

I am the Perfect Present

Oneness is talking to you¹

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

Sometimes, when looking at yourself and life now, you might ask yourself: "what happened, where did it go?" You seem to have lost something of that original effortless being of joy. You might even start looking for it. You don't know yet, but I will tell you: you are looking for completion, which is Me.

This message is to reveal, that actually, contrary to your belief in time and space, you didn't lose anything. You are still in that same situation. It is a happy message. I will talk to you now directly to explain.

No change, no time, no space – I am talking to you as Oneness

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

I am dynamic and ever changing by myself, things come and go in me, and this process is always the same and nothing can change me. I can't be anything but me. As far as you can measure, I have always been that way, I am that way now and I always will be that. In this way, ultimately time does not apply to me. You could call me a timeless process. And as far as you can see or as close as you can look, I present myself everywhere, and therefore nowhere in

¹ This is an exercise in verbalizing what can not be said. The reader is invited to constantly acknowledge her self as Oneness, and Oneness is speaking to her in her own capacity of Oneness. Altho language compels me to use the words "I, me, and you", these are not to be taken personally at all, but in silence to be substituted for "Oneness".

particular. I am everything and nothing arising together and ultimately, space does not apply to me either. I am a dimensionless process.

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

The unknown miracle

It is not known who I am. I am unknowable. That is, you cannot understand or measure me. You can only be me. This is effortless. By being me, you can realize me and realize that you are me, with no distance between. This is the miracle. You can call me life or god or Dao or awareness, or by any other name, depending on by what means or discipline you look at me, but that does not explain anything about who or what I am. But you don't have to name me. Ultimately, no name will fit and I will not listen to any specific name.

No doing, no separation

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

So, with nothing left to do, just be. Anything can happen. No matter what happens, I will be me. If something does not happen, I will be me. And you will be me. I am totally free, so you – being me – are also totally free. Everything will happen and nothing. I 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 me. Not only it is not possible, but the doing will make you feel separate from me and contracted and unfree. As soon as you do this, I will appear to you in some distorted way. I can get so distorted in your view that you don't even recognize me for what I really am. This is perhaps why you sometimes ask yourself "what happened?". You happened, that is you started to think of you as separate from me. In truth, this is an illusion. I will be unmoved by your illusory feeling of separation. Only you will experience me this way (and all the other people that make this mistake). You

will suddenly feel yourself separated from me, 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 and suffering.

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 from me. As soon as you relax and give up being separate from me, I will re-appear to you as I really always was and am, as I 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 me or impress me. I am not looking for your admiration, approval or dismay. I am not looking for your existence, your standing out. You do not stand out, because you are me. I do not want anything, but if I did, I would just want you to stay being me. To not think of leaving, of being other. I would want you to just stay and be and play in me as me. Not alone, not together, not close, but as One. Because that is what you and me are. One.

The belief of being some person in the body is one of the most prominent distortions that happens when you imagine to be 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. I am not affected. Everything and everyone is me, 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. I am One, and I am not dependent on any of these appearances. I am no matter what. Or: I do not “matter”, literally. *I Am who I Am*, not more, not less. And you, being me, do not depend on any appearance either, not even on the mirage you call you own body. The body only arises, looks separate, because you think it does, in other words if you think in separation. This 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 me. So whatever “happens” to the body, including what is called birth or death, is not relevant to me. Since you are me, it is not relevant to you either. It might be relevant to the body, but not to who you really are. Not to me. Don't worry about me 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 One, you are me. Timeless, dimensionless. Beyond birth and death, length, width and height.

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

I am 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 or try. You are free to experiment with me. Anything goes. You cannot break me, don't worry. I am the perfect gift. I will keep giving, with your effort or without. I have no conditions. I pervade everything, everyone and Being unconditionally. You don't have to qualify for, improve or change me. Even if you want to, you couldn't. I am already whole. Nothing is lacking and nothing is in excess. You are that too. Whole and complete.

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

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

Just one more thing

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

Grathem 26 November 2020

Debbie Parkins

Source, 2015

Acrylic on linen, 100 x 100 cm

