

# The Perfect Present

This message is for everyone and for no one. It is for no one in particular and for everyone who just wants to be happy. It is for you.

It is no teaching and no method. It is just an invitation to look at reality in a different way. Not with a dividing mind, but with a unifying heart.

It is about what we have to do with this strange situation we find ourselves in the middle of, called life. We didn't ask for it. It was given to us. We didn't want it, nor did we not want it. We found ourselves in the middle of it before we even could want or reject anything, even before we thought of ourselves being any one in particular. Suddenly, we were and life was. They seemed to arise together. Being like that, there was joy. That is: we were not aware that there was anything else but that what appeared and seemed to happen. We did not have the notion of being different from that, so in a way, we did not exist, we did not stand out, we fully merged with this. It was effortless.

Sometimes, when looking at us and life now, we might ask ourselves: "what happened, where did it go?" We seem to have lost something of that original effortless being of joy. We might even start looking for it.

This message is to reveal, that actually, contrary to our belief in time and space, nothing happened. We didn't lose anything. We are still in that same situation. It is a happy message.

No change, no time, no space

Nothing changed in the situation called life since we grew up. It still is simply what is happening. It is not different from when we were just born. Nothing ever happens to it, because it is always it, before, during and after everything that seems to happen.

It is dynamic and ever changing by itself, things come and go in it, and this process is always the same and nothing can change it. It can't be anything but that. As far as we can measure, it has always been that way, it is that way now and it always will be that. In this way, ultimately time does not apply to it. We could call it a timeless process. And as far as we can see or as close as we can look, it presents itself everywhere, and therefore nowhere in particular. It is everything and nothing arising together and ultimately, space does not apply to it either. It is a dimensionless process.

We are the same. We came out of this process, we are a feature of it and we still have all of its properties. Or the lack of those. That is, we are not defined by time or space either. There is no distance between it and us. It is all-pervading, nothing is outside. Everything is it. Nothing separate from it exists. Nothing is not it. In that way, we – or anything – still do not exist separate from it and we are fully emerged in it. There is no way out. Or in. Because there is no in or out. It has no boundaries. There is no method for us to escape. We cannot think, feel, manipulate, plan, do anything that will effect it. Before we do, while we do, after we do – it always is just what it is. It is completely futile and hopeless to think that we are not it. It is completely impossible to try and get it. And it is completely perfect to not think or do that and just know that we are it.

## The unknown miracle

It is not known what it is and it is unknowable. That is we cannot understand or measure it. Only we can be it. This is effortless. By being it, we can realize it and realize that we are it, with no distance between. This is the miracle. We can call it life or any other name, depending on by what means or discipline we look at it, but that does not explain anything about what it is. But we don't have to name it. No name will fit and it will not listen to any name.

## No doing, no separation

We can not resist it. We can not even surrender to it. No matter what we do, it will not change it. If we plan to resist and do, the result will be what it is already. Similar if we plan and don't do, or if we don't plan and still do, or if we don't plan or do. The same goes for surrendering. This is because we are not separate from it. We have no position. Without position, we cannot do anything. We don't exist apart from it. We are it always. Only. Miraculously.

So, with nothing left to do, just be. Anything can happen. No matter what happens, it will be it. If something does not happen, it will be it. And you will be it. It is totally free, so you – being it - are also totally free. Everything will happen and nothing. It will be what happens or not. This is your pure existence and innate freedom.

Now, only remember one thing: just don't try and get in the way of it. Not only it is not possible, but the doing will make you feel separate and contracted and unfree. As soon as you do this, it will appear to you in some distorted way. It can get so distorted that you don't even recognize it for what it really is. This is perhaps why you sometimes ask yourself "what happened?". You happened, that is you started to think of you as separate from it. In truth, this is an illusion. It will be unmoved by your illusory feeling of separation. Only you will experience it this way (and all the other people that make this mistake). You will suddenly feel yourself separated, located in your body - an entity in time and space, and then everything will appear to you exactly in this way too. This is unhappiness.

But ultimately this is an illusion. So, don't worry. No real harm is done. This illusion is like a dream you can end by simply waking up. Just stop thinking about yourself as being separate. As soon as you relax and give up being separate from life, it will re-appear to you as it really always was and is, as it was when you were just born or even before you were born. Free and undistorted, with no dimensions and timeless. Joy will return.

## No distance, no body, no birth, no death

You cannot change it or impress it. It is not looking for your admiration, approval or dismay. It is not looking for your existence, your standing out. You do not stand out, because you are it. It does not want anything, but if it did, it would just want you to stay being it. To not think of leaving, of being other. It would want you to just stay and be and play in it as it. Not alone, not together, not close, but as One. Because that is what you and it are. One.

The feeling of being some one in the body is one of the most prominent distortions of it that happens when you feel separate. Or actually there are two distortions: the body appears as some thing separate and you appear as the thought that you are in the body. It is something that you do. You make both appear that way by thinking, you create a mirage, but only for yourself and for those who appear as

others who do the same to you and themselves. But as everything else that you do, it is to no avail. It is not affected. Everything and everyone is just it, no matter what they think. They don't exist separately either. The body is only their appearance in time and space, but what is really happening is timeless and without dimension. The One is not dependent on any of these appearances. It is no matter what. Or: it does not "matter", literally. It just Is. And you, being it, do not depend on any appearance either, not even on the mirage you call you own body. The body only arises, looks some separate thing, because you think it does, in other words if you think in separation. It can't be understood. The feeling of being some one separate in the body will end as soon as you stop thinking you are in the body and the body and you are separate from ... It. So whatever "happens" to the body, including what we call birth or death, is not relevant to the One. Since you are that One, it is not relevant to you either. It might be relevant to the body, but not to who you really are. Not to it. Don't worry about it anymore. You are not the body, nor are you in the body. It is the other way around: the body is in you, like everything is. You are the One. Timeless, dimensionless. Beyond birth and death, length, width and height.

If you realize that you are simply it, the body recomes what it also always was – it, timeless and without dimensions or boundaries.

Always unconditional love

Always remember: everything is just joyfully happening. Happyning. You are that. You can not be anything else, no matter circumstances or what you do, think, feel, try. You are free to experiment with it. Anything goes. You cannot break it, don't worry. It is the perfect gift. It will keep giving, with your effort or without. It has no conditions. It pervades everything and everyone and even itself unconditionally. You don't have to qualify for, improve or change it. Even if you want to, you couldn't. It is already perfect. Nothing is lacking and nothing is in excess. You are that too. Perfect and complete.

It won't mind anything you do, it will always love. Whether you accept it or refuse. It will never stop giving and being you. You cannot do anything wrong with it. Because the secret is: you are it. It is you. You and it are the same. Everything you do, it does. Everything it does, you do. It will always comply. It is always what it is supposed to be. Because it is totally free and not supposed to be anything in particular. It is always what is.

Miraculous. Loving. Unconditional. True. Just be it, because that is what you already are.

Just one more thing.

You are only this. Nothing more. And you are miraculously this. Nothing less. In fully realizing this, all that will pass through you will be of that same quality.

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