

Pure Presence Publishing Presents

a game  
Divine

AWAKENING TO HAPPINESS

## A slight introduction

Can there be a journey into the Now, a journey to Here?

Well, if there is, it can't be a journey of distance; it must be a journey of understanding, of introspection, of subtlety.

What is Here before our beliefs, opinions and concepts?

This is what we're inquiring into in this book, and you are warmly welcome on this magic journey of introspection.

For this journey, you only need the will to look, the will to follow inwardly to see what the words are pointing to.

This makes for an interactive format where you're only asked to confirm for yourself what is already Here,

so you don't need to believe or to imagine anything at all.

To sum it up, this book is an invitation to go back to what is Here before our interpretation of things, before any analysis or conclusions. So this book is not really for studying, but for reflecting what is already within us.

A mirror gives no opinions, only reflections, so you only need to look in the way that the words are pointing.

If you only have the will to look, then you will See.

how to read it, then?  
well, read it line by line  
just be open  
don't go too fast  
take your time to get into it  
then whatever words resonates within,  
those are the words to stay with  
so let the words take you back,  
to the place before the words  
this place is more important than the words,  
because when we rest with what is already Here,  
it's like it becomes more and more clear,  
until its presence is undeniable  
and yet, it is completely natural and effortless  
you don't need to believe this,  
for you can prove it within yourself  
today, already, it is perfectly possible;  
now is the perfect time  
this is the divine challenge  
enough said  
let's begin

Opening

welcome

how are you feeling today?

and how is it, that you know how you're feeling?

they say that being human is about feeling and thinking,

but how is it, that we're consciously experiencing these?

where are the experiences happening?

well, they're happening within us

whatever the sensation in the body,

whatever the senses pick up of what's going on outside,

the interpretation of it happens within us

so here, we're not going to focus on external things;

we're looking for that conscious center within,

because that's where everything happens

that's where the feelings arise,

that's where the thoughts are conceived

we only need to look within,

because that's where the river flows

whatever's happening, we read it from within

we just need to look into how that is;

how is it, that we know our thoughts and feelings?

in this book, we're looking to discover this more clearly,  
getting to know that conscious, alive center within  
so take your time with this book;  
there's no need to read it in one sweep  
just find something that resonates within,  
and take a good rest with it

we tend to speak about our thoughts and feelings,  
but what are these, really?  
well, they are like sensations within us,  
coming and going in endless succession  
feelings are like energetic reactions in the body;  
thoughts are born when we interpret those reactions  
so when we have an energetic sensation in the body,  
we tend to call it a feeling  
but then, who said it's precisely a feeling?  
that interpretation, already, is the beginning of thought;  
it is the labeling of the bodily sensation into a concept  
if we don't label it in the first place,  
where is the need to suppress anything?  
or to chase after anything, for that matter?

just accept whatever comes up inside:

let things come as they come,

and go as they go

what is happiness, then?

can it be merely a bodily sensation?

can it be only a concept in our minds?

the pursuit of happiness is only natural,

but do we really know what it is that we're looking for?

does it have to be something to look for at all?

does it have to be outside, as an object?

can we even know it objectively or conceptually?

could it be, that our very concept of happiness,

is blocking us from the natural intuition of it?

this is what we're here to find out;

it's only a question of looking within

there is no analytical process needed for this;

just the intuitive understanding of what is already Here

and the funny thing is, it is nothing but our natural state;

our natural state of neutral mind

welcome

# The Presence Within

what is life about?

what are we here for?

and how is it, that we know we're here at all?

hanging such questions to mind,

is the beginning of philosophy

this book is not philosophical in nature,

but an invitation to discover what is really Here:

what is Here before questions arose in the first place?

how is it, that we know we are here?

hanging this question to mind,

we're trying to come up with some conceptual answer

even to say "I don't know" includes the concept of I

how is it, that we know we are here?

if this question is not given to mind,

then attention may follow it back inwardly,

into this inner space of knowing,

from which the question arises in the first place,

from which the world of language has sprouted

so how to describe what is before language?  
language, at best, can only point to what lies beyond it,  
to what is original within ourselves;  
to what is true beyond our interpretations of things

if you interpret this as philosophy, then it is philosophy  
if you interpret this as spirituality, then it is spirituality  
if you interpret this as self-help, then it is self-help  
but if we leave the interpretations aside, what is left?

without the Silence, nothing can be heard;  
whatever is read, is read in this Silence  
whatever is sensed, whatever is thought,  
it is all happening in Silence  
because of it, we can experience thoughts and feelings,  
but because it is subtle, it is easily overlooked

without the Silence, where is the music?  
where is the reading?  
where is the thinking?  
where are the feelings?

just opening up with some questions;  
the questions are for opening up an introspection,  
for opening up the mind,  
for opening up intelligence,  
for we have great potential;  
in fact, it is huge  
we only need to unlock it,  
but don't worry, it's not a big deal;  
the key is already with you

so how is it, that we know we are here?  
we don't need to go philosophical for this;  
just follow the question backwards, inwards,  
into the quietude of Knowing;  
the place from which we experience knowledge  
how is it, that we know we are here?  
no specific answer is needed,  
for any answer would already be seen from Here  
in other words, thought is not the answer  
yet, it is not a riddle;  
just feel what the question is pointing to

there's a Stillness here;  
a quietude, a Knowing  
it is from this place that we experience things  
seeing, hearing, thinking, feeling;  
these are reporting to this inner place  
let's call it our Being, or simply Presence  
it is not something special; it is simply Here  
we're just not used to looking in this way,  
because our attention is usually going outwards,  
into the domain of senses and mind  
but now attention is called back to where it arises from  
it's not a trick at all; just relax the attention  
you don't even need to close your eyes;  
you don't need to sit still,  
nor to breathe some epic breaths  
there's nothing wrong with techniques,  
it's just that we are Here before all that  
we're not even going to call it meditation  
just Presence  
yes, there's a Stillness here  
and it is alive

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All best,

Pure Presence