



**All is
This**

Nkosi

Edited by Michael Jeffreys

Nkosi

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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



YOU ARE NOT... ALREADY

The one looking for enlightenment is already not there. -Nkosi

The me is just an appearance... it's just an appearance in This. So whatever might appear, might seem to appear in this, is still This as well. It cannot be separated from This because it comes from the same source... it's still It.

There's no separate appearance that comes from outside of This because there's no outside of This. Everything is This. The one who seems to struggle is still THIS. That one appears in This as This. It cannot be a separate appearance that comes from somewhere else, because there is no somewhere else, there's only This. So whatever may appear, it doesn't touch This cause everything is just This. It appears and disappears in This.

Can the one who's talking be found? -Nkosi

Nobody can ever get to anywhere because there is nobody! There's no person. A person or the me is just an appearance, is just an illusion. It seems to be real, but it's not real.

So there's only This. And there will always be This. Nothing else but This. There's no one who's struggling. Everyone is okay because there's just This. You are okay where you are right now. Everybody is okay because there's no separate individual who comes from somewhere else. Even what seems to be somewhere else is still This. This includes everything, yet it's nothing.

NO INDIVIDUAL TO DROP AWAY

*Talking as an individual that seems to be happening is
not an evidence that there's a real individual.*

-Nkosi

The individual is already not there. It's just everything appearing as an individual. So there's no real individual, that's the message. The message is not if you hear this message the individual will eventually disappear, cause the individual is already not there.

Talking as an individual that seems to be happening is not an evidence that there's a real individual. There's just Everything seemly appearing as an individual, but there's no individual, there's just Wholeness... just Everything. So something trying to get rid of an individual is just This imagining itself to be a person, to be an individual.

Everything is This... there's no dividing line here. -Nkosi

WHAT DOESN'T COME AND GO IS FORMLESS

This is formless. This cannot be found. No one can find this because it is formless and empty. It is you and you are it, yet there's no you. There's just this. There's just what's happening. Nobody's doing anything, nobody's seeking anything, nobody's struggling, nobody has got it, nobody will ever get it. No one can get this, cause there's just This. There's no one here. You are not. And this, right here, doesn't know anything. And it

will never know anything. It just knows Itself... as nothing.

Right there, where you are, you are It already. And It is not apart from you. It is you and you are It. No matter what thought may appear it is still This. You are it. There's no James, there's no Nkosi here... there's no anyone here, there's just This.

Even the one who seems to be shy, even the one who's afraid to talk. Even the one who thinks to himself or herself, "I will never, ever, get this."... it can never be anything else but This. You are It and It is not apart from you. And you can't get It cause there's no you there's just It... This. And This is just happening for no one.

The one that's trying to get it... can that one introduce itself?

-Nkosi

EVERYTHING IS THIS EXPRESSING

Everything is an expression of This. Keeping quiet or talking... doesn't matter cause Everything's This. Thinking or not thinking... it doesn't really matter cause everything's This. Doing or not doing... it doesn't really matter cause everything's This. So everything's beautiful just the way it IS.

INDESCRIBABLE

What you are is indescribable. You cannot say exactly any time, "I'm this." Even saying, "I'm wholeness" is a concept. They're just words. When that imagination of being somebody seems not to be there, the closest word is Nothingness.

Talking right now seems to be going on but there's no actual somebody who's talking, there's no reference point. Even these words are just sounds and they are given a label... unknowing appearing. It becomes beautiful when the label is not there.

Everything is beautiful when you don't label it.

ALL STORIES ARE WHOLENESS EXPRESSING

In the story there are no individuals. The whole story is just wholeness expressing Itself. There's no real individual. So you cannot be one of the items that appears in the story. You can only be that in which all the characters seem to appear.

THE SPACE APPEARS AS EVERYTHING

You are that space that allows everything to happen, to appear and disappear. You are not that which appears in that space and disappears. You are that space where everything appears and disappears. And even what seems to appear and disappear in that space, it can only be the space appearing as what appears. It's space that appears as a person and space that disappears.

So if it's seen that somebody is angry, you're not that one. You are the space where that somebody is seen. That empty space. That empty space that you are is not a man or a woman. It's not involved in any story.

It's not your story cause already there's no you. It's just a story appearing in This. It's got nothing to do with you. So when I say you, I'm referring to This. Because there's only This. So there's no you who's suffering, there's no you who's confused. The character doesn't even exist. It's imagined. All is imagined... by no one.

There's so much freedom when you don't judge the character.

When you allow the character to be as it is. -Nkosi

So the story is just happening by itself. And what seems to be the story is this also. It's what is, appearing as a story. So there can never be a you that can know anything or become anything. You've never been a person. There's no person. A person, or a separate individual, is imaginary.

There's no person here. There's no individual here. There's no woman or a man here. The one whose looking for this, the one who seems to be suffering is already an imagination appearing from that which is nothing.

The body itself is OK. The body doesn't say it's a woman. The body doesn't say, "I'm suffering." It's only a thought construct, an imagination that seems to appear and says, "I'm suffering." An imagination/thought construct that says "I'm this body..." "I'm a woman..." that thought seems to suffer. But the body itself is OK. They're not what you are. You're not a thought. A thought is just an appearance in you. Don't be a thought, be yourself, be nothing.

IT'S THOUGHT THAT IDENTIFIES WITH THE BODY

Thoughts are nothing appearing as thoughts. They appear from nothing and disappear into nothingness. -Nkosi

Even what seems to be a gigantic thought, that seems to be the center of the universe, it's already not there. It's imaginary. The me is a thought. It's imaginary. It's already not there. "I'm me" is a thought. "I'm a woman," that's a thought. The thought that thinks it's the body.

Does the body know of thoughts? No. The foot doesn't know of thoughts, nor the arm, skin, heart, lungs etc. The empty space that you are is not a man or a woman. It's not involved in any story. So the story is just happening by itself.

And actually there are just no stories at all. They seem to exist only in the imagination. Yet when it is looked for, it can't be found cause it's all imagined by no one

TALKING IS HAPPENING BUT NOBODY IS TALKING

Everything is This... anyone talking is just This talking. -Nkosi

You are not talking right now. This is talking. You are not. There's just This. You've never said anything. Even you not liking it, is It already. And yet there's no you, there's just This. There's no you to know This. And there's no you to become This. Cause there's only This.

UNCONDITIONAL LOVE

This is Unconditional Love. There are no conditions here. The "other"... it's just a projection. They're not your own projections cause there isn't a "you" here already. They're just projections.

No one's doing anything right now. It's just aliveness being alive. Aliveness expressing. So everything's beautiful, cause everything is just unconditional love appearing.

There's just This, loving itself... hating itself. And there's no real somebody who loves or who hates. It's just This.

Any story that seems to happen doesn't belong to anyone. No one owns the story. The story is just happening. It seems to happen, but it doesn't belong to anyone.

Nothing belongs to anyone cause there's no one here. What seems to happen right now has got nothing to do with you. It's just happening.

Nobody owns anything here cause there's nobody here. There's just This. There's no separation. There's Wholeness... there's Everything here. And this loves itself as it IS.

There's no you to know This. And there's no you to become This. Cause there's only This. This is Unconditional Love... there are no conditions here.

UNFINDABLE PAST, PRESENT, FUTURE

What seems to be the past, present and the future appears now in This. There is never a real past, present and future. There is only This appearing as a past, present and

future. What seems to be the me, together with it's own story, seems to appear in its own memory which doesn't even exist.

ETERNAL HERE-NOW

And it's always the case. There's never been a past. There's never been a future. There's just here and now and here-now is eternal. This, what is, now, has never been anything else. It has always been this. It has never moved.

“A thought movement is no movement.” -Nkosi

The body may seem to move but it's not moving. It's always here. It can only be a thought movement. A thought movement is no movement. So everything is here. Life is not moving. And it's not somebody's life. It's just life. It's going nowhere. So life somewhere else is imaginary. There's only this life now. So what seems to be everything else can only be a projection that's appearing now.

WHAT ABOUT SUICIDE?

Q: *“What is suicide in the light of This? I ask this question because my daughter passed some days away...and it is hard to be okay with it. Lots of love from Finland!”*

A: The message we're sharing says there is only This. And This is nothing appearing as everything. There is no separation at all. There are no separate individuals who have separate lives. There is only This which seems to appear as different characters.

The characters themselves don't exist. It is This appearing as characters. Therefore, there is only ever This. No one was ever born and no one will ever die cause there isn't anyone already, there is just what seems to be happening. And it's happening to no one cause there's no one already, just This.

LIFE CANNOT DIE CAUSE IT WAS NEVER BORN

You can call this Life. There is only Life and nobody is living it cause there isn't anyone already. The body may drop but Life remains as it is. Death is just a thought appearing in This. It doesn't really exist. Nobody dies cause there isn't anybody... just Life. And Life doesn't belong to anyone cause there isn't anyone already, but just Life as it is.

What seemed to be your daughter was just life expressing in that body and Life doesn't die, it continues. The dropping of the body doesn't mean the end of Life cause Life as it is doesn't end. It's everlasting. It is everywhere present and nobody owns it. There is only Life.

Life can never experience death cause Life has never been born.

-Nkosi

The whole story is just Wholeness expressing itself. There's no real individual. So you cannot be one of the items that appears in the story. You can only be that in which all the characters seem to appear. So you are that space that allows everything to happen, to appear and disappear. You are not that which appears in that space and disappears.

And even what seems to appear and disappear in that space, it can only be the space appearing as what appears. So it's space that appears as a person and that disappears. So there's no difference between the dead and the living cause all is This.

YOU ARE NOT A MAN OR A WOMAN

So if it's seen that somebody is angry, you're not that one. You are the space where that somebody is seen. That empty space. That empty space that you are is not a man or a woman. It's not involved in any story.

The story is just happening by itself. And what seems to be the story is this also. It's what IS, appearing as a story. So there can never be a you that can know anything or become anything. You've never been a person. There's no person. A person, or a separate individual, is imaginary. There's no person here. There's no individual here. There's no woman or a man here.

THE BODY ITSELF DOESN'T SPEAK

The body itself is OK. The body doesn't say it's a woman. The body doesn't say I'm suffering. It's only a thought construct, an imagination that seems to appear and says, "I'm suffering." An imagination/thought construct that says "I'm this body... I'm a woman..." That thought seems to suffer. But the body itself is OK.

YOU'RE NOT A THOUGHT

You're not a thought. A thought is just an appearance in you. Don't be a thought, be yourself, be nothing. Even what seems to be a gigantic thought, that seems to be the center of the universe, it's already not there. It's imaginary. The me is a thought. It's imaginary. It's already not there.

"I'm me" is a thought. "I'm a woman," that's a thought... the thought that thinks it's the body. Does the body know of thoughts? No. The foot doesn't know of thoughts, nor the arm, skin, heart, lungs, etc. The empty space that you are is not a man or a woman. It's not involved in any story. So the story is just happening by itself.

There can never be a you who can know anything or become anything. You've never been a person. There's no person. A person, or a separate individual is imaginary. There's no man or woman here.

THAT WHICH IS EVERYWHERE AND NOWHERE

You don't have a position. You are everywhere present, you are everywhere present... the one who's looking from behind those eyes is everywhere present.

The one asking the question is already This. -Nkosi

But when the imaginary me is identifying with the body, it seems as if the me is there looking; is there in the head looking out from behind those eyes. But when there's no identification, there's just... (space, nothing) everywhere present.

No matter which direction the me takes, it will always be It. This doesn't see the me. It sees Itself, no matter who is talking. When It talks, it sees Itself. There's nobody here. It's just This... talking, having different ideas, having different opinions to Itself.

THE ONE WHO LOOKS FOR IT CANNOT BE FOUND

"I don't get it" ... is still It. The seeker seeks for it, but it can't be found. The one who looks for it cannot be found. If nothing looks for nothing, what can be found? Nothing.

Nothing belongs to you... Everything is you. -Nkosi

The thing that seems to watch with interest is just an appearance. It's not real; doesn't exist. There's no me to have a story.

UNFINDABLE WORDS

This is beyond words. Even the words you are hearing right now... you can't find them. There are no words. Look for the words that I am speaking right now. There are no words. Where are the words? Where? You can't find them cause there's only This.

SEERLESS SEEING

The thing that seems to watch with interest is just an appearance. It's not real; doesn't exist. There's no seer, there's just seeing. So the one who says, *"Oh, I see this and that..."* can only just be an appearance or imaginary. It's not really there.

It may seem as if somebody is there when the attention is focused on what is seen. But when the attention is focused back to where what is seen is seen from, then it is noticed that there is no one here. So there's just seeing, but nobody is seeing.

When there's looking without imagination, without thinking happening, there's a clear seeing. But when there's looking with imagination then there's so much energy that's required to be used. But when there's just looking, everything is clear, light, perfect.

But when there's that imagination, that seeing is going with imagination. Then everything takes a lot of effort. It takes a lot of effort and energy to be what you're not.

But to be what you really are, it's effortless and obvious. It requires no effort. It's very light and empty. There's no effort at all. But to be somebody, it's very heavy... there's so much effort there. What you are is effortless, spacious and empty.

ALL NAMES/LABELS/WORDS WERE LEARNED FROM THE PAST

Everything that is seen is unknown. It's nameless, formless, and empty. For names to be there, they need to be imagined, or remembered, or collected from the knowledge in the memory.

Your true identity or the source, is everywhere present. It's not only in the body. You are everywhere present and in the body at the same time. You're just spaciousness that imagines itself to be the body. That's how you play. They call it the play of Maya.

This boundless energy, in a way, dreams itself as an individual who is doing things. Because of the belief it seems as if what seems to be an individual is real. But when it is seen that it's not real, it is recognized that an individual never even existed. It's always been this boundless energy appearing to be an individual.

YOU'RE NOT A HUMAN BEING

Stop imagining yourself as being the body... you've never been a body. -Nkosi

The space within the body, the space around, it's yourself, it's what you are. And it's not dead, it's alive. It's aliveness... beyond the walls, beyond everything.

That's what you are. You're like space. You're not a human being, you're not a woman. The one that says, "I'm that body" is an appearance." What you are is deathless, ageless, genderless.

So already there is that place which is, already, trouble-less. It has no trouble at all when it is noticed that there wasn't any thought in the first place. It was just This space appearing as those thoughts.

NO SEPARATE ME TO GET RID OF "ME"

Everything is This... so there's no me who can actually try and get rid of the me. In a way this seems to be a play. Just Wholeness dancing, playing. There's no good point or bad point. There's just This. There's no journey... it's just here. The story cannot touch This, cannot change This. This is always here.

MIND IS PART OF THE DREAM

Don't be the thinker cause there's no thinker here. -Nkosi

The mind, trying to get somewhere, is just a dream appearing in This. Actually, there's no mind and there's no somebody who's trying to get anywhere. There's only what's appearing... there's only what's appearing.

This, what IS, cannot be found cause there's no one here to find anything. There's nothing here to become anything... there's only what's appearing. What is being looked for cannot be found. Even the one who seems to be looking cannot be found.

You've never moved. You don't move. You're always here. Even what seems to be the movement is just This. So there's no movement. It's as if nothing happened.

What you take yourself to be is just a thought. -Nkosi

There isn't anybody behind these words. They're just words appearing... for nobody. And they don't mean anything. There isn't anything wrong or right with anything, cause everything's just an expression of This. And what seems to be everything is already nothing. So everything's allowed to express just the way it is. This doesn't mind Itself.... it doesn't mind Itself.

There's This, as that Space. And there seems to be a movement of the mind, some fluctuations, like the wave in the sea moves up and down, up and down. So there's always the movement of the mind, but This doesn't move. What seems to arise are just thoughts, and they are part of This. But This doesn't move. It's always here.

THE ONE SUFFERING IS A THOUGHT

There's no doer of anything. What seems to be happening is just happening. And there's no one doing it, already... there's no victim. -Nkosi

All those thoughts appearing... they're just thoughts, and they've got nothing to do with you cause there's no you there. There's no you to believe thoughts. There's no you to suffer. So the sufferer of a thought is just another thought.

So there's actually no sufferer. Cause when thoughts are looked for, they cannot be found. So there's nothing there. Even the one who seems to be looking for a thought is not even there, so there's already nothing. What seems to be a you is just an imagination that is appearing in Wholeness as Wholeness.

UNFINDABLE MEMORY

The memory doesn't really exist. Of course, you need the memory as you've just said, to keep your appointments, your work and your meetings... so you need it. But when it is looked for, it's not there. There's no memory.

But to think that there's a memory, there's nothing wrong with it. There's nothing wrong with anything cause everything is an expression of This; everything IS This.

There's nothing wrong with anything. So memory is good. To talk about the story, it is good. Talking about the story is good. This doesn't mind the story cause everything is This. As I've said in the zoom meeting, This doesn't mind Itself cause everything is This.

When it is said there's a memory, then it seems at the time there's a real memory. But when you look, there's no memory. The same goes for the separate-self.

IMAGINARY LABELS

It seems to be there, but it's not really there... there's nothing. Even the thought that says, "*Today's Monday, tomorrow's Tuesday.*" Everything's imaginary, including what is seen.

If you see "*this*" and something says "*it's a screen,*" well, that's a label. It's not even a screen, it's just nothing. So everything's nothing. The body is nothing. It's just sensations that are felt and it seems as if there's a real body, even though the body's not really there.

ALL STORIES ARE AN EXPRESSION OF THIS

The story cannot touch This... cannot change This. This is always here. -Nkosi

It becomes something when there's a story that seems to be happening. When somebody says, "*I did that... I went there...*" that's a story. And the story is beautiful just the way it is. Because it's just an expression of Everything. It's just an expression of what IS, of that which can never be seen. So, this isn't against any story. This isn't against anything cause everything is This.

All stories are a beautiful expression of This. What exactly is being spoken right now comes from This and is This already.

THIS DOESN'T MOVE

You've never moved... you're always here. -Nkosi

You've never moved... you don't move... you're always here. Even what seems to be the movement is just This, so there's no movement. It's as if nothing happened.

So if it's seen there's no journey, no process, no steps to get to This, then if the story appears then the story is not a problem.

Whatever might be said or done is not a problem because there's no where to get to... there's just what's happening. And what seems to be happening is going nowhere.

OTHERS IS IMAGINED

You see yourself... you don't see the other. You always see yourself but you imagine you see the other because of the conditioning.

If I is taken seriously... the I of an individual is taken seriously, then others will be taken seriously. It will seem as if there are real others. But if that I is seen as nothing, then same goes with others.

But if I is taken to be real, then others will become as real as I. So it's just a matter of noticing there's no I. There's no separate individual who wants to become whole and complete. That's just a thought.

The one who wants to get it is already It. -Nkosi

JUST THIS

This... This is not saying anything, is not doing anything, is not going anywhere, is not waiting for anything to happen, is not trying to understand anything... it's just This.

When you look at what seems to be objects, they are saying the same thing: There's just This. Everything's saying there's just This. Nothing more, nothing less... just This.

THE SUFFERER OF A THOUGHT IS ALREADY NOT THERE

Those are just thoughts talking to themselves. There isn't a real person... -Nkosi

“*I hope I get what I'm looking for...*” is just a thought appearing in This. There's no real somebody behind the thought. It's just a thought appearing.

Nothing is real.... nothing is real... nothing is real. Cause there is already no one there. So what seems to be happening right now has got nothing to do with you.

All those thoughts appearing... they're just thoughts. And they've got nothing to do with you cause there's no you there. There's no you to believe thoughts. There's no you to suffer. So the sufferer of a thought is just another thought.

A THOUGHT OF SEPARATION IS NOT ACTUAL SEPARATION

Separation is thought based. It's a thought that says, “*I feel separate.*” And when you look for the thought, you cannot find it. The one that wants to know this is already not there.

So there's actually no sufferer. Cause when thoughts are looked for, they cannot be found. So there's nothing there. Even the one who seems to be looking for a thought is not even there, so there's already nothing. What seems to be a you is just an imagination that is appearing in Wholeness as Wholeness.

WHAT YOU ARE IS EVERYWHERE PRESENT

Your true identity or the source, is everywhere present. It's not only in the body. You are everywhere present and in the body at the same time. You're just spaciousness that imagines itself to be the body... that's how you play. They call it the play of Maya.

This boundless energy... in a way... dreams itself as an individual who is doing things. Because of the belief it seems as if what seems to be an individual is real. But when it is seen that it's not real, it is recognized that an individual never even existed. It's always been this boundless energy appearing to be an individual.

DEATHLESS, AGELESS, & GENDERLESS... YOU'RE NOT A HUMAN BEING

In that place there's no individual. -Nkosi

The space within the body, the space around, it's yourself... it's what you are. And it's not dead, it's Alive... it's Aliveness. Beyond the walls... beyond everything.

That's what you are. You're like space. You're not a human being, you're not a woman that's a body. The one that says, "I'm that body" is an appearance. So what you are is deathless, ageless, genderless.

UNFINDABLE THOUGHTS

Already there is that place which is, already, trouble-less. It has no trouble at all. When it is noticed that there wasn't any thought in the first place. It was just This space appearing as those thoughts.

What seems to be an individual seeking this is just a thought or imagination appearing in This. So that one is going nowhere. That one will never reach any goal cause really, it doesn't exist.

Don't be the thinker cause there's no thinker here.

What seems to be the thinker is already the unknown. -Nkosi

THERE'S NO ME TO GET RID OF ME

Everything is This... so there's no me who can actually try and get rid of the me. In a way this seems to be a play. Just Wholeness dancing... playing. There's no good point or bad point; there's just This. There's no journey... it's just here.

What is being looked for cannot be found. Even the one who seems to be looking cannot be found. So what seems to be the you, the separate you, is just an imagination or a thought construct that seems to appear in This, as This. So there isn't any separate person, already, cause what seems to be a separate person is already This.

DOING AND NOT DOING ARE BOTH THIS

This... is not a story. -Nkosi

Keeping quiet or talking doesn't matter cause everything's This. Thinking or not thinking... it doesn't really matter cause everything's This. Doing or not doing... it doesn't really matter cause everything's This. So everything's beautiful just the way it IS.

THIS DREAMS ITSELF TO BE AN INDIVIDUAL

What seems to be an individual is just This dreaming itself as an individual. The one who says, "Oh, I'm suffering"... "I'm confused"... cannot be found cause it doesn't really exist. It's just a thought. There's no real solid individual who's confused about anything here. It's just what seems to be thoughts appearing... This appearing as thoughts.

So there's no one here to be confused. There's no victim here. Everything that seems to be happening is just Wholeness happening. It's got nothing to do with an individual.

It's not happening to somebody. Right now, This is not happening to somebody, it's just what seems to be happening.

WHAT ABOUT SUFFERING?

Q: Can suffering exist without a me?

A: Anything may appear, anything may appear... This doesn't mind. What seems to be suffering may appear, but it's suffering for no one. Suffering may appear to be suffering, but no one is suffering cause there's no one here, already.

Whatever seems to be happening right now is just happening... it's not happening "to someone." There isn't a separate one who is a victim here. So anything may arise, but it's not arising for anyone.

And everything that seems to be appearing is just Wholeness appearing. So it's got nothing to do with an individual. Because what seems to be a separate individual does not exist.

NO ONE TO WAIT FOR ANYTHING

There's no one who's waiting. It may seem as if there's somebody who's waiting, but that one is already This. Waiting or not waiting is already This... Wholeness... Everything. So Everything is OK. There's no separate individual who wants to become whole and complete. That's just a thought.

NO ONE TO GET CLEARER

Everything is It already. So there can never be anyone who can try to understand it. When it seems as if there's somebody who this is becoming clearer to, that's a dream appearing in This, and the dream is This too. So there's no real somebody that This is becoming clear to. It's just This appearing as that.

There's just This, already... talking, thinking, moving around. Everything's arising

from This as This. So, there can never be any separate person who's looking for This. There can never be an individual who is outside of This who's trying to get inside of This.

What seems to be an individual seeking This, is just a thought or imagination appearing in This. So that one is going nowhere. It's just a thought with no one behind it. There can never be anything else apart from This.

"I'm here" is a thought appearing in This. -Nkosi

NO ONE LOOKING

There's nothing here. The looking behind those eyes is not somebody who's looking. If you were to look without thoughts, or referring to the past, to the memory, then it will be seen there's just looking. But there isn't anybody who's looking.

There's no one to be free here... there's just Freedom. -Nkosi

Everything that's being said right now is This. The words are This, the voice is This... Wholeness, already. Thinking is Wholeness, confusion is Wholeness, wondering is Wholeness, being quiet is Wholeness.

So, there's really no escape. Everything is This, already. So there's no doer. The body may seem to move around, but no one's doing it. It's just a body moving around and a thought appearing that says, *"I'm moving."*

There's nothing here and nothing is happening, unless a thought appears. There may be a thought that appears that says, *"I'm James, I'm looking for This, I've been searching for This for many years."* but that's just a thought appearing in This, in Nothingness.

So really, nothing is happening here, already. And there's nothing wrong with what seems to be happening. This doesn't mind Itself. This doesn't say, *"This shouldn't be*

happening.” What seems to be appearing right now is just This appearing as that.

NO ONE BEHIND ANY BELIEF

A belief in the thought that says, “*I’m here, I’m real!*” may arise. But there’s no “one” believing. It’s just a belief arising in This. There’s no one behind that belief. And there’s no one behind that thought that says “*I’m separate.*” So everything’s just appearing in This, Nothingness, that is Everywhere present.

The one looking for This is already This. -Nkosi

You’ve never done anything. There’s just what seems to be happening. And this happening is not happening for anyone. It’s just what’s happening. What’s happening right now isn’t personal, it’s just what’s happening, cause there isn’t anyone, already.

All there IS is This. There’s nothing else. What seems to be a you is already It. There’s no you apart from It. So the one who is talking right now is already Wholeness. So there can never be a separate me who can talk on behalf of Wholeness.

This doesn’t appear... therefore it never disappears. - Nkosi

ALLOWING THINGS TO BE AS THEY ARE

Even when it seems that there’s a doer, there’s no doer. It’s a thought that says there’s a doer. “*I’m doing...*” that’s a thought. Everything’s just happening.

There’s a relief when you allow things to be as they are. What seems to be problems only appear if there seems to be an imaginary someone who says, “*Oh, things were not suppose to be this way.*”

A desire that arises doesn't belong to anyone. -Nkosi

EXPECTATIONS FOR NO ONE

Because that imaginary someone had expectations that things are going to go “*this way*.” If they don’t go in that way, according to his or her expectations, then it seems as if there are problems. But there are no problems.

PROBLEMS ARE IMAGINED

Problems have never existed. They exist because what seems to be this separate me imagines that or expects things should go in a certain way, or Life should move in a certain way. And then when it’s not going in that way, then it seems as if there are problems.

How can that which has been imagined be helped? -Nkosi

NKOSI: It’s like an imagined raccoon looking for food. Can it find anything to eat?

ALICE: No

NKOSI: Why?

ALICE: It’s just a character.... it’s just a raccoon.

NKOSI: It’s imagined. It doesn’t really exist. It’s just realizing the raccoon never happened. There was no raccoon. It was just imagined.

ALL ARISES FROM THIS

So already you're not a character in This. That's just an appearance in This, in what you are. Any question arising right now it arises from This, it doesn't arise from you, it doesn't appear from the character. It arises from This cause there's only This. This is nothing appearing.

What seems to be appearing is just This; nothingness appearing. So there's no real individual whose doing anything... there are no individuals. So whatever may seem to be happening is just This happening.

There's just Life expressing as that. -Nkosi

The one who seems to be looking for This is not already. What seems to be happening has nothing to do with you. You've never talked to anyone. It's got nothing to do with anyone. It's just happening. What seems to be happening is just happening, but it's happening for no one.

WHAT ABOUT PAIN?

Pain, like all appearances, doesn't belong to anyone. No appearance lasts forever; it appears and disappears. So that pain is not yours. And what's happening has got nothing to do with you; it's just happening. And the thought appearing has got nothing to do with you; it's just a thought appearing.

Everything is This. There's nothing that can appear outside of This. The experience of pain, the pain itself, it is This. So, whenever pain appears, nobody is feeling pain. It's just an appearance, cause already there's no one. Pain is not for anyone, it's just pain.

Nobody has anything. Nobody possesses anything, cause already there's nobody here. There's nobody who owns any material stuff. There's nobody walking, there's nobody talking, there's just This right here.

AS IT IS

And This doesn't have any intention to be known. It's just as it is. It may appear that there are some people who want to get to know this. But that's just an appearance in This. And those as well who seem to have no intention to know This, is This as well.

So there's no separation. Nothing can arise outside of This and try to seek This, because even that one is still This as well. There's only what Is. And nobody can know This, cause there's no one here, there's just This.

NO ME ALREADY TO GET ANYTHING

What seems to be the me will never get anything from this message cause it doesn't really exist. There's no me already... there's no me yesterday, there's no me now, and there's no me forever. The me is thought based; it's just a thought. All is This. So there's no you already, just This. This doesn't require any thinking. There's no effort here.

YOUR NAME WAS GIVEN TO YOU

That name, "Alice," you were given it. You didn't come to this world and say, "I'm Alice." It was given to you. And you accepted it as you grew up for the truth. And you started to become conscious of it. And then it became real for you, "Oh, I'm Alice."

But really, it's not true... it's not true. There's never been an "Alice." "Alice" is just a thought believed in. What seems to be happening right now has got nothing to do with you. It's just happening. Nobody owns anything here.

A desire that arises doesn't belong to anyone. -Nkosi

All is This cause there's no separation. No matter what may seem to appear, it's just This appearing as That. There can never be anything outside of This cause there's only This.

THE FEELING OF SEPARATION IS THIS TOO

A feeling of giving up, hatred, even separation... the feeling of separation... all is This. So there's nothing outside of This. There's just Life expressing itself and there's no you doing it.

And this message is not for anyone. It's not for you cause there's no you, there's just Life. There's never been a you. So what seems to be a you who's waiting for anything to happen right now is just Life expressing as that.

THERE'S NEVER BEEN A YOU... JUST THIS

Already... there's no one to get anything. -Nkosi

What seems to be "Alice," when it seems to collapse, it's recognized that it has never been "Alice." It's just been This all the time. Even when it feels like it's a real you, there's no real you, there's just This, already. And This is not waiting for a character to collapse.

THE CHARACTER IS THOUGHT BASED

Stories don't mean anything... they're just stories. -Nkosi

It's just This seeing that it has never been a character. The character is thought based. When thoughts are looked for, they cannot be found. The character is a story that never happened. There's nothing here. The me is an appearance that never appeared. This is never affected by anything. This is not disturbed.

There's no one there, already. So there isn't anyone to be free. It's a play with no player. A dream with no dreamer. A performance with no performer. It's just beautiful as it is.

There's no character searching. There's just This. This doesn't try to get rid of the character, cause there's no character. If all is This, then who's seeking for This? So, already... already the one who seems to be seeking is already This. There's no more than This and there's no less than This... there's just This.

NO YOU TO THINK THOUGHTS

It's not that the body sees... the body is seen. -Nkosi

It's a thought that says, "I'm the body." If you try to look for them, they're not even there. Where is that thought right now? Can you find it?

There's no thinker of thoughts. There's no you to think thoughts. Thoughts are just appearing. The thinker cannot be found.

THERE'S NEVER BEEN ANYTHING ELSE BUT THIS

"I am" is a thought appearing in This. -Nkosi

There's no one who's really looking for This cause there's only This. What seems to be Alice is just This appearing. This is not caught in the story of itself. This doesn't move. It's always here. So there's already nobody there who's identifying with anything. There's just This, in whichever form it may appear to be.

The thinker think's it exists, yet there's no thinker; it's imagined. There are no characters... there's just This. What seems to be the knower is already unknowable. It's immediate. It's right here. And you can't find it cause there's no you... just This.

This character doesn't belong to you. It's just a character appearing. Allow Alice to be Alice... but don't be Alice. This is not a character.

You will never disappear because you never even appeared. -Nkosi

All is allowed to express. Nothing is suppressed here. You're not a character... you've

never been a character. That character is just an appearance in you. The character is not judged cause there's no character... there's no judgment for nothing. Leave the character to do what it's destined to do.

How can what's not find anything? What seems to be the you is nothing... already. It's nothing. So there's just nothing looking for nothing.

Thought and imagination are always too late. -Nkosi

What seems to be the me is trying to understand This through words. But it will never understand this through words cause it's not even there. Words themselves are limited. They can't really describe This. But This doesn't require any description. It's so simple and obvious. It doesn't require any word. And even those labels and names are imagined. Even nothing is just a word. No word can describe This. This is beyond all words.

EVERYWHERE PRESENT

This is alone as everything. This is everywhere present as no thing. No word can touch This. So This doesn't mind what's being said cause whatever's being said is not doing anything to This. It's not changing This.

You don't have a position, you are everywhere present... you are everywhere present. The one who's looking from behind those eyes is everywhere present. But when the imaginary me is identifying with the body, it seems as if the me is there looking... is there in the head looking out from behind those eyes. But when there's no identification, there's just everywhere present.

Before and after appear in This. -Nkosi

Characters are beautiful. There's nothing wrong with any character... cause it doesn't belong to anyone. They're just characters. This cannot be known cause the knower is imaginary. All labels and names are imagined.

What is it that's here that never goes away? A place where there's no words. It may sound like I'm talking to a person, but I'm not. I know that there's no one there. Words don't stick to This. They don't change it to something else. Exactly what's happening now is This. Nothing matters to This. You've never done anything. It's the attention that goes to objects, to what's happening, not you.

NO ONE'S DECIDING

You are not responsible for anything. That character is not yours. The character doesn't belong to anyone. The character is This appearing as that character. There's no you there. There's just This appearing as you.

All is Imagined... by no one. All is appearing now. All what seems to be happening is only This. The intention or expectation that arises doesn't matter. It's no one's expectation, already. It's no one's intention, already. Cause there's no one already, just This.

NO INSIDE OR OUTSIDE

Whatever may seem to appear, it's just This. There's no separate appearance that comes from outside of This. There's not even an outside of This, there's only This.

There's nobody here, ALREADY. There's nobody to become This, there's just This. There's no you to know This. There's no you to understand This. The one who seems to talk right now is already This.

NO THINKING WITHOUT WORDS

If there were no words... if all words were taken away, would thinking happen? Would thinking be possible? You can't find thinking. There are no thoughts... you can't find thoughts. You can't even find the thinker. What about the one looking? Can that one be found? Even the looker cannot be found.

*The one asking the question is This, is Wholeness.
So the one asking the question is already the answer. -Nkosi*

WHEN LOOKED FOR NO STORY CAN BE FOUND

And if you try to look for the story right now, you may find there is no story. Already, there's no story. It's imagined. There's no story. It seems to be there when it is not looked for. It seems to exist, but when you try to look for it it's not there. So there wasn't any story.

There's no one doing anything. Nobody owns anything. All words or thoughts that seem to appear, nobody owns them. Cause there isn't anyone, only This. Even imagination seems to happen and no one is imagining anything.

There is already no one outside of it to get it and become one with it. There's nothing to get because there's no one to get it, already. The doer of things is already not there.

So there isn't anyone to do or not to do anything here. The me is not already. There's only This. And This knows nothing but Itself. Whatever may seem to be going on right now is nothing else but This.

Everything appears and disappears... but This is always here.

THE SEEKER IS THIS ALREADY

There's nothing to get, cause there's no one to get anything, already. The one that appears to seek is already This. This appears to seek something other than This. But that seeking already is This. It is This thinking that it is not yet This, but it is This **ALREADY**.

So, This may appear to be a feeling of not being satisfied. This may appear to be

different objects. But it's always This. So, there's nothing to get here... there's really nothing to get.

And there's nothing wrong with anything. This is Nothing appearing as Everything. There's no division, here's no dividing line in-between... Everything is This.

THIS THINKING IT'S NOT YET THIS

It appears to be something other than itself, yet it is always This no matter what. The one who seems to be struggling to know or experience This won't know or experience This cause already there isn't anyone doing anything. There is just This appearing to seek. This thinking it's not yet This

There seemed to be a me, but it was realized that the me wasn't even there. Even what seemed to be a me was This. The character, Nkosi, has always been This. So there was nothing else. And I didn't realize it cause I wasn't even there; I never even existed. There's just This.

It's just This appearing as you. That's why I always say there's no you, cause it's This already. It is This seeking something other than This (laughs).

ME IS A THOUGHT CONSTRUCT

The me never appeared in the first place, so how can it disappear? A me is just a thought construct appearing in This, yet it's still This as well. There's no individual free will cause what seems to be an individual is already This.

You can't describe This... it's just as it is. There's just what seems to be happening. And it's not happening... it's Wholeness appearing to happen, but it's not happening.

NO WRONG OR RIGHT... JUST THIS

Who says Life is okay or not okay? -Nkosi

Whichever direction you may take, it is This. We may never go wrong... there are no mistakes here cause all is This. So there's just what seems to be happening. And this is happening for no one, cause already there's no one here.

There is no enlightened being here. No one is enlightened. There's just This... Wholeness... Everything. There's just what seems to be happening. And it's not happening. It's just Wholeness appearing to happen, but it's not happening.

ME IS IT ALREADY

This doesn't mind the me cause the me is It already. This doesn't say there shouldn't be any me cause what seems to be a me is It already. You can't get This. This can't be said. This can't be gotten. There's just This.

BEYOND ALL NAMES, LABELS, WORDS

This is beyond labels. This is beyond words. Yet even the words are this already. There's no meeting here... there's just This. It is just This appearing as a meeting, appearing as Michael, appearing as Nkosi, appearing as Joyce. This is it. There's no judgment. This doesn't judge anything. So whatever opinion you may have, it's okay. Everything is This.

You can call it boundless energy, dirty socks, a mouse, a chicken... it doesn't matter. This is beyond all names. There's no 'you' AND This... there's just This. So everyone is okay. Wherever you may be, whatever you may be thinking... actually there's no 'you,' there's just This. That's just an appearance in This.

What is This? It's Nothing appearing as Everything. That's It... (smiles). And This doesn't say the 'me' shouldn't do anything about it. Whatever may appear... whatever situation may seem to appear, This doesn't say the 'me' shouldn't do anything about It. This doesn't mind... it just doesn't mind.

Even the one who seems to be talking right now is This already... there's no 'you' already (laughs).

This is beyond words. Even the words you are hearing right now... you can't find it. There are no words. Look for the words that I am speaking right now. There are no words. Where are the words? Where? You can't find them... cause there's only This.

When we say "*cat*," that's just a label. It's not even a cat... it's just this Spaciousness. Before you knew it was a "*wall*" what was it? It was nothing. It's still nothing. All is nothing, already. No location, everywhere present. This doesn't appear or disappear.

STRUGGLES ARE NOT YOURS

The struggles are not yours and you aren't responsible for anything. There is just what's happening and it's not happening to anyone... it's just happening. And you are not even there. There is just This, Wholeness, Everything.

NO ONE OUTSIDE OR INSIDE OF THIS

There is nobody who is outside of This trying to get to This. There's not even outside of This. There's just This. Everything that seems to be happening right now... it's ALL This! No one is seeking This. No one is talking about This. No one is doing anything... all is This, cause there's only This.

And no one can reach This. No one can get to This. Cause there's already no one. Even before the question arises there's already no one. So we can say that the one asking the question is This. The question itself is This. All the words are This.

Pain may arise... and it's not even pain, it's just This. Anger may arise... it's not even anger, it's just This. Cause there's nothing else but This. There's no one who's hanging outside of This trying to climb up and get to This. There's only This. Everything is included. Nobody is left outside cause there's already nobody; there's only This.

TO THIS, NOTHING EVER HAPPENS

And I'm not talking here. There's just This. To This, nothing ever happens. There's nothing happening. There's no escape. No one can escape This. No one can talk about This. No one can teach This. No one can know This. No one can find This cause there's already no one.

The seeker doesn't exist already... ALREADY DOESN'T EXIST. There's just This... and This is the Unknown. Even what seems to be the knower appears in the Unknown. So we can say the knower is already the Unknown. There's no knower. This is beyond all labels. This is beyond all names.

YOU ARE ALREADY THIS

And This doesn't know you cause you are It and It is you. It's not apart from you. There's no you cause you are It ALREADY. Even before the question arises, you are This already. And there's no you cause you are This. There's only This! This is alone as everything. There's nothing outside of This. There's nothing outside of Itself.

No matter what might be said, no matter what we can talk about, it's only This. So who can get to This? Who can find This? Who can know This? Who can claim that, "*I got it.*"? Who can say, "*I don't get it.*"? Who can say, "*I'll never, ever get it.*"? It can only be This, nothing else. Cause there's only This. There's no one here. You are not already. Even before the question arises, you are not.

ONLY UNKNOWING

This right here doesn't know anything cause there's nobody here. There may seem to be somebody who's talking, but there's no one. Already there as well, there's no one in there. There's no there already. There's no here. There's just This.

So, whatever might be expressed, whatever might be said, it doesn't matter to This. Cause there's nothing outside of This that can be expressed... only This. So we can talk about everything, can talk about anything... anything may arise. This doesn't have "*should's*" and "*shouldn't's.*" There are no "*should's*" and "*shouldn't's.*"

EVERYTHING IS ALLOWED AS IT IS

Everything is allowed to express as it is. And This allows the body to do what it's

destined to do. And It remains as It IS. It might seem that you are doing something... in actual fact you've never done anything. You've never achieved anything. You've never done anything cause there's just everything. There's no you. There's just This.

There is only the Unknown appearing as a knower. There is just what's appearing and it cannot be known cause there is no one to know it. What seems to be the knower is already the Unknown appearing as the knower. Therefore, no one can know the unknown cause there is only the Unknown.

So, there's no one here. There's no one who's telling a story. There's no one who's seeking. There's no one who's listening. There's no meeting. There's just This. And This... no one can know it. And no one can know that there's no one. Because there's no one but just This. All what seems to happen is This.

THERE'S NOBODY SEEKING

The feeling of not getting it, or getting it, is This. -Nkosi

The seeker seems to be something solid, but when the seeker disappears, it is recognized that there wasn't even a seeker. Then how can what's not find anything? How can the one, who cannot be found, find anything?

Nobody can talk about This because there's nobody, there's just This. Everything that you can talk about is This. You can't talk about something else that is not This because everything's This.

NON-EXISTENT ME "IMAGINES" IT HAS FREE WILL

The me appears to have free will. But it doesn't know that it doesn't have free will. Even what seems to be free will is This. There's just This, right here. This is It. That thought that arises in your mind right now is It already. Not accepting this is This also. So there's no escape.

And there's just This talking... there's nobody who's talking here. -Nkosi

No matter which direction the me takes, it is this. There's no me, there's no person, there's no individual. There's no separate individual that comes from a separate somewhere else. There's no somewhere else, there's just This.

There's no separation. Nobody's separated from anything. There's just Wholeness... there's just Everything. No matter who may be talking right now, it is just Everything talking. Nobody is talking. There's no separate individual who's making a statement or having any idea. There's just This... Wholeness... Everything.

Can the me be found? Can the one who's talking be found? Can the one who can't get this be found? Can the one who says, "*Oh, I'm tired.*" be found? Can the one who says, "*Oh, I'm getting bored.*" be found?

There's only This... nobody can be found. Thoughts cannot be found... even the mind cannot be found because there's no mind. There are no words. There's just THIS. Every feeling is This. It doesn't matter if it feels to be a bad feeling or a good feeling. A good feeling and a bad feeling is the same feeling... it is THIS.

EVERYTHING APPEARS AND DISAPPEARS IN THIS

Words are the same as thoughts. Whatever thought may appear, it cannot be found. Even words... there's just sounds, but you can't find the words. Even before there are words, there's just THIS. And this appears as words, but words cannot be found. The words, the thoughts, and the me are just one and the same thing. They appear in this and disappear in this.

There's no one talking. There's no one thinking anything. Everything just appears and disappears in this. The me cannot be located. The words cannot be located. And the thoughts cannot be located because there's just nothing. There's nothing appearing as words and thoughts. So there's just This. Can you find a me? Can the me be found? Can the one who's talking be found?

YOU ARE NOT... ALREADY

The me is just an appearance... it's just an appearance in This. So whatever might

appear, might seem to appear in This, is still This as well. It cannot be separated from This because it come from the same source... it's still It.

There's no separate appearance that comes from outside of this because there's no outside of this. Everything is This. The one who seems to struggle is still THIS. That one appears in This as this. It cannot be a separate appearance that comes from somewhere else, because there is no somewhere else, there's only This.

So whatever may appear, it doesn't touch This. Everything is just This. It appears and disappears in This. Nobody can ever get to anywhere, because there's nobody! There's no person. A person or the me is just an appearance, is just an illusion. It seems to be real, but it's not real.

ONLY EVER THIS

So there's only This. And there will always be This... nothing else but This. There's no one who's struggling. Everyone is okay because there's just this. You are okay where you are right now. Everybody is okay because there's no separate individual who's come from somewhere else. Even what seems to be somewhere else is still This. This includes everything, yet it's nothing.

THIS CANNOT BE FOUND

No matter which direction the me takes, it will always be IT. -Nkosi

This is formless. This cannot be found. No one can find this because it is formless and empty. It is you and you are It, yet there's no you, there's just This. There's just what's happening. Nobody's doing anything, nobody's seeking anything, nobody's struggling, nobody has got it, nobody will ever get it. No one can get This, cause there's just This. There's no one here. You are not. And this, right here, doesn't know anything. And it will never know anything. It just knows Itself... as Nothing.

Right there, where you are, you are It already. And it is not apart from you. It is you and you are It. No matter what thought may appear it is still This. You are It... there's no James, there's no Nkosi here... there's no anyone here, there's just This.

Even the one who seems to be shy, even the one who's afraid to talk. Even the one who thinks to himself or herself, "*I will never, ever get this.*" It can never be anything else but This. You are It and it is not apart from you. And you can't get It cause there's no you, there's just It... This. And This is just happening for no one.

The me is just an appearance in this. Whatever might seem to appear in this is still This as well. It cannot be separated from this.

You can't point to This because there's only This. -Nkosi

THE ONE WHO LOOKS FOR IT CANNOT BE FOUND

"*I don't get it*" ... is still IT. The seeker seeks for it, but it can't be found. The one who looks for it cannot be found. If nothing looks for nothing, what can be found? Nothing.

THIS SEE'S ITSELF

This doesn't see the me. It see's Itself, no matter who is talking. When It talks, It sees Itself. There's nobody here, it's just This... talking, having different ideas, having different opinions to Itself.

THE ONE WHO LOOKS FOR IT CANNOT BE FOUND

"*I don't get it*" ... still IT. The seeker seeks for it, but it can't be found. The one who looks for it cannot be found. If nothing looks for nothing, what can be found? Nothing.

Whether the me understands or doesn't understand it doesn't matter to This, because all is This. Even the me that is trying to understand is still This. Even the one that says, "*I don't understand*" is still This, so all is This. We can't escape This... it's

impossible. It's indescribable. It is as it is.

No matter which direction the me takes, it's still This. So how can the me escape this? Even the me is still This. I'm speechless.

So it doesn't matter if the one says I don't understand or the one says I do understand... it doesn't touch This. It remains as It IS. It's spaciousness... it's empty.



I'm only ever talking to myself...



No
separation

I'm only ever looking at myself...

