

The Void

by A.H. Almaas

"Since our interest here is the nature of the mind, we will concern ourselves more with a person's inner perception of himself than with external changes. A person whose "weak" self-image is [dissolving](#) sees and feels that he is "stronger," more capable, freer. His direct sense of himself, his inner experience, is of greater relaxation and decreased tension, both mental and physical. As a result, especially when this change of self-image is accreted, he feels his body and mind are more comfortable, bigger, roomier, more expanded. The dissolution of a self-boundary then usually involves, sooner or later, a sense of expansion, of experiencing oneself as more spacious." (pg. 18)

"Our evidence suggests that the more the rigid boundaries of the self are made porous and dissolved, the clearer and sharper becomes the experience of the mind as space. The experience of one's self and one's mind as open, pure, spacious, and empty clear space, becomes increasingly available. The experience is pleasant and freeing, bringing lightheartedness and a clear joy. In the experience of spaciousness and openness, one experiences the absence of emotional heaviness and the release of the sense of burden. There is mental clarity and lucidity of perception. All the senses become sharper, as if cleansed and rejuvenated. The body feels light, relaxed, agile, and buoyant." (pg. 23)

"...the process of ego development is a process of bounding space, of building frozen boundaries in the openness of the mind. It is the carving of structure out of space, and the resulting [psychic structure](#) then is simply a structuralized space. This explains very clearly why when [self-boundaries](#) are dissolved, space appears. What happens is the structuralization is dissolved, the boundaries are "thawed." When the structure is thawed, the nature of the mind with no structure is revealed, and this is space" (pg. 36)

"We have seen that the formation of [self-representations](#) is a process of freezing boundaries in the emptiness of the mind. In contrast, the pearl beyond price, the personal aspect of essence, is a sense of personal identity that does not depend on self-representation, and hence, does not depend on the existence or the defending of boundaries in open space. In fact, its development comes about through the undoing of these identifications. The culmination of the elimination of identifications is the birth of the pearl beyond price, or the discovery of one's own essential person-hood, one's personal nature that does not depend on the past. This is an aspect of Being that is not understood or appreciated until it is experienced. When it manifests, one cannot but be filled with wonder at the majesty, beauty, and richness of essence." (pg. 81)

"When the [genital hole](#) is allowed and understood, space arises. Space eliminates our defenses, our identification with personality. Then essence unfolds and flowers in its various beautiful manifestations. Filling and bathing our sexual area, this essence allows us to feel routed and grounded in this beauty, this certainty, and this preciousness. Our [sexuality](#) is our relatedness, our grounding in Being. Essence is no more an idea, a concept, a feeling. It becomes our grounding in pleasure. We experience our nature as pure, unadulterated pleasure and

preciousness." (pg. 107)

"However, as one goes deeper into freeing the mind from self-boundaries, and as essence is awakened and developed, it becomes important and even necessary to distinguish between the various kinds of space. Here, the various grades or levels of space will be seen to be connected to different depths and subtleties of the sense of self or separate identity. As the boundaries of the self become subtler and more fundamental, space becomes deeper and more powerful in its annihilating influence. This process continues until one is able to experience reality with no boundaries at all, with no sense of separate identity whatsoever, with no sense of individual experience. Although this might sound fantastic, undesirable, or even frightening, it remains none the less the objective spiritual (essential) development. This development is reached by some individuals, and it is experienced as the freest and most positive condition possible. It is equated with liberation and enlightenment." (pg. 154)