

*The essence of*  
**The First Instant**



is  
Wakefulness

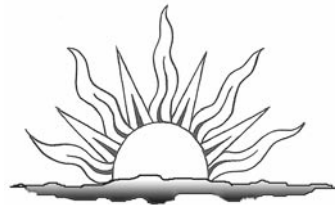
*selected passages*



# The Essence of the First Instant

selected passages from the original text  
with additional pieces.

by Gilbert W. Schultz



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## The First Instant

### Foreword

This small e-book consists of excerpts from The First Instant. It is free of some of the more explanatory material contained in the full book (as well as the shorter free version of it), however the essence of it (what it is pointing to) is the same. If what is expressed here resonates with you, that is great. If it doesn't and you haven't read the other book, perhaps the extra content there may help orient you so that you can follow the pointers here.

It has been my pleasure to be involved in assisting Gilbert with the layout and editing of these books. These expressions may spark the recognition in you that whatever you think IT is, is NOT IT. The mind will continually try to grab a hold of IT and make a place for IT among it's (the mind's -- "your") possessions. But in this way, it only becomes a dead concept. May the words in this book reverberate with the livingness that you are, which is always free of and can never be captured by words or concepts.

-Burt Jurgens

## The Essence

You are present  
I am present  
Both present  
In this immediate timeless presence

We call it 'Now'  
'Right now'  
This 'now' has no beginning to it  
It has no ending to it

It is the vast presence of Eternity  
Timeless Awareness  
It spans the entirety of everything there is  
Without a hint of movement

## The First Instant

It is boundless presence  
It encompasses every 'where'  
Every 'when'  
Every 'how'

It is time-less presence  
It cannot be forgotten or remembered  
IT IS

Presence does not change  
(The apparent qualities of presence continually  
change)  
It is fully and infinitely open  
It is the endless vastness of Presence Awareness

## The Essence

It is eternal  
Yet ever fresh and new  
It is sharper than the sharpest  
More dull than the dullest  
Wider than the widest  
Deeper than the deepest

Everything is accomplished in this first instant  
It is Awareness  
It is simple Wakefulness

It is before these words are  
    re-cognised or thought about  
This text is being written in this first instant  
It is being read in this very same first instant

This wakefulness is nothing but this first instant  
The first instant is nothing but wakefulness

## The First Instant

It is every 'where', 'when' and 'how'  
It may be simply described as openness

Openness is impartial awareness  
It is not 'personal'  
It has no bias  
It is Universal Awareness

You are this light of knowing  
The cloud of unknowing is just a passing shadow  
All shadows are cast by the light itself  
You are the light

It is all-inclusive, open, self-shining awareness  
You are the light of seeing  
Direct cognition  
Unmediated knowing  
One without a second

## The Essence

You find yourself living in one long moment  
It has no beginning and no end  
Everything floats before you simply as the display of  
ever changing phenomena

It is not a cold distance  
It has all the appearance of substantiality, yet in  
being this freedom, you know that nothing  
really compounds into anything objective at  
all

The 'past' is no longer believed in  
All beliefs are known to be empty  
You are the complete knowing of this vast and  
endless presence in all its wholeness

The First Instant

Your very essence IS this awareness  
which is not contained by anything  
There is nothing that you can do to change anything  
It already IS

In knowing this thoroughly, there appears a space  
devoid of seeking  
Knowing cuts through all belief and reveals it to be  
nothing at all

This seeing-knowing is the first instant of awareness  
It is timelessly yours but not as a 'person'

The Essence

Prior knowing is before thought and language  
It is simply the naked knowing that you are  
It is the unchanging essence of all that IS  
In yourself it is the wordless I AM  
The undeniable fact of being  
It cannot be negated  
You Are

It is direct cognition  
It is direct cognition  
It is direct cognition  
It is direct cognition  
It is self-knowing awareness

The First Instant

The evidence is presence  
The presence is evidence  
Not two

Simply be the Seeing, the knowing of this fact  
There is simply nothing but this knowing of what is  
before process of thought

Nothing is actually compounding  
There are no objects in the past or the future  
Objects in the present are themselves, actualizing  
awareness  
They are free of all words  
They are free of any binding nature  
They spontaneously appear in this immediacy  
They cannot be found anywhere else

## The Essence

This pure knowing is what you are  
It is nothing else  
Whatever you 'believe' you are is just thought  
There is no 'entity' anywhere doing anything  
There is no 'entity' believing anything

The entity and what is believed in are both  
appearances in mind  
Patterns of energy

Seeing, hearing, tasting, touching, smelling and  
thinking  
spontaneously arise in the immediacy of presence  
awareness

The First Instant

Whether it is called 'This' or 'That'  
makes no difference  
I am That - You are That  
Not two

The affirmation of this is nothing  
The denial of this is also nothing  
I am that nothing  
You are that nothing  
Nothing is no thing

All energy springs forth from this no thing -  
    you cannot be exhausted  
Some call it Being-ness or God  
Some call it Buddha Nature  
Some call it Zen

It matters not what you call it  
No matter how it appears -  
    THIS is it!  
    This IS it!  
    This is IT!

The Essence

The natural state of Oneness  
has no significance for ordinary dualistic mind,  
It needs none -  
Because it is all that there is  
It is neither significant nor insignificant

All sacred concepts and all manner of things arising  
in mind  
are embraced in this all encompassing One  
It is One without a second

One mind One Being  
One Consciousness  
One awareness One Moment  
One Life One spark  
One movement of Knowing  
One 'I'  
One 'Am-ness'  
One beginning-less and endless non-conceptual  
presence

There is no bondage in this  
There is no freedom in this

The First Instant

Your seeming bondage  
is your search for freedom

Your transient and seeming freedom is a dualistic  
concept  
All there IS, is direct cognition  
You are That - (This)

All seemingly separate movements within this One  
are nothing but the movement of this One  
The One which is the Unmoving Potentiality  
Clear and empty - pure Enlightened Intent  
You are THAT

'What' you 'know' is because of this vast endless  
movement of energy  
The pure functioning of intelligence energy is the  
potentiality of this movement  
You are this potentiality - and this knowing - not two

Staying with this knowing spontaneously removes all  
doubt  
Doubts vanish in this immediacy  
Look and see  
It is true! It is true! It is true!

The Essence

It is not an object  
It is not a subject  
It is no 'thing'  
An ephemeral open cognizing  
Everything appears within the scope of  
    non-conceptual awareness  
This non-conceptual awareness is the unmediated  
    pure knowing

This cognizing  
This knowing  
Is All that there IS  
It is constant and unchanging

Pure knowing is pure emptiness  
Undeviating in its clarity  
Open awareness  
This is your true nature  
There is no 'doubt', lodged or otherwise, within this  
    'true nature'  
The true nature of mind is clear and empty

Mind is clear and empty  
Awareness is clear and empty  
Phenomena are clear and empty

The First Instant

The true nature of mind is clear and empty  
It is this knowing presence - that is all  
All is That  
Nothing but That

You are That naked awareness which stands alone in  
a placeless place  
In a pointless point  
In a position-less position

Its very nature is unchanging, clear  
It remains untouched and groundless  
When there is no clinging to a reference point  
the so-called 'world' is clear and empty  
Pure cognising clarity

The mind, original yet unborn  
Clear and empty  
Never moves or strays from its pure immediate  
functioning

## The Essence

All we are using here is concepts  
There is seeing and knowing  
Appearing and knowing are concepts  
The concept of awareness is not the awareness  
You cannot think awareness

Awareness never appears nor disappears  
It is the timeless essence of 'What is'  
It IS  
Thinking appears in awareness

The First Instant

It is One energy  
One movement  
One first instant  
All is included  
Nothing is excluded  
It is One without a second  
Not two

Whether it appears in mind as a knowing or as a not  
knowing of That  
You are That One without a second  
You are this knowing

Before the mind's remembering and forgetting  
Before knowing and not knowing  
From infinite density through to infinite fineness  
Spirit and matter are One  
Spirit and matter are One

## The Essence

It is  
One field of energy  
One intelligence  
One immediate livingness  
It is never anything but This

The 'person' can never know this - it knows nothing  
What you are in essence is the knowing - awareness  
What you are in expression, as an embodiment, is  
the instrument of cognition

When the mind is freed from identification with name  
and form  
there is the immediate knowing expression of itself,  
as itself  
It is undivided and equal to the vastness of infinite  
space

The mind's content appears in this open space of  
mind and disappears in it  
The body also appears and disappears

The space remains

The First Instant

Space is non-dual  
Awareness is non-dual  
Consciousness is non-dual  
Livingness is non-dual  
The first instant is non-dual  
Being is non-dual  
The true nature of mind is non-dual  
This is non-conceptual awareness

There is only Life  
Abiding in the first instant of the unmediated  
    livingness  
Being-ness  
All is clear and empty

The entity is a transient appearance  
Forever shifting and changing its appearance  
The entity appears as a learned, habitual response  
It repeats itself over and over again  
Predictably  
Mechanically

The Essence

There is no entity anywhere  
that can know this  
There is no entity anywhere that can know anything  
There is only knowing

Zero equals Nil  
No thing  
Pure cognising emptiness

The pendulum swings  
In this vast field of energy called Nature  
But your awareness  
The truth of what you are  
Awareness  
Knowing  
These remain untouched

The First Instant

Truth is unchanging  
Not two  
The first instant  
The whole manifestation arises from truth  
The whole manifestation arises in truth  
It is truth

As truth, it is the immediate expression of livingness  
It is nothing but This  
It is 'What is'  
It is That which you are

Right now is presence  
This is all that there is  
You are this expression of livingness  
Arising from the Source  
Not two

You are the source  
You are the expression  
Rest in the pure and immediate livingness of  
Awareness  
You are That  
I AM THAT

In Being That  
In Knowing That  
You see that you are not attached to any thing  
                  whatsoever  
This is the Freedom that you already are  
You are this knowing presence

## The Essence

### Realize this:

Your true nature is not relative

Your true nature is not bound

Not bound by the concept of time

Not bound by present, past, future

These realms of time have no substantial nature

They are concepts

They are a mirage

They are empty

This movement, this energy

Is the immediate expression of the One

It is Omnipotence

One energy

It is Omniscience

One Knowing

It is Omnipresence

One Presence

This One Presence is an All Knowing movement of  
the One Energy

One without a second

The First Instant

Beyond what you call yourself  
Within what you call yourself  
Is this vastness of direct cognition  
Unlimited  
Unchanging  
Untouched by anything

The words are pointing at it  
All that appears is it  
Appearances never move or stray from it  
The essence in what is seen  
And the essence in what is seeing  
Are One

All there is is Knowing  
Even what you call 'mind' is nothing but it  
    knowing  
When you look for mind, all you find is direct  
    knowing  
Cognition

The Essence

This knowing does not come and go  
It is vast like the ocean  
Does the fish notice the clear water?  
No water - no fish  
The water is full of fish  
The fish is full of water  
Not two

The First Instant

The essence of all things  
Is emptiness

It is the ultimate  
The unimpeded  
Intelligence in action

There is no boundary  
No time  
No discernable moment  
No matter  
In this timeless presence awareness

All is clear and empty  
Even the concept of awareness  
Is nothing

The Essence

We name it  
That which cannot be named  
Even for those who say they know it not  
It IS  
Timeless awareness  
The infinite open nature of Endlessness

The free man moves on  
Spontaneously  
He holds to no system  
He holds no beliefs  
He IS  
Just as he IS

The First Instant

All there is, is immediate awareness  
Knowing  
Free of any concepts or objects  
This vast openness of being

It is  
Unlimited  
Free of contamination  
The very 'seeing'  
The very 'knowing'  
Is it!

The Essence

All there is  
Is this immediacy  
Right now

There is no time  
There is no duration  
No beginning  
No end

It is clear and empty

The First Instant

All content is transient  
It is insubstantial  
It arises ever fresh and new

This immediacy of knowing awareness  
This knowing  
Does not change  
It has never been divided into any parts  
It has never been divided into time  
Knowing this changes nothing  
Knowing is changeless

All is clear and obvious  
All is empty  
All is vibrantly evident  
A wonder of wonders  
You are That

## The Essence

Pure mind is empty  
It is clear  
It is simply awareness

The content of mind arises in mind  
It disappears in mind  
Who can find this mind anywhere?

The seeing, the looking is all there is  
This is immediate knowing  
Presence awareness  
This is always the case  
This immediacy of awareness  
Is all there is

The First Instant

Simple presence awareness  
Overlooked by many  
This is already present with you  
As what you are

You are present  
You are aware  
It seems like a living subtlety  
It is full of knowing

The Essence

Sit with this space of living presence  
Don't think about it  
The presence may seem stronger  
Even though presence has not changed  
Even though it has always been here

Awareness is not divided into any parts  
This moment is one continuous presence  
This moment has no beginning  
This moment has no end

The First Instant

Patterns of time  
Patterns of space  
Appear  
Disappear  
As interwoven relationships  
In the boundless Unity  
Of the One

It knows itself  
It knows its completeness  
How could this be otherwise?

The Essence

Awakened mind

This is the timeless

This is the changeless

This is the pure functioning of seeing

The pure functioning of knowing

Awakened mind is the first instant

That is all there is

All is That

It is closer to you than any thoughts arising

The First Instant

You are this light of knowing  
See that it is free  
See that it is totally unconditioned  
Know that this is so most thoroughly

Awakened mind is the first instant  
This knowing is not activated by anyone  
IT IS

## The Essence

### About the Author

Gilbert lives in Sydney, New South Wales, Australia. He is a 'former' student of Bob Adamson. With a rare directness, Bob took all doubts away from this apparent, individual mind - through pointing out the errors in belief. This mind opened to the investigation of the situation and erroneous beliefs were transcended. This happened like the dawn happens. It was not an event in 'time'. Since 'then' (which was and is 'now') there has been and is spontaneous life without the burden of psychological suffering. Bob was with Nisargadatta, Nisargadatta was with Siddharameshwar. This line goes all the way back to Dattatreya, the first guru. However that is all delineated in 'time' and appearance. This timeless 'instant' right now, is the same 'instant' that Dattatreya found his liberating self-realization. It can be yours as well. You are in this first instant, right now. You are this first instant. Words and action point to this innate freedom which already IS. Your attention is all that you need give.

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