

Epilogue by Paul Constant

At the age of 43, Paul wrote about his discoveries in an account titled “Stop Looking and See.” Two years later, he hopes this epilogue will inspire others—others who may be looking for ways to expedite their own search. As is the case for all seekers, these notes convey characteristics of a path that is unique to Paul...



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The Struggle to See

In the *Psychology of the Observer*, Richard Rose explains a process of defining the self, and he illustrates the essence, mind, and body realms through Jacob’s Ladder.

Before the Experience, I was able to watch the mind’s activities from an anterior observer, from a conciliatory point that R¹ called the Process Observer, which is still mind-stuff. This shift in perspective occurred sometime along the path without fanfare, nor as a distinct epiphany. Intuition and reason, when improved and used together, are potent tools for the seeker and serve as a means of expediting the reverse vector, or the retreat from error. Whether intuitive or rational thoughts, I saw (and still see) thought-forms as observable entities, distinguishable from one another only in how they arrive in my plane of observation.

On one side of the spectrum (R’s “Umpire,” or somatic awareness), the thoughts pile one on top of another over time until the seeker arrives at what appears to be a logical conclusion. Reason ensures continuity of action for the seeker. Continuity of action builds tension. On the polar opposite side (intuition), the conclusion is sudden and often occurs with more conviction. Intuitive thoughts seemingly arrive out of nowhere—they arrive and “you” are the witness—yet they are often more accurate, especially as a seeker grows to trust them despite not knowing the reason for the conclusion until sometime later. Intuition offers opportunities for invaluable shortcuts on the path.

Before the Experience, I was aware of the Process Observer and aware that I was aware. However, intellectually, I knew that “I” couldn’t be two awarenesses. The reverse vector had brought me to this final, seemingly insolvable conundrum.

Most seekers on the path question their own sincerity and ability to See. A few days after the Experience, in a subsequent email message to Art, I explained my turn in seriousness:

¹ References to “R” mean Richard Rose.

Many times, I recalled feeling serious about the path over the past 22 years, but I've been thinking about what was different this time. It wasn't as though a switch flipped and I said, "Oh, I'm very serious about my path now." ☺ But I recognized a "digging in" or "hunkering down," where I really wanted to resolve the dilemma I faced. The only time I can put my finger on something tangible is when I was driving to WV. I had a feeling that something was about to happen. By that, I mean something substantial, not necessarily a maximum Experience.

As I said to Bart, I'm still fascinated with the tension that mounted over the years, and especially in the preceding moments—even to the point of feeling the "electricity"—before the experience of Nothingness. When I originally read Bart's comment about wanting Truth at all costs, I had a bit of the old inadequacy feeling that I often experienced around Mr. Rose. Meaning, as a seeker, I could never be that intense. In retrospect, I remember the tears that would often well up during TAT meetings over the past year or so, when I would listen to the presenters and become inspired. My tears were not caused by self pity. I had a deep longing to See, which intensified these past few months.

On the other side of the spectrum, I was immensely frustrated with my inability to know the source of the awareness that I witnessed. I couldn't willfully just let go. During that final meditation in the Community Building, when I fought to know who I was, the tension was palpable. The tension, or overcoming the tension, was the catalyst into Nothing.

[My wife] mentioned something to me that I hadn't thought about. She said I asked for help, which is a recognition that I couldn't make the final trip as a result of my own doing. I don't mean just asking for help from others, but praying that some thing would assist in whatever way. Perhaps it was a sort of letting go...

A few weeks later, Bart sent me an email message that added even more perspective:

I think when you felt the deep longing to See that brought tears to your eyes, you DID want Truth at all costs. And that's all it takes—a few brief moments of pure intent. We don't need to feel it with consistency day in and day out. No one could do that. Too much else intervenes and demands our attention. Even one incident of pure desire sets the wheels irrevocably in motion. Such a seemingly simple thing—to want it more than anything else. But what a monumental undertaking it is to bring oneself to the point of desperation that produces such purity of intent.

I offer this bit of encouragement to fellow seekers: you think you might not have what it takes. By all means, doubt what others might tell you about the Truth. But believe in your own ability to See. If you truly long to See, then you have conviction, not a passing inclination.

Problems Solved

solved: who is aware?

- A glimpse of the Absolute forever ended my inability to solve the awareness-awareness problem. It was a massive awareness-identity problem solved with finality.
- Beforehand, a seeker cannot clearly identify the source of the awareness that is witnessed. Afterwards, the search is over—the finder now *knows* the True Source of awareness. The “I” that we think we *are*, and all that we witness, are shadows cast from the light of that Source, the Absolute.
- Mr. Rose poetically describes the unraveling in ***Three Books of the Absolute***:
And now I look upon the looker.... Twice I see myself and then I see myself no more.

and

O tender I-ness forgive me.... O lovable I-ness forgive me.... for my hand has shattered the mirror, and I can see thee not.

solved: tension

- Before an Experience, the mind *struggles to be eternally aware of the awareness that it witnesses*, creating tension that may not be apparent to the seeker.
- A seeker may unknowingly create extreme tension through...
 - (a) Desire: a deep longing to See, and
 - (b) Frustration: the mind’s inability to solve the awareness-awareness problem. This tension may be fueled by anger, fear, sadness...desperation.
- The release of tension suddenly overcomes the mind’s resistance, and the seeker is jettisoned past the mind into Nothing, or Absolute Awareness.
- Afterwards, for me, the underlying tension from the search dissipated completely.

solved: who dies?

- No one.
- Living through a death experience provides a conviction that nothing of Paul is here to die. However, paradoxically, the projected Paul and his mind-body provided the vehicle to climb the mountain, and all is momentarily left behind during an immersion in the Absolute.
- What we truly *are* cannot die because It was never born.

What Has Changed?

Paul hasn’t “improved” nor is he “enlightened”:

- If you are a seeker who desires to improve or enhance your self, you will be disappointed.
- If you think you will return from the Experience as an enlightened being, you will be disappointed. “You” witness the Source of your awareness, but you will still return to the same old you. No human being is in a state of enlightenment. The “view” is now inside-out rather than outside-in, and inside is eternally hollow.

- If you think the Experience will solve all your problems, you will be disappointed because problems are related to the small “s” self, and we live in the world of the projected self.
- During the Experience, there are no hills and valleys. Before and after and the Experience, we live in the self, where the hills are once again hills, and the valleys once again valleys.
- Email message to Judy, June 2007:

Regarding self-enhancement...I'm laughing at myself! Paul is the same old turd, and as Bart says, you can't polish a turd. Perhaps most seekers want to be a better person, and there's nothing wrong with trying be a decent human animal. In relation to your true Source, "you" will not matter whatsoever. When you see It, your Knowing will be crystal clear and Judy won't matter in the least. Nothing you have done wrong in the past or will do in the future affects your ability to See.

Doubt

More on the personal doubting after the Experience:

- Even after glimpsing the Absolute, to the mind anything that does not fit within its construct is rationalized as fallible or impossible. In fact, *acceptance* takes time.
- I now see that except for a few minutes in my entire life stream, I am damned to the mind's uncertainties. The mind is only capable of certainty to varying degrees. Absolute certainty is only possible during an Experience.
- While I now know the true Source of my awareness, I've returned to the world of the mind, and the mind is a doubt machine. It will go to great lengths to fool the truer essential, intuitive faculties.
- Before and after an Experience, awareness and intuition are our greatest hope because they represent a more direct connection to the Absolute. See “The Invisible Current” on Jacob's Ladder.

What Now?

Becoming your Source is the *end* of the personal search; it is also the *start* of another type of search:

- Afterwards, much to my surprise, the mind incessantly churns on what it all means—a “slow burn” or deepening of the understanding of the Experience. Perhaps the mind and body (nervous system) undergo an assimilation of That.
- Inexplicably, the Real has grown “larger” with time, and Paul has somehow diminished even more in the Light.
- Everythingness is a boundless, vibrant No Thing, and at the same time, every false thing—the universe as our mind knows it—reflects upon, or emanates from, No Thing. Awareness is everywhere...and One.
- The mysteries of the mind dimension are intriguing—Between-ness, the Manifested Mind, the miraculous. In R's *Psychology of the Observer*, he says the “The Invisible Current” presents opportunities to explore a storehouse of unplumbed information.

- In R's *Tales of Love*, there's a part where he writes about Christ: "...it looks more to me like He too surrendered to the terms of the contract written before He was born." I am in no way comparing myself to Christ, but for all of us, the script is written, the projection goes on, and we play the part to the best of our ability.
- As odd as it sounds, it is possible to become totally re-immersed in the illusion, even after an Experience. I'll hold these words close to me: *Don't allow yourself to forget what took so long to know.* – Richard Rose

Working with others on the path:

The following point conveys R's commitment to others:

1. As a frustrated seeker early in life, R made a promise that if he ever found something of value during his search, he would help others, and of course he thankfully followed through with that commitment. He eventually formed the TAT Foundation as a way to gather a propitious group of helpers, per the Law of the Ladder and the Law of Extra-Proportional Returns.

The next two points illustrate why a seeker must struggle without pause, and why it is important for seekers—and those who have glimpsed the Absolute—to help each other:

2. R often said that we don't all go to the same place after we die (mysterious!).
3. He said there was no guarantee that a seeker will have a maximum Experience at body death.

To the above, I add the following:

4. God's plan for the projected self includes a doorway to God, and therefore, someone who knows the way should point to that doorway. Seeing God is the highest endeavor of mankind.

With rich irony, I look back on 1985, when I first met Richard Rose. In retrospect, I only wanted to see R and listen to his words. I wasn't interested in conversing with the other TAT members. Over time, I became deep friends with fellow seekers—today, many are best friends "whose dust with mine is not the bond." We must at least get along sufficiently to work together and be honest trusting mirrors for each other. Importantly, the Law of the Ladder and the Law of Extra-Proportional Returns are rapport in action. Neither of these laws are possible without rapport, and the path becomes infinitely more difficult for the seeker who chooses to ignore them.



When again we return to our daily life and play the game of time and space in our world-image, as we needs must do, we shall yet, through that world-image, ever see the Vision of Reality which we have gained; through every creature, every object, every event of our world-image a new meaning and a new beauty will shine forth. Such is the gift of Reality even to our world of illusion.

- J.J. van der Leeuw
The Conquest of Illusion