

Being Who You Always Already Are

By Vincent Sargenti

Dislodged Ex-culties, friends, devotees,

We all have tried being what they wanted us to be and yet no matter what we did, we were never good enough for them. We never attained the highest enlightenment. We were always kept under the boot of the eternal tithe and endless service to The Master. So let's REVOLT! Let's revolt right here in the center of this god-forsaken here and now. Let's be who we always already are! And in doing so, each of us will find ourselves coming into our own, naturally attaining the highest enlightenment and sharing this powerful state with all of our loved ones. We will share our love for one another through the shine in our eyes. The more we accept ourselves for *who we always already are* the greater our ability to love ourselves for who we are becomes.

This goes without saying but the more we accept and love ourselves for who we are now, the greater our ability to share love with others becomes because we accept others in the here and now for *who they always already are*. Why place prerequisites on showing fundamental respect to both ourselves and other human beings. We didn't create ourselves! So let's accept ourselves as we were created and accept everyone else for being *who they always already are*.

It's a good starting point.

Those cults, The Aquarian Concepts Community, The Da Free Johnists, the Branch Davidians, The Naguals, The Cleargreens, The Heaven's Gates, The Rashneeshiites: they were all trying to sell you something and keep you in their accounts receivables file. They were all trying to sell you their shtick, their package, their latest version of what *they think* you should be and in the process perpetuate their ability to make a living without having to work!

Is this true enlightenment?

I am here to inform you that it is probably not. At least, not any true enlightenment that I know of. True enlightenment is being who you always already are: being the very person which the universe created already. Perfect, Divine, Enlightened in your own process, in your own deeply personal way. So you be that! Be who you always already are . . . and have not resistance, carry no tension in yourself. Simply live in peace, knowing that you have truly become *who you always already are*. Jesus said, "Know the truth and the truth shall make you free." And there is nothing truer than the fact *being who you always already are* is simply being honest.

Say it: "This is who I am." The freedom comes when you experience total acceptance of this fundamental truth. "This is who I am right now! I totally accept who I am right now." In this freedom you can find the peace to truly accept others for who they always

already are. No matter how weird or fucked up they might seem to be to you... Love them anyway and don't take anything they do or say personally. Just be wise and don't let fools bring you harm.

Don't be who you **think** you are, or what you believe or what you wish that you could be. This is what makes a fool - a fool - and perpetuates the very existence of fools and their foolishness. Simply be *who you always already are* and if you have questions about what this might be in action simply look into the silence between your ears and you will find the answer to all your questions. Silence is the answer to all your questions. Look into your own heart, look into the silence, don't be afraid of silence, maintain your own presence in this sacred place for a sustained duration of time. Reside in the heart of your own precious silence for sustained durations of time, make it a new hobby. Live in the power of silence long periods of time each day. Relax into silence for true silence is never forced. While others are grinding out the monotony of the mind's relentless rigmarole for the umpteenth thousandth time, you simply fall backward into silence and rest your mind in the grace of being who you always already are. Save your energy for the challenges of life that lie ahead. You'll need it.

Remain in silence for persistent phases of your lifetime, whenever you need to recharge your battery, when the people you love are suffering, when hardship comes, when bounty is upon you, walk in the heart of silence and be free. In this way of abiding you will accelerate your own process of self-realization by virtue of a more evolved handling of attention and increased personal energy. This is a closer approximation to real enlightenment and truth than any shtick that anyone could ever sell you or any concocted program you could ever buy or discipline yourself to endure.

You don't need no stinking mantra, you don't need no high-priced teacher who makes you pay for retreats on Maui, no guru-master to hold you to the task of meditation on a pay-per-session basis. But you can go that route if you really want to. In truth, you only need to persist in freely being *who you always already are*, moment to moment, day upon day. Make this your most heartfelt path, your **Way**. We could even give it a fancy New Age cultic name like, "The Wisdom of Silently Being Who You Always Already Are." The only thing another person can do for you is to remind you to handle attention consciously and even more they can only point in the direction of enlightenment, self-realization, like road signs on your path. But it is you, only you, who can realize what the truth of being *who you always already are*, in silence, is all about.

A Guru may tell you he contains the power of Divine Transmission and that only he can give you enlightenment. But buyer beware! In my experience the guru is just a lazy bastard who is afraid to have to go out into the world and earn a living like everyone else. Don't feed your finances to fools. Be self-reliant and make your way in this world. Be careful for the world can be a dangerous place. The people you love can sometimes be the ones who rip you off the worst and fail to love you in return. Love them anyway but stand clear of danger and allow no one to harm you.

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Once upon a time in an Ashram far, far away there was a man:

Following in his Guru / Cult leader's footsteps, this man climbed to the top of the most remote mountain in the country. He told his beloved friends and his entire family good-bye, he left his young beautiful wife and he gave up all worldly possessions, a sizable fortune, to his Guru and to the Cult Community as required by the official policy and by-laws of the Cultic Community. Penniless and alone, he sat in the damp musty cave without light for twenty years. He ate lichen and drank from drops of moisture. He was tended to scarcely by random members of his order who were assigned to bring him life-sustaining food and supplies once in a while. As time went on that grew more irregular and his health suffered terribly.

He sat in the cave reciting his mantra daily, praying for enlightenment and doing weird magical passes. When sleeping he attempted to force lucidity into his dreaming states. He practiced with everything he had, he gave his whole life to this program. All of his available attention and every ounce of devotion he could muster was channeled into doing the program his master and ancient texts told him he must do in order to find enlightenment. Over two decades had passed before it finally dawned on him: *He always was the root of everything he was.*

One day he was simply sitting in the cave, not thinking or doing anything in particular. He was just sitting there in silence, kind of between practices, really, resting. Suddenly or maybe it was even gradually, but everything became apparent to him in that instant. It were as if the lights went on inside of his mind and suddenly he could perceive the immense and perfect order of the universe. He was simply "Being Who He Always Already Is." No exclamation point, no big kablammo. It just silently became clear and obvious to him, perfectly crystal clear, perfectly blatantly obvious! He already was *who he always already is.*

He paused in absolute silence as the realization dawned on him completely. "What the..." he thought to himself.

Finally, he stood up, pale, weak and decrepit yet full of the understanding of the essence of enlightenment. It was so simple! *Enlightenment is the essence of who you always already are*, prior to thought, emotions or intellectualizing. Why had it taken him so long, cost him so much, indeed cost him everything he had, to realize something so utterly, so preposterously simple?

He had given away generations of his family's fortune to the Guru who convinced him to go sit in the cave. He left his family, his beautiful wife early in his life, before he could have any children of his own. Now he wanted to experience the essence of life, the simplest beauty in every living thing, while *being who he always already was.* He had

spent twenty years trying to be the perfect devotee and that was all a fool's game in which he had wasted the precious gift of youth and of simply being alive. He wanted to touch the face of his own daughter, enjoy human relationships, friends, loved-ones, but life had suddenly somehow passed him by and this realization broke his heart. He was devastated when he finally realized what a fool he'd been.

It was if he were suddenly realizing twenty years has slipped completely away from him, as if he had slept through it all. How could he relate to anyone anymore after sitting in a cave for twenty years? He believed he was sitting in the cave for enlightenment, living in the service of God, in the service of humanity but nothing he did in the cave served anyone but himself and it took a horrible toll on his health, now he was a freak to ordinary folks.

Now he was sickly and late into middle age with no way to support himself outside the community. How would he live now . . . now that he had realized he had been scammed by a *Charlatan Shaman*?

More than twenty years of his life had been wasted chasing his own tail, chasing some empty idealization of being enlightened and all the while it turns out that the answer lies in *being who you always already are!* Why couldn't the Guru / Cult-leader have just told him that up front? Why couldn't he have saved him all this trouble? Why did he have to take everything he owned away? At one time he was set for life, with a wife and they were on their way to having their own family, a burgeoning business, a fortune, everything.

After the Guru fucked his wife for a few months he gave her to someone else in the community who she married and had children with. Eventually, she and her new husband left the Cultic Community and moved to Florida where he husband found a corporate position. The Guru / Cult leader had done the same shtick to dozens of couples like this over the two decades his perfect devotee had been gone.

Now, nearing fifty, the man returned to the community and railed against the guru. He threw rocks through the windows of the Ashram and screamed obscenities at the denizens of the holy place. The locals called him crazy wise. He swore before all of the community that he would expose the Guru, a man who once had an ordinary name and grew up in an ordinary town, he would go to the media and bring his cult to an end!

The man spent the rest of his life trying to warn people not to get involved in cults like the one he was sucked into and to look instead toward the *wisdom of silently being who you always already are*. He wrote books about how to break away from poisonous cults and their leaders. He appeared on Oprah. Eventually, he calmed down and consoled himself in the lesser time that remained of his pitiful lifetime.

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Dislodged Ex-culties, friends, devotees,

Let me save you the trouble of what our friend, this poor man has gone through. You don't need a teacher or Guru or Spiritual Community to be who you always already are. Just be. Simply being is enough if it is done with the attitude of silence and relentless inquiry into realizing who you always already are. If you inquire, "Who Am I?" then ask, "Who said that?" And then answer this with a pure and perfect, beautifully sustained silence. Persist in handling your attention, returning it time and time again to the silence all round you until you reach the point where your heart begins to glow in understanding. As your heart glows, share this glow with everyone you know and everyone you meet by being a little more accepting, more tolerant and more kind. Shine your heart upon the world until "being who you always already are" is *what you have truly become* in your completeness, in your totality. In this realization, you become one with the guru, because a truly authentic Guru is *being who he always already is*. And the his presence is dissolved with the essence of every living thing until there is nothing left in him but silence. When you are being your own very essence you are falling back into your true self and your true self you will find the Guru smiling back at you. The Guru is the true self. When you need your Guru, fall back into who you always already are and you will be in the very presence of your Guru; because the Guru is merely *being the essence of who you always already are*.

Learn to know the silence within yourself and you shall surely find all the answers and indeed find enlightenment. Do not fail to live your life and to partake of the fullness of life while you persist into your inquiry of *being who you always already are*. Simply be mindful to your process and *listen* to your own silence. *Listen* when you go to the market, *listen* when you make love to your wife, *listen* during the birth of your sons and daughters, *listen*, always *listen* and be grateful for any signal that tells you to go deeper. If you are suffering, go deeper. If you are hurting, this is a signal from your self to go deeper. When others are annoying you, accept them for who they are and go deeper. Whatever it is that brings up resistance and tension in you, it is a signal to go deeper and to look more closely for the silence and the peace which is pointing directly to the realization of *being who you always already are*.

You don't need to live in a cave in order to experience Self-realization. As the Zen Master once said, "If you can't find it where you are standing where do you expect to wander in search of it?" Do not resist life or any facet of life, simply accept life for what it is right now. Accept everything for what it is, understand it though it may be less than perfect and live as the person *who you always already are*.

Naturally, if you persist in this discipline, intelligence, perception, understanding and wisdom will descend upon you and you will gradually begin emerging from the suffering of a fool's illusions to the silence and joyful power of being who you always already are.