

## APPENDIX

### *Affirmations and Prayers*

I am Aware.

I am Consciousness.

I am Everything.

I am Nothing.

Universe, Guide this form.

Thy will, not mine, be done.

Whatever's best for the One.

Whatever's best for the Universe.

Use this form as you wish.

It has to be this way.

Absorb my mind in Silence.

I Surrender to Silence.

I Surrender to Love and Bliss.

The All is One and the One is All.

May Love and Light fill this form.

Help me merge with this moment.

Everything is Love.

Everything is Consciousness.

All is God.

This Is It.

I Am.

Now.

Anything is possible.

Absorb my mind.

Drown me in divine silence.

Take this body, take this felt experience and transform it in the fires of love and bliss.

Release these felt contractions.

Unfold these sensations into the loving space that you are.

Do with me as you will.

Thank you for this moment.

Oneness is reality.

It is all you, Lord.

Disappear me into all that is.

All experience happens within what I am.

There is only God.

I am the Universe and everything within it.

May peace of mind be known in all human beings.

All is well.

## FURTHER READING AND RECOMMENDATIONS

### **After Awakening Literature:**

***Finders*** - Dr Jeffrey Martin. He has interviewed a cross-section of spiritual teachers and practitioners and the results are explained and analysed in this book. A short but insightful book about the locations in consciousness as experienced after awakening. Helpful for those who have recognised Essential Awakening.

***Easy Grace*** and ***Beyond the Place of Laughter and Tears*** - David Spero. David is one of the clearest teachers on the topic of spiritual enlightenment. See also:

Highly Recommended Audios: David Spero from [DavidSpero.org](http://DavidSpero.org)

***Kundalini Tantra*** and ***Lovebliss*** - Jan Esmann. Explanations on Kundalini awakening. Transcriptions of ancient texts and meditation techniques.

***Daring to Burn*** - James (Jim) Eaton. Poetic well-written observations on life after awakening.

***The Mind Illuminated*** - Culadasa (John Yates PhD). It maps, explains and guides you through the ten stages of meditation along with scientific explanations of how the mind works in relation to awareness, attention and intention along with many other gems. Practical steps to aid the unification of the mind.

***Effortless Deep Meditation*** - Joanie Higgs. Short, effective Mantra Meditation.

***Embracing Your Inner Critic*** - Hal and Sidra Stone. A good overview of the Voice Dialogue methodology and background. Focuses on the Inner Critic and Inner Judge, parts of our mind-made self. See also their book ***Embracing Our Selves***.

***No More Mr. Nice Guy*** - Robert Glover. Focuses on ‘The Pleaser’ part of our mind-made self. Discusses the negative aspects of trying to ‘rescue’ people. Offers helpful relationship advice.

***The Big Leap*** - Gay Hendriks. An analysis of the Upper Limit Problem; how our past conditioning has programmed us to sabotage our lives.

***The War on Art*** and ***Turning Pro*** - Steven Pressfield. Inspiring call to focus on one’s passion and divine work. To overcome resistance, distractions, addiction and excuses.

***True Purpose: 12 Strategies for Discovering the Difference You Are Meant to Make*** - Tim Kelley. Excellent book for gaining insight into one’s soul self and purpose. Also beneficial instruction for obtaining a trusted source such as higher self or soul guidance.

***The Great Work of Your Life*** - Stephen Cope. Inspiring and interesting book with great stories and quotes.

***Making love: Sexual Love the Divine Way*** - Barry Long. A background and guide to conscious love-making.

***Conscious Loving: the Journey to Co-Commitment*** - Kathlyn & Gay Hendricks. Insightful advice for conscious relationships.

***Getting the Love You Want*** - Harville Hendrix & Helen Hunt. Information and exercises to help create happier love partnerships.

*The Encyclopedia of Ailments and Diseases: How to Heal the Conflicted Feelings, Emotions, and Thoughts at the Root of Illness* - Jacques Martel. Brilliant.

*The Medical Medium* - Anthony William. Healing mystery illness and illness that modern medicine cannot by using natural foods and lifestyle habits.

*The Essential Psychedelic Guide* - D.M. Turner ([https://www.erowid.org/library/books\\_online/essential\\_psychedelic\\_guide/essential\\_psychedelic\\_guide.pdf](https://www.erowid.org/library/books_online/essential_psychedelic_guide/essential_psychedelic_guide.pdf))

### **Awakening-Based Books:**

*Transparency of Mind* - Rupert Spira. An intellectual and poetic analysis of reality. Guides the reader into a deeper understanding of their fundamental essence.

*The Power of Now* and *Oneness with All Life* - Eckhart Tolle. Popular and famous book to inspire Essential Awakening.

*The Untethered Soul* - Michael Singer. Another engaging and well-rounded introduction to awakening with hands-on directives.

*Three Classics from the Indian masters of Self-Inquiry:*

*The Truth Is* - W H Poonja (Papaji).

*I Am That* - Nisagadatta Maharaj.

*Collected Works of Ramana Maharshi* - Ramana Maharshi.

### **Useful Websites and Links:**

**Buddha at the Gas Pump - Batgap.com** - Spiritual conversations on awakening and non-duality with Rick Archer.

**Recommended Online Livestream Meditations:**

**David Spero - DavidSpero.org**

**Mother Meera - MotherMeera.com**

**Headless Way - <https://www.headless.org/>**

**Open Circle Center - <https://opencirclecenter.org>**

**Byron Katie The Work - <https://thework.com/>**

**Voice Dialogue - <https://voicedialogueinternational.com>**

**Psych-K - <https://psych-k.com/>**

**Wu Wei Wisdom - <https://wuweiwisdom.com/>**

**Political Compass - <https://politicalcompass.org/>**

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May health, peace and love bless all.

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**Oliver Wasser** was born in London, England, in 1980. He led a fairly ordinary life with some moderate successes and disappointing failures, occasional joys and much mental suffering. He always had an instinct for truth and this originally manifested in a deep dive into understanding the sociopolitical world around us. In mid-November 2014, he had a spontaneous and energetic essential awakening. He is still exploring this transformation and evolving deeper into consciousness. He currently resides in Austin, Texas with wife Katharine and stepson Merlin, three cats, three horses, two chickens and a dog.

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