

# You Are the Knower of the Baby and Its Universally Shared Psychosis

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**S:** Daniel, I haven't a place to externalise recent observations, which I think you may be the person I presently know who could hear or understand what I am experiencing.

Thoughts are just that... They are not the thing itself... big realisation to just observe the stories and distractions in the mind as just thoughts (unreal)!

**Daniel:** Yup, thoughts are nothing more than objects arising in/to you, awareness.

**S:** Realisation: there is more empty space in this mind than can be imagined... of which there is mostly attachment to the mental objects and believed... Which makes me nutty...

**Daniel:** The mind can take on any form. One moment it's a mountain, the next it's a mouse or a sexy women. Therefore its nature is actually "emptiness/formlessness." Yup, we all get fooled by this great power. Totally nutty!

**S:** I just didn't know and was unaware of these ongoing and always-thought fixations...

**Daniel:** This is where vigilant training comes into play, moment-to-moment application of the teachings, shifting your attention from the thoughts (objects) back to yourself, the knower (subject) of the thoughts. Remember, S too is just a thought appearing in/to you, awareness.

**S:** I am practising mindful meditation daily. Practising this daily has allowed me to "see" the power of this mind and how "it" hijacks me into a multimedia, believed-thought fixation which I am apparently evaporating when it's observed. It happens like when a fragile bubble is burst... All of a sudden with just the awareness "it's just a thought" it pops that apparent bubble immediately and then there is nothing... something is practising this awareness very frequently throughout the day...

**Daniel:** Good on you! Zap them squatters out of your home! As you continue to apply the teachings, this practice becomes even more effortless until eventually it ain't a practice but simply your natural "state" of being. Remember, you only need to recognise (direct your attention) to your already-free nature as awareness. You can't become more or less aware, because you are already awareness. And you never change.

**S:** I've understood a lot of this over the years.

**Daniel:** The fruits of self-knowledge. Yum!

**S:** So thank you for listening to what is apparently opening for me... "I" am still a baby just beginning to recognise reality.

This may all be a psychosis... If it is, you are my only known being who can listen and again somehow honour or make sense of my drivel and this apparent expansion experience. A big thank you for all your many contributions which you make available.

You're making hefty deposits to my spiritual bank account.

**Daniel:** You ARE reality. You are the knower of the baby and its universally shared psychosis. ☺