

## LIVING THE LIVING PRESENCE SUMMARY

(Here in one page are the take-away principles of *Living the Living Presence*):

### ***Fundamental Awareness is the Underlying Reality***

- *Fundamental Awareness or Consciousness is the underlying total Reality.*
- Nothing exists without Awareness, not subject to limitations of space or time.
- The field of pure Awareness, exists and manifests through our own experiences in everyday life.

### ***Triadic Nature of Reality***

- Reality consists of Being, Awareness and Completeness (spiritual Bliss), the three are One.
- Parallels with Buddhism, Christianity, Vedanta, Saivism, all the great spiritual paths.

### ***Experience is to be understood as the Driving Force of the Universe***

- Quantum mechanics we live in Participatory Universe, Awareness is fundamental.
- We don't have two worlds, science and everyday world, we only have one world: Quantum.

### ***Three Natural Laws***

- Awareness projects out our world of experience through three fundamental Natural Laws:
- *Integrated Polarity (Complementarity in quantum physics)* "Yes and/or No". Unity in diversity.
- *Recursion (or Universality)*: "As here, so elsewhere". "In Heaven as on Earth".
- *Flow (or Creative Interactivity)*: Everything is a process. Relationships & happiness.

### ***Lessons to take away from Quantum Physics***

- Freedom on the part of the observer, and on the part of Nature: True Freedom drives the world!
- Boundaries are created by observing constraints, by our own minds.

### ***Boundary of Time and Awareness of the Mind***

- How does the quantum world which is non-local and entangled *appear* classical, full of separation? The role of the mind is paramount. Because,
- Veiling by the mind hides underlying awareness and clouds experience.
- Understanding the natural Laws opens a universe of possibilities at our fingertips.
- We become aware of our own minds: Awareness is the source, the mind is the tool.
- Time and going beyond time. The inner Cave of the Heart of pure Stillness.
- Ancient teachings and understanding of the outer illusion of the world and the mind.

### ***Fundamental Awareness: Experiencing in Practice the Inner Awareness***

- Natural Laws (Integrated Polarity, Recursion, Flow).
- Powers of Consciousness (Will, Knowledge, Action). Actions of Awareness (Creation, Sustenance, Reabsorption, Concealment, Revealing).
- Awareness. Transcendence beyond time. Inner observation and Stillness in the Now. Analogous to ancient teachings. Meditation is Awareness. *You Are Awareness!*