

# Beyond The Known

*365 Days of Exploration*

*Takuin Minamoto*



# Liberated Words...

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If you enjoy this book, please take a moment and send it off to someone else that might also enjoy the words.

They are not *Takuin's* words, after all. Not physical structures one can possess or hold sovereignty over. These words are available to everyone in every moment...

# Acknowledgements

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*Life Beyond the Image*  
<http://www.takuin.com>

# Preface

During the middle of 2009 I had a conversation with a friend regarding e-books and online publishing. In passing he said, “*You know Takuin, if you just took a short piece on liberation; a sentence, question, koan, or some other short item for contemplation; and wrote two per day, by the end of the year you’d have a book.*” I remember thinking at that time, Well, what the hell kind of book would that be?

This one, apparently...

This book is a calendar of short contemplations; one per day for an entire year. They are all very slight of word, and easy to take in at a glance. Most of the pieces were written after meditation. Some were taken from live dialogues and skype calls I’ve held. And others were taken from my replies to comments on Takuin.com. But each one is designed to stand on its own, as an object of exploration.

During the course of reading you might find yourself believing or not believing, agreeing or disagreeing. But how you feel about the words is irrelevant and will only get in the way of your own explorations. It is how YOU, the Self, come up against these words that might be important, and not necessarily the content of your likes and dislikes.

You may find that, during the next 365 days, you will exhaust yourself of this search for enlightenment. If you are serious, and think deeply on each day’s contemplation, this may indeed come to pass. This might sound terrible to you - to be free from the search - but it is a beautiful first step in a life of freedom.

If you are diligent, never looking away from what you are, you may begin to finally live life...*for the first time.*

- Takuin Minamoto, December 2009

# How to Use This Book

This book contains 365 contemplations for meditation. While not necessarily koans, they are similar in that they are not to be 'solved' like a riddle or a problem. It is not a matter of your understanding of the words, or how much experience you might have had in spiritual matters. Those things will only get in your way.

It is probably best to approach these contemplations in a calm, un-agitated state, and certainly not on a full stomach. It is not necessary to be in a fasted state, but gut-busting fullness will only slow you down. Always travel lightly.

The book starts on January 1<sup>st</sup>, and ends on December 31<sup>st</sup>, but don't feel that you have to wait to begin. Just pick the appropriate date, and get started.

Many different topics are covered in this book, such as consciousness, violence, love, thought, liberation, and peace. There is no pattern to how the subjects are spread out. In most cases, each day in the book leads into something completely different from the day before, much like our daily lives.

Throughout the book you will see words like *it*, *that*, and *this*, with no reference to a subject. In nearly all of these cases, these words refer to liberation or enlightenment.

Just take one contemplation per day. Sit with it. See where it takes you. You may find that you go nowhere, or you think you know what the words mean, or you cannot understand, or it just seems to be pointless nonsense. All of that is fine. But at least take it seriously long enough to suspend your belief about the words. In the end, you may leap over the words themselves, falling into something beautiful.

*It* is something beyond your wildest dreams and expectations.

Good luck.



# Beyond The Known

*365 Days of Exploration*

**JANUARY**





# January 1<sup>st</sup>

Take this, the first day of the year, and resolve to live fully.

Begin with gratitude for all living creatures.

Begin, not to teach, but to learn.

Understand humanity is not us and them, but only us.

There is only **One**, and nothing else.

# January 2<sup>nd</sup>

You already have the strength to fully sit with ***what is***.

You are born encompassing all that is.

Allow this freedom to live as it will.

# January 3<sup>rd</sup>

Why would you sit at the feet of the master? Your feet are just as holy as his.

If the master is not willing to sit at your feet, please use them to quickly walk away.

# January 4<sup>th</sup>

Don't worry over consciousness. It really is not so important.

***You*** have no consciousness.

January 5<sup>th</sup>

No effort.

Be quiet.

Be still.

# January 6<sup>th</sup>

If you want the right person in your life because you think it will complete you, it is the wrong direction.

You are already full and complete.

Perfection is there, share it with everyone.

# January 7<sup>th</sup>

Methods and systems are not the answer.

And that includes any method or system of your own creation.

# January 8<sup>th</sup>

Nature is something thought cannot touch.

Thought can create glorious structures, but it can do absolutely nothing about nature.

Only awe in its presence.



# January 9<sup>th</sup>

Separation is violence.

Yet one hopes to be free of pain and suffering through separation, creating more violence.

Separation can never bring unity.

# January 10<sup>th</sup>

The *should be* and the *IS* can never meet.

One is the world of thought; the other is beyond thought.

January 11<sup>th</sup>

All belief is the same.

# January 12<sup>th</sup>

Consciousness is the same as the content it contains.

There is no consciousness if there is no experience, no memory, no thought.

January 13<sup>th</sup>

*Thought* is the only suffering. Nothing else.

# January 14<sup>th</sup>

Is it in your mind that enlightened people should follow a certain path, dress a certain way, or talk a certain way?

Are you looking for truth, or more comfort?

# January 15<sup>th</sup>

This is your life.

Only your discoveries, free from the muddy paw prints of others, shine in the darkness.

# January 16<sup>th</sup>

If the self hopes to be compassionate, is compassion there at all?



# January 17<sup>th</sup>

A mind that is whole is incapable of taking wrong actions.

There are no actions to take...

# January 18<sup>th</sup>

Look at the world, as it is.

Can you see it?

# January 19<sup>th</sup>

What if your spiritual journey was negated?

If you woke up tomorrow and your search was gone, if nothing were left, what would you do?

# January 20<sup>th</sup>

The real tyrant is the ghost in the darkness.

It is not the one staring back in the mirror; it is the one ***thinking about*** the one staring back in the mirror.

# January 21<sup>st</sup>

You must go deeper.

See these movements in their purest form.

January 22<sup>nd</sup>

It is in your nature to be the expression of complete compassion.

# January 23<sup>rd</sup>

Are you a question, seeking the answer?

Or are you already the answer, seeking the right question?

January 24<sup>th</sup>

Challenge the thought arising.



# January 25<sup>th</sup>

Perhaps you have seen no way of knowing.

Where do you move from there?

If you cannot possibly know, what does that suggest to you?

January 26<sup>th</sup>

You have superimposed belief onto reality. That is the *Way of Seeing* for the blind.

January 27<sup>th</sup>

No one can tell you how to see.

Not even ***You.***

# January 28<sup>th</sup>

Many people stop with the idea of surrender.

*“Yes, surrender is the thing that will get me what I want.”*

This is the action of the doer, trying to get something to complete its wholeness.

Are you incomplete?

# January 29<sup>th</sup>

There is the idea of a separate identity.

This becomes the center that sees; the point of false light, creating its own illusory shadows.

Its greatest strength is that it can hurt itself. And through that pain, it seems more real.

What is *real* about you?

# January 30<sup>th</sup>

If you believe war cannot end, you fan the flames of blood and suffering.

# January 31<sup>st</sup>

The danger is in reaching for the *idea* of freedom, thinking it is in any way real.





**FEBRUARY**



# February 1<sup>st</sup>

It is not a matter of doing. It is not even a matter of what you desire.  
All of that is insignificant when faced with the reality of what you are.  
It unfolds beyond all you've learned.

# February 2<sup>nd</sup>

The ghost whispering in your mind will only lie to you.

But not out of maliciousness.

That is all it knows how to do.

# February 3<sup>rd</sup>

*Find out now.*

Every second you waste is a disservice to humanity.

# February 4<sup>th</sup>

Thought is a wonderful playground. Many wonderful things may happen there.

But far too many predators lurk about, so one must be careful.

# February 5<sup>th</sup>

You will never know death until to you die to all you carry with you at this moment.

# February 6<sup>th</sup>

Quiet yourself and see what is within.

Be alone.

# February 7<sup>th</sup>

Is there a point of view if there is no point to view from?



# February 8<sup>th</sup>

Are thoughts good or bad, or is it merely your thoughts of thought being good or bad?

# February 9<sup>th</sup>

Be the light to the world you wish to possess.

February 10<sup>th</sup>

To search is to escape.

February 11<sup>th</sup>

*Life Beyond the Image* is death.

# February 12<sup>th</sup>

Consciousness accumulates over time, and that is the pool the self draws from.

# February 13<sup>th</sup>

The self does not search. The self **is** the search.

# February 14<sup>th</sup>

There is no enlightenment. There are only ideas of enlightenment.

# February 15<sup>th</sup>

It is not a pointing in a particular direction, and it is not a matter of seeing things the way another person sees.

It is seeing past, sifting beyond, what you already know.



# February 16<sup>th</sup>

Can the self move in any way other than to perpetuate its own continuity?

February 17<sup>th</sup>

Compassion begins at the end.

# February 18<sup>th</sup>

What is it you hope to change?

Where is it?

# February 19<sup>th</sup>

In all of this time, where has ***the search*** taken you?

# February 20<sup>th</sup>

It is the job of the seeker to make these things into a system of practice, or to reject them out of their own *already existent* system of practice.

# February 21<sup>st</sup>

Human beings are completely dependent upon one another for survival.

This is visible everywhere in nature. Even down to the cells in your body.

It is all dependent upon relationship.

# February 22<sup>nd</sup>

If we use technology to solve a problem that is, essentially, a problem of the self, the results will be devastating.

# February 23<sup>rd</sup>

It is a playful-ness, and something that can never really be lost.

It may be covered up, but never lost.



# February 24<sup>th</sup>

You may say this is all aliveness, or there are various levels of consciousness, or it is all one source, I Am That, all paths lead to the same oneness, or a million other things.

But is this what you have discovered, or is it what you have been told?

# February 25<sup>th</sup>

Your ***idea*** of freedom is based on ideals - *or ideas of ideals* - your search, your result, your despair, and so on.

None of this is freedom.

# February 26<sup>th</sup>

Is the self capable of seeing beyond what it knows?

February 27<sup>th</sup>

Have you ever actually seen another person?

# February 28<sup>th</sup>

You hope to surrender yourself in order to be free?

How will you surrender the person doing all of this surrendering?



**MARCH**



# March 1<sup>st</sup>

If you wish to see to the end of the tunnel, simply look.

Only your eyes can reveal the truth.

No one else can see this for you.



# March 2<sup>nd</sup>

It is not quite right to say *liberation is like a laser that cuts through all things*.

There is nothing to cut.

# March 3<sup>rd</sup>

There is no shame in doing something you love to do.

There is no reason one would drop their joy after awakening.

In fact, a greater appreciation might be revealed, as the experience and the doing become an unparalleled event.

# March 4<sup>th</sup>

One day, thought may collapse in on itself, destroying the secret curtain hiding the charade.

But even if it does not, you can still have a wonderful life, full of joy.

March 5<sup>th</sup>

Nothing, other than the self, can hold one back in this life.

March 6<sup>th</sup>

This is only for you to see.

# March 7<sup>th</sup>

Opinion is based upon an idea of what you perceive.

It is a trusted, static bit of knowledge that you lean on as a crutch during active moments of experience.

# March 8<sup>th</sup>

You can never have more or less than what you have.

That is where you start, and that is where you end.

# March 9<sup>th</sup>

You are not a mere *part* of nature and you are not separate from it.

You *are* nature.



# March 10<sup>th</sup>

Could it be the only reason you go to someone for answers is not because you want to find something new, but because you want them to support the answers you already have?

Do you really want to see anything for yourself?

# March 11<sup>th</sup>

Enlightenment is the end of the line.

Nothing is gained and everything is lost.

# March 12<sup>th</sup>

Does wholeness require any time?

How long does it take to move from zero to zero?

# March 13<sup>th</sup>

The self is nothing more than a contrary position.

# March 14<sup>th</sup>

Some people call it - this process of awakening - *taking out the trash*.

But I have found it is not so much that trash needs to be taken out...

...Can you carry yourself to the curb?

March 15<sup>th</sup>

It is far better to meet in person.

# March 16<sup>th</sup>

A compassionate being is one that acts, free of the trappings of the self.

# March 17<sup>th</sup>

Compassion is a natural movement, not dependent upon thought.



March 18<sup>th</sup>

This is not mere understanding.

# March 19<sup>th</sup>

People want to be free from suffering.

But their favored means of attainment is personified suffering.

March 20<sup>th</sup>

Are you able to listen?

March 21<sup>st</sup>

The selfish always fall, and fall hard.

# March 22<sup>nd</sup>

Technology allows us to be connected instantly all over the world.

Yet, we are the loneliest we have ever been.

March 23<sup>rd</sup>

Freedom will not come through accumulation.

March 24<sup>th</sup>

You cannot flower under the boot of another.

March 25<sup>th</sup>

This thing takes hold instantly, and there is no way to see how anything could have led to it.



March 26<sup>th</sup>

Is there a ***Way of Seeing*** that is not dependent upon the known?

# March 27<sup>th</sup>

To relate is to be present, to be fresh, from beginning to end.

# March 28<sup>th</sup>

There is no security in the self.

There is no security in Liberation.

# March 29<sup>th</sup>

None of this is a mystery.

*Always as it is; never as it should be.*

March 30<sup>th</sup>

Grass bends in the wind, but not because it *wants* to bend.

# March 31<sup>st</sup>

A guru may tell us Enlightenment is all bliss, all love, all this or all that.

And all we can do is imagine that non-existent state.

Then we begin our search, looking for the state we have imagined, which is not the actual thing.



**APRIL**





April 1<sup>st</sup>

Dualism of the word enslaves you to the emptiness of thought, which is not the emptiness of being.

# April 2<sup>nd</sup>

If you draw a picture of yourself, make it as detailed as possible with the exception of the eyes.

Leave them out entirely.

This is a more accurate depiction of how we live our lives.

# April 3<sup>rd</sup>

The world needs you.

Somewhere on this planet are men, women, children - *real-life human beings* - that will benefit from your presence.

Please, do not waste one more minute of time.

You will be dead soon, after all.

April 4<sup>th</sup>

The wind blows.

Bits of trash scrape along the street.

That is all there is.

April 5<sup>th</sup>

You are the only one. There are no others.

# April 6<sup>th</sup>

Being alone has nothing to do with loneliness. And it is not about isolation.

Only the self can be isolated, and this isolation has nothing to do with one's surroundings.

April 7<sup>th</sup>

Oneness isn't a matter of believing in non-belief.

There simply is no belief.

April 8<sup>th</sup>

Liberation is beyond all of your ideas of Liberation.



April 9<sup>th</sup>

If there is separation, it is due to the activity of thought, and has nothing to do with what you really are.

# April 10<sup>th</sup>

I go to you for the answer to enlightenment.

You tell me, *Do this, do that.*

I do those things, but nothing changes.

I go on and on.

# April 11<sup>th</sup>

It is true that all we need is food and shelter.

But there is no need to live in a cave or give away everything we own.

An ascetic lifestyle is just a different kind of greed.

April 12<sup>th</sup>

Everything just happens.

Nothing ever happens.

April 13<sup>th</sup>

If there is a *who* contemplating, the *who* and the item of contemplation are the same.

# April 14<sup>th</sup>

Preconceived ideas of right and wrong compress the organism into a dull zombified way of seeing.

It is not really seeing at all, but a dependence upon our preferences of right and wrong.

# April 15<sup>th</sup>

People think of enlightenment in terms of how it *should be*.

And if, after all of this time, you are still only seeing what you think *should be*, what is the point of it all?

Once you follow the *should*, you are lost.

April 16<sup>th</sup>

All movement in liberation is an extension of compassion.



April 17<sup>th</sup>

Is it possible to *be compassionate*, or is there just compassion?

This is very important to understand on your own.

April 18<sup>th</sup>

Compassion **is**, where separation **is not**.

# April 19<sup>th</sup>

The greatest freedom comes from what the human being can explore on its own, outside of the external powers that be.

April 20<sup>th</sup>

The questioner **is** the answer.

April 21<sup>st</sup>

It is destruction...

...leaving nothing but dust.

# April 22<sup>nd</sup>

Another person might explain liberation, or how it will unfold, beautifully.

But that doesn't mean anything.

Even though they may very well end up being correct, it still means nothing.

April 23<sup>rd</sup>

Instead of a frightened, uncertain, violent caveman with a pointy stick, we have a frightened, uncertain, violent caveman with gun and a home theater system.

April 24<sup>th</sup>

The problem is your **story** of liberation; the idea of what is there and how joyful you will be once you achieve it.



# April 25<sup>th</sup>

Cast out all of it and begin where you are.

You do not need anyone to tell you what is there.

April 26<sup>th</sup>

Is the *I* trapped, or is the *I* the trap?

# April 27<sup>th</sup>

Sit down with one of your closest friends.

How do you see them? Can you see without your memories?

April 28<sup>th</sup>

Never once can there be the knowledge of what is not, and if there is a knowing of the not, it is not the not.

# April 29<sup>th</sup>

The only mystery is the one you have created.

Outside of your ideas, where does it exist?

# April 30<sup>th</sup>

Using words, all one can do is approach the essence.



**MAY**





May 1<sup>st</sup>

**You** will lose everything **you** hold dear.

But that is quite all right; **you** have nothing to begin with.

# May 2<sup>nd</sup>

How many pages, in the book of your life, have been written by others?

Most of them? All of them?

What is it you hope to achieve by editing the words of others?

May 3<sup>rd</sup>

Learn deeply the lives of those you love. It is a lesson beyond measure.

May 4<sup>th</sup>

Be considerate, but please don't worry too much about being on time.

You'll be dead soon, in the scheme of things, and I am fairly certain your final thoughts will not linger over someone's anger at your tardiness.

May 5<sup>th</sup>

Can one *make* love happen?

Is it something we have some control over, or is *making* love happen the same as *making* breathing happen?

# May 6<sup>th</sup>

Sit with yourself, with no expectation of what you will get or how long it will take.

Do it for the sake of the doing, and nothing else.

May 7<sup>th</sup>

If you are full of beliefs, there is nothing wrong with that.

But if you want to deeply inquire within, be prepared to lose everything.

May 8<sup>th</sup>

There may be pride in *knowing* liberation. There may even be the need to tell everyone what you now believe.

But is the stillness there? Or did the monkey simply take the train down a different track?



May 9<sup>th</sup>

Nature can only **be**.

You **are** nature.

May 10<sup>th</sup>

All the time you are *becoming*, you are never *being*.

May 11<sup>th</sup>

Understanding is never enough.

May 12<sup>th</sup>

As there is no self to define, definitions are useless.

May 13<sup>th</sup>

When the self is in action, it is a movement of the past.

May 14<sup>th</sup>

When our objections arise, it is the perfect moment to see how we, the identity of self, operate; how we may react to things we believe or disbelieve.

May 15<sup>th</sup>

How do you know what an enlightened person is supposed to look like?

May 16<sup>th</sup>

Every movement in liberation becomes an expression of compassion and love.



May 17<sup>th</sup>

Compassion is expressed when the *idea* of being compassionate is dropped.

May 18<sup>th</sup>

It is life, as it is lived.

It is not anything more or less than that.

May 19<sup>th</sup>

All that you are searching for is hidden within your own being.

You are your own greatest guru.

# May 20<sup>th</sup>

The ***should be*** is not a fact; the ***wanting to be*** is.

All of this begins with what we have, as painful as it may be.

May 21<sup>st</sup>

If you want to investigate, begin with your own beliefs.

May 22<sup>nd</sup>

*Experience* is a solidified and unchanging state, born from a unique and ever changing moment.

May 23<sup>rd</sup>

If there is an age of enlightenment, it is now. It has always been now.

It is within every moment of every second, in every petal of every flower, and it is inescapable.

May 24<sup>th</sup>

You have seen this clearly.

With every perception, you become the greatest teacher you'll ever need.



May 25<sup>th</sup>

The searcher might get caught up in what they think is there, or what they think might happen.

But these very ideas of what may or may not be, solidify the problem even more.

May 26<sup>th</sup>

Effort is separation.

May 27<sup>th</sup>

Stop.

Take your time.

Breathe...

May 28<sup>th</sup>

One can only pity the self.

All the activity it undertakes in order to find something it can never know.

# May 29<sup>th</sup>

There is no world crisis, meaning, out of your hands. It is ***your*** crisis.

It is not your fault, but it is your responsibility.

# May 30<sup>th</sup>

Perhaps aggressive acts will come to an end because humanity will finally see the danger and act accordingly.

Perhaps aggressive acts will come to an end due to the extinction of humanity.

Does one seem more likely than the other?

May 31<sup>st</sup>

Freedom, liberation, truth, is really the most fragile thing.

It can be destroyed with a word, an image, an idea.





**JUNE**



June 1<sup>st</sup>

The lessons of Nature are constantly available, forever playing out in front of you.

Only for you.

# June 2<sup>nd</sup>

The seeds of peace are within you.

You do not have to be a farmer to nurture those seeds, or to cultivate a life to unimaginable heights.

# June 3<sup>rd</sup>

Whatever you think of liberation - how to get, how to acquire - is irrelevant, and will only keep you from expressing whatever is naturally within you.

# June 4<sup>th</sup>

Can't you just look at the tree?

Don't worry over this ***word is not the thing*** nonsense. Just look.

Embrace its beauty.

# June 5<sup>th</sup>

If you think relationship differs from person to person, then what you describe is not relationship, but your own prejudice and preference based on memory.

# June 6<sup>th</sup>

Relationship is a constant, moving, living thing.

# June 7<sup>th</sup>

Liberation is not really a loss of belief, but a loss of the believer.

It is the loss of everything.



# June 8<sup>th</sup>

Stay with the seeing, and not with the believing.

It is this open-ness that brings the energy to the fore; the seeming eternal energy that spreads like a flame throughout humanity.

# June 9<sup>th</sup>

It may seem blinding or frenetic or smoggy, but it is the height of love and beauty.

It is all there for you, but it is not necessarily happening *to you*.

June 10<sup>th</sup>

Nothing more and nothing less.

June 11<sup>th</sup>

Enlightenment – if we can use that word – is beyond thought.

It is alive-ness that is beyond what we have known.

June 12<sup>th</sup>

If you think you know it, you are mistaken.

June 13<sup>th</sup>

What is it that contemplates?

June 14<sup>th</sup>

Sit with whatever it happens to be.

June 15<sup>th</sup>

Be.

There is nothing else.



June 16<sup>th</sup>

*Self*-Development.

LOL...

June 17<sup>th</sup>

*You...*

...are not.

# June 18<sup>th</sup>

Too much energy is spent on resisting or countering everything that comes into view.

No amount of pushing will ever clear one's mind or ease one's suffering.

June 19<sup>th</sup>

There is no **NOW**.

June 20<sup>th</sup>

Don't move!

It is there, right in front of you.

June 21<sup>st</sup>

The room stays the same, no matter how colorful the new curtains are.

June 22<sup>nd</sup>

Words will always be imperfect, but we do the best we can with what we have.

June 23<sup>rd</sup>

No one can give it to you.



June 24<sup>th</sup>

Be prepared to take it to the end. Do not be too timid in your explorations.

June 25<sup>th</sup>

Taking a *single step* is going too far.

June 26<sup>th</sup>

You have seen it clearly.

Now what do you do?

# June 27<sup>th</sup>

If someone insults you, and you become angry, do you ever ask ***Why am I angry?***

It is such a simple question, but no one ever asks.

June 28<sup>th</sup>

To even approach this will require all of your attention and energy.

# June 29<sup>th</sup>

It is a very clean and clear movement bringing peace in its wake.

There is no evil that can stand against it.

# June 30<sup>th</sup>

None of us knows what will happen.

One can only sit with oneself and see how it all unfurls.





**JULY**



# July 1<sup>st</sup>

When sitting with nature, do not look for answers.

Look *with* nature and share in all of these parallel movements.

# July 2<sup>nd</sup>

You will live until you die.

The beginning and ending is certain.

But what will you do with the long middle act?

# July 3<sup>rd</sup>

One must be truly alone to discover whatever lies inside.

One must set everything aside, for perhaps the very first time, and travel alone.

July 4<sup>th</sup>

You are nature.

And *naturalness* is the nature of nature.

# July 5<sup>th</sup>

You might think you can only have a relationship with someone you know...

...someone known to you through your memories of them.

If that is how you perceive things, it is quite possible that you have never related with anything.

# July 6<sup>th</sup>

The question you might want to explore:

*“Is it possible to be completely present with every single human being I come into contact with?”*

Find out.

# July 7<sup>th</sup>

When you sit in order to see, you must go slowly.

Don't instantly fall back on what you already know and have memorized.

Leave space for the meaning to become apparent without your effort.



# July 8<sup>th</sup>

It is an awareness of the whole movement of thought.

This is an altogether different kind of functioning.

# July 9<sup>th</sup>

The energy of liberation is massive. It bursts through the room and reaches out into infinity.  
As one sits in the chair, aliveness seems to pulse, like a metronome that counts in waves, not in beats.

This energy engulfs all. It is the purest essence of life.

# July 10<sup>th</sup>

We disconnect from oneness, thinking we will have security, only to want to go back to nothingness because there is no security.

July 11<sup>th</sup>

There is no possible way to *know* enlightenment.

Once thought has solidified something in order to better control and understand it, the thing is dead.

# July 12<sup>th</sup>

If a cat comes into the room and you see it, you might say that you are aware of the cat.

But what happens if the cat is seen, but there is **no one** there to be aware of anything?

# July 13<sup>th</sup>

Contemplation means, *the act of looking*.

But when the self looks, it does not actually see; it only interprets from what it already knows.

July 14<sup>th</sup>

Why do you place such value on your perceptions?

# July 15<sup>th</sup>

It is fulfilling and meaningful to see the person; to be there with them as being unfolds.

It is a moment frozen in time, as the past falls away.

But due to the nature of being, there is no moment to be frozen.

It can only exist as a monument in our memories.



July 16<sup>th</sup>

If one's mind is separate, broken, and incapable of operating clearly, can that mind know what it means to be compassionate?

# July 17<sup>th</sup>

When compassion seethes through every pore on your body, the idea of being compassionate will escape you.

You will move, and compassion will be there.

And that is all.

July 18<sup>th</sup>

It takes some strength for the self to come up against what it believes to be true.

July 19<sup>th</sup>

You must see with your own eyes.

It is the only way.

# July 20<sup>th</sup>

When belief rises to answer the question, question the belief that rises.

# July 21<sup>st</sup>

You see the fact, ugly or not, and ***that*** is the truth that sets one free, not looking for something better.

July 22<sup>nd</sup>

There are no other people. No one to bring you hurt, no one to leave a scar.

If one hurts you with a word, where does it leave its mark?

# July 23<sup>rd</sup>

If someone is hateful to you, or if you have been insulted, you may feel some kind of pain.

But *who* is being hurt?



July 24<sup>th</sup>

Question your own statements.

July 25<sup>th</sup>

Find out now.

Everything is at stake.

July 26<sup>th</sup>

You see the search as futile, but at the same time, you think you need it in order to gain something.

July 27<sup>th</sup>

Anger helps to solidify the self.

You never feel more real than when you are angry.

It weighs heavy in the mind.

# July 28<sup>th</sup>

If there is a path, it will be one of your own exploration, devoid of all interference apart from your own activity.

In that place, there is every possibility, and it is not limited by what you accept or believe to be true.

July 29<sup>th</sup>

How can anyone be angry at a sound?

# July 30<sup>th</sup>

The self perceives the outer world as separate; something that is over there while *I* am over here.

But what is really happening?

# July 31<sup>st</sup>

One would not 'let go' unless they felt something was wrong in the first place.

But there is absolutely nothing wrong with you.

You lack nothing.





**AUGUST**



August 1<sup>st</sup>

All of your effort to be free strengthens the shackles of confinement.

# August 2<sup>nd</sup>

Please slow down.

Take a deep breath.

Repeat.

# August 3<sup>rd</sup>

Everything is new at every moment.

Memory stays put, arising only when necessary.

August 4<sup>th</sup>

Violence is not the nature of man; it is the nature of thought.

# August 5<sup>th</sup>

Your *idea* of a person freezes out any chance of seeing them as they actually are.

You'll only see your image of the person, and never the real thing.

# August 6<sup>th</sup>

If you **say** you are there, if you **know** you are there, if you **believe** you are there, you are lost.



August 7<sup>th</sup>

Meditation never ends. The cushion is not necessary.

# August 8<sup>th</sup>

If thought were truly aware of itself, it would only be aware within its own limited field.

It can only relate to itself through what it already knows.

Nothing new springs forth.

# August 9<sup>th</sup>

Without attachment, thoughts are seen as a beautiful movement.

The ebb and flow of thought is wonderful to behold.

August 10<sup>th</sup>

The individual is limited by the walls of its own design.

# August 11<sup>th</sup>

If you must live in a world of thought, at least go about it in a way that is pleasant for everyone.

Live in a way that is beneficial for all human beings.

# August 12<sup>th</sup>

Consciousness contains the memories, experiences, thoughts, and other mental constructs of the mind.

***What else*** is there?

August 13<sup>th</sup>

There is nothing seen, and ***no one*** is seeing it.

August 14<sup>th</sup>

A word is just a sound.

And this sound, if it is to be interpreted, needs an interpreter.



August 15<sup>th</sup>

Can you cast aside everything and see belief for what it is?

August 16<sup>th</sup>

Is the self in any way capable of sensitivity?

August 17<sup>th</sup>

Compassion is natural.

Why is it you need to be taught anything about it?

# August 18<sup>th</sup>

Questioning is not a reaction based on belief.

# August 19<sup>th</sup>

Start with *you*.

Your own words. Your own thoughts.

It is all right there for you to see.

# August 20<sup>th</sup>

There may be a mind that perceives, but it is not ***yours*** at all.

# August 21<sup>st</sup>

The searcher feels the need to create something better, while simultaneously pushing the ***bad*** away.

It never works.

# August 22<sup>nd</sup>

There may be harsh words thrown around, but why do they hurt us?

**Who** is the victim being threatened or humiliated?



August 23<sup>rd</sup>

In order to see things as they arise within us, we cannot resist or condemn.

# August 24<sup>th</sup>

Is liberation achieved through action?

If you say yes, how do you know it to be true? Is it due to what others have told you?

August 25<sup>th</sup>

If there is an answer to your suffering, it is to become very serious about your life and find out what is there.

# August 26<sup>th</sup>

*Curiosity* implies you really want to find out what is within, not find what you already believe to be there.

One is full of life, the other is dead.

August 27<sup>th</sup>

Holding violence in the mind is one of the most destructive things we do to our bodies.

# August 28<sup>th</sup>

Liberation will arrive when it arrives.

It is your job to get out of the way when it happens.

August 29<sup>th</sup>

Do not be angry and look outward; ***be anger*** and look inward.

# August 30<sup>th</sup>

Do not expect anyone to do this for you.

They cannot.



# August 31<sup>st</sup>

The only state you have, is the one you are in.

To sit with what is present and work from there, is all one can really do.



**SEPTEMBER**



# September 1<sup>st</sup>

This freedom is not a simple matter of ***letting go***.

Who is this entity hoping to free itself?

# September 2<sup>nd</sup>

If you seek it, you will never find it.

# September 3<sup>rd</sup>

It is not that we have *forgotten* compassion...

...we just spend all of our time wishing things were different from what they actually are.

September 4<sup>th</sup>

Is the *self* capable of love?

# September 5<sup>th</sup>

Are you really interested in relationship, or are you simply trying to placate loneliness or some other feeling?



# September 6<sup>th</sup>

Liberation is freedom in every direction.

# September 7<sup>th</sup>

All of the thoughts you hate will set you free.

# September 8<sup>th</sup>

Liberation is beyond the normal capabilities of thought.

It is not dependent upon knowledge, or what has come before.

It is a freshness that permeates throughout everything and touches all.

# September 9<sup>th</sup>

Awareness comes in like a truck through the wall, and it obliterates everything in its path.

That wave washes over everything and all is one.

# September 10<sup>th</sup>

We look outward for the missing element, instead of seeing that it was always here.

# September 11<sup>th</sup>

Are you interested in enlightenment, or what you can **get** from it?

# September 12<sup>th</sup>

***What*** is being sought, and ***who*** is doing the seeking?

# September 13<sup>th</sup>

You sit on a rock next to a tree and a person walks by.

Your physical eyes look at the person.

What is there?

Find out, my friend.



# September 14<sup>th</sup>

If one is serious, they take it to the very end, not relying on knowledge to answer for them.

# September 15<sup>th</sup>

The search automatically brings in the notion that there is something missing.

# September 16<sup>th</sup>

One might believe that one is compassionate, but what does belief have to do with compassion?

# September 17<sup>th</sup>

There are, of course, thoughts.

But none of them are ***yours.***

# September 18<sup>th</sup>

Is compassion a ***concept***?

If I have a concept – *a generic idea* – can that in any way touch this fullness of life?

# September 19<sup>th</sup>

As a human being; a brilliantly vibrant living being; you are beautiful, whole, and complete.

Never let anyone convince you otherwise.

# September 20<sup>th</sup>

Can anything truly be called our own?

# September 21<sup>st</sup>

Things seem to change from time to time.

You may even find yourself letting go of things you may have once felt necessary.

But has anything really changed?



September 22<sup>nd</sup>

Is it possible to have a non-dual concept?

# September 23<sup>rd</sup>

Are you, *the separator*, in some way different from what is being separated?

# September 24<sup>th</sup>

If you sit within your own conclusions, you no longer want to find the real.

You only wish to see what you already believe to be true.

# September 25<sup>th</sup>

In *finding out*, there is no expectation of what is supposed to be.

There is just honest, passionate curiosity.

# September 26<sup>th</sup>

We think we can have everything by having everything.

We must question this.

# September 27<sup>th</sup>

Any conclusion you reach will be made through belief or knowledge.

So where does that put *you*?

# September 28<sup>th</sup>

Do not assume there is a ***something*** to surrender, or if there is even one capable of surrender.

# September 29<sup>th</sup>

We have created all of this suffering that has gone on in the world.

The death, the struggle, the horror, is all the result of what we believe.



September 30<sup>th</sup>

Permanence has no truth.



**OCTOBER**



# October 1<sup>st</sup>

Liberation is a mysterious stranger.

You'll never know anything about her from a distance.

Cross the street to meet her, and take a closer look.

# October 2<sup>nd</sup>

Be careful if you say you are *All One*. Are you using it as a foolproof path to selfishness?

It is not just a means for you to do whatever suits a particular greed or desire.

*All One* is completely free of that.

October 3<sup>rd</sup>

Liberation is not a matter of *more* knowledge.

# October 4<sup>th</sup>

Appreciate the gurus and old masters, but do not depend on them to set you free.

Your burdens are heavy enough without the added weight of their words.

# October 5<sup>th</sup>

Some of us enter relationships in order to avoid, or smother, our own loneliness.

Motivated by the fear of being alone.

There is no desire to relate, only silence the pain.



# October 6<sup>th</sup>

See all things as they arise within you.

See it for yourself.

# October 7<sup>th</sup>

There are no thoughts to avoid, only thoughts to witness.

# October 8<sup>th</sup>

Let's be kind to thought. It is an innocent victim.

If it weren't for your ability to think, you would never have gone down this road in the first place.

# October 9<sup>th</sup>

We move from place to place, wanting to find the ***Truth***.

When we cannot find it with guru A, system B, or religion C, we move on to the next target.

We are victims of the search.

# October 10<sup>th</sup>

The individual can only feel connection to those things important to its continuity.

# October 11<sup>th</sup>

Smile as you enter every room, and leave when your presence is no longer needed.

If asked, help anyone you can.

Help them find their own worth, so that they might do the same for others.

October 12<sup>th</sup>

Is there a better, more grand experience, or is there just experience?

October 13<sup>th</sup>

It is as natural as breathing.

It is life.



# October 14<sup>th</sup>

Go deep and see if anything is really there.

October 15<sup>th</sup>

You cannot ***get*** what you already have.

October 16<sup>th</sup>

Is there hope for anyone outside of your belief system?

# October 17<sup>th</sup>

Stop accepting or rejecting and just ***look***.

# October 18<sup>th</sup>

Is love a paradigm? Is love based on patterns of thought?

Some say yes.

But is that all love is?

# October 19<sup>th</sup>

Forget hurricanes, tornadoes, or tsunamis; ***you*** are the most destructive force in this world.

October 20<sup>th</sup>

**You** have no problems.

# October 21<sup>st</sup>

Non-essentials fall away to reveal the necessities.



# October 22<sup>nd</sup>

Many people say this or that is useless or meaningless only because someone told them so.

But how useful or meaningful is that?

# October 23<sup>rd</sup>

There are no higher or lower states.

There is only the state you are in.

# October 24<sup>th</sup>

It is a gentle reduction of the unnecessary.

Do not try to force anything.

October 25<sup>th</sup>

There is no interpretation to gain from.

# October 26<sup>th</sup>

Sit with it all and see where it goes.

But don't expect to watch a specific event or occurrence.

Watch whatever happens to be there.

# October 27<sup>th</sup>

The monument of the self.

Such an impressive, yet precarious, structure of thought.

How do you **see** it?

# October 28<sup>th</sup>

If there is surrender, it will happen despite everything you've done to make it happen.

# October 29<sup>th</sup>

If war has ended within you, your actions become clear.

Everywhere you move, peace moves with you.



# October 30<sup>th</sup>

The doer:

*A person that believes they can somehow control or wrangle Truth.*

An image living within an image.

# October 31<sup>st</sup>

All of these things – whatever feelings or thoughts you might have, good or bad – are your greatest teachings.

You must begin with what you have, and not with what you think is better.



# NOVEMBER



# November 1<sup>st</sup>

True liberation is at the end.

The end is the beginning.

# November 2<sup>nd</sup>

Don't try to be free. Don't hope to be free.

Don't want to be free. Don't even think you can or cannot be free.

***Be free.***

# November 3<sup>rd</sup>

A natural state is just that: *natural*.

It has nothing to do with making the right decisions.

# November 4<sup>th</sup>

You cannot exorcise the ghost residing in your mind.

***You*** are that very ghost.



# November 5<sup>th</sup>

Liberation is not about being submissive.

It is not a matter of just taking whatever comes your way.

Liberation is seeing things as they truly are.

# November 6<sup>th</sup>

This bliss, this divinity, this whatever it is, is outside all imaginings of thought.

It is completely new and reborn.

It is simultaneous birth and death, construction and destruction, start and finish.

# November 7<sup>th</sup>

If you have thoughts that are mean, selfish, and so on, those are your greatest teachers.

It is the perfect opportunity to see what is happening within, without resorting to theorizing.

In that moment you can go deeper and deeper, sinking into the reality of how your mind is functioning.

It is extremely beautiful to behold.

# November 8<sup>th</sup>

It may seem like a high goal; to be aware, liberated, enlightened or whatever.

But you attack life as it is, and separate it into the menial and the meaningful.

It is a movement of violence.

# November 9<sup>th</sup>

We substitute our moment-by-moment awareness for the search.

But the object of the search **is** the moment-by-moment awareness.

It is the thing that we already possess.

# November 10<sup>th</sup>

The individual feels connection based on its sphere of experience and desire.

A connection to itself.

Is connection to oneself connection?

# November 11<sup>th</sup>

Oneness? Wholeness? Liberation?

These words are not important.

# November 12<sup>th</sup>

The idea of something better than *what is*, is destructive.

You are here, but you think you should be over there.

Why?



# November 13<sup>th</sup>

Others may never understand you. They might not even try.

But that is OK.

You can have enough understanding for everyone.

# November 14<sup>th</sup>

Is there such a thing as an *enlightened person*?

Have you ever asked this question?

# November 15<sup>th</sup>

*What happens when we simply learn to be?*

What are you doing right now? As you read these words, what is it that you are doing?

That is what happens.

# November 16<sup>th</sup>

Can a separate being, one that is divided, express compassion?

November 17<sup>th</sup>

Everything the self encompasses is old and used.

# November 18<sup>th</sup>

All of these happenings within the fragmented mind are fantasies.

# November 19<sup>th</sup>

Growth within the self is limited to the desires, prejudices, and beliefs therein.

Is there time involved – becoming, getting better, and all of that – outside of the self?

# November 20<sup>th</sup>

We can use words to simply indicate the person, or to make things a bit more clear.

But there is never a reason to believe in these words.



# November 21<sup>st</sup>

Do you chase what you are after in order to keep it forever as a new system of belief?

# November 22<sup>nd</sup>

If the guru speaks in a way that is contrary to the seeker's belief (or answer), then he is crazy.

But if the guru matches the answer already held, the seeker becomes the follower.

# November 23<sup>rd</sup>

The answer to your question is fluid and alive, and coming to a fixed conclusion will only bring more frustration.

Can you see the answer without your conclusion?

# November 24<sup>th</sup>

This silence; although we may say the appearance seems to change over time; the completeness of the thing is always there in its entirety.

It is a continual evolution without growth.

November 25<sup>th</sup>

...you'll never have a question of how to see...

November 26<sup>th</sup>

Liberation is out of your hands.

# November 27<sup>th</sup>

The endless chattering of the mind, and our belief in that mind, is self-terrorism.

# November 28<sup>th</sup>

Go into the darkest cave for yourself.

You may find, in the deepest recesses, there is far more light than you ever thought possible.



# November 29<sup>th</sup>

Don't look to others to tell you what to do.

End this now.

# November 30<sup>th</sup>

We do not sit in order to *become*; we sit in order to *see*.

Not what we want to see, and not to get the *right* answer, whatever the hell that might be, but simply to see.



# DECEMBER



# December 1<sup>st</sup>

Are you able - after a lifetime of following - to take even a single step on your own?

Take that step, and you'll find out.

# December 2<sup>nd</sup>

You will never be free *someday*. It will never happen.

You can only be free *now*, in every possible moment.

***Now*** does not include *someday*.

# December 3<sup>rd</sup>

Look up into the sky every once in awhile.

Realize your life is ***more*** than the objects situated around your physical body.

# December 4<sup>th</sup>

*Don't Mistake the Finger Pointing at the Moon for the Moon*

Forget the moon; there is no finger!



# December 5<sup>th</sup>

Sometimes writing things down can take weight off of the mind.

# December 6<sup>th</sup>

In the physical world, if we move toward a door, there is time involved to get from here to there.

But inwardly, can any movement be made?

Is there time at all?

# December 7<sup>th</sup>

Awareness is the movement of sitting with what is, even if you are standing.

It is something that moves as you move.

# December 8<sup>th</sup>

You are on the edge now.

The edge of the beautiful and the taxing; the free being and the image tightly held in bondage.

Only you can move into this freedom that is already present.

You may listen to others, but in the end you will find it was a movement completed on your own.

# December 9<sup>th</sup>

Just look. See what is there within you; it is within us all.

It is already right there, as plain as the nose on your face.

# December 10<sup>th</sup>

If one is ***All One***, there is only connection; not ***I*** am connected.

# December 11<sup>th</sup>

Only here for an instant, fully expressing itself, and never to be seen again in the same way.

# December 12<sup>th</sup>

There can only be *what is*, and nothing more.



# December 13<sup>th</sup>

The only *level* is wherever you are.

# December 14<sup>th</sup>

**Where** is the person doing all this moving and attaining all of this bliss?

# December 15<sup>th</sup>

There is no motive or anything that might view the experience of pain as being important.

# December 16<sup>th</sup>

When one is awake, when reality realizes itself, every action is taken without fragmentation.

It is through that wholeness that compassion is expressed.

# December 17<sup>th</sup>

The self might need to know or need to be, but it can never grasp compassion and own it like a possession.

It ***is not*** something cultivated, and it cannot be held, stored away, and pulled out for later use.

# December 18<sup>th</sup>

There are no *degrees* of compassion or love, as measurement occurs within memory and thought.

# December 19<sup>th</sup>

There is no moment to be in. But what can you do?

Wait for the next moment in order to find out?

;)

# December 20<sup>th</sup>

Seeing what you are, how you truly behave...

...and sitting with no condemnation, or no lust toward changing...

...that alone may be enough to thrust you beyond the veil.



# December 21<sup>st</sup>

The believer is full of conclusions, and empty of curiosity.

# December 22<sup>nd</sup>

If one discounts their own *answers*, the gurus become meaningless.

December 23<sup>rd</sup>

The *I* is no different from what it wishes to be free from.

# December 24<sup>th</sup>

All of the teaching you could ever hope for is there, hidden within your words.

December 25<sup>th</sup>

You'll come to the end on your own soon enough.

# December 26<sup>th</sup>

Can memory tell us anything about the present moment?

Or can it only be held in front of reality as a filter?

# December 27<sup>th</sup>

It is the greatest difficulty one might come up against...

*...how to see.*

# December 28<sup>th</sup>

The ego is built from what has come before.

This is clear, and easy to see.



# December 29<sup>th</sup>

See this for yourself, and do not take my word for it.

Go there and find out, and you will never again ask how to live your life.

December 30<sup>th</sup>

We sit to see, not to change.

# December 31<sup>st</sup>

How have you lived your life during the last 365 days?



## POSTSCRIPT

In the end, only you will know where you've been, what you've done, and what you've seen, but all of these things are insignificant when faced with the truth of what you are. I can say over and over, "***You are All One. You need nothing,***" but it is your own energy that will discover if this is true or not.

It is only for you to see. For you, and no one else...

*Life Beyond the Image*  
[www.takuin.com](http://www.takuin.com)



Takuin Minamoto had an 'unfortunate event' of the destruction of self on December 1<sup>st</sup>, 2006. From that time to the present, he has written words on enlightenment, spirituality, and other nonsense at his site:

<http://www.takuin.com/>

Stop by and subscribe to the blog, or just say hello.