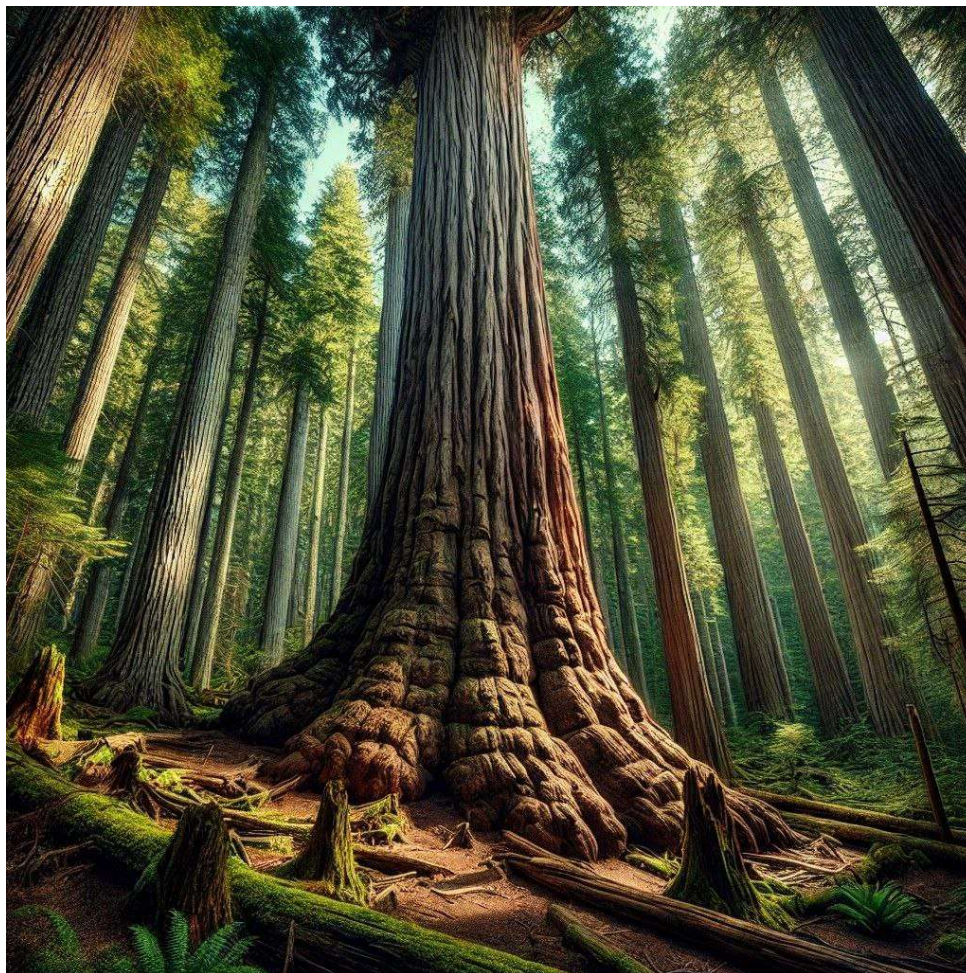


The Temple of Silence presents
The Tenets of Nonduality



The tenets that follow are key concepts that help bring clarity and understanding to the recognition of our true nature as awareness. They are not meant to be taken as dogma or intellectual exercises but as pointers that direct attention to what is already present. By contemplating these principles, one can dissolve the layers of false identification and recognize the truth that is always here. While the mind initially helps form a conceptual framework, it is important to remember that these ideas are merely a map, not the territory itself. The tenets serve as guidance in the journey toward the direct experience of nonduality.

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1. **Universal Birthright:** Realizing one's true nature as awareness is every person's birthright. It is universally available, regardless of beliefs or circumstances. Even denying this truth does not exclude anyone from it. The opportunity to recognize this awareness is ever-present, although the mind may create obstacles.
2. **There are many names that point to the same essence.** Whether we call it Awareness, consciousness, God, spirit, Atman, Brahman, True Self, or other terms, they all aim to describe the same ineffable reality. These labels are just pointers to what cannot be fully captured by language.
3. **Here and Now:** Knowing oneself as awareness is not a future event. It can only be realized here and now. The belief that realization is something to be attained in the future is a distraction, as awareness is ever-present and immediately accessible.
4. **False Identification:** Believing we are the body and mind leads to the misconception of being mortal. This identification with the temporary form gives rise to the fear of death and a sense of separation. Realizing that you are not the body or mind reveals your true nature as the unchanging awareness in which all experiences appear.
5. **Impermanence of Phenomena:** All experiences, thoughts, and sensations are impermanent and constantly changing. However, our true nature is the unchanging awareness that observes this impermanence. Clinging to transient experiences leads to suffering, while resting in the awareness of change leads to freedom.
6. **The Self is Not an Object:** Any object we can perceive—whether a thought, emotion, or physical form—is not what we are. Awareness itself is not an object that can be observed; it is the subject in which all objects appear. True realization is the recognition that the seeker is itself the sought.
7. **Sole Awareness:** Only awareness itself is aware. The body, mind, and objects are not independently aware; they are experienced within awareness but do not possess awareness themselves.
8. **Nonduality:** Instead of saying there is one being, it's more precise to say there are not two separate beings. All that appears, including thoughts, sensations, and forms, borrow their apparent existence from the one being, or "one without a second." The sense of separation is an illusion.
9. **Mind as a Tool:** The mind is useful at first for building a conceptual framework and exploring ideas, but it can only take one so far. Discovering your true nature is not a task for the mind to accomplish, as the mind is itself an object in awareness. Much like the map is not the territory, this document and its concepts are only pointers toward nonduality, not nonduality itself.

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10. **Illusion of Doership:** The idea of personal doership, or the belief that we are the doers of our actions, is false. Actions occur as expressions of universal consciousness. The sense of personal authorship arises from identifying with the ego, but in reality, there is no individual entity controlling actions.
11. **Wholeness and Completeness:** Our true nature is whole and complete in itself, lacking nothing. The feeling of incompleteness comes from identifying with the body-mind, but in recognizing ourselves as awareness, we realize that we are already everything we seek.
12. **Inherent Bliss:** Our true nature is one of bliss, contentment, peace, and happiness. This bliss is inherent and causeless, unlike pleasure, which is dependent on external conditions and has a cause. When we rest as awareness, we experience the natural state of bliss.
13. **No Fear of Death:** Once the true nature of awareness is recognized as ever-present and unchanging, the fear of death dissolves. Awareness does not die when the body dies. What we are transcends the temporary form of the body and mind.
14. **Non-Resistance to Life:** As we recognize our true nature, the tendency to resist life's experiences diminishes. Life, in all its forms and manifestations, is seen as a spontaneous unfolding within awareness. Resistance arises from the ego's belief that things should be different, but everything is already perfect as it is.
15. **The End of Seeking:** Once one recognizes their true nature, the endless seeking for happiness, fulfillment, or enlightenment comes to an end. What we are looking for is what we already are. All seeking is based on the false premise that we are incomplete, but when the self is realized, it becomes clear that there is nothing more to find.
16. **Compassion Arises Naturally:** When the illusion of separateness is seen through, natural compassion arises. Since there is no "other," helping others is seen as helping oneself. This compassion flows effortlessly from the recognition of unity and requires no special effort.
17. **Everything is Awareness Modulating:** All appearances—whether people, nature, or experiences—are modulations or expressions of the one awareness. There is no fundamental difference between the various forms we perceive; they are all manifestations of the same reality, arising and dissolving within awareness.

Conclusion

The tenets outlined here are not steps to achieve a goal, but pointers meant to awaken the recognition of what has always been true: you are awareness itself. By contemplating these principles, you can begin to dissolve the false identification with the body and mind and uncover the inherent peace and wholeness that has always been present.