

Remain As You Are

An Honest Look



Introduction

For many seekers, the search for clarity often leads to a desire for a structured practice or something tangible to grasp—something that provides a sense of progress or security on the path. The ‘*honest look*’ suggested here is not about adopting new beliefs, practices, or techniques. It is not about accumulating knowledge or achieving special states. Instead, it is about reducing and shedding the layers of conditioning and beliefs that obscure what is always present. As Ramana Maharshi taught, “*That which is not permanent is not worth striving after.*” What remains when all that can be dropped is dropped, is the Boundless Awareness that cannot be reduced or shed.

Knowing oneself, prior to thought, as Awareness is not a new or fantastic experience but the recognition of a timeless perspective without the filter of mind. As Rupert Spira explains, “*Being aware of being aware is not a new experience; it is simply the recognition of our most intimate, familiar self.*” This recognition is not something to attain but something to reveal by letting go of identification with thoughts, body, or mind.

This ‘*remaining as you are*’, may be enjoyed as often as one likes until the need for it naturally vanishes, as the heavy identification with mind and body thins away. As Nisargadatta Maharaj said, “*Wisdom tells me I am nothing. Love tells me I am everything. And between the two, my life flows.*” If one is earnest and sincere, the need for this contemplation will disappear along with the identification it points beyond.

Remain As You Are: *An Honest Look*

*Right now, pause. Breathe. If no action is required... rest. Notice what is already here, **effortlessly present** before any thought or sensation arises. This **Pristine Awareness** is who you are. No need to seek, no need to analyze. Just stay with this **immediate experience**, available only now.*

*You are not an object. You are the **Boundless Awareness** that perceives all objects. Every thought, feeling, or sensation is simply a movement within this **Field of Awareness**, which is your **True Nature**. Remain as you are, here and now.*

*Flowing in this way, remain detached from outcomes, keeping it simple. Let thoughts arise and fall without holding on to them. The mind may try to complicate—but observe and don’t engage. Stay with this in the **Eternal Moment**, for recognition of your **True Nature** can only happen now. Referring to the past or future obscures this recognition.*

*No effort is required, and there is no need to think about what comes next. There is no need to find or change anything. You are always already **Awareness, Whole and Complete**. **Wisdom** is knowing who you are in your **Essence** and allows for discernment of what is **True** and False.*

*If ever lost in thought, gently return to **Timeless Awareness**, your **Essence**, and remain at rest, content, and peaceful.*

Stay with this.... Remain as you are.

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.

The Temple of Silence Mission Statement: *“The Temple of Silence Zoom group offers a decentralized space where friends gather, some seeking to realize their true nature, others resting in its recognition. Discussions focus less on fleeting personal stories and more on the reliable, wholeness of our True nature. Questions are welcomed, and when attention drifts into mental narratives, it is gently redirected to what never comes and goes. In this open space, all are invited to knowingly experience the oneness that underlies all appearances.”*

When: Open meeting on Wednesdays at 10:00 AM Eastern Time on ZOOM

Meeting ID: 935 829 6350

Passcode: tos

The Temple of Silence Zoom Group is not a therapy group, and there is no charge to attend the meetings. This document is part of “*The Temple of Silence - From Knowledge to Experience*” article series and was created as a public service. For those new to nonduality, this series of articles 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.

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Please visit www.beingwalter.com for more nondual articles, poetry and information regarding Walter’s books “*Take Heart, Seeker*” and “*The Temple of Silence*”.