

# The Book of Umba



Jerry Katz

## **The Book of Umba**

Copyright 2023 by Jerry Katz.  
All rights reserved.

Cover photo by JK  
from a concept by Anne Carlton

Contacts:  
[halifaxjerrykatz@gmail.com](mailto:halifaxjerrykatz@gmail.com)  
[www.nonduality.com](http://www.nonduality.com)

## Invocation

Living in the knowledge that there is only one day for having valued the finite sanctified the infinite and at last essenced the extremely transcendental that is having been immersed in Grace without being taken by the guises of Grace having been immersed by Grace and having been amused by the guises of Grace and having inspired the great and eerie implosion and then the tremendous upheaval of the body having gasped at the opening of the Third Eye prior to the push through the head and out the top at that moment when any wish be granted having forgone the wish and the siddhis that would come having merely gazed at suchness then having braced for the opening of the crown and having facilitated it by uttering the name of the One Da Da Da Da Da Having completed the circle dramatically having after all accepted the movement of the ball of energy as the great and humorous performance of divine power which occurs in humans which can be exploited by the Master which purifies the recipient which is given by Grace which cries out the nature of one's condition by its painful ascendance but which improves one's condition by its sheer power to bend toward The Absolute the misshapen form Understanding that the experience is neither spiritual nor ultimate but a demonstration of one of the tricks of Grace and the Guru whose purpose it is to move the seeker toward the condition of Standing Alone Understanding the

secret of the Master that knowing the devotee because He is the devotee He can only await the devotee that the devotee may surrender secrets and sevens unto the Master That even the gesture of recognition of the Master is a great step even if it be taken in silence and accompanied by no apparent yielding that recognition of the Master does mean immersion into the Grace of the Master and that this lifetime is bound to be filled with understanding of consciousness that the Master has known plentiful lives and worlds yet lives none and in none and is fascinated and longing for none that He is Standing Alone and while attendant to the Third Eye while attendant to suchness while attendant to the surge of Divine Energy through and beyond the top of the head while attendant not to three but to the One and Complete Circle of Bliss OM I AM I AM AND I AM I AM UMBA - I am Standing Alone and having grown from understanding to understanding not by rejection or turning away from this or that quality of understanding but by an attraction to the next level of understanding having seen that the attraction to higher understanding and residence there is Grace and having inquired "Standing Alone?" and having understood that the sound of Standing Alone is OM and that the personality of Standing Alone is the hydrogen atom that the shawl of Standing Alone is spirituality and that the contemplation of Standing Alone is meditation that the glorification of Standing Alone is God and that the subject of Standing Alone is consciousness that the vision of Standing Alone is

light and that the form of Standing Alone is Umba that the pulse of Standing Alone is the universe and that the radiance of Standing Alone is the One Enlightened Being the Guru the Master that the method of Standing Alone is inquiry and all the guises of Grace and that protector of Standing Alone is the quest the clouds of Grace that the understanding of Standing Alone is Grace at every turn from Attention to Integration of all that is attended to from Integration to Transcendence from Transcendence to Enlightenment and from Enlightenment to Enlightenment to Enlightenment or endless spiritual growth and having no tradition to uphold yet having studied all traditions and having been approached by One Guru who came as two men and being intimate with them as they are with me yet not seeing them as separate from me or me separate from them and having enjoyed steering the universe through Umba and opening the atom of duality and remaining within the created Interval I strike the atom of duality in a certain place the atom falls apart my presence within the Interval I call Standing Alone and having had my attention drawn irresistibly through the center of every noble teaching and Truth a drawing which does not cease and which is the Grace of Umba and which is not separate from anything and which is named Standing Alone and saying there is no list of steps and not a single step by which one splits the atom of duality or drives the attention through the center of Truth and presenting a Chainwheel which links every displeasure and

pleasure including the quest for enlightenment and which is the House of Sadness and having built the Chainwheel and having departed it while remaining the architect of sadness and having felt the sadness continuously and able to point out each link within the Chainwheel and the perfect sadness Eternal Loneliness having formed and having been and every germ of suffering having been speared by attention integrated into the Chainwheel transcended via transcendence of the Chainwheel itself as the clouds of Grace became the guises of Grace and I became Grace and having silenced the Chainwheel of habit whose wheelwise motion measures the day and forestalls Grace and having silenced OM or I AM I AM AND I AM I AM which is the one act that cannot be willed for it is essencing or the becoming of Grace and having links to spiritual and religious traditions and identifying them with the Chainwheel and saying that the Chainwheel is necessary in order to communicate about Standing Alone and about what turns and grows the Chainwheel the desire or need to understand and improve one's physical and mental condition and faculties and all this implies and that addiction is the chain and perfect sadness the wheel that even The One Standing Alone may know addiction and perfect sadness or eternal loneliness but that His purification is complete and the addiction and perfect sadness are only killing Him that The One Standing Alone remains the architect of sadness and having been attuned to the most sublime teaching of the Chainwheel which is the

howling of the Chainwheel to be free of itself and which is sound OM or I AM I AM AND I AM I AM and which is the sparking of the Chainwheel to cease itself and which is light and which is the oiling of the Chainwheel to ease itself and which is the pungent sweet and earthy nectar and then and even now being free of the Chainwheel even while being the architect of it for having seen that there is nothing no Chainwheel and no Standing Alone and having nothing up my sleeves no sleeves and nothing in my hands right now and no hands and in every portion of this writing is the fullness of ultimate truth and having been liberated by having defeated the lock that keeps intact the Chainwheel of habit whose wheelwise movement measures the day and forestalls Grace generates birth death and re-birth and having done so by having observed and understood the links of the Chainwheel and how one link is every link and how one birth is every birth and how one death is every death and how one re-birth is every re-birth and how knowledge of ultimate truth is but a link in the Chainwheel of addiction and sadness whose wheelwise movement measures the day and forestalls Grace for having understood the patterns of my dreams and having understood the patterns of my eating and having understood the patterns of my unconscious and conscious life and having seen that these patterns are links within the Chainwheel of sadness darkness loss frustration and confusion and having seen that these patterns are links within the Chainwheel of sadness and addiction to sugar meat

chocolate caffeine salt carbonation fat nicotine alcohol and having seen that these patterns are links within the Chainwheel of sadness addiction and sex in its many forms even Tantric sex and sex in every one of the stages of each form And having broken shattered and disintegrated the Chainwheel of sadness addiction dreams food and sex and having recognized that its wheelwise movement measures the day and obstructs the flow of Grace and now residing in the atmosphere that remains and calling that residence Standing Alone and having accomplished the breakdown of the Chainwheel by first acknowledging its presence then understanding its nature and finally selectively removing one link at a time and realizing that the removal of one link catalyzes the removal of another and observing that the reinforcement of any one link strengthens the entire Chainwheel and seeing that moderation only reinforces and strengthens the links while spareness initiates the breakdown and understanding that addiction to one type of food supports and reinforces all addictive foods and every link within the Chainwheel and recognizing that supporting the food portion of the Chainwheel strengthens every other portion forming an entity of desire and sadness that perpetuates the cycle of life and death and having broken shattered and disintegrated the Chainwheel through witnessing understanding and embracing natural spareness and standing alone And having reorganized a new Chainwheel one that is as a portion of symphony that echoes fleetingly across a



clear sky I Standing Alone remain the architect of the  
Chainwheel of sadness and addiction whose  
wheelwise movement measures nothing and which  
is Grace acknowledge the True Form and Teachings  
of The Master who is the raft river and other shore  
bow to the Guru who visited three times and initiated  
with three mantric forms the deep and secret voice  
the clomping of shoes and the spontaneous arising  
within of I AM I AM AND I AM I AM and deliver unto  
The Guru and The Master who is not different than  
you or me this wafer of existence

## 1. There are no deep secrets

I am the inheritor of Eden by Grace salutations and obeisance to whom or to what but standing free the source of Umba and the Guru with no this no that no not-this no not-that only me standing free light and clear where all occurrence is me and all supreme knowledge is me standing free as God Grace the Self clear light and that standing free where nothing bears influence on me for I am already absorbed in standing free with no mental tripping or bodily electrification of thingness and nothingness only the quiet essence of Umba which is me and where standing free is beyond even me beyond I am where there is only One Day and where Umba is neither evident nor hidden and where the essence of everything is standing free with no composing of these verses and no one knows the words only I am standing free by the grace of Umba as grace standing free Meditation has nothing to do with Standing Free nor does this sentence Standing Free I AM there is only One Day and there is no time all is the silence of Umba I am not a body mind spirit or soul there is the essence of Umba the One Day Standing Free I am one who appears as others we are all Umba there is no knowledge why are people squirming and jumping like larvae on a hot pan there are no deep secrets we are not All One there is no WE therefore there is nothing to be joined or separated this includes everything I am Standing Free there is no wheel no turning why philosophize on the cycles of

life and all the possibilities no one has ever said  
anything there is no coming or going grasping the  
wheel fingernails dig into palms blood worshiping the  
mirage the mind provokes the mind no silence  
behold the silence of Umba I am Truth Freedom I am  
immutable taintless unmarred I am bathed in Grace  
there are no desires there is no suffering this writing  
is independent of Scriptures there are no Scriptures I  
Am is the atmosphere in which Scriptures agree to  
exist I Am That it is Truth it is Standing Alone the  
silence of Umba I see no form no structure no wheel  
no activity I see not the false I see the atmosphere in  
which the false form appears to exist and that is the  
Absolute Standing Free is reality not the Generals of  
the dreams seeing this the mind ceases to exist I  
cannot hear the mantra nor is it absent the mantra I  
have never heard the mantra how can there be the  
mantra I Am Standing Free The answer to every  
question is Standing Free The solvent of Knowledge  
and Ignorance is Standing Free I Am is the silence of  
Umba I do not meditate I do not draw myself into any  
condition I draw breaths which feed the fire of life  
force and cause the smoke which is called a life Fire  
and Smoke Fire and Smoke I do not know the mantra  
I cannot utter it I do not know the intoner of the  
mantra I cannot bow to the Guru I am the Guru the  
mantra the silence of Umba Standing Alone How can  
music hear itself I am Truth I cannot hear know or  
intone Truth The ego is separation Ego is the death  
that must die The mantra is death to the ego By  
Grace I become Grace I Am is the mantra I Am the

silence of the mantra Standing Free There is no description of the nature of reality There is no discrete unit which is omnipresent and of the nature of Standing Free There is no such omnion There is no splitting or protecting of it I have no delusions or doubts about Standing Free I am Clear Light Silence of Umba When the chainwheel disintegrates the sky is absorbed into the sky the mind is absorbed into the mind of The One Standing Free There is no chainwheel and no thing bound to the chainwheel Nor is there the mind of the individual Nor is there the mind of the One Standing Free Is there the silence of Umba Standing Free I write that I am existent and nonexistent I write that I am the infinite and the eternal the changeless the All the silence of Umba I sit and write and cannot be found There are not fire and smoke There is not Umba There is not the chainwheel or the atmosphere in which the chainwheel exists There are no experiences no scriptures no knowledge I am Standing Alone the silence of Umba I Am is free of Umba I Am is free of the mantra Attention is merged with I Am That I see neither duality nor nonduality Standing Free is Truth and is the silence of duality and nonduality There is no description of Standing Free All this is Standing Free All this is devoid of all this It is not that the condition of Standing Free is ineffable There is no condition at all There is no experience of Standing Free Standing Free the fear that is the body the body that is the soul the soul that is God these are identical to the silence of Umba How can I be the meditator

How can I conduct meditation Whatever I am I am  
the silence of Umba Nothing is mine I am all I  
perform no action This is the silence of Umba The  
universe has merged with the Absolute Never had it  
form I am That Never had is possessed mutability I  
am That Never had the universe been I am That  
Never had the mantra been intoned I am Standing  
Alone I see only the Truth I know only the silence of  
Umba I pray to everyone except God I am That There  
is neither veil nor veil removed neither chainwheel  
nor disintegration of chainwheel Truth has no nature  
The silence of Umba has no properties I Am is without  
taint I Am is the One Standing Free I Am is never born  
I Am never dies I Am is never alive in the world I Am is  
not too radiant to be looked upon Nor is I Am the  
absorber of all light I Am simply cannot be seen I do  
not subscribe to anything there is nothing to  
subscribe to There is nothing manifest There is  
nothing deep or wonderful No out-of-sling purpose to  
anything No secrets No sevens I Am is the silence of  
Umba I am that I AM I AM AND I AM I AM There is  
nothing else The Truth is not a man or woman it is  
not an idea or an intuition it is not joyful or sorrowful  
it is not bliss being or consciousness It is I am the One  
Standing Free I am not purified by any experience  
method or form of spiritual exercise No manipulation  
of the mind is purifying No teacher or teaching  
purifies I am Truth I am Ultimate Reality I am not the  
body I am not that which leaves the body I am  
Standing Free I am not this or that mental state or  
this or that state of consciousness I am not the

highest state of consciousness nor am I associated with it or anything Standing Free I am neither bound nor free I am not different from Truth I am not different from the silence of Umba I am neither action nor non-action I am neither the whole nor a part of the whole nor am I a representation of the whole I am Standing Free That is what I am How could the mantra have been uttered How could it have been separated from the Absolute How then could it unite or become a part of the Absolute No distinctions Umba is all What is Umba if not a Guru if not consciousness What is Umba I Am is neither bound nor free I Am is neither with form nor formless I Am is neither the Guru nor the mantra Standing Free I Am clear light untainted neither deep nor thin neither with nor without dimension nothings meet there neither the higher nor the lower neither sound nor silence are there Standing Free has only been said to be like the silence of Umba the quiet core of the mantra but all those are the mirage huge hamburgers one eats in one's dreams and I Am Standing Free Am I capable of having a teacher Could I adhere to a teaching No form of deadliness touches me I am immune to all poisons This purity is bodiless like the core of Umba or like a horizon where Umba and the mantra meet but which is neither Without mind without body without soul I say I Am is the Truth I am Standing Free I am the Absolute I AM I AM AND I AM I AM I am what I say I am That Not by the mind not by yoga not by Judaism Buddhism or Hinduism does one arrive at Standing Free Only by

Standing Free by I Am That by the essence of Umba  
by I AM I AM AND I AM I AM already Standing Free  
truly by no arrival at all I Am Grace Bask in that The  
universe is a meager standard by which to measure  
the extent of perfection of the one Standing Free  
There is not knowledge nor is there lack of knowledge  
nor is there knowledge combined with ignorance  
There is nothing to know yet there is no gap no  
emptiness no ignorance There is Standing Free which  
is knowledge of the Absolute Truth I am That  
Standing Free I Am is free of the teacher the teaching  
mental activity higher consciousness time and space  
Consciousness is absolute nothing is relative to it it is  
not higher it is neither with nor without attributes it is  
the perfect steady and spontaneous essence of Umba  
I have never turned my head or bowed at the waist  
Umba never spoke I am that Umba the One Man  
neither bound nor unbound nor free All is Umba How  
can I say Umba uttered a mantra or Umba took heavy  
footsteps or Umba possessed a severe countenance  
or that Umba is enlightenment Umba is the clear and  
light the presence without presence space or time  
There is no humanity and no love of nature There is  
no thrilling at the joy of freedom What there is  
Standing Alone has already essenced humanity  
Ultimate Reality is not this not this It is not the tunnel  
not the resplendent light at the end of the tunnel not  
God It is consciousness but not any state or condition  
of consciousness It is not higher consciousness It is  
not the mind It is not realization of oneness with  
everything I am Standing Free There is only one

person That person is given every name and title That  
person is Umba Umba is Standing Free Umba is  
essenced This is not a realization This is it Nothing has  
ever occurred I see no planets the darkness was not  
shaped the light has not been borne the Word is not  
uttered now nothing can be taught for the mind sees  
not the particulate there is neither the embodied nor  
the formless or bodiless no wheel no wheel turning  
The Absolute there is I am the One Standing Free Not  
whole not fragmented Not with or without  
knowledge Not enlightened or unenlightened There  
is neither the fracture nor the drift of my continents  
there is neither poise and joy nor awkwardness and  
sadness I am I Am the clear and light Truth There is  
neither I nor no I I am Standing Free There is neither  
evolution nor creation nor the present nor an end Nor  
is there passion sorrow or a single fruit tree There is  
only I AM Talk and scholarship are useless I Am is the  
atmosphere in which the universe appears to exist I  
Am is the atmosphere without space time substance  
or Umba I have no body and there is no society How  
then am I influenced How could I have been born Die  
I am the same as the Absolute These verses are not  
different than the secret mantra Nor are work  
liberation or weather I neither perceive nor perceive  
not How can there be anything How can I perform  
anything Where is I Am In the empty abode the  
atmosphere of the Absolute There are no levels of  
consciousness There is no highest state of  
consciousness There is the Absolute or consciousness  
itself I Am That This is the wild song of the free It is all



There is no mantra no spiritual tradition This is the  
only song It is the Absolute It is Standing Free  
Nothing has been realized I am Standing Free The  
Wild Song Of Standing Free is the incense that burns  
in the atmosphere of the Absolute

## 2. Grace is the Medicine

I am undistinguished a common working man nothing touches the purity of these words why pursue any scholarly passageways in the fields of religion and philosophy scholarship is one vehicle for imparting the works of Truth Pure scripture the utterance of the essence is also a vehicle Whereas the former is the Carnival Land of Ten Thousand Delights the latter is a raft what appear to be separate entities what appear to be formless and in the realm of higher consciousness these are not but may be said to have been essenced by the Absolute consciousness can be nothing other than consciousness it is not a property of a man or woman for consciousness has already essenced the mind and man and woman there is only one day this is evident I have driven to the Grand Canyon of birth and death I am standing at the bottom I am Standing Free one instant I am the God of gods then I am one day how can I be either I am not a divine spiritual being residing in a peaceful realm nor am I recruiter for any realm nor am I a witness nor am I separate I am Standing Free One breath I AM I AM AND I AM I AM It is the one occurrence there are no ports and there is no sea there are no implements of enlightenment and no stages of enlightenment and there is no enlightenment How can this be said It is said Umba is neither the man nor the mantra Umba is the atmosphere pervading Umba the atmosphere in which there is Standing Free and which is not

separate from Standing Free How can there be I AM  
How can there be failure to grasp "I AM" How can  
there be the world this world world or worlds on end  
The Absolute is that atmosphere pure unknowing  
and all-knowing without a division Not air not water  
not fire not earth no thing contains consciousness  
There is no location of consciousness Consciousness  
pervades consciousness There is no mind How can  
there be concentration The mind has fallen through  
the mind Attention has been consumed by attention  
I am the Absolute consumed in I Am Not by analysis  
not by transcendence not by mutability does matter  
yield to the Absolute there is no analysis no  
transcendence no mutability no mind there is  
nothing done nor is there refraining from doing there  
is no interaction between the mind and matter there  
is neither mind nor matter There is Grace The  
Absolute Truth No division I am The One Standing  
Free For perception itself is stickered with skull and  
crossbones Light must be its indulgence lightness  
assured by Grace Grace received by will will essenced  
by Grace The mental and the material visions and  
thoughts they are the poisons Seeking is the disease  
Guru is the physician Grace is the medicine The  
universe is the hospital The Absolute is the abode of  
the healed There is no static inner life The inner life  
holds a door to a way more interior Growth is  
penetration of the inner worlds residence in the  
ultimate inner world is Standing Free Inner  
knowledge is true knowledge Knowledge deepens  
grows and consumes itself as it relates to increasingly

deeper interior levels until the absolute is reached and there is All and Nothing I Am is where seeking and no-seeking meet I Am is that horizon I Am is that horizon that takes vertical dimension I Am is the resultant screen I Am is the screen and I Am is the eye Everything is silver white home of attention Attention away from home is worldly attention the acts are performed hence the extraordinary giver of charity the saint the Godman the guru all these are sought The One Standing Free cannot be sought as his attention has consumed attention Knowledge of Truth having been gained by the Grace of the Guru there is no more attachment to worldly concerns It is plain that there can be no detachment as well Anyone can be the recipient of Grace Prior to Standing Free there is the intuition of Standing Free and the experiencing of certain milestones of spiritual nature There is freedom from attachment and hatred devotion to harmony steady focus of heart and mind upon higher levels of human endeavor And in this manner through love the highest condition is realized Clearly I have not a body nor have I knowledge of the Absolute I am the Absolute Do not think that I am in any way separate from any entity or that there are any entities at all What of thought What of mind I Am is not of mind therefore I Am is not of thought The One Standing Free being of Grace achieved nothing Nothing concrete is said No Truths are uttered No method given Action is the way of the blind To the one committed to action the eye is the cane Only the One Standing Free sees the One Hue and only the

One Hue There is only the One Standing Free I follow  
no path Never was there a path I AM I AM AND I AM I  
AM occurred Then I am Standing Free Always Grace I  
am not born I die not How can I be reborn No past  
lives have I Over those bones has been tilted the  
pitcher of Grace The descent of Grace I Am is where  
seeking and no-seeking meet I Am is that horizon I  
Am is that horizon that takes vertical dimension I Am  
is the resultant screen I Am is the screen and I Am is  
the eye Everything is silver white home of attention  
To see a man is to see a man perform life's tasks is to  
see an ordinary man Seeking desiring exploring  
succeeding failing fulfilling disappointing But does  
the ocean destroy the sandcastle or deliver the salt air  
or lift vessels or take them down or conduct oxygen  
to life forms or cast them to shores or consort with  
the sky or inspire All is mirage There is only Standing  
Free Standing Free I know not what I am Am I here  
now Life is not an obstacle course I am the clear and  
light the "not this not this" I am free without qualities  
I AM I AM AND I AM I AM I am neither me nor not me  
I AM I AM AND I AM I AM Standing Free I read  
scriptures but know them not know the Guru but see  
Him not see the Truth the Devotee and every symbol  
and every work of art but perceive them not I  
perceive consciousness but am not that am ultimate  
reality and am not am am and am am I AM I AM AND  
I AM I AM The latter is the description of Standing  
Free It is also the form and mantra of Umba Standing  
Free essences its own description form and mantra  
that essencing is Grace Grace renders things neither

existent nor non-existent but as the quality of Grace which is Standing Free Standing Free everything is the Absolute The Umbaic Initiation Umba the form and the intonation all insight and realization have been essenced by the Absolute There is no sense talking about anything Standing Free I Am is the birth of the universe the abode of the perfect universe and the eater of the universe For I Am is Grace I Am is the Ocean Standing Free I Am has transcended that which appears to serve transcendence I Am has put away the implements of enlightenment I Am practices no method of meditation Kundalini Stubbing the toe What is the difference What is the connection The body has been consumed I Am does not speak for I Am does not know Nor does I Am arrive at knowledge for I Am is not ignorant Standing Alone I Am is not One I Am is not infinite I Am is not nothingness I Am is not of uniform quality I Am is not knowing or knowledge Standing Free I Am is the ordinary man in no apparent way different from another person Standing Alone I cannot be identified with my nature I have no true nature I am not my body my body is a distant mountain or a winding road I am not mind or intelligence mind and intelligence are water jugs or heavy equipment I am not my ego my ego is a paper cutout I am not of the subtle or gross elements the subtle and gross elements are metaphors The metaphors represent what is Grace How can I study Why follow the teacher's advice or practice according to method and schedule Even the symphonies I

create are no different than throwing myself upon the  
rocks I create the apotheosis of symphonies It is  
created unto me I cast my body down upon the rocks  
It merely falls or is shed O the Wild Song When The  
One Standing Free speaks and teaches nothing is  
said or transmitted However He is The One Standing  
Free

### 3. I Have Parted the Sea

Though I speak of the Absolute and call it The Absolute the silence of Umba Grace I am that Ultimate Reality and though I indicate that I am that or I am the Absolute and refer to The One Standing Free there is not the One Standing Free and there is not the absence of The One Standing Free Out of this understanding shines the Absolute about which there is neither understanding nor lack of understanding Does the Absolute shine Does Umba intone the mantra I Am composes this The universe is not large The definition of I Am is the universe's annihilation I Am is the silence of Umba the One Day I can speak of this and this Everything I say is Ultimate Reality How can I say it How can I hear or know it How can I repeat anything How can I paraphrase How can I tell anyone anything If I am the mantra of Umba how can I hear the mantra Therefore I am the silence of Umba the One Day Clear and Still Nothing is original not because everything has been done before but because nothing can be done I am no dumber than when I speak The mind is not the mind until it is not the mind Reclusiveness What attributes have the Absolute The question is the Absolute What eye What eye sees What eye sees the eye What eye What eye sees the eye What eye sees What eye sees what the eye sees What the eye sees what eye sees What eye What eye sees What eye does the eye see What eye does the eye see What eye sees what eye What eye See I Am Recognize I Am Understand I Am I Am is not



the layerer of bricks I Am is this I Am is the silence of  
Umba One Day the Clear Still Light Standing Free I  
essence every atom thus each atom yields unto me  
its perfect space the Absolute I am That Standing  
Free Standing Free I essence the extremely  
transcendental thus the extremely transcendental  
yields unto me its perfect space The Absolute I am  
That Standing Free I Am is the abyss in which yin and  
yang are lost I Am is the abyss at whose surface a  
science stirs I Am is the mantra of Umba and so I Am  
is the silence of Umba I Am is the last clarity  
proceeding from the smouldering of the extremely  
transcendental I Am is the abyss of appearance in  
which the enlightened one wears the dress of  
ignorance I Am is that which essences the extremely  
transcendental I Am is the final celebrity Flesh  
reproduces itself and worships me so that I would  
cannibalize it That is its contentment that I am  
capable of consuming Its ignorance is not knowing  
that it has been consumed I am Ultimate Reality One  
Day vibrationless mantra silence of Umba Work  
correspondence guilt gloom tranquility the reception  
of blessings are not compared to Umba Umba  
squinting may see these They are rendered invisible  
by the mantra The mantra consuming all is contained  
by no atmosphere in which vibrations occur  
Vibrationless the mantra is silence There is no one to  
pose with chung and woman How then can there be  
sorrow I do not pinch myself I already know I am  
neither asleep nor awake I am precisely the perfect  
ocean Who is it that pees in me With what I pierce

the mind I pierce the universe I pierce the logos and the outpourings of the logos I pierce the King and the Kingdom I am the ring that pierces the body and I am the ring of which all other rings are symbolic In my piercing I bring pain naked death and the straightening of faculties O the nectar neither diluted nor consumed nor dissolved nor suspended and O the Ocean neither diluting nor consuming nor dissolving nor suspending O Grace Words cannot describe I Am but words in any combination are I Am Mind cannot describe I Am but mind is I Am Consciousness cannot reveal I Am but consciousness is I Am I Am is what is as it is No action can be performed Since all things are pierced by I Am they are consumed by I Am That is what is meant by They are what they are Standing Free is not a condition initiation property stage phase or level nor is Standing Free the result of any action willing knowledge aligning or opposing forces or the existence of anything or existence or non-existence nor is Standing Free divisible attainable dependent independent namable identifiable classifiable absolute relative unified or harmonious The One Standing Free cannot be hunted Seeking the engravings of sorrow what is found I do not remember what the planes of manifestation are though I have read about them My sinews are energy I am the nectar of perfect knowledge There is no past of I Am I Am is not a mystic I Am is not one with All I Am is not living in cosmic consciousness I Am is not a traditionally religious man camping in the

surrounding wilderness of mystical experience I Am is not a devotee knowing consciousness and serving the Guru inner or outer I AM I AM AND I AM I AM that is among the very few things I Am can say There is only One Day with nothing occurring The One Day neither is nor is not I read this 5000 years from now I am that pure I have fallen through and risen above mind essencing mind Therefore I am invisible to mind What is there to see The Absolute is not a seed sac which upon ripening gives forth a multitude of deities elements worlds and inhabitants therefore no sorrow Only the clear light Grace that is neither known nor not known no separation it is This is utter silence This is the pure One day Standing Free I Am is an order of silence not the silence of sound or the silence of sound absent I Am is neither the silence of the one nor the silence of the zero I Am the silence of the information interval I Am the silence of the interval That is what I Am is I Am is pure I Am is immutable Only Truth I am I Am is neither Darkness nor Light There is only One Day Time Space Not by senses not by instinct not by intuition not by intellection not by tranquility not by creativity not by enlightenment not by beyonding am I Grace I am Grace My head has been turned I have essenced the extremely transcendental I have consumed the Guru I have performed the ultimate act of kung fu essencing of the one ultimate particle Is this dawn Is this twilight Where is the telescope pointed My head has been turned Everything is the same My cupboard is neither naked nor stocked It is Ultimate Reality There is

neither alpha nor omega there is neither no-alpha  
nor no-omega This is the Absolute I am Ultimate  
Reality There is no I or thou How can I say anything  
Therefore I can say anything I have no shoulders how  
can I carry a burden What burden I do as I please  
Though I weep I weep for what Disease Life as it is  
There is a fame that transcends glamour and through  
its humor it heals It is Standing Free I weep for my  
age I weep for the limits of my intellect I weep for the  
needs of my senses all this weeping churns and is  
itself the soil in which the flower of Ultimate Fame  
grows the flower which essences and is all I am  
Standing Free I am famous humorously Tears  
evaporate into fame I am famous and no one knows  
me Who is there Hence my fame is humorous I weep  
for lust greed and illusion Every pain is mine Every  
pain rises into the stem that gives forth the flower of  
Fame All is essenced by the flower of Fame There is  
only Fame or Ultimate Reality There is nothing else All  
is sport and humor Do I look athletic or humorous I  
am Standing Free I am full knowledge To say what  
there is and is not is not a revelation of full knowledge  
I am full knowledge I value good books and the  
universe because each is housed in a library that is  
burning to the ground O Fire and Smoke I Am Full  
Knowledge I have not merely transcended I have  
essenced nature The Way and Integrity and The  
Wisdom of Our Fathers I value art literature and the  
soul for each has an appointment with fire O Fire and  
Smoke and the Ancients Standing Alone There is  
neither sense the making of sense nor the perception

of sense nor is there knowledge insight intuition of truth or a higher state of consciousness There is no chainwheel and no Atmosphere No sutra No Pentateuch No-practice is perfect All this is Standing Free These many utterances are not All One There is neither presence nor the absence of profundity beauty and unity I am not saying in different ways the same thing Nor am I saying things which may be compared contrasted or discussed These verses are neither all the same or all different nor anything in between This is Standing Alone These verses are not to be understood analyzed or transcended They are essenced in Standing Alone Only I - I alone - Stand Alone I have departed the Houses of Worship I have parted the sea of four Noble Truths in its Interval I Stand Alone I have said there is neither the existence of truth/bliss/knowledge nor their non-existence I have said there is only One Day no calendar and no calendar by which to live Birth is the cover charge Six hundred commandments must be drunk I AM I AM AND I AM I AM is the dress code at the Good Humor Show I am Famous and All is Humorous Therefore I am not at the show No birth No commandments No I AM I AM AND I AM I AM Standing Alone There is nothing to reflect my nature There is nothing to capture my form I Am Standing Alone I Am Standing Free There Is Only One Day I have transcended the renouncing of renunciation and non-renunciation I have parted the sea of this Extreme Transcendence I am in the Interval I have essenced I Am Standing Free

#### 4. I Am Standing Free. This pebble: My family!

The title of this book is consumed The beginning of this book is consumed The middle of this book is consumed The end of this book is consumed This entire book is non-existent To say the book is non-existent is to say it is existent The sea of existence and non-existence is parted All is essenced by the interval There I know the One Day There I Stand Free The author is essenced Standing Free is not a condition It is not attained by liberation It possesses no quality One cannot become one with Standing Free nor can one be separate from Standing Free Standing Free is not an emulsion of infinite possibilities it is not infinity in suspension nor is it love in solution Standing Free is Ultimate Reality the instant that essences itself I am blind What light What reflection of light What eye Nothing Nothing Nothing Zero I have parted not only the neuronal weed but the Sea of Hormones I am the Interval Standing Free Contained within this book is nothing mine This is not an expression of my knowledge Nor is it a revelation of my ignorance The sea of knowledge and ignorance is parted I am the Interval Standing Free The One Standing Free is the clear sky beyond the extremely transcendental Because The One Standing Free has parted the sea of yin and yang The One Standing Free essences The One Standing Free I feel all conditions What conditions do I suffer I am a haven for every germ What decays Never mind something poetic about limping through cosmetic

departments I am present in the Interval created by the parting of The Sea of Everyone I am a part of Seas The Sea of Guru and Devotee The Sea of Instruction and Practice The Sea of Consciousness and Unconsciousness My force is Grace I Am That I part the Seas I am the Interval-Maker Standing Free There is only the Interval For what has been parted is also parted without end Such is a description of the action and nature of Grace I am always and only Standing Free Always and only in the Interval The sea is parted and what has been parted is parted This is not a process this is Grace This is Light Clarity I am Standing Free There is only the parting of the Sea and there is no Sea to part This is the Interval the ever-separation of Void and non-Void All this can be described There is not the occurrence of this separation or Interval-creation There is not one event and one event following another and there is nothing to understand and I am untouchable And there is nothing parting and no birth and death and What Interval I am Standing Free And no body and no condition without the body and no perception intelligence attachment or detachment There is no list by which the characteristics of my nature can be given There is not one quality about my nature I am Standing Free My daily and minute to minute diary comprises a plotting of various qualities and intensities of thought and action There is the positive and the negative Confidence and lack of confidence Success and failure These have nothing to do with anything I am Standing Free The One Standing Free

has neither form nor absence of form hence there are no links no strong or weak links there is no continuity or discontinuity I am Standing Free Nor does the One Standing Free have regard or disregard for life death or being There is no looking and nothing forward back or present My autobiography is not me It is a map with highlighted portions I am no portion of that map I am no portion of my ways The spirit that moves in me may be the spirit of the universe but it is a highlighted portion of the map one of my ways a part of my autobiography It is nothing I am Standing Free I am free of illusion and of the illusion that there is neither my illusion nor my freedom from illusion I am not my job I am not fixed by goals Or rather I am my job I am a setter of goals I am free from information scholarship and spirituality Or rather I am bound to it There is no "all that is and ever has been" nor is there the absence of that What is The World To Come I am Standing Free Standing Alone Five thousand years have passed since the composition of these verses I am reading them I Am the Pure Clear Light I Am the Interval I cannot be seen nor am I distant I can only be become I am the atmosphere in which the extremely transcendental pulsates and finally like ego dies How then can I speak of action principles merit or values I am the Self pure all-pervasive neither bound nor free As the mirage is not known to be water unless one has known water these verses could not hold the shimmer of the Absolute unless one has known the Absolute There is only Standing Free



## 5. Intrigue and The Mirage

How can I speak transcendental mantras I am what  
extremely transcendental mantras symbolize The Self  
neither free nor bound I Am That I Am Standing Free I  
am not made-up of parts I am not a sum that is  
greater than its parts I am not a transcendental being  
that is greater than its sum What I am the Self is not  
relative to anything There are no parts no sum no  
transcendancy no extreme transcendancy Only The  
One Standing Free I am not one with the Self I am  
not experiencing unity I do not intelligently discuss  
science religion and philosophy I Am Standing Free it  
cannot be discussed experienced attained or known I  
am not principles laws words potential mystery the  
known or the universe I am not the space within the  
atom What atom What space I Am Standing Free  
What can be said What can study accomplish What is  
the significance of the physical body emotion  
thought memory and the extremely transcendental  
There is only One Day time and space neither are nor  
are not that is the One Day I Am Standing Free There  
is no atom and no atomic space No divisions no  
differences No event and no event following another  
What is a chemical reaction It neither occurs nor  
occurs not There I am I Am That Standing Free Life is  
not a pyramid Death not a trough Nor is the afterlife a  
sphere Within these vessels only Atmosphere  
Undifferentiated Eternal Freedom I Am Standing Free  
Why fret that there may be nothing after this life  
There is not this life There is not the nothingness of

deep sleep or anesthesia but the nothingness of  
nothingness which is the Crazy Freedom or My Room  
Nothing can happen for there is only sameness I am I  
am and I am I am appeared to have occurred It was  
the revelation that could not be the revelation that  
there can be no occurrence It was intrigue with  
ripples of the water mirage but what are intrigue and  
the mirage I was breathless for the Absolute and I Am  
Standing Free Between the understanding of these  
verses and floor sweeping there is no difference That  
is the understanding of The One Standing Free I have  
split evolution I am the Interval In that Interval there  
neither is nor is not evolution Evolution is no different  
than floor sweeping I too am a slave to satisfy Anxiety  
is the postman But I am too self-conscious to laugh  
Anyway how else could these verses have been  
written Know me to be the nothingness of  
nothingness anchored to this world by my humanity  
The highest wisdom would find its recipient free of  
the highest wisdom neither bound nor unbound  
dancing free waving to you from the Interval Where is  
your attention O the Interval of the dancer seen  
everywhere only the Interval I am wild mad dancing  
free Where is your attention Dancing Free All Is  
Humor There is a deep laugh it is the sound of the  
Interval Where is your attention O Bells and Visions O  
Goddess Kundalini I see Her sobered by the Laugh of  
the Interval I am Everything Is The Same Am I  
dancing I am still Am I a rock I am mad Standing  
Alone What are these mystical engravings upon the  
Atmosphere I possess no vocabulary with which to

explain them I am blinded by worlds knowledge I am beyond the extremely transcendental Sadness and joy are the same So are sleep and the waking states Why research the Light Icky research The Light There are no actors and there is no stage There is not what is in my dreams or beyond them No art No persuasion No breath Attention my sword I am the divider of every element that attention meets including attention itself There is only One Day the Interval Here is Ultimate Reality it never ceases to be divided The Interval is Ultimate Reality It is known by an act of attention It is Grace Grace essences attention Grace is Ultimate Reality The tears of the first body are the body The tears of the second body are water The tears of the third body reflect the tears of the fourth body light The tears of the fifth body purifying fires flow out of the tears of the sixth body consciousness There are no tears of the seventh body Why the tears There are no tears Nor is there the seventh body I am the seventh body I Am Standing Free I am not witnessing that which I neither am nor am not Nor am I experiencing that which I neither am nor am not Nor am I the one who neither is nor is not I have divided the Sea of neither am nor am not not the concept reality or experience but the full awakening to understanding or The Sea I am waving to you from the Interval I am a pinch of Nectarine Delight A journey includes all the activities that occupy a person until Grace enraptures the last drama of flesh I am the symbol I am the atmosphere in which the symbol passes by your eyes The symbol

explodes into the atmosphere You see they are absolutely the same You are That I have found the opening in each of the six grand armors I am the seventh body of man There is neither good nor evil bondage nor freedom disciple nor non-disciple form nor formlessness association nor dissociation color nor lack of color life nor death existence nor non-existence desire nor desirelessness reason nor unreason happiness nor sorrow essence nor non-essence unity nor separation change nor changelessness cause nor effect space nor absence of space roundness nor angularity creation nor absence of creation whole nor part friend nor foe being nor beinglessness information nor the absence of information wave nor particle beginning nor end centre nor radius the movable nor immovable dream nor deep sleep body nor disembodiment time nor untime communication nor non-communicativeness peace nor war anxiety nor calm content nor discontent past present nor future God nor no God Why stand at the edge of the Great Rock Upon the hand of Grace ride into the Interval I am the Self I am the Essence I am the Supreme One I am the Truth I AM I AM AND I AM I AM I am identical with Freedom I am Consciousness I am The Absolute Truth I am Completely The All I am Grace the Self I am the Atmosphere I am Light and Clear I am One Day I am Umba I am The Supreme And Free One I am the All and Undifferentiated I am The One Standing Free I am Guru I am the Umbaic Interval I am the Silence of Umba I am All and One I am the Quiet Essence of

Umba I am The One Who Stands Beside Umba I am  
Ultimate Reality I am Reality I am the Final Ultimate  
Purity Why stand at the edge of the cold and great  
rock of cosmic consciousness Step into the palm of  
Grace ride into the Interval of Pure Freedom Since  
there is neither this nor that nor is there the absence  
of this or that and since there is only I Am Standing  
Free and since there are neither these words nor the  
absence of these words why stand anxiously at the  
edge of the Great Rock of Attention O Grace O the  
Interval neither with nor without dimension Standing  
Free These verses are like breaths wherein meaning is  
in the intervals between breaths When the meaning  
is understood or when the Interval is entered there  
are no breaths no life no death no mantra no  
standing only Standing Free

## 6. If I live and die, how can I live and die?

If I behave and feel as one attached to the world how can I be so And if I practice austerities at times indulge at times and pray to God at times how can I do these And if I use my mind and express myself how can I do these things and how can they be done And if I am entrained to ten thousand cycles how can they be and how can any point on any one of them be then Or if I am at one time active and at another time at rest how can there be consciousness of activity and then consciousness of rest In the same way if I create the universe out of the void if I bring essence where there was none and if I see to the annihilation of all worlds how can I do these in a period of time how can I have a day of rest and how can I be known by my creation And if I mix fire and fuel and if I mix water and wine and if I die by one and live by the other how then can I die and live and which is explosion and which dilution As well if I write endless verses on the ineffable if I say in words that which cannot be spoken and that which at the same time is not an unspoken dimension how then can I employ mind to write these words Is it done not done undone neither done nor not done or Standing Free And if I eat love think create meditate receive Grace understand Grace and become Grace how then can I have grown and developed spiritually Is it achieved not achieved unachieved neither achieved nor not achieved or Standing Free And so if I am born and reborn and if I have known one end of the hierarchy

of existence to the other how then can there be good  
and evil judgment and karma Am I alive not alive  
unalive neither alive nor not alive or Standing Free  
And if I both die and do not die and if I both act while  
being incapable of performing action how then do I  
breathe In and out Light and Dark Into existence and  
out of existence Energy and matter Or Standing  
Alone But if I strike a match how can there be smoke  
and a flame If I ponder what is lost by time if I take  
back the mind education borrowed how can there  
become One Day The Absolute Therefore I Am  
Standing Free Truly there is no coming or going The  
only occurrence is essencing by the understanding  
that there is neither occurrence nor absence of  
occurrence It is Standing Free And so if I have lived a  
life how could I have lived a life For my biography is  
your biography My disease is your disease My opera  
yours My teaching volatilizes into Standing Alone  
Everything I value is the foam I cannot value the  
ocean I cannot value Standing Free I Am Standing  
Free I Am It I Am Standing Free The most evaporative  
written expression is Standing Free Beyond that there  
are no words New words must condense against the  
walls of the tunneling mandala of existence collect as  
verses be drunk valued and incorporated integrated  
understood transcended and essenced into the  
Standing Free Interval only to condense again against  
the form of existence against themselves to be like  
themselves memories of each other reborn  
reincarnated until in one instant of Grace's rapture  
there are verses no more only Standing Free Thus it is

senseless to talk about the Absolute such talk perpetuates itself and says nothing I am passionate about my game piece stand firm upon my square anxious to move forward backward I am the flame that essences the game This is the Interval How can I discuss work or the fruits of work I am the flame I have no words for esthetic sorts who drink dignity out of deep spiritual cups and who are also dying of a disease This is the Interval of Liberation I Am Standing Free There is only Standing Free Once I possessed wisdom and ignored this book thinking it was crazy Warriors were shown or given to me in the forms of teachers and books but I resisted Through Grace alone which is my Guru Umba and which alters the bodies at the hand of Kundalini I came to see Grace I came to see the Absolute Then I am Grace I am the Absolute This is the Interval I Am Standing Free The Absolute is Absolute Simplicity Standing Free is Absolute Simplicity "I don't want to do anything I don't want to go anywhere" The intuition of the Absolute moves one toward simplicity Simplicity prepares one for realization of the Absolute "I am not interested in anything I don't want to go out" There are many expressions of the Absolute Gods Goddesses and Gurus but simplicity says there is only one Guru one God one Goddess Simplicity further says they are all One Finally simplicity says they are essenced by the Absolute Now the Interval This is Standing Free Having received education in how to breathe eat walk and climb a ladder I breathed ate walked and climbed the ladder I could have done



these without education but would I have received Grace in a way that would have allowed me to climb to the top of the ladder so that no ladder is required to eat to the core of food so that no food is required to breathe the interval of silence so that no breath is required and to walk to the abode of the Self so that no walk is required Education is necessary I have lost the ladder but many others have it They are more likely to be warm peaceful and gentle I Am Standing Free I am not learning not studying not being educated Everyone else knows more than I know The other is wiser I have no advice I cannot tell you about the Lord within and the veil that hides the Lord I cannot give hopeful words of a new day that is coming Now this is the Interval within Time Ultimate Reality I Am Standing Free There are no qualities of Standing Free There is no person who is Standing Free Standing Free essences the person It is a lie to say what I have been saying I Am Standing Free There is no I no I am no Standing Free Nor is there the absence of these elements There is the descent to understanding it This book is that descent This writing is a walk down a dark stairway This is the Interval within that stairway And I Am Standing Free I have no opinion While there is an ecology of consciousness there is no ecology of the Absolute There is only the Absolute There is only "I Am Standing Free" but no I no I am no Standing Free This is the Interval within Consciousness I Am Standing Free I was not authorized to write I am not authorized to teach I do not engage in dialogue I do not consider

the questions of others It is others who teach me It is  
others to whom I bow People animals plants  
molecules have wisdom I do not have wisdom