

ABSOLUTE EXISTENCE

César Teruel

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Note to reader

*Truly,
there is only the Absolute Existence.*

*For those
who cannot understand this simple truth,
the following concepts have been elaborated.*

I

Absolute Existence

That-which-sees,
is Absolute Existence.

That-which-sees,
is what-one-Is.

To see, is to be.

Without name and form.

Permanent,
unchangeable and unaffected.

Silence.

There is nothing that is
separate from Absolute Existence.

There is nothing that is
united to Absolute Existence.

Everything is
Absolute Existence.

II

Energy

Energy is
unmanifest and manifest,
inseparable from Absolute Existence.

Unmanifest ...
is infinite possibilities.

Manifest ...
is the world.

The world is
just a tiny manifestation
of infinite possibilities.

The world,
spontaneously,
is manifested, sustained and destroyed.
It is in constant transformation.

III

Consciousness

Consciousness is
the knowledge of being,
"I am".

IV

States of Consciousness

The conscious, the subconscious
and the unconscious state.

The conscious is the waking state.
Where there is consciousness of being
and of the body,
which is the world.

The subconscious
consists of
dreams,
reproductions of waking memories,
with imaginary bodies

The unconscious
is the absence of dreams.
Where there is no consciousness of being
or of the body,
which is the world.

V

Mind, ego or individual

When consciousness arises,
 "I am",
 the body appears,
 which is the world.

After the body appears,
 consciousness
identifies with the body.

The mind, ego or individual
 is the thought
 "I am the body".

VI

Self-knowledge

Self-knowledge,
is *to realize*
that everything
is Absolute Existence.

That,
actually,
there is no energy,
neither unmanifest, nor manifest,
nor consciousness,
nor the body,
nor the world,
nor the mind, ego or individual.

Therefore,
There is
neither duality,
nor non-duality,
nor separation,
nor reunion,
nor bondage,
nor liberation,

nor birth,
nor death,
nor karma,
nor destiny,
nor free will,
nor one who realizes it.

There is only
Self-knowledge.

For this *realization*
nothing
needs to be done.

But to stay mentally still.

Either,
forgetting everything that is known
and everything that is wanted,
including Self-knowledge.

Or,
putting all the attention
in the knowledge of being,
"*I am*".



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