

# THE WISDOM OF CONSCIOUSNESS

CONVERSATIONS ON AWAKENING,  
ENLIGHTENMENT AND CONSCIOUS LIVING



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The Wisdom of Consciousness  
**Conversations on Awakening, Enlightenment and Conscious Living**

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# THE WISDOM OF CONSCIOUSNESS



Imagine a journey through the mountains, where every step leads you closer to understanding yourself and the mysteries of existence. This is the setting of *The Wisdom of Consciousness*, a captivating dialogue between an enlightened wise Master and his curious disciple. Together, they explore the profound questions of life, the nature of the self, and the art of living in the present moment.

The Master gently guides him with questions that challenge his perceptions: “Who are you?” “What is the truth?” “Why do we suffer?” Through these thought-provoking conversations, the reader is invited to reflect deeply on their own experiences and beliefs.

The Master reveals that the essence of life lies in the simple yet profound practice of being present. He teaches the disciple—and the reader—that consciousness is not found in

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the noise of the mind but in the silence between thoughts. The journey to enlightenment is not about acquiring knowledge but about shedding the layers of illusion and discovering the eternal “I am” within.

Rich with ancient wisdom, practical exercises, and timeless insights, *The Wisdom of Consciousness* is more than a book; it's a mirror reflecting your true self. Whether you are seeking peace, clarity, or a deeper understanding of life, this transformative work will guide you to the timeless truth that lies within your own awareness.

Join the Master and his disciple on this unforgettable journey and awaken to the infinite possibilities of living in the present moment.

## THE PATH OF THE SOUL



*The first rays of dawn embraced the hillsides, gilding them with light as the morning mist dissolved into the ether. Below, the valleys stretched in verdant waves, their rivers weaving silver paths, while the wind whispered secrets through the trees. Nature was alive, humming with a silent rhythm, a hidden truth in every sound, every movement.*

Along a trail known as *The Path of the Soul*, a young seeker walked in quiet contemplation. The soft dust rose with his steps, and his boots slipped on scattered pebbles. His face held a noble simplicity, yet his eyes carried the flame of searching—a yearning for something beyond words, though he could not name it. His worn clothes and modest bundle revealed a journey long undertaken, but weariness was eclipsed by an unshakable resolve.

In the village where his steps had first stirred the path, he had heard tales of a sage who dwelled atop the mountain. Some said this Master possessed answers to all questions, transforming those who sought him into awakened beings. Others dismissed him as a mere hermit, lost in the solitude of the wilderness. Yet the traveler made no judgment. He was

moved by something deeper: an inner whisper calling him to rediscover what the clamor of the world had obscured.

As he climbed, the trail grew steeper, the air crisper, and the trees taller, their limbs reaching toward the heavens. In a clearing, he paused to catch his breath. Before him, a crystal spring bubbled forth, cascading down the rocks like a gentle tear shed by the mountain. Beside the spring stood an ancient tree, its roots gripping the earth with timeless strength, its branches casting a wide, protective shade.

Beneath the tree sat the Master.

His robe was simple, his face marked with the lines of time, yet his eyes glimmered with the vitality of eternity. They seemed to hold the entire world, as if they had seen and embraced all that is. He sat motionless, gazing at the spring as it danced over the rocks, effortlessly finding its way.

The seeker approached hesitantly, his heart a mix of anticipation and reverence. But before he could speak, the Master turned his eyes toward him, and in that instant, the young man felt his doubts dissolve, like mist before the morning sun.

“Come closer,” the Master said, his voice steady and calm, resonating like the echo of a deep bell. “You have traveled far. Tell me, why have you come?”

The seeker knelt beside the sage, his gaze drawn to the spring’s ceaseless flow. For a long moment, he struggled with his words. Finally, he spoke.

“I am searching for the truth,” he said, his voice trembling with the weight of the admission. “There is an emptiness within me, something I cannot name. They say you hold the answers I seek.”

The Master’s lips curved into a faint smile, but he did not respond immediately. Instead, he turned his eyes back to the spring, as if listening to its quiet song.

“You seek the truth,” the Master murmured. “But tell me,

do you know what it is you seek? Truth is neither a destination nor a possession. Truth is..." He paused, letting the words linger, "...something only you can discover. But to see it, you must first ask. Then, listen—not with your ears alone, but with the fullness of your being."

The seeker nodded, the weight in his chest softening. He inhaled deeply, then met the Master's gaze with newfound clarity.

"Then let me begin," he said with quiet resolve. "What is the truth?"

The Master's smile deepened, like sunlight breaking through clouds. He turned once more to the spring, its waters flowing as they had for countless ages.

"The truth," he said softly, "is as simple and as profound as this spring. But let us speak, and perhaps you will see it for yourself."

And so, their conversation began. As words passed between them, the clearing seemed to hold its breath, and the mountain bore silent witness to the unfolding of a soul.

## WHO ARE YOU?



*Disciple:* Master, may I ask you about consciousness? I hear the word often, but I cannot grasp its meaning.

*Master:* Of course. But first, tell me—who is it that asks this question?

*Disciple:* It is me.

*Master:* And who are you?

*Disciple:* I am... myself. The one who thinks, feels, and speaks.

*Master:* Now, turn your gaze inward. Look closely. Can you find this “me” you speak of? Who is it that thinks your thoughts and looks through your eyes?

*Disciple:* I... I don’t know. It feels like something is there, but I cannot find it.

*Master:* This “something” is your consciousness. You might call it your soul, your spirit, or your true self. It is not a thing, but an awareness. It is always present—silent, observing, understanding. It is the stillness beneath all movement.

*Disciple:* Does it never change? My life is always in motion



—my body, my thoughts, my feelings are all different from what they were before.

*Master:* Exactly. Your body changes; your thoughts arise and vanish; your emotions surge and subside. Yet beneath it all, there is something constant. The “I am” that has been with you since childhood is unchanged. That is consciousness.

*Disciple:* I see. And why is this so important?

*Master:* Because most people are unaware of it. They drift through life lost in memories of the past or dreams of the future. Their bodies are here, but their minds are elsewhere. Like a house with the lights on but no one home, they are absent from the present moment.

*Disciple:* How can I change that?

*Master:* Through mindfulness. Watch your thoughts and emotions without clinging to them. Be a witness, not a participant. This practice reveals your true Self, freeing you from the mind’s tyranny.

*Disciple:* So the problem lies not in having thoughts, but in identifying with them?

*Master:* Precisely. The mind is not your enemy—it is a tool. But when the tool becomes the master, suffering arises. The chaos of an uncontrolled mind breeds conflict, both within and without. Wars, division, suffering—all are born from this.

*Disciple:* And what happens when we live in this mindful awareness?

*Master:* You discover a profound peace. An openness that cannot be shaken. When you are awake, you no longer see the world through the distorted lens of your mind. Instead, you see it as it truly is, and in that clarity, you can live with full presence and devotion.

*Disciple:* That sounds beautiful, Master. How do I begin?

*Master:* Begin by simply listening. Not to silence your

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thoughts, but to notice them. Watch them arise and pass, like clouds crossing the sky. This awareness is the key. As you practice, you will find yourself rooted in the present moment. And there, life reveals its true depth.

*Disciple:* Thank you, Master. I think I am beginning to understand what it means to be truly awake.

## LOST IN LIFE



*Disciple:* Master, sometimes I feel completely lost in the turmoil of my life. It's like I'm the protagonist in a movie, being pulled in all directions, but I don't know who I am anymore. What is this feeling?

*Master:* My dear disciple, you have wandered into the movie of your own life. You have become so immersed in your roles that you have forgotten the one who observes those roles. Tell me, who is asking me this question?

*Disciple:* Me, of course. But sometimes I don't even know who the "I" is.

*Master:* That is natural. You have identified too deeply with what others say about you and with what you believe about yourself. You have worn many masks: the roles of sibling, parent, friend, worker. These are all masks, yet none of them are truly you.

*Disciple:* Then who am I?

*Master:* Within you is something eternal—call it soul, spirit, or pure consciousness. It is that which knows your thoughts and emotions but is not bound by them.

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*Disciple:* Why do we forget this awareness?

*Master:* We are drawn into the storm of our thoughts. Our minds overflow with “important” concerns, always demanding attention. We fear failure, we doubt our worth, and so we lose ourselves in the mire of thoughts and emotions. In this forgetting, we abandon the simplicity of living.

*Disciple:* That sounds unbearable. How can I escape this state?

*Master:* Begin by observing your thoughts and emotions without identifying with them. Watch them as you would clouds drifting across the sky. They come and go, but they do not bind you.

*Disciple:* And what happens when I do this?

*Master:* When you step out of your thoughts, you enter the present moment. In this space, you learn to simply be—calmly, peacefully, and with curiosity. You realize that life is not contained in thoughts but in the act of living itself.

*Disciple:* And what about difficult emotions like anger or sadness?

*Master:* Observe them as you would your thoughts. If anger arises, observe it. Do not fight it or suppress it. Let it pass through you, but do not hold on to it. Emotions appear, express themselves, and then dissolve—if you allow them to flow without resistance.

*Disciple:* And if I live this way, what will change?

*Master:* You will know freedom. Not the fleeting happiness of external circumstances, but the abiding joy of being unbound. You will no longer be a prisoner of your thoughts and emotions. Instead, you will live with clarity, awareness, and presence, savoring existence as it unfolds.

*Disciple:* That sounds beautiful, Master. How can I begin?

*Master:* Begin here and now. Observe what you are feeling

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and thinking in this moment. Be present. Know that each moment is a new opportunity to return to yourself, to your awareness. This is the first step toward truly living.

## THE MOVIE OF OUR LIVES



*Disciple:* Master, I often feel that my days just fly by. In the end, I often regret what I could have done differently. How can I change this?

*Master:* My dear disciple, life is like a film that you both create and watch. The trouble is, you have become lost in the role of the character and forgotten that you can also be the viewer.

*Disciple:* How can I become the viewer of the film of my own life?

*Master:* Begin by reflecting calmly on your day each night before you sleep. Do not judge or criticize yourself. Simply observe what has unfolded, as though you were watching a scene from a movie.

*Disciple:* What exactly should I observe?

*Master:* Look at what happened to you today. What brought you joy? What brought you discomfort? Who was present, and what feelings did they evoke in you? Choose a moment that stands out—important or mundane—and observe it from a distance.

*Disciple:* Why is this so important?

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*Master:* When you observe your day this way, you gain insight. You begin to see when you were present and conscious, and when you were swept away by thoughts or emotions. You uncover patterns, hidden connections, and moments where you acted without awareness.

*Disciple:* So each day becomes a lesson?

*Master:* Exactly. Socrates said, “An unexamined life is not worth living.” By becoming the observer, you awaken to the life you are living, and you start to live it fully.

*Disciple:* And what happens if I practice this regularly?

*Master:* You cultivate the ability to be a peaceful, calm observer. This is the foundation of awareness. Over time, you will find more joy and meaning in the present moment. Your life ceases to drift and becomes an act of conscious participation.

*Disciple:* That sounds wonderful, Master. But what if there are days when I can see only faults in myself?

*Master:* Remember, my dear disciple, the observer does not judge. Mistakes are not your enemies; they are your teachers. The moment you recognize them, you are already on the path of transformation. Simply observe and remain present. That is all that is required.

*Disciple:* Thank you, Master. I will start practicing tonight, to observe the film of my life.

*Master:* A wise choice. And remember: each day is a fresh opportunity to learn and to draw closer to your true self.

## THE ILLUSION OF FEAR



*Disciple:* Master, there is something I am deeply ashamed of, but I must confess. I am afraid. I am afraid of many things—of others, of failure, of not being good enough. I feel paralyzed by this feeling.

*Master:* My dear disciple, you must know that everyone feels fear. The difference lies in whether you choose to face it.

*Disciple:* But why are we so afraid?

*Master:* Fear is one of the mind's greatest illusions. It narrows your awareness and distracts you from your true self. We cling to roles and masks—brother, parent, co-worker, friend—to shield ourselves from the truth of who we are.

*Disciple:* And what happens if we wear these masks too long?

*Master:* We grow weary and disconnected. The weight of the masks overwhelms us, and we lose touch with our essence. Fear then takes root in the body, manifesting as tension, illness, and suffering.

*Disciple:* How do we escape this trap?



*Master:* Begin by acknowledging your fear. Say to yourself, "Yes, I am afraid." This simple admission opens the door to transformation.

*Disciple:* And what lies beyond the door?

*Master:* Beyond the door, you will find yourself. When you admit your fear, you realize it is not who you are. It is simply a fleeting feeling. Once you see this, you can observe fear without claiming it as your own.

*Disciple:* What happens to fear when I observe it?

*Master:* Fear loses its grip on you. It fades, like a shadow that vanishes when the light is turned on. When you observe fear with awareness, it is revealed for what it is—a thought, an emotion. It is not you.

*Disciple:* But what if the fear comes back?

*Master:* Fear may return, but you will know how to meet it. Do not resist or suppress it. Observe it, as you would watch clouds pass in the sky. With practice, this becomes easier, and over time, fear will give way to peace.

*Disciple:* It sounds so simple, yet it feels difficult.

*Master:* It is simple, but not easy. The truth is always simple, but the mind complicates it. Do not worry. Each time you face your fear, you take a step closer to freedom.

*Disciple:* Thank you, Master. I see now that fear is not my enemy, but my teacher, guiding me toward myself.

*Master:* That is true wisdom. Fear is not to be conquered, but to be understood. In this understanding lies your healing.

## THE EGO AND THE TRUE SELF



*Master:* The ego is the false sense of “I,” created by the mind. It is a product of identification with thoughts, emotions, and external roles. It believes that it is separate from others, and this creates the illusion of duality.

*Disciple:* But if the ego is an illusion, why does it feel so real?

*Master:* The ego feels real because it is constantly fed by your thoughts and beliefs. The mind identifies with the body, with labels, with possessions, and with the stories it tells itself. But the truth is, you are not the ego. You are the awareness that watches the ego, the consciousness that observes without judgment.

*Disciple:* How do I recognize this true self?

*Master:* The true self is not found in thoughts, labels, or actions. It is the silent awareness that is present before the mind creates its stories. Begin by observing your thoughts and emotions without identifying with them. Notice that you are the one who is aware of them.

*Disciple:* But the ego has been with me my whole life. How do I begin to let it go?

*Master:* The ego cannot be eliminated; it can only be seen for what it is: a transient force. By practicing awareness, you begin to disidentify from the ego and live more fully in the present moment. You realize that you are not your thoughts, your emotions, or your role in society. You are the unchanging witness, the awareness behind everything.

*Disciple:* Does this mean the ego will never fully disappear?

*Master:* The ego is a tool, not an enemy. It is useful in navigating the world, but it should not be your master. When you become aware of the ego's workings, you no longer allow it to control your actions and thoughts. You realize that the ego is a passing wave on the ocean of your true self, the vast expanse of consciousness.

*Disciple:* So, I am the consciousness, not the ego?

*Master:* Yes, you are the consciousness, the awareness that is always present. The ego is just a temporary identity you associate with, but it is not the essence of who you are. To realize your true self, you must move beyond identification with the ego and rest in the pure awareness that has always been with you.

## CONFRONTING FEARS



*Disciple:* Master, they say we must face our fears, but I don't know who or what is afraid within me. Sometimes it feels as if my entire being is consumed by fear.

*Master:* Who is afraid? That question holds the key. Observe carefully, my disciple: fear always begins with a thought. A voice in your mind whispers, "I am not good enough. I will fail. I fear the unknown." But that voice is not you.

*Disciple:* If it's not me, then who or what is causing the fear?

*Master:* That voice is the mind's echo, a creation of the ego. The ego pretends to protect you, yet it imprisons you. It is a construct of thoughts and emotions, endlessly playing roles and wearing masks. When those masks are threatened, it fabricates fear.

*Disciple:* So the ego is the one that is afraid?

*Master:* Exactly. The ego fears exposure because it knows it is not real. It clings to your thoughts, creating fear, doubt, and pain to sustain its illusion.

*Disciple:* How can I face this fear?

*Master:* Find a quiet place, sit in stillness, and turn your attention inward. Gently ask yourself, “What am I afraid of?” Be patient, and observe the thoughts that arise.

*Disciple:* What should I do when those thoughts appear?

*Master:* Simply watch them. Do not attach yourself to them. Thoughts are like passing clouds—they come and go. When you see that your fears are just thoughts in motion, their power fades.

*Disciple:* What if facing fears feels overwhelming?

*Master:* Then allow them to exist. Do not resist. The first step is to acknowledge what you feel. To recognize fear is to display courage.

*Disciple:* But how can I rid myself of fear entirely?

*Master:* Fear may revisit you, but it will no longer hold dominion over you. When you understand that fear is a passing thought, not your true self, it loses its grip.

*Disciple:* And what happens if I fully understand fear?

*Master:* You will see that fear, like all inner shadows, is nothing more than an illusion. When you bring the light of awareness to it, the shadow disappears. With that understanding, you move closer to your true self and the freedom you seek.

*Disciple:* Thank you, Master. I will make time to face my fears.

*Master:* Remember, every time you confront fear, you grow stronger. True courage is not the absence of fear, but the willingness to observe it without clinging to it.

## WHO THINKS MY THOUGHTS?



*Disciple:* Master, who thinks the thoughts in me? Sometimes I feel like I control them, and other times it seems they come and go on their own.

*Master:* You have asked a profound question, my disciple. Tell me, have you ever tried to discover who or what is thinking these thoughts?

*Disciple:* Yes, but I couldn't find anyone. All I saw were the thoughts, appearing and disappearing one by one.

*Master:* That is your first realization. Thoughts arise from nowhere, dance in the space of your attention, and then vanish. But look deeper: who is it that watches these thoughts?

*Disciple:* I... but I don't know who this "I" truly is.

*Master:* This "I" is the observer. It is not your thoughts or emotions. It is the silent, waking consciousness that is always present. When you understand this, you see that you are not the thinker of thoughts.

*Disciple:* Then where do thoughts come from?

*Master:* Thoughts are like passing clouds in the sky. They arise from the unawakened mind—born from experiences,

associations, beliefs, and ideas. But the observer who sees them is not bound by them.

*Disciple:* What happens if I begin observing my thoughts?

*Master:* You will find that thoughts lose their grip on you. They no longer pull you into their stream. Instead, you simply notice, “Here is a thought, and now it is gone.” Your awareness strengthens, and you step out of the chaos of the mind.

*Disciple:* So there is no “thinking self”?

*Master:* That is correct. There is only waking consciousness. Thoughts are transient patterns of energy within this space of awareness. If you look even deeper, you will see that many thoughts are not truly yours. They are borrowed ideas, beliefs taken from the world, but you did not create them, and you are not them.

*Disciple:* Does that mean I can let go of these thoughts?

*Master:* Precisely. Let them arise and pass, like clouds moving across the sky. The observer does not cling to them but remains quietly present. When you grasp this, you realize that thoughts have no power over you—unless you identify with them.

*Disciple:* Thank you, Master. I will try to listen to my thoughts without letting them carry me away.

*Master:* This is the essence of practice. And remember, every moment you observe your thoughts, you come closer to your true self—your waking consciousness. This is the path to freedom.

## OUR LIVES: BLANK PAGE OR SCRIBBLED ON?



*Disciple:* Master, sometimes I feel that my life was once free and clear, like a blank page. Now it is scribbled with all kinds of thoughts, beliefs, and expectations that weigh me down. Why is this happening?

*Master:* When we are born, we are indeed like a blank page—innocent and open, like a rose reaching for sunlight, not striving to become anything but simply to live. But as we journey through life, we take on ideas and belief systems.

*Disciple:* Where do these belief systems come from?

*Master:* They come first from those around us—our parents, siblings, teachers. We are like sponges, absorbing everything we see and hear without question. These teachings are accepted as truths and form the foundation of our beliefs.

*Disciple:* And why do these beliefs make us miserable?

*Master:* Because many of them are not true. They impose limits, such as the belief that you are not good enough or that life must follow rigid rules. These beliefs bind you and prevent you from living freely or realizing your true self.

*Disciple:* How can I free myself from these belief systems?



*Master:* The first step is recognition. Begin by observing the thoughts and beliefs that guide your life. Ask yourself: “Is this thought true? Is it truly mine, or was it given to me by someone else?”

*Disciple:* What happens when I realize that a belief is not mine?

*Master:* When you recognize a belief as not your own, its power diminishes. You can begin to let it go. A belief that is seen for what it is—a fleeting pattern in the mind—can no longer dominate you.

*Disciple:* And what remains when I let go of these beliefs?

*Master:* What has always been there: your clear, alert awareness. This is your true self, innocent and open, like a child gazing at life with wonder.

*Disciple:* It seems so difficult to return to that state.

*Master:* The return is not difficult; the letting go is. The mind clings to complexity, roles, and attachments. But remember, my disciple: you are not your thoughts. And if you are not your thoughts, you are free.

*Disciple:* Thank you, Master. I will begin to observe my thoughts and beliefs and question whether they are truly mine.

*Master:* That is a wise beginning. Do not be discouraged by challenges along the way. Every realization brings you closer to your true self—the pure, awake awareness that has been with you since the beginning.

## THE ROOT OF SUFFERING



*Disciple:* Master, why are we suffering so much? Why do we cause pain to ourselves and to each other?

*Master:* Suffering arises because we do not see reality as it truly is. Instead, we perceive the world through the filters of our belief systems and prejudices. We don't believe what we see; we see what we believe.

*Disciple:* How do our belief systems distort reality?

*Master:* Imagine wearing glasses with lenses painted in bright colors. These glasses represent your belief system. If the lenses are red, you see the entire world as red, even if it isn't. These belief systems limit your perception, making you rigid and closing the door to playful, free thinking.

*Disciple:* What happens if we hold on to these belief systems?

*Master:* Life becomes a drama of separation. You love those who are like-minded and fear or reject those who are different. The world becomes a battlefield of 7 billion isolated selves, each caught in conflict, struggle, and suffering.

*Disciple:* How can we escape this vicious cycle?

*Master:* The key is awareness. When you realize that you are not your thoughts but the observer of them, you begin to see reality beyond your belief systems. You discover that you are not the feeler, but the knower of feelings. You are not the thinker, but the witness of thoughts.

*Disciple:* What happens when I become the observer?

*Master:* You become free. You are no longer trapped by your thoughts and emotions. You can fully experience your emotions—be it pain or joy—without becoming enslaved by them. Through awareness, suffering is transformed into wisdom.

*Disciple:* Does this mean suffering never completely disappears?

*Master:* The sensation of suffering may arise, but it no longer binds you. It becomes like a passing cloud in the sky—appearing and then vanishing. The difference is that you no longer identify with it. You are conscious, and this awareness allows you to immerse yourself in the magic of life, embracing its beauty with presence.

*Disciple:* Thank you, Master. I will practice observing my sufferings instead of being consumed by them.

*Master:* That is the right path, my disciple. Remember: the observer never suffers. Your awareness is the key to transcend suffering and experience the miracle of life.

## CONSCIOUSNESS BORN FROM THE ASHES OF THE MIND



*Disciple:* Master, you say that I am unable not to think. But how can I be free if thinking always dominates me?

*Master:* Freedom does not come from trying to stop thinking. Freedom lies in recognizing that you are not your thoughts. Thinking is not who you are; it is something that happens to you.

*Disciple:* Then who am I, if not my thoughts?

*Master:* You are the consciousness that is aware of thoughts. You are the intelligence that observes thoughts arise, flow, and vanish. You are the field of awareness in which all thoughts appear.

*Disciple:* How can I listen to my thoughts without getting carried away by them?

*Master:* Sit quietly in a peaceful place. Begin by watching your breath for a few minutes to settle your mind. Then, observe your thoughts as they arise. Do not try to control them. If a thought appears, simply notice it and let it flow naturally.

*Disciple:* And what if a thought clings to me?

*Master:* That is perfectly fine. If you notice that your mind has wandered, gently return to observing. Do not judge or reproach yourself—this is part of the practice.

*Disciple:* Why is it so important to observe my thoughts?

*Master:* When you observe your thoughts, you realize they are not you. Thoughts are fleeting patterns of energy within the space of your consciousness. As you understand this more deeply, their grip on you weakens.

*Disciple:* What happens if I practice this observation regularly?

*Master:* From the ashes of thought, consciousness is born. Out of the noise of the mind arises silence. In this silence, you encounter your true self—not as thought, but as pure, peaceful presence.

*Disciple:* So consciousness is behind the thoughts?

*Master:* Yes, consciousness is the space in which thoughts arise and dissolve. Thoughts are like passing clouds, and consciousness is the vast blue sky. The clouds come and go, but the sky remains, infinite and unchanging.

*Disciple:* Thank you, Master. Now I see that I don't have to fight my thoughts; I just need to listen to them.

*Master:* That is correct, my disciple. Remember, the observer does not suffer. It is your awareness that liberates you and leads you to inner peace.

## THE END OF THOUGHTS: THE END OF WORRY



*Disciple:* Master, you say that when I contemplate my thoughts peacefully, I free myself from my worries. How is this possible?

*Master:* Tell me, my disciple, when you are in peaceful contemplation, do you have any problems? When you are simply observing your thoughts without holding on to them, is there anything troubling you?

*Disciple:* Now that you mention it, no. When I just pay attention to my thoughts, it feels as if the problems disappear.

*Master:* This is the state of pure consciousness. When you are present and not identified with your thoughts, you realize that problems exist only within the mind, not in reality.

*Disciple:* But what happens if I get carried away again?

*Master:* That will happen. Sometimes you will be swept away by your thoughts and caught in their stories. But the moment you realize this, you can say, "Ah, it's just a thought!" That realization is the light of mindfulness.

*Disciple:* So every time I become aware, it's enlightenment?

*Master:* That's correct. Enlightenment is not a distant destination; it is the moment you awaken to the present. You cease being a prisoner of your thoughts and become the observer of your consciousness.

*Disciple:* And what happens if I practice this regularly?

*Master:* The spaces between your thoughts grow longer. The mind begins to quiet, and your thoughts lose their intensity. Within this stillness, an inner peace arises—a space where there are no worries, no problems, only the calm presence of now.

*Disciple:* And what happens in this peace?

*Master:* In the silence, you come to know yourself. You begin to see the world with innocence and curiosity, free from judgment. It is here that you understand the essence of love: the total acceptance and openness that embraces all of life.

*Disciple:* So when the noise of thoughts ends, love remains?

*Master:* Exactly. When the chatter of the mind subsides, what remains is the pure space of your awareness—filled with love, peace, and presence. This is true freedom.

*Disciple:* Thank you, Master. Now I see that observing my thoughts is not only the path to peace, but also the source of love.

*Master:* That is correct, my disciple. Practice observing, and let the silence speak. From silence comes peace, and from peace flows love.