

I was awakened by the chirping *of a bird outside the window.* I had never heard such a sound before. My eyes were still closed, and I saw the image *of a precious diamond.* Yes, if a diamond could make a sound, this is what it would be like.

Again and again, I endeavor to take you with me into that *timeless state* of intense conscious presence in the Now, so as to give you a taste of enlightenment.





The word enlightenment conjures up
the idea of some super-human accomplishment,
and the ego likes to keep it that way, but it is
simply your *natural state of felt oneness with Being.*