

# The Am-ness and the Is-ness

## *A Journey into the Unifying Reality*



### **Introduction: The Deep Inquiry into Being**

When we explore the nature of our own existence, a profound realization dawns—the *am-ness* I recognize in myself is not separate from the *is-ness* of all apparent objects. This recognition dissolves the distinction between subject and object, self and other, revealing that all forms are expressions of one unifying reality.

As the *Bhagavad Gita* states:

*"The wise see the same Lord in the humble sage, the cow, the elephant, the dog, and even in the outcast."*  
(*Bhagavad Gita* 5:18)

This seeing comes from the steady wisdom of those who perceive beyond the veil of form, realizing that the essence of being—the *am-ness*—is the same in all. We are invited into a direct recognition: everything that appears is the expression of the same unbroken, boundless awareness.

*The last page contains an invitation to The Temple of Silence Zoom Group*

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## Chapter 1: The Am-ness of Self

The journey begins with the inquiry into our own being. The sense of *I am* is the most immediate and intimate experience. Before we define ourselves as a person, a body, or a mind, there is a simple, pure sense of being—*I am*. This *am-ness* is not tied to any story, name, or identity. It is the ever-present awareness that underlies all experience.

*"In this moment I am not  
answering to a name or recalling an identity  
referring to the past or imagining a future  
seeking to understand or be understood."*

—Excerpted from *"In This Moment"* in *"Take Heart, Seeker"* by Walter Cecchini

This pure *am-ness* is not personal. It is not an attribute of a separate individual but the expression of being itself. As the *Bhagavad Gita* reminds us:

*"The self-controlled man, moving among objects, with his senses under restraint, and free from attraction and aversion, attains peace."  
(Bhagavad Gita 2:64)*

Resting in our own *am-ness*, free from attachment, reveals the truth of who we are.

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## Chapter 2: The Is-ness of All Objects

As we deepen our inquiry, we begin to see that the *am-ness* of our own being is not separate from the *is-ness* of all objects. Everything that appears—whether it is a tree, a bird, a mountain, or a thought—shares the same fundamental existence. The *is-ness* of all objects is the same as the *am-ness* we know in ourselves. In reality, there is no separation between the perceiver and the perceived.

*"No matter where I look I see  
reflections looking back at me...  
No matter what my ears might hear  
in me those sounds all appear."*

—Excerpted from *"No Matter"* in *"Take Heart, Seeker"* by Walter Cecchini

This realization leads to the collapse of the subject-object dichotomy. Everything that appears is recognized as an expression of the same undivided awareness. As *A Course in Miracles* teaches:

*"Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God."  
(ACIM, Introduction)*

This understanding dissolves the illusion of separation and reveals that the real—the underlying existence of all things—is eternal and unthreatened.

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### Chapter 3: The Unifying Vision of Reality

The realization that the *am-ness* of the self is the same as the *is-ness* of all objects brings about a profound unifying vision. The world of form is no longer seen as separate from the self but as an expression of the one reality that underlies everything. This is the non-dual understanding that everything arises within the field of awareness and that awareness itself is unchanging.

*"Silence fills space  
inner and outer.  
Yet there are not  
two spaces here;  
an undivided whole."*

—Excerpted from *"We Are Filled"* in *"Take Heart, Seeker"* by Walter Cecchini

Krishna describes this state of realization in the *Bhagavad Gita*:

*"That one I love who is incapable of ill will, who is friendly and compassionate. Living beyond the reach of 'I and 'mine' and of pleasure and pain, contented, self-controlled, firm in faith, with all their heart and all their mind given to me—with such a one I am in love."*  
(*Bhagavad Gita* 12:13-14)

The realized being lives in peace, seeing all as a reflection of the divine.

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### Chapter 4: Dissolving the Illusion of Separation

The journey into non-duality requires the dissolution of the illusion of separation. The mind creates boundaries—between self and other, subject and object, and between the perceiver and the perceived. But when these boundaries dissolve, what is revealed is the seamless nature of existence.

*"A scholar seeks more  
while the sage travels lightly  
as THIS weighs nothing."*

—From Walter's *'Nondual Haiku'* collection

*A Course in Miracles* affirms this truth, stating:

*"Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it."*  
(*ACIM*, T-16.IV.6)

As we dissolve these barriers, we discover that what remains is an unbroken wholeness—there is nothing to defend, nothing to protect, because we are already one with all that is.

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### Chapter 5: Living the Realization

Once this realization has dawned, how do we live it in our daily lives? The answer is simple: we live from the recognition that all is one. We no longer see ourselves as separate from others, from nature, or from life itself. Our actions arise spontaneously from the understanding that everything we encounter is a reflection of the same *is-ness* that we know ourselves to be.

*"Today allow actions  
to originate from a place  
prior to mind—*

*Actions in service  
to and in honor of others."*

—Excerpted from "Today" in "Take Heart, Seeker" by Walter Cecchini

Krishna tells us in the *Bhagavad Gita*:

*"He who sees me everywhere and sees everything in me is never lost to me, and I am never lost to him."  
(Bhagavad Gita 6:30)*

This is the living experience of non-duality—seeing everything as an expression of the divine and recognizing that we ourselves are inseparable from that.

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## **Conclusion: The Endless Unfolding**

The recognition that the *am-ness* of the self is the same as the *is-ness* of all apparent objects is not the end of the journey, but the beginning of a deeper unfolding into the nature of reality. This realization is both liberating and humbling—it shows us that we are not separate individuals, but expressions of one infinite consciousness.

*"The journey home is  
the same distance you traveled  
away from yourself."*

—From Walter's 'Nondual Haiku' collection

As we continue to rest in this understanding, we find that life becomes simpler, more peaceful, and more harmonious. We are no longer striving to become something other than what we are. We recognize that everything we seek is already here, present in the *am-ness* and *is-ness* of this very moment.

# Invitation to the Temple of Silence

## A Non-duality Zoom Group

Dear Friend,

You are warmly invited to join the **Temple of Silence**, an online Zoom group dedicated to exploring the essence of non-duality. In this gathering, we focus not on personal stories but on gently turning our attention to the boundless awareness that holds all stories and experiences within it—our true nature.

Whether you are new to non-duality or have been on this path for some time, this group offers a space for deep inquiry and understanding. We move beyond the narratives of the mind, exploring the unity that underlies all apparent separation.

For those new to non-duality, this series of ‘mini books’ offers clear guidance into this profound understanding. We hope the content resonates with the deeper truth within you.

We look forward to your presence in our next gathering. Below is the Zoom connection information:

## Temple of Silence Meetings

**When:** Wednesdays at 10:00 AM Eastern Time

**Meeting ID:** 935 829 6350

**Passcode:** tos

## About This Offering

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