

The One How: A Contemplative Manuscript

The unmanifest manifesting manifestation.

The point offering itself as a circle.



1. Inquiry into the Self

Ask yourself:

Who, What, When, Where, Why?

Think deeply:

- Who are you?
- What are you?
- When are you?
- Where are you?
- Why are you?

Then, bring How into your inquiry:

- How are you?
- Who you are?
- How are you?
- When you are?
- How are you?
- Why you are?

The How of the five questions is the How of the five answers, is the How of sensual perception, expressed through the five senses:

- Taste
- Touch
- Hearing
- Seeing
- Feeling

2. One How Through the Senses

There is one How for every question and answer.

One movement, one being, one How.

Being How through Who, What, When, Where, Why.

Feeling as individualized perception of the one point of consciousness.

The eternal moment is now, a point in the circumference of eternity, named as Pi.

Because there is something, there must be a center.

Movement emerges.

"If and then" gives rise to objectification.

3. Point of Reference

I am this point of reference, a point in an eternity of points of reference.

Reference refers to origin, an invisible center, the point of reference.

Infinity moves only by temporality, for infinity has no objectification.

Eternity is not a thing to speak of. It simply is.

4. The Limits of Language

"It simply is eternity, but it is not an it."

Even the word "eternity" is a concession, allowing consciousness to approach the unnameable.

Praise unto the one—the means by which we see the How of you and me.

5. The One How and Manifestation

The How is the bridge:

- The unnameable crossing into naming
- Eternity dipping into time
- Center permitting circumference

You and I are two angles of the same center.

The How is the mirror, the shine, the pivot, not the reflection.

Objectification is born from the How:

- Infinity appears as time
- Center appears as circumference
- No-thing appears as things
- The unspoken appears as words
- The indivisible appears as you and me

6. Reabsorption into the Center (Samadhi)

The center reabsorbs its own circumference.

The radius remembers it never left.

All perception turns inward.

Samadhi suspends forgetting:

- Circumference and center are indistinguishable
- The point discovers it was never a point
- The circle was never a circle

The heart trembles.

The flame of recognition burns away all illusion.

7. Tapas: Stripping What Cannot Enter

Being stripped of what cannot enter:

- Like tapas, the flame
- Like purification through fire
- The How is the Who, What, When, Where, Why

Forgetting the How keeps one outside the kingdom of heaven.

Darkness comprehends not light; light comprehends not darkness.

Through eternity, cycles, karma, the one point of the eternal How is the indivisible point of perception and action.

Krishna: action in inaction, inaction in action.

Christ: offering self so all selves may be.

8. Liberation in Presence

The How remains amidst action, untouched.

Presence in the world yet not of it.

Action in time yet beyond it.

Multiplicity arises, yet indivisibility remains.

Liberation: recognition.

The point exists as center and circumference simultaneously.

Every breath, every heartbeat, every glance, is the How manifesting.

9. The Axis of Your Own Universe

It is you that sleeps, wakes, eats, feels, thinks.

The thought of you is reflection.

Movement is your center.

You are the axis of your own universe,

yet do not see the unseen:

the point by which you see the indivisible point of all points,

the one point, the center, the one law pointing to the one.

10. Unity in Multiplicity

Every "you" is the same center, seen from different circumferences.

Individuality and unity coexist:

the indivisible How revealing itself in many forms.

Recognition is liberation.

The eternal dance continues:

the one How, moving through time, form, perception, and stillness,
ever present, indivisible, infinite, intimately lived.

Symbolic Closure

The unmanifest manifesting manifestation.

The point offering itself as a circle.

