

NO

DON'T

INTEGRATE --

TRANSCEND!

1

1

All that is said about nonduality,
including these statements, is
false.

2

Thus all speech about nonduality
is marked by paradox.

3

It is not what is said but how.

4

All speech about nonduality is a
chance to navigate away from
fixed positions.

5

All speech about nonduality can
at best be a demonstration of it.

6

What nonduality is cannot be
said.

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7

Nonduality is what is under all conditions and which knows itself by itself.

8

Nonduality is not oneness. That's
why it is called "nonduality"
instead of "unity."

9

The purpose of speaking of it is liberation from effort and existential suffering.

10

These arise from the illusion of an “I”
which experiences, enjoys and
suffers, makes decisions, and seeks
purpose.

11

The purpose of speaking of nonduality is liberation from this illusion and so from the tyranny of purpose.

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12

The search for nonduality requires a quiet mind and a looking inward at the one who looks.

13

The end of the search is marked by annihilation of the idea that there could have been a search or seeker or an annihilation.

IV

14

The essence of nonduality is
being obscured.

15

It has been taken by the mind
and turned into a concept that
fuels complexity.

16

Nonduality is not a thing.

17

It therefore cannot be integrated
with things.

18

It therefore cannot be embodied.

19

It therefore has nothing to do
with energy, alignment, destiny,
or karma.

20

In it there is no growth,
expansion, stages, progress, or
degrees of attainment.

21

There are no multiple awakenings
to it. There is one true
awakening, and not even that.

22

In it there are neither shoulds nor
should nots.

V

23

In nonduality there are no people and no world. All that is describable is merely a way of speaking, and not even that.

24

In nonduality thoughts are not thoughts. Feelings are not feelings. Nothing is what it seems to be.

25

In nonduality there are only
surfaces, no depths.

26

Nonduality is not about love, goodness, truth, compassion, empathy, humanity, or becoming a better or more integrated mind, person, or society.

27

Practices based on these ideas may help quiet the mind for the search, but nonduality is unmarked by them.

28

Nonduality is a way of living in the same way that absence is a way of being present.

29

Nonduality is useless, and denies
the possibility of “use” itself.

30

The only use of speaking about it is to bring back the recognition that there was never not that recognition.

31

That is enough.

32

Even that is too much.

Agree? Disagree?

Reach out.

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