



# Awareness

## Core Practice of the Jes Method

### What is Awareness?

Awareness is the experience of becoming the world. Ordinarily, there is this and that; me and you. This is the experience of *separation*. *Awareness* is the experience of *letting go* of separation and becoming a part of the *world*. What is the world? It is... *THIS!* There is no *that*, no hot, no cold, no happy, no sad to be found anywhere in this world. There is only what there is: what-is, as-it-is.

Writing on my patio now... The feeling of the keys crushing under my fingers, the wayward song of the windchimes, the shadows dancing on the grass below the swaying branches and amber lighting. I watch them all lovingly in order to know myself, and let go... with Awareness.

**Awareness is a refuge** from our harassing thoughts and emotions, and from the gruel of our daily work. When I am speaking to you and I look deeply into your eyes, I have nothing in the world to want or fear, because of the depth of Awareness. With Awareness we come to see that the only pattern to life is the absence of patterns, and we are a note in a great symphony of windchimes, which lacking patterns is always without comparison: *perfect*.

We arrive at this state by **working to pay supreme attention at all times** to our senses when we cut wood, eat, and hug. **We direct our attention to appreciating the world as-it-is using the energy that is freed up in Meditation...** as if firing our last shot to save our lives. That is how I choose these words. **To do that we must completely abandon how we want it to be. And anyway, reality couldn't care less.**



Meditation gives you a break from grasping; Awareness allows you to truly, deeply touch the world. Meditation, grasping, and the other Core Practices of the Jes Method work in like a band of musicians that delivers us from Dissatisfaction. This is a little poetic because I am seeking to *reach you*. In the end, Meditation is simply, “doing nothing,” Awareness is simply, “watching what you’re doing,” and Understanding is simply, “knowing what you’re doing.”

## Bringing Awareness Down to Earth

When we go about our day there is much we do not notice. When we work, speak to each other, or hug each other, there is much we do not notice. Thus, we miss the ability to avoid harm and to provide love on many levels. Our lack of Awareness ensures that we continue to suffer - and suffer worse and worse with each missed molecule and monument of life.

Overlooking the sadness in your loved ones eyes that they hide successfully (or of hiding our sadness from a loved one), not remembering to lock the door to your home when your children are to be left alone for the night, not seeing the left hook coming in the boxing ring, or missing the moment a dragonfly takes flight from the petal of a lotus flower *all* embody what is meant by *lacking awareness*. But it’s way worse... the fact is we are missing our *lives*... This *also* means that most of the beauty life has to offer is ours to awaken to, and taking action to practice Awareness, along with a handful of additional practices, will awaken beauty of unfamiliar *vastness*.

## How Awareness is Developed

### *Meditation, the First Core Practice*

The first step in developing Awareness is to physically stop the body and quiet the mind on a regular basis, such as thirty minutes a week, or much better, *every day*. It is necessary to stop the muscles of the body, because Awareness is *not* dull due to a lack of activity, it is dull because our minds are *overactive*. This is true even if you are



sleepy, depressed, or emotionally numb at this time. Sedated states are the *aftermath* of overactivity.

In order to be aware, we must stop moving the body and wavering the mind. Physical and mental stability actually depend on rhythmic *instability* to stabilize! The supreme unstable rhythm is called the *breath*, and we can discuss the breath in greater detail at another time. The breath and the body are complimentary forces of change, together they become still when we truly notice them. Thus Meditation leads to Awareness, and *Awareness leads to deeper Meditation.*

### *Understanding, the Final Core Practice*

It is not enough for us to meditate, because Meditation will simply become another habit or drug that supports our ongoing lack of Awareness and suffering. A meditator who does not understand the world is like someone who cleans their house every day only to divert reeking sewage throughout the same house every night. Over time the mess builds up just the same as someone who never meditated at all in the first place! This is the plight of most of the meditators who have ever lived in one form or another. We do not want a comfortable delusion, we want reality as-it-is!

The purpose of the Jes Method is not to make Dissatisfaction *manageable* generally like religious practices, psychotherapy, alcohol and drug consumption, video games, crystal healing, aroma therapy, ecstatic dance, hanging out with people who tell us we are better than we think we are, psychiatric medication, sexual indulgence, yoga, thrill seeking, doting on a pet, hot baths, venting, workaholism, working out, abstract philosophy. These things are fine. I do all of them! If that's what you want you need only seek out one of these specialists. *I do not live or teach to manage Dissatisfaction.* My life, Awareness, and the Jes Method exist to *eliminate* Dissatisfaction... and that's *not* the comfy way... it is freedom from caring *either way.*



The method of developing Understanding in the Jes Method is to consider very carefully with great doubt and openmindedness an “unfamiliar proposal” about life set forth by the Method, and by Jes. The proposal must be unfamiliar in order to end Dissatisfaction, because you can see *for yourself* that all existing familiar proposals and -isms may merely or reshape Dissatisfaction. Take what works, and leave the rest. The unfamiliar understandings of the Jes Method are five:

1. Life is Dissatisfaction, through and through
2. Life is Change, through and through
3. There is No Self in this world, through and through
4. Life is Empty, through and through
5. Life is Perfect, through and through

I know for certain that you do not share these views as I do. Perhaps you are right and I am wrong. I don't know. I simply know that everything in the world confirms these patterns, nothing does not, these patterns are not known to people as true, and recognizing these patterns in the world will end Dissatisfaction. To *truly* know the truth this unfamiliar proposal is exactly *enlightenment*.

### **Awareness Isn't Easy - It's Easy!**

These things are pretty easy to nod to and understand if you consider. To know them *truly* is a very different matter. The quest to know this world as perfect seems to work *against* a lot of conditioning that causes the world to seem imperfect (this must become that, you must be different). The practice of knowing how this world comes in contact with us, which is Awareness, will cause us to know the perfection of the world.

Confusion does not work *against* Awareness... they work together. Confusion and Awareness *depend* on each other. So take heart. No matter how your life is going. No matter who you are or what you have done, what you have or lack, the lasting and perfect peace I speak of is already yours... to notice. Awareness is the practice of



taking our relationship with the world *back* from confusion - *not* of “getting” the world. As one of my teachers once said, “the worst horse is the best horse.” Enlightenment is within reach of every human being on earth, including you reading this right this moment - and is *often achieved by the least expected human being*.

## Another Important Way to Develop Awareness

### *Community, the Third Core Practice*

Because becoming enlightened is usually *met* as a great challenge (it was for me!), we must use *every* tool at our disposal to become aware - every breath. Literally *everything* must become an instrument for our enlightenment, and the seeing of the world and the people around us as instruments of enlightenment is necessary to achieve enlightenment - and that includes me. Just as you do this you will come to see that *you* are an instrument that exists to serve the enlightenment of *others*. *This is a good way to love and feel love no matter who you do or do not have, even if you are hated.*

It is this very ethic that defines a community of people who are practicing - or are *aware* of the *prospect* of practicing - towards enlightenment, *together* - precisely the ethic of the Jes Method Community.

Simply practicing the appropriate Meditation *together*, looking at different practices and views *together*, and applying Meditation and Understanding to a set in motion a new way of relating, and living, is all it takes - and this magic is underway here and now for us. Right now. It takes no effort but to show up.

### *The Other Core Practices of the Jes Method*

There are several other practices that intimately work together to finally end Dissatisfaction, they work together interdependently to end Dissatisfaction. I have introduced four at this point. That is a good place to start. *At this stage place almost all of your focus on Meditation.* *Awareness* is a superb place to apply the good results of Meditation to the world, and thus from the world to receive good results.