

Introduction

Extract from Unmani's new book 'Die to Love

This book points to the truth of who You really are. This is the last book. If you have been genuinely searching and longing for 'Awakening' or 'The Truth', then let this book point you to the truth of who You are.

This book is pointing to the end of the search. It is not yet another stepping stone on the path towards an elusive final goal. It does not give you any advice as to how to live or how to feel good. This message is ruthless compassion. If you still want to feel good rather than know the truth, then this book is not for you. I am not trying to help you. If you read this book I will simply destroy you. And who am I? I am you. I am Life itself. I am who You are beyond who you think you are or believe yourself to be. There is no separation between us, between reader and writer. Know this before you continue to turn the pages. Know that what is written here, is written by You. You know this already. I am pointing to who You are beyond any idea of 'you' who has decided to read this book for any particular reason. You have been playing as if you have forgotten who You are. This book is You gently reminding yourself. A friendly wave 'Hello! Here I am!' All it takes is the courage to really acknowledge this.

It is easy to say that you want to discover the Truth, but when you understand that the Truth is not just the experience of love and peace, you may not be so sure that you want it any more. Recognising who You really are will rob you of your deepest held ideas, beliefs, hopes, and dreams. It will turn your view of yourself and your life upside down. You will either read this and find it unimaginably liberating, or you will find this extremely challenging indeed. No one response is right or wrong. It is the way it is. The message of this book is very radical, and not everyone is open to that right now. Perhaps, although you say that you want to discover the truth, you really enjoy the 'search' far too much to actually find what you are searching for. What would you do without the 'spiritual search'? What else could provide such addictive emotional highs and lows? Be honest. If this is not for you, close the book and put it down now.

So if you have continued reading, ask yourself 'Are you willing to die to know the truth?' Nothing less will do. To know the Love that you are, 'you' need to die. This is not the death of the body. This is a jump into the unknown. It is the last thing that 'you' do, before 'you' are no more.

No more just testing the waters out of curiosity. No more playing with words and concepts. True Love demands nothing less than full immersion. To die to Love, is a complete surrender. It is truly realising that no experience, no concept, no meaning, no state, no condition, no person can provide the peace that you long for. This is the end of all that. Haven't you had enough of running around trying to find a resting place, a permanent solution to all your problems and suffering? Give it all up and

just rest now. Let it all go. Fall into not knowing anything. Never knowing. Never finding. Nothing to hold on to. Haven't you realized that you can't find the answer? You can never find the permanent peace and resting place that you seek.

You have been searching for a resting place in a world of phenomena which never rests. You have been searching to know who you really are in a world of endless identities. You have been searching in thought and imagination. You have been trying to know yourself in a life of endless reflections and meanings. There are so many questions and no real answers. Haven't you noticed that as soon as you think you know something, or have it all worked out, something happens to show you that you don't? If you think you have the answer, soon someone will come along to tell you a better answer. There is no end to these answers in thought. How long are you going to continue to fall for them? How long are you going to continue to believe thought rather than what you really know? How long are you going to continue to betray your true heartfelt knowing? This is the courage that I speak of - the courage to stand up for what you really know to be true, no matter what. This is what 'waking up' really means. Waking up to who You really are.

Who You are is Life itself. Life living, breathing, being. But to try to locate, know, limit, or identify Life is an endless search. Of course this is what everyone seems to be trying to do, in one form or another. People seem to feel more secure in the knowledge that they know what is going on, why things happen and how things work. Frustratingly, the source of Life or who You really are, can not be found or understood in any way. Try to

find who You are and you will only be frustrated. The paradox is, however, that Life plays at being known, limited, and identified. Life plays at being identified with this person here. I can say 'I am...' or 'I feel...' and I will be referring to this person right here. And yet, if I truly and honestly look to find who 'I' am, I can not find anyone. What a playful paradox!

You already know that you are not limited. You already know that you are not separate, that you are the whole – Life itself. Perhaps this Knowing is felt as an underlying feeling that this is all a joke, or that we are all acting out a drama on a stage. Maybe it's a feeling of the purposelessness of it all, or of the ridiculous nature of everything that we do. However it is known, usually this Knowing, is overlooked in the search for something 'out there' or some kind of special experience. This simple, child-like Knowing is belittled in the face of the seriousness of 'real' life. You go on searching or 'getting on' with your life, ignoring the Knowing which whispers the truth of who You really are. And so Life plays the paradoxical game of searching for itself.

When is it the right time to wake up from all of this? If you continue to believe that you are on a spiritual path then you will always believe that 'awakening' is in the future sometime. You will continue to overlook the simplicity of what is right now. Enough overlooking! It is time to wake up now, and know for yourself that you are the Love that you have only heard about. You are Love. You are Life. It is time to listen to that inner Knowing which actually is always screaming! This book undermines the assumptions that have been built up to protect you. See those walls

crumble. It may be frightening, but wouldn't it be more frightening to live your whole life, without ever having listened to what You really truly know?

What is expressed here is not about the words. This is not a philosophy game. This is a matter of Life or Death. Until you get the joke, it is as serious as that. The words of this book could be analyzed endlessly, but this would be just another way of overlooking what these words are actually pointing to. The nature of thought is to compare this concept to other concepts and this word to other words. But this is not a heady, intellectual book. In fact this book is simply pointing to who You are in a way which jumps beyond intellect. Writer and reader become one. And in this union, the message of this book becomes obvious.

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