being
Which Is The Only, True, Absolute, Complete
Experience**

Attention: in this context, I refer to a kind of “standalone” experience.

One in which the experiencer and the experienced are inextricably merged.

And:

**It Is By Becoming This Very Experience
That You Attain True Self-Realisation**

To put it a tad more poetically:

**To Know Nothing...
... Is To Be Everything**

To avoid confusion: this doesn't really mean that you should refrain from pursuing, having or using any knowledge.

No, on the practical, everyday human level to have access to the correct knowledge and apply it is obviously meaningful and desirable.

What I mean here is that in order to experience your One and Only Truth, you must eventually transcend all knowledge about worldly things by getting to "know" the unknowable:

Nothingness.

Whatever I say about Nothingness would necessarily fall short of portraying a complete image of it.

This is exactly due to the limitations of the human language to which I have alluded more than once already in this manifesto.

Then, again...

... I need to say something about this notion - if only as a pointer; an indicator of what is at stake here.

In this sense, I can say that Nothingness is the formless core of your Being.

It is your One and Only shapeless, infinite, ever-fleeting, yet ever-present Truth, the vibrations of which create everything, including the Dream of your so-called “life” in this so-called “world”.

In other worlds, Nothingness is another convention used to describe your One and Only Truth.

And if this term with its connotations helps you to move towards experiencing your One and Only Truth, its purpose has been served.

Because:

To Experience The (Your) One And Only Truth...

... Is The Only Experience That Truly Counts

Believe me, it is not an exaggeration to say that everything else in your life (lives?) is but a step towards this experience.

This experience, in its infinite wholeness, marks the end of the Journey of any spiritual seeker.

It's the true Homecoming, which is always accompanied by a monumental Relief, as any trace of existential stress, anxiety, agony is forever eradicated.

But, please, once again, be sure to pay careful attention here:

The Destination Of The Spiritual Awakening Journey
Is Always One And The Same –
Your One And Only Truth -
BUT
The Way To Get There -
The Actual Journey -
Is Different For Every Human Being

You can also see it this (playful) way:

The Game of Form, played by the One And Only True Being, is truly fun so long as there are infinite forms to experiment, experience and play with, each one different from any other.

Each one – let's recall once again – destined to die, sooner or later.

(If I want to be very exact, destined to die as soon as it appears on your consciousness' screen).

If you grasp this point, if you can get to terms with it and accept it, then you understand that your so-called “life” consists of only one, very simple, choice:

**Either Enjoy And Accept The Ride...
... Or Become Tense, Fight It And Suffer**

Misunderstandings are bound to be generated because of this statement in your mind, so let me clarify / qualify it:

The One who should relax and enjoy the ride is, of course, the true You.

But if you truly manage to do so - in full acceptance and actual, visceral experience of what is really going on - then tension and misery are bound to disappear from your life.

Yes, they will perish, no matter what is actually “happening”.

In a sense – which also makes for a perfect allegory – you thus become the Spectator of the very “Drama” of your life.

You actually become both the Spectator and Actor:

Two in one!

Or...

Two in THE One!

Another consequence of this realisation is the revelation of the falseness of another diachronically popular dichotomy, especially as far as human philosophy is concerned.

I am of course talking about the age-old dilemma (perhaps second only to the “Good versus Evil” feud I already touched upon):

Fate Against Free Will

You see, the infinity of the One and Only True Being also means that It has an infinitely free will.

As said, this is translated in Its ability to create infinite forms, and infinite storylines corresponding to said forms.

But since the One And Only True Being is also timeless, It - in a very real sense - has “already created” all possible, infinite forms and accompanying storylines.

(Here, words evidently show their enormous limitations:

It is practically impossible to use “timeless” language, so I must go for the closest possible alternative – that is, past tense – despite such an approach being quite misleading).

So, from the point of view of the illusory entity you have so far erroneously identified yourself with, only the concept of “fate” makes sense.

Am I then implying that everything in your “life”, down to its last, most minute detail, is “predetermined” (remember here, once again, the limitations of language)?

Yes, that is exactly what I’m saying.

But here’s the funny thing:

As long as you identify yourself with the illusory entity named so-and-so, you operate under “free will” in a (ultimately unreal) sense.

However, as soon as you realise who you truly are, the Never-ending Cosmic Act is revealed for Its true nature...

And You Can Actually Relax And Enjoy It As It Unfolds In Its Perfectly Predestined Way

And, yes, that truly includes each and every action of the illusory “you”, without a single exception...!

For example, let’s suppose you were trying really hard to become a writer, and a fatalistic friend of yours insisted on the pointlessness of it, telling you:

“Why bother if everything is already “written”, pre-decided?”.

And let’s further suppose that this would make you even more motivated and eager to prove them wrong, and so you would proceed with trying your level best, eventually managing to become a great writer.

Would this then be an argument in favour of free will?

No, because ultimately, your belief in “free will” and your consequent “free” action (even “against all odds”, so to say) *would also be predetermined...*

... at least from the point of view of the One and Only True Being; that is – don’t forget - You.

And this leads to another paradox:

**The Realisation That There Isn’t – There Could Never Be –
Any Free Will
Is The Most Liberating And Relieving One...!**

In other words:

Sit back and enjoy the Show!

After all:

It Is A Show You Write, Direct, Produce...

... And The Protagonist Of Which...

... Is None Other Than You!

And, if you haven't realised it by now, every character in this Cosmic Show is also, by definition, Its protagonist, that is...

... once again, no one else but...

... You!

How could it be otherwise, given that:

You - The True You

Were, Are, And Will Always Remain

At The Very Epicentre

Of Whatever Is Going On,

Everywhere, All The Time!

This concludes the One and Only Truth Manifesto...

What is that?

I hear you protesting once again, and in quite loud terms!

And I sympathise with you:

I may not have **explicitly** covered “how to go about realising Your One and Only Truth.

(With emphasis on the word “explicitly” here” as well as on the quotation marks around the word “how”...).

I’ll then say this:

If something in this has stayed with you — not as a thought, but as a feeling that isn’t quite words yet — there is one more thing I want to share with you. It is more personal than what you have just read. And I think it will tell you, clearly, whether this is the way for you.

[Here it is.-](#)