



*One liners*  
*a collection of quotes by Avasa*



One liners

## *One Liners*

*A collection of quotes by Avasa.*

One liners

*All texts by Bodhi Avasa*

*Editors Dioni Riccardo Lautizi, Shakti Caterina Maggi*

*Information about Avasa [www.bodhiavasa.net](http://www.bodhiavasa.net)*



“One liners, a collection of quotes by Avasa” by Adrian G.A. Meyers aka [Bodhi Avasa](http://www.bodhiavasa.net), April 2013. All rights of reproduction of this work in its totality or any part of it through printing or any other media are reserved based on Creative Commons Licence rules.

One liners

## Contents

Forward by editors....	p.5
Introduction.....	p.7
One Liners.....	p.9

## One liners

### Forward by Editors

Simple words for a simple message.

As an arrow goes straight to its target so these lines point to the same place that they come from, from Self to Self.

Let the Truth of these words overwhelm all the ideas about yourself and your world, to dissolve the illusion that never took away What you are. As a wave on the sea, always at home.

With Gratitude,

Anglesey, United Kingdom

March, 2013

Dioni

With elegance, intelligence and humour Avasa's words hit the centerless center of our Being, like arrows darted off from Silence itself.

A little book to sip slowly like a good old wine, whose aroma arises immediately to unfold afterwards in new and deeper understandings, pointing relentlessly to the reader to be actually the true author of what has been read.

Palazzolo Acreide, Italy

March, 2013

Shakti Caterina Maggi

One liners

One liners

## Introduction

Some times a very few words at the right moment can hit the mark more directly than a whole book.

Haiku poems have this intention.

A few words that bring one from conceptualising to perceiving.

These all came up suddenly without effort and insisted on being written

Enjoy and do not look for hidden meaning.

Avasa



One liners

## One liners

*All the suffering of humanity, both collectively and of the apparent individual,  
comes from one belief: the idea that we are separate things within a universe  
that is based upon separation.*

*When the falsity of this is seen through the suffering gives way  
to the seeing of Oneness.*

## One liners

*There is One Self, you and I are that same One.*

*Our illusion is that we are two, yet there is absolutely nothing  
to substantiate this anywhere in Life.*

*You and I are therefore no more than a concept, a configuration of the mind.*

*The apparently separate parts of creation are One unbroken whole.*

One liners

*The cause of an effect is the same cause as the cause.*

## One liners

*The looked at is impermanent and ever changing, that which is doing the looking is permanent, unchanging and therefore eternal, the Source itself.*

*What is looked at is ALWAYS one's own consciousness.*

*To the degree that this is seen as a fact so too is there the ability for that which is seen and the seer to change and find a greater harmonic balance.*

## One liners

*When I see that "I" is nothing then it is seen in the same instance that "I" is everything.*

*When I imagine that "I" is the body/mind or something imagined to be within it*

*(a soul) separation is the case.*

*The former is what is True, the latter is the illusion.*

One liners

*BE,*

*unconcerned,*

*rested always in the moment.*

*What will be*

*will be.*

*Let go and enjoy what is.*

*Trust and allow lifes currents*

*to take you.*

One liners

*Where could you go*

*Where I would not be?*

*Where can I go*

*Where you are not with me*

*In each new hello*

*Is an echoed good-bye*

*But good-bye never happens.*



## One liners

*Ask*

*for nothing,*

*receive only*

*what is given.*

One liners

*The Truth is*

*you are*

*GOD.*

*God is*

*LOVE.*

*Your purpose here is to*

*do*

*the work*

*of God.*

*BE*

*LOVE.*

One liners

*In silence*

*Listen!*

*In stillness*

*BE.*

*Be still*

*And know*

*That I am.*

## One liners

*You are No-thing-ness seeking to know yourself as something-ness.*

*When this error is seen the seeking winds down, what remains prior to the action is  
recognized to be where the action of seeking was arising from.*

*There is Nothing left, nothing remains.*

## One liners

*When one does not go anywhere any more and one is still,*

*all the world comes to this one.*

*When one is this still point, everything turns around this pointless point.*

## One liners

*There is no particular thing to be done, no particular thing to be experienced,  
the seeing of this fact brings a stop to getting or achieving and allows  
what IS to be seen fully.*

## One liners

*Without relying on what thoughts are present or what feelings are present what can you  
find to rely upon to know that you are present?*

*As you are neither a thought nor a feeling what you must therefore be is what knows of  
the presence or the absence of those things.*

## One liners

*What arrives THROUGH this form is not FROM this form.*

*It is a direct expression of Emptiness and, whether or not this is realized to be so, it is  
directly TO Emptiness.*



## One liners

*Nowhere within the whole of the created universe will there be found any thing,  
or any place, that is not directly connected and affected to what goes on within  
the totality of manifestation. You and your actions are merely a link in the endless  
chain of the ONE action of consciousness.*

## One liners

*All that appears is but a flickering of the Light of creation that exists for a period of time  
so infinitesimally short that it cannot be measured.  
Within this the imagined person tries to find security.*

## One liners

*There are no rehearsals to living because no-one lives Life. The apparent WE are being*

*lived BY Life. Everything that happens is a one-off taking place.*

*All action is no more than ripples passing through the ocean of consciousness.*

## One liners

*Out of it's Self Emptiness creates apparent separation and lives the illusion of apparent duality until such time that it itself produces the circumstances within the illusion that bring an end to the illusion. All then is recognized to be ONE Self.*

## One liners

*There is no such thing as individual action, although in appearance it SEEMS to be the case. All doing is impersonal and taking place without volition on the part of the imagined individual.*

## One liners

*Only when consciousness comes to rest in the Stillness can it be SEEN directly that all is perfect. Perfection can only be recognized by this which is perfect.*

*“To the pure all things are pure”.*

## One liners

*Everything that is appearing right now, these words and what reads them is IT.*

*What is sought is this and what is doing the seeking is this, there is ONLY this.*

*This ALL is the Divine condition manifesting.*

## One liners

*Every day we dress ourselves up in the manifestation and forget what we are.*

*When we enter into deep sleep at night we disrobe our self of the manifest and retire into Nothingness only to return in the morning to forget again and again that what was present in deep sleep is also still fully present as the appearance of creation that we call waking up.*



## One liners

*All so-called good that arrives in your Life is your own creation as is all so-called bad.*

*These are the two tools used for creating that moment when awakening occurs.*

*In that moment all is as it is, nothing is good or bad, all just IS.*

*It is all One.*

## One liners

*Any attempt to arrive at what already is fully present is futile. At the same time it is the only thing that can be taking place. If meditation or practice or a method is to happen then it will take place but it will not be being done by anyone for it is an action of the One itself.*

## One liners

*You, who are the creator of all, have limited yourself to the concept of being in the size of a body and therefore something that is limited to the length of one lifetime.*

*You, who are the creator, have fallen into identification with the action of words arising as mind and cease to see that you are what knows of their arising.*

*Prior to time and space you are the Stillness within which they arise.*

## One liners

*There is a lot of emphasis in so-called spiritual circles on being detached.*

*When one sees that one is the No-thing-ness prior to things then one is immediately realized to be ALL things. There is in that moment TOTAL attachment to everything for it is seen that one is the No-thing AND everything that appears within it.*

## One liners

*All is a play of the ONLY One consciousness that is. Within this consciousness there is no separation. At its base it is pure Awareness, absent of any activity, Stillness.*

*Within this Stillness action arises as the action of consciousness. What knows of the presence of this action is the inactive Stillness. The action is creation.*

## One liners

*Just as jewellery made from gold can be of various shapes and sizes yet remains always only gold so too is all manifestation made out of the non-substance of No-thing-ness even though it appears as the many some-things of substance.*

## One liners

*At any time when communication with the use of words is happening it is always pure*

*Awareness itself giving rise to action as sound that is expressed AND heard by none*

*other than itself.*

## One liners

*The seer, the object seen and the seeing itself are all one single action. Once it is recognized that there is only SEEING and no actual seer the apparent three are realized to be one action. What one IS is not a noun but more a verb.*



## One liners

*At the moment of the death of the body/mind consciousness, which has been identified with the body/mind, returns to its source, Awareness, and realizes itself to be No-thing-ness, the creator itself, the timeless, and time ends.*

## One liners

*All speculation about reincarnation is based upon the idea that one is something that one is not. Believing oneself to be something one believes oneself to be a thing and as all things have a birth it is acceptable enough to then believe that one will die.*

*What one is simply IS, it never came from anywhere so it cannot go anywhere.*

*It is not in the becoming process.*

## One liners

*There is a belief that we, as human forms, come under the control of planets and stars  
and that our time of birth is the deciding factor to how things unfold.*

*If true, this therefore means that none of what takes place on the earth  
can be blamed upon man.*

*Pollution and all the modern day ills such as war etc are then due  
to the heavenly bodies.*

## One liners

*As this is being read right now the one that sees it is the one that is creating it right*

*now.*

## One liners

*The ordinariness of the truth of our self does not appeal to the spiritual mind, it is too familiar to be recognized in the search for experiences leading to some imagined moment where something is attained in a future called enlightenment.*

## One liners

*If there is a reason for the existence of this that we call life it is to have the experience that we are having in any given moment. The purpose of life is simply to experience life. Life is for living.*

## One liners

*In the knowing of what one is it is a matter of knowing that what one is can never be known.*

One liners

*"I am that by which I know that I am"*

Nisargadatta Maharaj.

*"I am THIS by which I know that I am"*

Avasa



## One liners

*Just be what you are, alternatively try to be what you are not.*

*Either way you will be being what is happening.*

## One liners

*Do not be so concerned about your personal enlightenment, that which gave rise to the action of seeking will also bring about the end of that action. The action is not personal either way so the imagined person dissolves at that moment when the seeking ends.*

## One liners

*There does appear to be a transmission between one who has realized and one who has not but there is actually no transmission because there is no separation, no distance between them.*

*One is water and the other is an ice cube melting in that water only to find out eventually that it too is just that same water.*

## One liners

*Having arrived at the conclusion that one is a separate individual the whole of life is then spent in fear for the security and safety of that one. Focused thus on this minute portion of oneself that is the body/mind one is no longer open to seeing beyond that belief. After all the concern for it the body/mind still gets hungry when it does, gets ill when it does and finally dies when it does.*

## One liners

*I was five years old. I watched as he pointed to the sky telling me about a man who was watching me from there who I must pray to. I knew then in that instance that the priest was mad, he talked to an imaginary man in the sky.*

## One liners

*Where there is no other there is Love.*

*Where there is the other there is fear.*

*When you see that all is Emptiness,*

*Then all is Love.*

One liners

## **Other ebooks of Avasa**

“Between the finger and thumb” (April 2013),

“Exchanges” (June 2013)

<http://www.bodhiavasa.net/books/>

One liners

Thank you, we are sure we made something beautiful and invaluable.

*Bodhiavasa.net Curators.*



Info <http://www.bodhiavasa.net/contacts/>

---



One liners