

I Am Always Right Behind You **Follow-up Correspondence, by Art Ticknor**

On May 21, 2004, Art responded to a series of questions from AP, a TAT Foundation member and good friend. The following email correspondence provides a deeper insight into Art's Experience.

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I had sent the notes from my isolation retreat to several friends, including AP. Her response included the following questions:

- *is mind really the bridge that you need to cross over...what does it mean...*
- *was Art really never alive....what about this body suit we are wearing...*
- *does that inner eye turn away from this view and look back...is there an inner eye that can look at itself...*
- ***what is God.....what does he/she feel like....***
- *what is the small ego of Art doing these days....*
- *do you think i'll lose this separate self some day....*
- *what is this no-thingness/every-thingness that people write about...what did you find...*

My response follows.

Dear friend,

Glad to hear your reaction. Both KP and JM had the same reaction. In fact, J. said she grinned the whole time she read the isolation notes. That's probably the Joy in thee that's the same as in me and all god's little ones.

Here goes with responses to your questions. Don't worry too much about the words. I think the important thing is to pick up a feeling about what needs our attention next (in addition to the bambinos...:)

is mind really the bridge that you need to cross over...what does it mean...

- > I think mind is what keeps us focused outward, identified with what we see outside ourself (creations of our Self).
- > In my case, I didn't sense the mind stopping -- it seemed able to continue on with its thinking without interfering with the observation process.
- > But something seemingly has to break the hypnosis of the outward focus and set up a simultaneous (maybe not with some cases, where thinking stops) looking back into what we're looking from. The Harding exercises may do the trick in some cases.
- > What we're looking out of is Self-aware ... which doesn't make any sense to the mind ... and doesn't need our help...:)
- > To really admit what we see when looking back at what we're looking out of -- i.e., that It is Self-aware -- doesn't happen until we simultaneously admit that whatever form of subtle

observer we thought we were is not a separate "thing" aware of Self-awareness. My realization or admission or acceptance of that was translated back to the mind as "Art T. was never alive."

was Art really never alive...what about this body suit we are wearing...

> ha -- just anticipated and answered the first part of this question...:)

> The Art body-mind is a creation of the one-and-only real Self -- an animated show being viewed by the Self in a seemingly complex way, since the AP body-mind, one of 6 billion similar creations also imbued with the conviction that it's alive, is seemingly also viewing the Art-story -- although that's really the Self viewing the Art-story through the AP-animation. In other words, the stories are integrated. And the Animator is viewing the interaction of the animations. The difference is pointed out by Harding in that the Art-animation has no head when the Self is viewing the AP-story through it, but it does have a head when it's being viewed through the headless AP-animation. Get it?

does that inner eye turn away from this view and look back...is there an inner eye that can look at itself...

> There is only one Eye, one Observer, which apparently views pictures of "things" it has created for a reason that it doesn't seem to know. ("Why" only applies on the periphery, in the stories, where there is time, space, causation, etc.)

> In an intermediate stage, where we haven't yet admitted our non-existence as an individual something, it feels as if Art or AP has opened the proverbial third eye which is now looking back at what is at the core, at what Art or AP is looking out from -- back along the ray of creation in Richard Rose's poetic phrasing.

what is God...what does he/she feel like...

> God smiled at this question...:)

> She/I must be female -- she seems to have no idea why she's doing what she's doing...:)

> I think the mind only gets a narrow impression -- perhaps mine being even narrower than many others'.

> So ... imagine something with absolutely no features (a Terribly Plain Jane) ... in fact so few features that it's not even a thing ... an absolute No-thing ... with no wristwatch or clock (it has to create galaxies with planets whirling around suns in order to tell what time it is) ... with not a muscle to twitch nor a hair to get out of place ... ain't never changed and never will ... couldn't find a stitch of clothes to wear if it wanted to, since it has no boundaries ... and so forth.

> And yet the damn funny thing is that its creations feel.

what is the small ego of Art doing these days...

> Have no fear -- it's "alive" and kicking and less inhibited than ever. The anxiety it lived with for it's entire self-conscious life seems to have disappeared.

> Everything's the same as it was ... with one slight attitude adjustment...:)

do you think I'll lose this separate self some day...

- > I'd say you're a good candidate.
- > The truth is We already know Ourselves, but we've managed to distract Ourselves with the fascinating pictures we've created.
- > The pictures aren't alive, but they're created to think so -- and to think and feel all sorts of stuff -- and to have a hidden longing or yearning to "remember" their Self through realizing that their self-awareness is really Self-awareness -- that I and my Creator are not-two.
- > The separate selves are creations with limited shelf-lives. One thing for sure is that their belief in separate existence will end -- possibly before the animation itself reaches a complete halt.
- > I don't think that we as Creator "know" how the story of Art or AP is going to turn out. We apparently want to experience it in time, sort of like a mystery novel. Possibly there's an occasional "foreshadowing" (a device that novelists use to give a hint as to what's coming) or even a "sneak preview" (as when one of the animations has been created with a scene where it foresees something in its or another animation's "future" unfolding).

what is this no-thingness/every-thingness that people write about...what did you find...

> I saw -- or the mind understood, as mental doubts were quelled seemingly by repeated seeing -- in two stages that what I really am, at the center, is, first, no-thing, and then, later, everything. Doing the tube experiment with Harding last October really gave me the view that what I was, what I was looking out of, was essentially a featureless space. But my mind (read: ego, individuality-sense) couldn't accept the implications. The progression from there is captured in my isolation notes better than I can remember it. The jump to everythingness came as a result of seeing that I created every thing, and these things -- mountains, people, etc. -- are merely ghostly images that I am projecting on myself, on this blank screen.

The Love that we're looking for is the Love that comes with realizing our true identity.

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About ten days later, AP had a breakthrough. She said the phrase "Don't worry too much about the words.... the important thing is to pick up a feeling" was on her mind when she awoke in the middle of the night and may have been the catalyst.