

PREFACE

Nkosi first came to my attention in April of 2021 when he left a little comment on a post I had made on facebook. He wrote:

Whether the “Me” gets this or doesn’t, it does not matter to this, coz there is only this, :) All is this.

Something here spontaneously and deeply resonated with Nkosi's all-inclusive words. Whereas there are numerous spiritual paths whose seeming objective is to transcend the personal sense of self, Nkosi was saying that it just didn't matter... at all. Because all was This, ALREADY.

That the personal sense of self is a dream that never actually happened. That there is only ever what seems to be appearing, but it's not appearing to/for anyone. That right now there is no one inside that body looking out those eyes reading these words... ALREADY. And so there's already nobody to seek or not seek anything.

Therefore, he wasn't giving any instructions or method for transcending the me. Rather, Nkosi was saying that there's *already* no me there, even if it feels like there is, so there's nothing to transcend anything.

That that feeling is in fact not a me, as in an actual separate entity, but rather an imaginary appearance that when looked for can never actually be found. And in fact, that exact feeling/experience is This appearing as that. That it's not a separate me (which has never existed), but rather This that is dreaming/imagining itself to be separated from itself.

That what I take myself to be, a limited, separate, time-bound entity, with it's own life, that was born and will die, is in fact not what I am at all. That despite everything I have been taught/learned/been told/believed/read/thought about what I am, none of it is true cause nothing can be said about that which eternally IS.

And this nameless Freedom is not located anywhere since it's already all that IS. Me ignores what always IS for the thought based, imagined what isn't!?! (past-future). And yet paradoxically, the imaginary past-future only ever arises here/now.

So if liberation is already the case, then why don't I feel liberated? No one has ever been liberated cause there's already no one to be liberated or not liberated, cause there's just This. The one that seeks to be liberated is an energetic imagining, yet is This too.

Wholeness is all inclusive and doesn't leave anything out. So an unpleasant feeling is just as much Freedom as a pleasant one. Cause everything's Freedom appearing as That... and being everything already, Freedom never goes anywhere.

All is happening spontaneously, like a dream. So the self, the tree, the sky, animals, other people, etc. are all This appearing as that. Every story is This appearing as that. Like clouds passing through the sky, everything comes and goes by itself here/now. And yet, like everything else, when looked for the here/now cannot be found. Nothing can be found.

All is This simply doesn't leave anything out. So even feeling/thinking/believing that something shouldn't be is included. There's simply no escape from All that IS.

The following words from Nkosi, which were collected by me over the past year and half from Nkosi audios, videos and zoom meetings, have a directness and a potent timeless energy about them that you may deeply resonate with. Or, they may piss you off. The good news is either response is equally This, so you can't go wrong!

All is This doesn't leave anything out. All is This doesn't exclude anything. So pain is equally as much This as pleasure. Clarity is equally as much This as confusion. Fear is equally as much This as Confidence. Whatever seems to be "happening" can only ever be This regardless of how it looks or feels or sounds. And This doesn't depend on anything cause there's only This.

There is, already, no one reading these words... there is no one inside the body... a separate "me" is imagined... by no one.

-Michael

p.s. Topics in the book include:

YOU ARE NOT... ALREADY, NO INDIVIDUAL TO DROP AWAY, WHAT DOESN'T COME AND GO IS FORMLESS, EVERYTHING IS THIS EXPRESSING, INDESCRIBABLE, ALL STORIES ARE WHOLENESS EXPRESSING, THE SPACE APPEARS AS EVERYTHING, IT'S THOUGHT THAT IDENTIFIES WITH THE BODY, and many more.