

## I am Energy

The only absolute is energy. The only absolute in who I am, is energy. The gift of being human is the ability to recognize who one is, as energy, and where we live. There is no other self-recognition. All other thought and feeling about self is image. What I am is energy, and I am capable of recognizing myself as energy. When I do that, not as a thought or feeling, not as an idea or a concept, but as recognition, then I can also recognize that everything is energy.

## Every Thing of Thought Tends Toward Image

I can recognize myself as the same as the whole, as well as part of the whole. I can recognize my connection to all other parts of energy. I can recognize I am the same as the whole, and I am the same as the parts of the whole, but everything I think and feel about this recognition tends toward image. When recognition evolves into thought and feeling, I begin to describe my energy reality in the language of image, and that becomes my reality. In the language of image, I think of my essential reality as a person. Then I think of my reality as a human in the universe, on the planet, in a country, as lying down, sitting, standing, or moving about, but these are only extended images of the essential reality. They have their reality defined in the realm of relative reality, but the only absolute is energy. Only in this absolute reality is it true that I can never be created or destroyed. Every other definition of reality is transient and changing.

## As Energy, I am Eternal

As energy, I am eternal. I am blessed as a human being to be able to recognize who I am as energy. This recognition is without image, without thought or feeling, without sense or physicality. It cannot be defined in shape or form, since definition exists as image. My self, as energy, cannot be defined as image. If I let go of my imagined self, I can see the underlying, constant reality. If I see the reality, I can let go of my imagined self, even though it may seem more real than the true reality. The absolute reality is the only reality that can be recognized as true, unchanging, and eternal. It is human and interesting to create imagined overlays of this simple and extraordinary reality, but these images have very little to do with recognition. Thinking of energy is not the same as recognizing the

reality of energy, no matter how exciting and satisfying that act of imagination may seem to be. No thought or image of any god of energy can stand in for the reality of simple recognition.

## As Energy, I Live in the Timeless Moment Between Thoughts

There is no recognizable moment of reality except this moment of being. Being can be experienced only in the moment between thoughts. There is no other moment of being in existence that can be truly known. Everything else is past or future. All thought is a nanosecond later than the reality in which it occurs. There is no thought in the actual moment of existence. All thought of time is recorded in the past, even if the past is only a nanosecond late. There is no moment of recorded time that is not thought. We are capable of awareness of the reality of our existence, but once that awareness is recorded as a thought, it enters the past, and the past is not an awareness of this reality. A thought is a recording of image taken from awareness a nanosecond after it occurs. Only awareness without thought can recognize this reality. Only recognition without thought can know who I am, without becoming an approximation of the reality.

## The Approximations of Language and Time

Since we live in the approximations of language and time, we have come to entrust our reality to these approximations. We are seduced by our approximations into creating absolutes of time and image. These approximations have no validity in the true reality. As compelling as the approximations of our reality are, they mislead us into believing what is not accurate and in living our lives in misconception and in the pursuit of greater and greater elaborations of approximation. We talk ourselves away from our reality. The actual moment of being is beyond definition but not beyond recognition. We are capable of recognizing the truth of our reality, but even these words are approximations of their intended definition. These words only point to the reality, but the reality remains.

## You and I are Timeless Energy

The only way we can truly know who we are is to witness how we exist, between thoughts. We are able to recognize this simple reality. Everything else is approximation. We make great and terrible romances of our approximations, when the reality is greater than any image we make of who we are. The key in all this is recognition, without name or definition. Recognition is the capability that frees us from the trap of our approximations. Once we step into thought and feeling, not from recognition, and depend on thought for the apprehension of our deepest and simplest reality, we become victims of our definitions, and we lose recognition of our truest reality.