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
- Awareness. Transcendence beyond time. Inner observation and Stillness in the Now. Analogous to ancient teachings. Meditation is Awareness. You Are Awareness!