CĂTĂLIN MANEA



DROPS OF BEING

SINKING IN CLARITY

Drops of Being

sinking in clarity

Cătălin Manea

INTRODUCTION

When falling in crystal clear water, a drop leaves no trace behind. In muddy water, the same drop leaves behind a trace that shows where it fell. So, where there is clarity, there is no trace left. Where there is clarity, nothing can cause any interference. This book may or may not leave a trace. It depends. If one is not attached to his own content, he have no reason to experience any discomfort while reading this book. But if one is set to protect his own perspectives and points of views, then a state of discomfort during this journey is very likely.

This book does not teach anybody anything. This book depicts rain. A rainfall coming from The Unseen which covers what can be seen. It may be a mystery, it may be palpable. It does not matter what is said about what follows. And in fact, it is not appropriate to say something about what follows. Just to let it be. Let it flow.

Here is the paradox: the seeker is looking for his absolute identity, but he already is what He Has Always Been. The seeker wants to gain self-knowledge, but in order to gain it, he needs The Unknown. However, through the operating

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mechanism of the separate self, one fears the Unknown. And this is where the dance begins. One searches for the Unknown, but, at the same time, he avoid the Unknown.

Finally, perhaps there is nothing to find. Everything that can be found can be perceived. If it can be perceived, it means it has substance. If it has substance, it means it cannot exist by itself. That is why everything that can be found is relative and, consequently, it cannot be the absolute identity. Maybe the absolute identity cannot be found. You cannot find What You Have Always Been, because he who thinks he can does not really exist. But what about the purpose of the journey? What about the awakening? About enlightenment? All hopes have been shattered? By all means. The awakening is the biggest disappointment because nothing is taken personally anymore. The awakening is free of the subjective influence of the awakened. The awakening does no longer contain the awakened. Therefore, it can be said that you cannot find What You Have Always Been, but you can consciously be What You Have Always Been.

This is an invitation. To transcendence. To letting go. To opening up. Beyond one's own points of views, beyond one's perspectives, beyond one's knowledge, beyond one's own self. Beyond everything that is personal. A rough journey, which is neither beautiful, nor ugly. It just is. A journey to nowhere that will not offer any reward. A journey that cannot add anything to one's being. A journey of dissolution, not of enhancement. A journey which cannot be given any meaning and which cannot

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be embedded into any system, culture or religion. A journey with no meaning. In fact, all that will follow will not provide any objective meaning, for the simple reason that knowledge cannot decipher what cannot be known.

As you will see, what follows is not a story. Not at all. What follows are a few paragraphs meant to touch upon what they need to. This book does not have to be read from the beginning to the end. It has no rules. It can be read from wherever it is opened. It is best read little by little, not because this is a rule, but because each paragraph invites to honesty, self-examination, acceptance and no resistance. Metaphorically, but also in the absence of a concrete name, the book was entitled "Drops of Being". This book comes from The One Immaterial Existence, which expresses itself through every material existence. And the paragraphs of this book materialized into Drops of Being which fall exactly into the right place. No drop falls by chance. Now each reader can decide whether to run from the rain or dance in the rain, with no protection or resistance whatsoever.

Along the way, the reader of the book will be no more. All that will remain will be the reading. With no reader. The beholder will become one with what he sees. And after that, words will be transcended. The loss into the Unseen. The conscious return to What Cannot Be Seen. This book is a gate. Not The Gate. But a gate. He who travels up to this gate needs to let go of his attachment to his own journey. This is the only way one can step into The Timeless Unknown. Beyond time, beyond thoughts,

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beyond form. Beyond the self. The conscious immersion into the Essence of Being.

By embracing The Drops of Being, one immerses oneself into Existence.

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I

Nothing is ever enough if you live a life of submission to the false self, which always needs more.



To live without trying to convince anybody.

To live without trying to prove anything.

To live without trying to be somebody.

What a life!



To need power in order to be strong is a sign of weakness.



Not the aspect of the signpost, but what the signpost indicates. The sign is not what it indicates. If you get attached to the sign, you get stuck at form level and you cannot see what the sign points at.



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When you run after power, you end up powerless. You get consumed.



Truly powerful is he who does not need power.



By judging what you cannot understand you just condemn what you cannot see.



Sound comes from Stillness and to Stillness it returns.

When the sound remembers this, it becomes One with Stillness.



When silence settles in, do not try to fight it.

Remain silent. Words need rest.

Why fight against them?



You send out what you live. What you send out is what you get.

Therefore, at vibration level, what you give is what you get.



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Without What You Cannot See, you would not see what you can see.



The way you receive the path you walk on, will shape your next path.



If you look at everything you see with love, you will see love in everything.



What You Really Are cannot be threatened by what you think you are.



In your spiritual journey, you tend to gather as much information as you can, so as to attain greater knowledge. But there comes a time when all this information starts to weigh heavily on you, and exhaustion settles in. This is the time when you need to let go of the attachment to your own knowledge. Indeed, knowledge shapes you as an individual, but the conscious detachment from knowledge will take you spontaneously beyond everything you think you are. And when you are no longer attached to what you think you are, you can dive freely into What You Really Are.

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When you get attached to your points of view, you have the tendency to defend your own points of view. Therefore, you do not allow yourself to transcend all points of view. And What You Really Are is not a point of view and cannot be included in a point of view. What You Really Are cannot be known. Finite knowledge cannot penetrate The Unseen Infinite.



Rebellion empowers energetically the element you rebel against. By accepting reality, one transcends the content of reality.



Do not try to fill the silence, when you have no words left to say. Just let it be. Thus, if you do not fight it, silence becomes Stillness.



When you let go of the attachment to the concept of happiness, you will dive into happiness. You cannot taste the content of the container, if you are attached to the container`s label, which describes what is in the container. When fighting against forms, you are trapped inside form. When you simply let forms be, you dive into That Which Has No Form, without which no form would ever be possible.



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By accepting the ego, the ego weakens. When you accept your ego, you do not live in the ego, because the ego cannot accept the ego.



When you look for something, you are already separated from what you are looking for. Therefore, you cannot see that you already are what you are looking for.



Awareness, observation, acceptance.

That is the answer you seek.



If you see yourself as a being connected to Stillness, you are, paradoxically, living in separation from Stillness. A factor connected to another factor. A finite being, connected to a concept of Stillness, not Stillness itself. If you think about Stillness, you turn it into a limited element that you can place in a certain space and time frame. That is not Stillness, but what you think about Stillness. The temptation of the spiritual ego is very high. You are not a peaceful being. You are Stillness itself, which express itself through a being.



When you are searching for words, you are searching for form.

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Allow yourself not to know the answer.

Allow yourself not to depend on any question.

Allow yourself to remain silent when you have nothing to say.

Stillness is Here and Now. Let it be. It is, anyway.



Who is the one who wants to be set free?



Fear evaporates when the identification with an entity which has something to lose disappears. You cannot lose your life, because life cannot be lost, since it cannot be owned, either. Life is not an object you can possess. You do not have a life. Truly, you are not a being that has a life. You Are Life Itself, which express oneself through a being. The word rises and fades away. Stillness remains.



Everything that can be known is temporary. Being temporary, it is relative. Therefore, knowledge is relative. It is painful for a knower to accept the nature of knowledge and its foundation, but once you let go of the attachment to knowledge, you can dive into What Cannot Be Known. Permanently. In Stillness.



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When you live to protect your image, all you do is just sink into illusion. When you live to flatter your reputation, all you do is wander in illusion. When you live to impose your knowledge, all you do is suffocate yourself in illusion.



If your inner peace depends on an external factor, your inner peace varies according to the direction of the external factor. But that is not inner peace, but an image that you have about inner peace. Truly, inner peace settles in with the transcendence of he who maintains the lack of peace and who, consequently, lives lost in separation.



Perhaps the purest gift that you can give to the one beside you is your attention. In fact, it is not your attention you give, because you are your attention. It is just a way to put it. An object offered is a relative temporality. Many times, you offer an object maybe even without paying attention to the one who gets it. This is an egotistic breeze. When you pay attention, you give yourself. This means to truly honor the one beside you. You are where your attention is, because you are the attention. So, where are you now?



If you have no beginning and no end, fear makes no sense anymore. That is exactly why fear will continue to haunt you for

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as long as you keep relating yourself to what is temporary. And you cannot really dissolve fear once and for all from the form level, because form is relative. However, he who feels the fear gets dissolved into the Self when he is exposed. And with no fuel, the fire will burn down. Waves rise and fall. The Ocean remains.



Those beside you will be strangers to you, until you will realize that You are the ones beside you. You will be a stranger to those beside you until the ones beside you will come to realize that they are not beside you, but they are You.



You cannot be free as long as you are attached to your image of freedom.



Who loves whom? Who says that he love? Who is the beloved?



Do not run from gentleness. Give it a chance. Gentleness can heal what lack of awareness destroys. Eventually, all forms return into Primeval Gentleness. Trees change. The forest remains.



Obedience is about hierarchy. Devotion is about fusion. Obedience strengthens the relation between time and distance. Devotion makes this relation disappear. What enjoys your devotion is what you honor. And, always, you tend to follow what you honor. Therefore, through devotion, you become One with what you honor consciously.



Often, while listening, man tends to build his own reply, from which he hopes to get a subjective reward: recognition, approval, appreciation. This is a false listening which, of course, has its roots in the false self, always interested only in what it can get for its own consolidation and survival. Listening takes place when the permanent correlation with the inner tendencies of the listener is not there anymore. You just listen with no intention to get something out of what you are listening to. You listen without the influence of previous knowledge about what you are listening to. Listening is a wonderful gift which you can offer to the one beside you. Pure listening, free from the influence of your own transformations. To listen without wanting anything from he who talks. A blessing you can give with no words. And when words want to rise, they will emerge in a pure and natural way, precisely because you do not look for them, but allow them to fly. From seeking the answer, to allowing the answer to rise, when it knocks on the door of silence. In conscious listening, you are a conscious presence.



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It is not about rebellion, but about the self who supports the rebellion.



The obsessive attachment to glasses keeps the watcher in the dungeon of images. Any image is only an approximation which exists in probability. To go from probability to reality, man needs to throw away his glasses. To look with no looker. So, from where do you look at what you are looking?



Beyond all that can be seen, there is a presence which can see everything, but which can never be seen. This presence has no impression about Itself. It pretends nothing. It is formless. Nameless. You cannot separate yourself from this Presence. You cannot separate yourself from The Self.



The desire to acquire freedom leads to conditioning. You cannot own freedom, because freedom is not a form. By turning your gaze from becoming to Being, you give up the camouflaged addiction to possibilities. And if form no longer extracts its sense of self from what is possible, then freedom is no longer perceived as a potential result, but as an effortless emanation of naturalness. If all details evaporated, what would remain would be Absolute Simplicity. That which does not come and go.



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Beyond the spotlight, there is Liberation. Beyond words, there is Stillness. Beyond you, there is You.



Any belief is temporary and, implicitly, relative.

You existed even before what you think you are.



An idea is relative. Being relative, it is finite and, implicitly, incomplete. That is precisely why liberation cannot be brought about by subservience to an idea.



Going from one idea to another one, one can achieve only an image about liberation, not complete liberation. Simply because any idea is relative, one can see that an idea can only bring a relative liberation. Being relative, it is incomplete. Being incomplete, it is conditioned. Being conditioned, it is not liberation. Beyond any idea, there is something that cannot be turned into an ideology. Beyond these ideas, there is that which cannot be touched by any idea. In the absence of ideas, you remain, because you existed even before having an idea about yourself. And if there is no subservience of the identity towards an idea, then liberation is not a goal anymore. It just Is.



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All that rises will eventually fall. The movement of genesis is connected with the movement of dissolution. Any trace of attachment to what comes and goes will surely lead to fear and suffering.



In the spotlight, one can only see appearances. Behind the scenes, there is depth. But, many times, the spotlight is too tempting for he who wants recognition. That is why the human being keeps struggling at the periphery of Being.



What you think you are is an image. An image obeys the knowledge fluctuations of the one who projects the image. Therefore, any image is relative. So, your absolute identity cannot be what you think you are. In the absence of your image about yourself, there is no fear.



On the returning journey to Stillness, the traveler evaporates on the way.



The faces of the people who take a step towards you reflect the place from where you take a step towards people.



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We are so busy deciding what is right and wrong, that we forget that we Are. Life is not a race between the relativity of good and evil. Life is a celebration of Existence. And this celebration is not good or bad. It simply Is.



Stop a little from running and ask yourself where you are going. And furthermore, ask yourself what you will do after you get to where you are going. Will you start another race?



Do you love the world? Then give yourself unconditionally to life and let life act through you. When you lose yourself, you find Yourself.



The wait may seem long sometimes. But where do we hurry?



The relationship between soil and plant manifests itself through its root. Even if the root is not visible at the surface, this does not mean that it does not exist. What can be seen is the manifestation of the unseen.



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If you cannot hear anything, celebrate silence; do not try to hear sounds. Often, man tries to see what is not there in order to convince himself of what is.



If you looked without prejudices, you could understand what now seems incomprehensible.



Before going any further, make sure you know where you start from.



By liberating yourself from the desire to get something, you start to emanate peace and compassion. How? You just do. If you reject an experience, it comes back to you with the very intensity you rejected it with.



A humble man helps without claiming that he has helped. Many times, he helps covertly the one who does not even know he is being helped.



You do not own an existence, because you are Existence. You do not have a life, you are Life itself.

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If you look down with contempt, you will only see contempt in what you look at. Your eye mirrors your perspective.



What you avoid will pursue you until you stop protecting yourself. Avoidance attracts circumstances which give you the opportunity to avoid.



When you attack, fear acts through you. A man at peace has no reason to attack.



Sometimes we talk too much about what we want to be and we forget to be what we say.



An accusation of the exterior reflects an inner shadow.



If you search for faults in others, they will give them to you.



Do not fight against noise if you want to live in peace and quiet.

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What many people do not understand is that life asks for nothing, it just gives you back what you put out.



If you want to stand out, you will highlight your inner emptiness, which needs attention.



What annoys you gives you the opportunity to notice the inner paths you have not made peace with yet.



The path which draws your attention is the path you will walk on in life.



If you live for possessions, you will become their slave.



When what you think is not reflected in what you say, you are living in pain. When what you say is not reflected in what you do, you are living in illusion. Therefore, for a balanced life, make sure that your thought, your word and your action go in the same direction.



The face of the outside world reflects your inner face.



When you look, look without interpretation. That way, you will connect directly to concrete reality, rather than an abstract reality, formed by your opinions about reality. And that will help you transcend any illusion.



Effortless movement. Acting without intent.

That is the primordial act.



After finishing what one has began, the humble man retires, because he does not look for outer praise, but inner peace.



When what is relative is seen as an absolute, the dance of forms becomes hectic.



People keep talking about love. That is wonderful. But if one does not pour love in the words used to speak about love, the words remain empty.



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When you stop running from what you do not want, then what you do not want will disappear from your reality.



The desire for what is not there can be dissolved through gratitude for what is.



In moments of pain, Life does not rise against you. You rise against Life. This is because you have forgotten that You and Life Are One.



When judging what is, you are no longer living what is, but your judgment of what is.



When the people next to you forgets Who They Really Are, the most precious gift you can give them is to keep being Who You Really Are.



Reality IS. The way you get to experience it depends on how you look at it.



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An offense is an expression of inner pain. It is nothing personal. If you react to an insult, you only amplify the pain.



Even if all your dreams come true, your fulfillment is not guaranteed. Would it not be wiser if, instead of wishful thinking, you would make peace with Reality? Accepting Reality allows you to get connected to the content of reality through the very door of acceptance.



Who cannot communicate through silence can hardly do it through words.



It is time we allowed sounds to rest.

The time has come for more discretion.



Nothing that is temporary can complete you. You are already complete.



You do not need something more to be What You Really Are.



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When you do not accept that you do not know, you get lost in the noise. When you accept that you do not know, you get immersed into silence.



The language of words will be truly understood when the voice of silence will no longer be a threat.



By definition, illusion does not exist. Why fight against illusion? You cannot remove something that does not exist anyway. When you recognize the illusion, you are not an illusion.



When you do not claim recognition, you dive into What Cannot Be Known.



The fight against the ego only strengthens the ego dungeon.



You cannot fly if you fight gravity.



The factor that gets your gratitude tends to persist in your reality.

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When you are trapped in becoming, you cannot rest in being.

Ego acceptance weakens the ego. When you accept your ego, you do not live in the ego, because the ego cannot accept the ego.

The obsession for what you want to prove does not allow you to transcend what can be proved.

When trying to understand the complexity of the waves, you can no longer see the simplicity of the Ocean. You are not a wave. You express yourself through a wave. You are one with the Ocean. You are The Ocean. The Only Ocean.

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II

The spiritual ego loves to judge those who judge.

When you react to an ego, the ego lives through you.



Condemning does not allow you to transcend what you condemn. You become one with what you judge. The vibration unites you.



You step into the direction towards which your attention is orientated. So where is your attention right now?



By rebellion, you give energy to the element you are rebelling against and you reinforce its presence in your reality.



Before your wishes come true, make sure you are free from all desires.

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The attachment to your own point of view does not allow you to dive into the factor without which there would not be no point of view.



Sometimes truth hurts.

But this pain purifies.



When you stop fighting against sound, you begin to get immersed into Stillness.



Pain will let you up when you let go of suffering.



Condemning keeps you at form level.

Condemning, you cannot transcend form.

Condemning, you are stuck in fragmentation.



When you can help, do not hesitate to do this.

A simple message. But not random.

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When you give up all searches, you liberate yourself from all becomings. And when you are free from what you want to become, you can dive into What You Really Are. An ego cannot accept this journey. But this is just what it is about.



The desire to defend your point of view does not allow you to transcend all points of view.



The Now is eternal. The interpretation of Now is temporary.



Running after power, you get tired.



If you did not keep running towards what you want to be, you could be What You Really Are. In full awareness.



In the center of the form, there is no form.



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When you refuse to see what you are seeing, what you see will keep haunting you until you accept that you are seeing what you see.



When you are restless, stop fighting restlessness. Accept that you are restless. That way, restlessness will disappear. And peace will settle in. Because war gets dissolved when it is no longer sustained.



The attachment to your own knowledge does not allow you to transcend knowledge.



It is not reality that is against you.

But what you believe about reality.



Knowledge can give you wings.

But transcending knowledge will give you the flight.



When you identify with what you think you know, you cannot see beyond what you think you know. And what You Really Are is beyond all knowledge.

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Birth is not the beginning of life.

And death is not the end of life.

Birth and death are just two points on the axis of life.



You already are What You Have Always Been.

Before any quest, remember this.



You will get to where you want to be after you liberate yourself from the need to be there.



If you fight against the fog, you get lost in the fog.

The eye which accepts the fog liberates itself from the fog.



He who blames an accuser is also an accuser.



Without What You Cannot See, you would not see what you can see.

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In Stillness, the ego cannot sustain its existence.

That is why the ego says that Stillness is not interesting.



When you fight dancing, you become stiff. And stiffness brings about pain. When you let movement be, you become One with The Unmoving from which all movement comes.



You can hide from the one next to you, but you cannot hide from yourself. For a conscious journey, you need to be honest with yourself.



You cannot reach the mountaintop by fighting the abyss.



In the manifest world, everything changes.

If you fight against change, you suffer.

If you let change be, you become One with The Unchanging.



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What You Really Are cannot be threatened by what you think you are.



Suffering happens. When it happens. If you fight against what happens, you remain at the surface of existence. If you accept the fact that what happens, happens, you transcend what happens and dive into The Infinite Depth of Stillness. Because fire can only burn if you feed it.



When you judge, you give power to what you judge. By judging, you give energy to what you judge. Therefore, the element you judge gains a foothold in your reality.



Your fight against noise keeps you apart from Stillness.



The obsession for what you do not want to live does not allow you to realize that you are alive.



Do not try to fill the silence, when you have no more words left to say. Just let it be. Thus, if you do not fight it, silence becomes Stillness.

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If you fight against yourself, you will be trapped in yourself.

If you accept yourself, you will find Yourself again.



What you do not want to see will persist in your eye until you accept that you do see what you are seeing.



The obsession for what you want to prove does not allow you to transcend what can be proved.



When you do not claim recognition, you dive into What Cannot Be Known.



You train what you attack.

Rebellion creates resistance.

You cannot see beyond what you attack.

The attack keeps you anchored in what you attack.



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He who runs wants to become something through running. Becoming is stimulated by the possibility to receive something. So, he who runs is he who goes for the finish line reward. However, the finish line is moving simultaneously with the runner. The more one strives to reach the finish line, the more the distance between the runner and the finish line grows. The fictitious need to get somewhere comes from the tendency of the egotistic self to consume what the destination offers. The mirage of becoming is, many times, a great temptation which promises that future reality may contain what current reality lacks. But beyond the dance of duality, reality is One. And nothing is missing from reality. Everything is Here and Now. If the perspective is changed from what can be, to what is, the influence of time starts to weaken. Time gets lost in the Permanence of This Moment. With the time reference gone, the mechanical flow of thought begins to evaporate. And when identity is no longer correlated with thought and time, fear becomes unable to sustain its existence. And Stillness remains. Here and Now.



What you think about what you see is the mere image you have about what you see. To really see what you look at, you need to let go of the attachment to what you think you are. In the absence of your attachment to your self-image, the eye is free from the subjectivity of the beholder. And when one's own conditionings are no longer protected, what is left is clarity, which lets calm and acceptance flow.

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The intensity with which you deny what controls you is the very intensity with which what controls you, controls you.



Lying is a way of protecting the ego from reality. To lie means to distort reality. And the distortion of reality is an attempt to escape reality in order to build a pseudo-reality that could ensure the sustainability of the self-image preferred by he who cannot accept reality. But everything that is hidden will become an obstacle to the transcendence of he who hides something. Therefore, you cannot transcend the existence level of the element you hide, for the simple reason that you cannot go beyond what you protect. The intensity with which you protect what you hide is the very intensity with which what you hide controls you. Lying builds up walls. Truth brings transparency. And where there is transparency, there is clarity.



Confusion is not an error of life. Confusion is what leads you to clarity. Sleep is not an error of life. Sleep is what leads you to awakening. Because, without sleep, there would be no awakening.



When you look without wanting anything from what you are looking at, you honor what you are looking at. When you look

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without asking anything from what you are looking at, you celebrate what you are looking at. When the subjective influence of the eye is gone, the love for what is being looked at comes from The Self.



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III

Between what we think we are, there is a space. What we think we are is temporary. The space between what we think we are is permanent. By letting go of the attachment to what we think we are, we let go of the protection of the ego. By letting go of the protection of the ego, we let go of what separates us. By letting go of what separates us, we are One and the Same.



When the fog evaporates, clarity remains.



Interpretation is an emanation of duality, being fundamentally influenced by knowledge. And the knowledge of he who interprets is relative. All knowledge is relative, simply because everything that can be known is a factor that is easily detectable and, therefore, finite. Therefore, what is interpreted is also relative. This is why conflict for the sake of our points of view can sustain their existence only in the realm of pride fueled by the obedience to the self-image about oneself. The interpretation will continue to exist in the relative plane. But, if man will

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continue with the egoistic attempt to generalize his own point of view, then conflict will persist in this existential plane.



When you look at the valley, you look at the hill, too. Where there is a valley, there is a hill, too. The existence of the two is intertwined. What would the hill be without the valley? What would the valley be without the hill? If you look from separation, you live in separation. Living in separation, you live in the finite. If the look consciously rises from The One, the illusion of separation evaporates in the Infinite Mystery of Stillness. Beyond every form, there is no appearance. Beyond appearance, there is no difference. Beyond any difference, we are The Same. One. Infinite.



The space between stars does not claim anything from the stars. Even if without the space between them, the stars would not be stars. Stillness does not claim anything from the sound. Even if without Stillness, there would be no sound. The Unseen claims nothing from the seen. Even if without The Unseen, the seen would not be seen.



Man will never find what he seeks, if he does not liberate himself from the need to find what he seeks.



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He who is waiting for the next experience, unconsciously denies the experience which is already taking place, and in this way, ignores Life Itself, which expresses itself through current experience, and if he ignores Life Itself, this means that he ignores Himself, because Life and Him are One.



No one can attack he who has nothing to lose, just as no one can compete with he who has nowhere to go.



The element that does not allow you to dive into The Ocean of Essence is the attachment to the shore of form. On land, there is safety. But in the Infinite Depth, there is Freedom. By letting go of the image you have about safety, you give up the dungeon of self conditionings, this dungeon being a projection emanated from what you think you are. By letting go of the obedience to what you think you are, you give up the anchor of illusion.



Everything you think about yourself is an emanation of a mirror covered with the dust of knowledge. When the attachment to knowledge is intense, the dust on the mirror does not let you see yourself. In the absence of the attachment to what you think you are, the mirror is clearer than ever. And just when the mirror is perfectly clear, there is nothing more to be mirrored. The mirror

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does not exist anymore, because the beholder has lost himself in The Unseen.



What you see is temporary.

What You Are is permanent.

Without complications, without problems.

Just so.



It is not you who have problems, but what you think you are.



Whatever happens has a beginning and an end. The beginning and the end are subjective interpretations of he who unconsciously invests in a temporary identity. The beginning ends and the ending starts. The relativity of movement. But, without beginning and without end, there is no fear. Beyond everything that moves, there is The Factor without which there would be no movement. The One Presence.



Man creates anchors through perception. The element that promises him safety is the very element which becomes a compass for it. But all that can be perceived is relative. It comes

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and goes. So, what man hopes will bring him safety is just a temporary element. This element will disappear one day. And the man who uses the anchor will lose his way. Nothing temporary can offer eternity. In fact, in order to let go of fear, one needs to let go of the very image about safety.



Any anchor is an empowerment of the possibility of being controlled. The more anchors there are, the greater the confusion. In the absence of any anchor, you are untouchable. Without fuel, the fire goes out. Notice the fuel that maintains the fire and you will find the key to transcending the fire. Because fire does not get quenched by flames. So, the illusion can only touch you with the power that you give to it.



Decision cannot be separated from becoming. Becoming cannot exist without fragmentation. Therefore, many times, invoking the need to decide is in fact an egotistic shield attempting to hide how one avoids letting go of control.



You trip on the step you do not see. If you do not see the step, it does not mean that it does not exist. To recover your sight, you must first see that you do not see. This is followed by the acceptance of the lack of sight. Things are as they are. The fight is not justified. And with the acceptance of the lack of sight, one

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lets go of the need to see. You do no longer need to see. Therefore, you have regained your sight.



Victimization is very tempting because, subtly, it promises a hidden reward. But, at the same time, victimization empowers a hidden obedience to one's own conditionings.



The periphery of the being urges you to live for yourself; the center of your being urges you to live for Us. If you live on the edge of your being, you will try to enlarge your being, to include more and, therefore, you will become the subject of your own possessions. If you stay in the center of your being, then you will be in the center of All Beings, because your Essence is the very Essence that sustains the existence of all living beings. And everything is alive. So if you are What You Really Are and the one next to you is What He Really Is, that means you are One and The Same.



If you look at what is through the filter of the knowledge you have about what is, then you do not have a relationship with what is, but with the image you have about what is. Any image is a fragmentation. Beyond the image you have about life, there is Life. Beyond what separates us, We Are All One. The Same. Just so.

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The dimension from which the words come is mirrored in the eye of the one who speaks. The look of a man cannot deceive you. Listen to the words of the one next to you, but do not forget to listen to his look. The spaces between words can be heard in the look of the one who speaks.



Inner sincerity is a door towards transcendence and liberation. If you allow yourself to see your inner world, without trying to see only what you want to see, then the question marks disappear. To look without hiding what you see. Just for a moment, to let everything be the way it is. Without questions, without answers. Without the desire to know. If you allow yourself not to wait around anymore for the product of becoming, you will dive into the Only Now. What You Really Are does not exist tomorrow or yesterday. The Essence is Now. There is Stillness Now.



You cannot lose something you do not have. Appearances are only limited interpretations of energetic movements which never stop.



When the next becoming is no longer expected, clarity appears. When clarity appears, the look is not fragmented anymore. When what separates us disappears, what remains is Stillness.

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When you see clearly, you honor what you are looking at.

He who looks gets lost in The Unseen.

There is no separation anymore.



Suffering is not an enemy. Suffering is here to guide you. To liberate you from conditionings. The time has come for the total acceptance of life, without resistance, without rebellion, without becoming.



Nothing that you think is true. The degree to which you react to this aspect shows you the degree of obedience to your own conditionings. A spiritual journey does not involve the construction of a spiritualized ego which will maintain a series of preferential images about oneself. Beyond every technique, practice or ritual, complete inner sincerity is required. When you allow yourself to look inside and see even what you did not want to see until now, the door of liberation begins to open. Liberation is not preferential. Many times, liberation does not take place through what we want to hear, but rather, liberation can be brought about by what we are afraid to hear.



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He who does everything he wants is not free. Free is he who can refrain from doing everything he wants. Because the strong man is he who does not need any power.



Attachment is an embodiment of uncertainty. Any attachment activates a possibility to suffer, just because every attachment means getting anchored in an external factor, always characterized by temporality and, implicitly, by relativity. Therefore, with the dissolution of all the anchors, what remains is the natural floating in The Ocean of Freedom.



You cannot go beyond what you see if you have an attachment to your own perspective.



The way in which you receive what is fundamentally shapes the door through you enter into what will be.



Many times, man tends to condemn what he does not understand, for the simple reason that if he cannot understand a factor, he cannot control that factor. He who controls is a pseudo-entity projected through knowledge, which floats in relativity. But maybe the incomprehensible factor is a door to the transcendence of he who wants to understand. Truly, when

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you are no longer troubled by the fact that you do not understand, then you will see that there is nothing to be understood. The need to understand what you see is exactly what does not allow you to see what you look at.



The place you are looking from is exactly the place you see when you look.



Forgiveness arises from The Self with the transcendence of the one who maintains the rebellion. It just happens. It is not about following a certain ritual. The conscious return to the One Self dissolves the confusion caused by the attachment to the egotistic aspects.



When you look without wanting anything from what you are looking at, you honor what you are looking at. When you look without asking anything from what you are looking at, you celebrate what you are looking at. When the subjective influence of the beholder is gone, the love for what is being looked at comes from The Self.



Awareness is a real inner treasure for the spiritual traveler. The first step. Through awareness, he who becomes aware liberates

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himself from the unconscious obedience to what he has become aware of.



If, for just one moment, one gives up the pseudo-need to know nature, then the tendency to run towards answers decreases, for the simple reason that the number of questions decreases. And in the absence of running for details, the rest of simplicity remains. Details empower reaction. In exchange, accepted simplicity is a timeless factor from which clarity arises. Therefore, you do not need to name a tree, if you want to hug it.



If you see that everything comes and goes, you cannot separate yourself from the space from which everything comes and goes. If you see what is temporary, you cannot separate yourself from the permanent without which there would be nothing temporary.



By the tendency to demonstrate what you think you are, you give authority of control over your being to the element to which you want to demonstrate something. What you want to seem is a mirage originating from what you think you are. And what you think you are is very tempting because it promises you what you can be. The packaging and the promise of the possibility to be somebody or something special are, many times, much too tempting. So, the more you react to what

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promises you what you think you are, the greater is your subservience to your own conditionings drawn by what you think you are. The tendency to show off what you want to seem is the very emanation of the attachment to what you think you are. And the attachment to what you think you are does not allow you to dive consciously into What You Have Always Been.



You cannot see beyond what you refuse to see.



This is not about somebody who awakens. If there still is somebody who believes about themselves that they are awakening or that they have awakened, they are still asleep, for the simple reason that subjectivity is still present. In the awakening, no one controls the awakening. It is about the retreat of the one who controls. The ending of ignorance.



An incomplete opening is a permissive closing. An incomplete acceptance is a permissive rebellion. In other words, an incomplete opening is not an opening, same as an incomplete acceptance is not an acceptance.



Life does not end where appearances end.

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When there is stagnation, there is also pressure; when there is pressure, there is also tension; and when there is tension, the whole system might give in at some point. That is why one needs to liberate the stagnant factors which maintain the tension.

To look without wanting anything from what you are looking at.

Nothing that you do not understand is your absolute identity. It is frustrating for he who is attached to his own knowledge, because this gives autonomy to his ability to comprehend. But what you can understand exists only in the principle of separation. When there is he who understands, there is also that which is understood. Therefore, fragmentation cannot be excluded from this landscape. The moment one lets go of the attachment to their own understanding, they are gently sinking into What Cannot Be Understood, but without which there would be no understanding.

You cannot see what you do not see if you have an attachment to what you see.

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Glow is interesting.

Stillness is not interesting.

Stillness does not glow.

Stillness is the source of glow.



When you speak about you, who do you speak about?



What is beyond thoughts cannot be thought. What is beyond knowledge cannot be known. Essence is Intrinsic, without cause, without compare. Essence cannot be thought, but without Essence, thoughts would not exist. Without You, thoughts do not exist. But You exist even without thoughts. Thoughts come and go. You remain.



You see yourself and you are afraid of your ending…

But who is the one who is seen?

And who is watching?



The image you have about yourself wants to know as much as possible about the one next to you. This is how this image you

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have about yourself can control him (her). That is why you do not have a relationship with the one next to you, but with what you think about him (her). Therefore, we can see that some people who have been together for a lifetime have not even managed to truly see each other. Indeed, subjective glasses are very strong.



The egotistic self is a pseudo-entity of consumption. The more it consumes from the factors involved in an experience, the more interested it is in that experience. Through perception, which obeys it, the egotistic self measures the consumption potential. So, very subtly, experiences become interesting or uninteresting.



In the world of forms, everything is in constant movement and, implicitly, in constant change. Therefore, adapting to change can lead without fail to transcendence and liberation. Adapting to change is the emanation of giving up control. So, in awakening, there is no more either he who sleeps, or he who awakens. Without he who adapts himself, adaptation occurs naturally from The Self.



Waiting for liberation is tempting. But he who waits does not even know what he is waiting for. To dive into What You Have

Always Been, consciously, you must let go of your attachment to what you think you are.



If you want to know yourself, that means that everything you already know about yourself is insufficient and you want to use what you do not yet know in order to get to know yourself better. So, it seems that, in order to get to know yourself, you need what you do not know yet. In other words, you can only know yourself through the gates of the unknown. But, because of the illusory nature of the one who wants to know himself, he is afraid of the unknown. The egotistic self reacts to its own inexistence. In the unknown, the knower is not active anymore. And here begins the exhausting dance of the egotistic self: it tries to know itself, to be in control, but at the same time it is afraid of the unknown and, implicitly, of its own inexistence. Without the unknown, what you think you are cannot know itself. But what you think you are is afraid of the unknown. The egotistic self is afraid of its own dissolution. Therefore, the absence of a relation between identity and what you think you are is a timeless portal to what is transcendent to knowledge. And, taking into account that all problems are created in knowledge, and implicitly, in thought, once the plane of what can be known is transcended, one sinks into the impersonal clarity of the lack of subjectivity.



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It is not about any motivation, optimism or positivism. It is about facing what is, without trying to distort what is. The glasses of fear invent mental reasons to hide what is. The moment you are entirely Here and Now, there are no more reasons to hide what is with different egotistic techniques, so as to escape from what is. When what is does not fit into the egotistic self standard about what is, then conflict appears. No glasses are needed to look at a leaf or to feel the breeze. In the absence of waiting for the next becoming, there is no justification left for the distortion of what is. And in the absence of the attachment to becoming, clarity remains.



Energy is in constant movement. Movement expresses itself through two tendencies: coming and going. If you do not let go of what needs to go, you do not allow the coming of what needs to come. By blocking going, you are also blocking coming. Therefore, between coming and going, there remain the repetitive tendencies of stagnant energies. Some experiences are being repeated over and over again precisely because the doors of individual reality are blocked.



What can be spoken can be quantified. So everything that is perceptible and knowable is, implicitly, relative. Therefore, nothing of what you can say can give you the absolute identity. You can talk about The Essence, but you cannot talk The Essence.

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You cannot hide from what you do not want to see, because the desire to hide from what you do not want to see shows you that, in fact, you do see what you do not want to see. This very desire is the factor that makes you inseparable from what you do not want to see. Therefore, maybe it is time to look without the subjective influence of the one who is looking. To look without the glasses of what we think we are. To look without the one who is looking. Thus, in the absence of subjectivity, the preferential/egotistic shaping of the look is not active. And where there is no mediator for the look, clarity remains.

If you do not need the love of the one next to you, then you can truly love him.

In Stillness, the egotistic self cannot control. There is nothing to control. There is nobody to control. This is why Stillness is a threat to ego. And, so, the egotistic self transforms Stillness intro a boring and uninteresting factor.

Truly, there is no method to connect to Stillness, for the simple reason that the one who connects exists no more. But, if we bring the discussion, consciously, in the separation plane, then we can speak about a few gates to Stillness. These gates do not

represent a standard and do not involve spiritualized knowledge. It is about a conscious return to Primordial Simplicity, inseparable from The Essence of Being.



Beyond thoughts, there is no interpretation. With the liberation from the unconscious identification with thoughts, an impersonal authentic clarity remains, one which does not depend on any conviction, idea or thought. Thoughts come and go. You remain. Clarity remains. The Formless Presence, which express itself through a form.



Between what you think you are and what you can be, there is time. The connection with time amplifies the number and tendencies of thoughts. The intensity of the desire to get to what you can be fundamentally shapes the density of thoughts. If, at this moment, there is no longer any expectation for the product of the next becoming, the curtain of thoughts will grow thinner. In the absence of a reference to what can be, there is no subjective reason left in thought, the reason being fundamentally linked to time and controlled by the egotistic self. Therefore, as long as there is a desire to go beyond thoughts, you cannot go beyond thoughts.



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We will all meet when we will no longer claim that our way is the way.



If you see the coming and going, you cannot separate yourself from the space where the coming and going happen. If you see that the temporary happens, you cannot separate yourself from the timeless without which the temporary would not happen.



You cannot control what has no content. Everything you can control will pass. He who controls will pass, too, one day. Therefore, all is unreal. You cannot control What Does Not Change. For a moment, dive completely into this moment. Without past, without future, without present. Only Now. The Now in which everything happens. Everything comes and goes. The Now remains. It seems that you cannot separate yourself from What Remains. You remain. Not what you think you are, but What You Have Always Been.



The egotistic self cannot live without rebellion and without relating itself to its own becoming. In the absence of getting a sense of self from a standard or a principle, rebellion could not exist. Therefore, the identification with a temporary self activates separation and the attachment to one's own becoming,

and this phenomenon leads, undoubtedly, to conflict and the protection of one's own standards and principles.



The attachment to what you think you are does not allow you to dive into What You Have Always Been. From what you think you are arises what should be – a standard generated by the attachment to your own knowledge. And when what is does not fit into what should be, confusion and conflict appear. But in the absence of what you think you are, who are you?



Love is not based on reason. When there is no attachment to your own knowledge, there is no obedience to subjectivity. And in the absence of subjectivity, clarity remains. In clarity, there is love. Because it is unrelated to its own content, love arises from The Self. The one who loves and the one who is loved exist no more. There is an outburst of love, which express itself by two apparently separate fragments, but which merge into love. But without the clarity beyond subjectivity, love cannot appear, because in subjectivity there is reason. So, the one who loves does not exist. What exists is love, which expresses itself through a form. And love arises from The One. The Same One. From The Infinite.



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To see yourself in the one next to you does not mean that you see yourself in his behavior. Behavior can be chaotic, but peaceful, too. Behavior is crossed by duality and it can never be constant. To see yourself in the one next to you means to see yourself in The Unique Essence which sustains the one next to you. And, finally, to see yourself in the one next to you means to see that there is no one next to you. There is The Only One. The Same One.



Beyond every tendency to demonstrate and to be right, there is a Timeless Presence uninfluenced by the egotistic movements provoked by the obsessive reference to your own story and to indivi-dual knowledge. Clarity is not a product of knowledge. In fact, clarity remains only in the absence of the attachment to your own knowledge.



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*ABOUT **CATALIN MANEA***



Catalin Manea was born on October 9, 1986, in Alexandria, Romania, where he lived until the age of 18, when he went to Bucharest city, to follow his degree in international business. After finishing economical studies, he left completely behind this area, to follow his calling – he take a step back and retired in stillness from the business scene, dedicating himself completely to meditation. He heard the calling and he followed his path.

Diagnosed with a form of neuro-vegetative system disease, Catalin healed himself through the inner power, revealed to himself after long periods of contemplation and Self-Rediscovery. After long periods of meditation, Catalin Manea had written his first book, at the age of 23. The book was intitulated "All from Whole", and was written in only 13 days.

After writing and publishing his first book, Catalin Manea became known as an **spiritual author** and messenger. Also, through conferences, lectures and teachings given all over the country, CM deepen the essential aspects of the spiritual journey back to the **Primordial Nature of Being**.

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So far, CM has written three books, that are available only in Romanian. The titles of these books are: "All from Whole", "A Return to Stillness" and "The Liberation". Publishers who are interested in translation and publication, can write to contact@catalin-manea.com

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