“Oh dweller within,  
You are the light in the heart’s lotus.  
In every heart you are.  
And if but once only  
the mind of the one who seeks  
will open to receive You,  
truly that one is free forever.”  
- Shankara

So much worrying, so much anxiety, unrest. All the billions of body/mind organisms, trying, longing, hoping, striving, struggling. Hardly one is free of that inner crying out, that quiet fear. Dukha; suffering. It is the way of all the earth.

If you read Silence of the Heart, the transcriptions of Robert Adams’ talks, you will hear him saying over and over, “all is well.” His teacher (after the fact, as Ramesh was in this case) was Ramana Maharshi, who so frequently answered all manner of questions in the same way: “all is well.”
Many times I say that the Understanding, this teaching, is not about comfort. Not about helping the ego feel safe and comfortable. Self realization is annihilation, pure and simple. The truth is that you are not; there can be no question of the ‘you’ being comforted. And that is true; this is not about comfort, but about truth. If truth is to be known, the individual self is not to be comforted, but totally lost, annihilated, dissolved. There is no other way: there is no way to wake up while staying comfortably asleep. Comforting, stabilizing, strengthening the sense of individual self can only lead to prolonging the suffering. The sense of individual self, looking for comfort, must always be frustrated, always come up empty, for it is not.

And yet. Yet if only once, only for a moment, there could be letting go, if there could be that pop of the shift in focus and the individual self seen beyond, seen for what it is, "an echo, a rainbow, a phantom, and a dream," then there is something. Then the individual self is gone, and needs no comforting. The individual self was simply a thought, an idea; a ‘false imagination’ that cried out for comforting. When the true nature of things is seen, apperceived, then there comes something far beyond comfort, though there is nothing any longer that needs it.

It is seen that what one is is All That Is, and That is the constant outpouring of Love beyond love, Beauty beyond beauty, compassion bliss gratitude glory wonder perfection; streaming, outpouring, beyond comprehension.

All that is, is described as Sat Chit Ananda. Not a being, but Being itself; existence itself, not a thing existing. This is pure Awareness, pure Consciousness. Be-ing which is Conscious-ness is absolute, perfect, knows no bounds,
and spills out in itself, uncontained; is always everything everywhere.

This spilling out, this outpouring of Be-ing Consciousness as itself is all of this. All of this universe, planet, worlds of senses and ideas, worlds of things and non-things, these bodies, these minds, these trees roads houses squirrels insects telephones.

All of this, everything everywhere, is not as it appears, as some solid separate material stuff. The physicists will tell you this: look closely enough and this body or this table are not solid substance, but are composed of molecules, then atoms, then subatomic particles which themselves are not particles at all, but moments of energy. I am telling you that this energy which everything is, is What You Are; is Consciousness, Being, outpouring itself in itself. This is what is called Ananda, because the very nature of Consciousness outpouring in itself is perfect love, beauty, completion. Bliss. This streaming is what is perceived as all this, all this crazy world, including the body/mind you think is 'you.' But in truth, when seen as it is, this is not you, this car is not a car, these groceries are not groceries; these are all pure love light consciousness bliss streaming here.

This is obvious. It is seen here always; once seen it cannot not be seen. It is inexpressible. There is no way I can communicate this without sounding like a blathering nut case or like the Dr. Bronner’s bottle. But it is true. All is well. All is so incredibly well. Everyone is asleep and does not see it. And so they “lead lives of quiet desperation,” lives of anxiety and fear. But those few who are awake and see it, witness life being lived in constant, total amazement.

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And since everything is literally made out of pure Love beyond love, streaming; since this pure Love beyond love is the ‘stuff’ out of which is made everything that we perceive as creation; how then can anything, the smallest thing, not be well? Everything, the smallest thing, is God, is Self, is your own true nature and the true nature of All That Is, pure Awareness, pure Love, Outpouring as Itself.

The human race truly has no idea what love is.

I cannot give comfort to the individual self that seeks it. Perhaps in some limited way others can, telling stories here in the dream that bring some fictitious comfort to these fictitious selves.

But when there can be total letting go of that idea of being a separate self, then what is seen is the love compassion bliss that you are and that the slightest thing is.

If nothing else, trust me on this. There is no way anything at all can not be well. All is perfection, pure bliss love outpouring. Any perceptions to the contrary are simply not true. All is well. Totally.

Svaha!