



THE GREATEST
MYSTERY OF ALL
YOU!

GP Walsh

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By GP Walsh

Published by OM School Inc.

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OM School Inc.

Port Perry, Ontario CA

Email: support@omschool.co

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INTRODUCTION

In this information age, with its glut of spiritual, personal development and self-improvement practices, we don't often sit back to ponder the one thing that is common to all of them.

You!

We get so engaged in improving ourselves and advancing our lives that we rarely pause to contemplate the wondrous, miraculous and mysterious wonder of our own being.

So I'm going to ask you to do that right now. There's nothing wrong with all of those self-improvement and self-healing practices and techniques. And I encourage you to keep it up with consistency and patience.

But, right now, for a little bit, let's take a look at that you, you are wanting to heal and improve, because **you are the most wondrous and mysterious thing of all.**

Really... you are!

LOOKING CLOSER

Much of what we experience we have in common with all the critters we share this planet with. We all need to survive, remain safe, mate, bond with family, form groups, use tools. But while all beings on earth do some or all of this, **we alone are aware that we are doing it.**

Unlike any other being we know of, we are aware of being aware. This wondrous reality is what has been named consciousness and it is indeed the greatest and most perplexing wonder... and, if I might add, miracle.

Consciousness, self-awareness, is the most mysterious thing in the universe. It is like nothing else in existence. Everything else can be looked at, weighed, measured, modeled mathematically or represented conceptually.

Consciousness, on the other hand, cannot be looked at. It can only be looked from.

It is never what is looked at, it is always what is looking. St. Francis of Assisi said it perfectly, “What you are looking for is where you are looking from.”

We say “my mind,” “my body,” “my life,” “my soul.” That makes mind, body, life, soul all a possession of something else. What is this something else? Who is this “I” that owns even the soul?

These days, consciousness is explained as some phenomenon or artifact of the functioning of the brain. But, when really pressed, all but the most hardcore materialistic scientist will say, “Truth is, we really don't know.”

Nobody knows and yet, over the ages, sages, prophets, mystics and Buddhas have affirmed that it is indeed possible to know. In fact, they have told us plainly exactly what this mystery is.

- It is you
- The one reading these words right now
- The one feeling the chair under you
- The one feeling temperature in the room
- The one feeling the texture of the clothes on your body
- It is the awareness of feelings running through your nervous system
- **And it is consciousness that is seeing the thoughts that are responding to these words.**

The great mystery, it turns out, is your everyday, every moment experience. It is the very act of experiencing itself. Whatever that is, it is for absolutely certain, yourself!

HOW YOU SEE YOURSELF

If I were to ask you right now to picture yourself in your mind you would easily conjure up an image of yourself. You would probably be standing five or six feet away, the way you would look in a photograph, a mirror or see yourself in a video. But notice, **that image you picture as yourself, you have never actually seen.** That image is how others see you, not how you see yourself.

Now ask yourself this simple question, “What do I look like from a distance of zero?”

Yes, it is unique a question.

Imagine you are looking at an image of yourself and you keep zooming in. First your whole body, then just the upper torso, then your head, then your face, then your eyes, until you enter right into that image.

Now, turn around a look out.

There is no distance left, no picture of you. You have become imageless. There is no image of you and yet, right here in your field of view, the entire universe is present.

- The eye cannot see itself
- A knife cannot cut itself
- A scale cannot weigh itself
- Lips cannot kiss themselves
- Why?
- Because they are one

It is impossible to stand apart from yourself and see yourself for you are one.

This little exercise is a deeply profound contemplation. From this place, no image you form in your mind could possibly be you. No idea, concept or any description, in word or image, could possibly depict the direct experience of yourself.

You are so very much more than any image, any thought, any feeling or any sensation could ever capture. Like a video of the Sistine Chapel cannot capture the experience of being there in person and gazing up in awe.

Now, let's take this little exercise one step further.

A SOMATIC EXERCISE

For the next few moments, try to just feel.

Feel your body.

No thinking is necessary.

No image is required.

In fact, do your best to feel without labeling or naming what you're feeling.

Try it!

This unique kind of self-contemplation moves you away from our thinking and labeling and into simple, direct experiencing. And notice, without any labels or names of images, you're still here.

It's the way a dog or a rabbit, experiences itself. The way a little child experiences itself. With no image formed in your mind, you are still very much here... obviously, irrefutably and self-evidently here.

Why make such a contemplation?

Does this have practical value?

Is this going somewhere?

Yes, indeed it does and it is!

DIRECT EXPERIENCE AND BELIEF

The sum total of all human experience is determined by our perceptions and our perceptions are determined by our beliefs. **The image in the mind that I hold of myself, whether true or false, accurate or mistaken, will be the person I become.** To the degree that I believe that I am that image in my mind, to that exact degree will I be confined to and limited by that self-image.

But... what if I am not that image. What if I am a great deal more. Well, then I am not confined to that form. In fact, I am not confined to any form.

This is the heart of spiritual insight and practice. This is the doorway to the infinite, the kiss of eternity.

When you clearly see what you are not (an image in the mind) you naturally begin to recognize what you actually are; limitless being, boundless life, unconditional love and radiant happiness.

The great mystery is this. Consciousness is imageless being and that being is your very Self.

A FINAL WORD

This is a contemplation. At this point I am refraining from saying much more about this. If I do, you will inevitably form new concepts of yourself. And that is exactly what we don't want.

Do the simple somatic exercise that is feeling without naming or labeling or forming an image of what you are feeling.

Get used to being able to feel without thought. Be able to simply be present with the kinesthetic sense all by itself. It will change your perception of everything. But, most importantly, it will change your perception of yourself.

You are not the image in that photo. You are infinitely more and that more is discovering the experience of feeling and seeing from the mystery of your self-awareness.

ABOUT THE AUTHOR

The son of a schizophrenic mother and an absent father, GP's earliest memory is being tied to his bed to keep him from wandering. The years of abuse, neglect and emotional deprivation were offset by a natural gift for and love of truth as well as an unquenchable curiosity about how it is that people really heal and awaken.

“My experience as a child made the search for truth and healing more than philosophical curiosity. For me, it was a matter of life and death.”



At the age of 19, he was on the verge of suicide, addicted to drugs and at the end his hope. At this dark moment, GP had an extraordinary spiritual experience that was so penetrating that, within a few months, his entire life had turned around. He refers to that day as his “Night on the Bridge,” where he experienced, as he puts it, “Original Innocence“.

Since then, he has spent his life learning, studying, researching, experimenting, practicing and creating practices that liberate the soul from unnecessary and self-imposed suffering.

Author, Speaker, Master Spiritual Teacher, GP Walsh is known as the Irreverent Sage who delivers a delightful mix of insight, divine inspiration and humor where wisdom meets earthiness

to help people with their ongoing spiritual growth and inner transformation.

“GP Walsh is a master spiritual teacher teacher full of playfulness and compassion. He is a dynamic storyteller, and his message goes beyond self-help to deep and lasting spiritual transformation” - Marci Shimoff, Bestselling Author, Happy for No Reason.

GP is Master Spiritual Teacher as well as an Author, Speaker and EFT Expert who delivers a delightful mix of insight, divine inspiration and humor.

In him, wisdom meets earthiness to help people with their ongoing spiritual growth, transformation and inner healing.

Other works by GP “The Tao of Allowing”, “Tapping on the Buddha”, “The Healing Power of Touch”, “The Chakras - Archetypes of Consciousness”, “Just Allow It”, “Your 4 Amazing Power of Creation”, “The Deep Energy Cleanse” and many, many more.

You can find all about all of those by visiting his web site OMSchool.ca.



“I have had the privilege of hearing some of the best storytellers and speakers in the world. GP Walsh is one of those. It is a rare talent that can keep an audience absolutely mesmerized while delivering teaching and insights that are profound and life changing.

GP will take you on a journey you will not soon forget and will touch you in ways that will effect everything you do.”

Jack Canfield ~ The World's #1 Success Coach and Co-Author of “Chicken Soup for the Soul” and “The Success Principles”

ABOUT OM SCHOOL

LOVE ~ HEAL ~ TEACH

GP is a prolific writer and course creator. People are often amazed at the sheer volume of his output. He needed a place to house and distribute this large volume of work. This led to the founding of OM School with his producer, his student and now his business partner, Lisa Berry.

OM School is GP's online teaching platform. Here you will find dozens of courses, workshops, live events, meditations and books. All of his courses are always in response to the needs of his students. So his programs are always fresh, relevant and timely.



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The motto of OM School is **Love ~ Heal ~ Teach** and that sums up its purpose. It all starts with Love the only true healer.

Come visit us at OMSchool.ca, where you will not only find all his courses but you can also get help from GP's team. We have skilled counselors to help you choose the courses that are best suited for you. We also can give you referrals to facilitators that have been trained by GP or book a private session with GP or Lisa.

May all beings in the universe end suffering and be happy.