

Is the Quest for Non-Duality inherently Dualistic?

Nondualism, or non-duality, means "not two" or "one undivided without a second".

Nondualism primarily refers to a mature state of consciousness, in which the dichotomy of I-other is 'transcended', and awareness is described as 'centerless' and 'without dichotomies'. While the term "nondualism" is derived from Advaita Vedanta, nondual consciousness can be found within Hinduism, Buddhism and western Christian and neo-Platonic traditions.

The idea of nondualism is typically contrasted with dualism, with dualism defined as the view that the universe and the nature of existence consists of two realities, such as the God and the world, or as mind and matter, subject and object etc.

In Nondualism the multiplicity of the universe is reducible to one essential reality. Non-duality points to the essential oneness (wholeness, completeness, unity) of life, a wholeness which exists here and now, prior to any apparent separation despite the compelling appearance of separation and diversity, there is only one universal essence, one reality. Oneness is all there is – and we are included.

Consider:

The negation of dualistic thinking in pairs of opposites.

Monism, the nonplurality of the world. Although the phenomenal world appears as a plurality of "things", in reality they are "of a single cloth".

Advaita, the nondifference of subject and object, or nonduality between subject and object.

Advaya, the identity of phenomena and the Absolute, the "nonduality of duality and nonduality".

The nonduality of relative and ultimate truth.

Consider the idea of a 'single cloth' to be like the surface of a pond, that is flat without any structure. Waves on the surface would appear to exist in their own right, and would interact with each other. The phenomenal world, thoughts and individual consciousness are waves in the 'essence of reality'. This 'cloth' or 'essence' is described in a variety of ways, such as; Pure Consciousness, The Absolute, Brahman. It also has interesting parallels in Quantum Mechanics with the concept of the Quantum Ground State (or Vacuum State).

Although this state of consciousness can be spontaneous, it is often the "result" of prolonged ascetic and meditational/contemplative practice. This can be considered paradoxical as the desire for this state is from the position of duality, with the assumption there is something 'other' to be obtained.

There are a variety of groups, including Meetup groups, for the study of non-duality. The Sussex School of Practical Philosophy (see website below) teaches Advaita Vedanta originating from Shankara in 8th Century. Some 'non-dualists' are of the opinion that there is no quest or need of a spiritual path, we just need to be awake, or present. However, this conclusion is often reached after many years of various practices. Perhaps in theory nothing is needed, but in practice it is!

Discuss.....

"You are That".

Sri Shankara

"Feel nothing, know nothing, do nothing, have nothing, give up all to God, and say utterly, 'Thy will be done.' We only dream this bondage. Wake up and let it go."

Swami Vivekananda

"There is neither creation nor destruction, neither destiny nor free will, neither path nor achievement. This is the final truth."

Ramana Maharshi

"The self, when confined into the usual wakeful state of consciousness, is human, but when enters into the transcendental state of Absolute Oneness, becomes God."

Abhijit Naskar

"There is nothing to become. The Truth shines here and now. Awareness IS. One does not become it. The Sun shines. One can simply enjoy it or be busy otherwise. That's it. The Sun shines irrespectively. Awareness. Fire. The Song. IT IS. Stop fighting. Stop."

T.R. Cordón

Man consists of two parts, his mind and his body, only the body has more fun. **Woody Allen**

The distinction between the past, present and future is only a stubbornly persistent illusion. **Einstein**

“Be aware of yourself without thinking or looking in the mirror”. **Bert McCoy**

When you wash your hands, when you make a cup of coffee, when you're waiting for the elevator - instead of indulging in thinking, these are all opportunities for being there as a still, alert presence. **Eckhart Tolle**

You must live in the present, launch yourself on every wave, find your eternity in each moment. **Thoreau**

Here it is – right now. Start thinking about it and you miss it. **Hung Po**

I... A universe of atoms, an atom in the universe. **Richard Feynman**

We are like the spider. We weave our life and then move along in it. We are like the dreamer who dreams, and then lives in the dream. This is true for the entire universe. **Upanishads**

Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens. **Carl Yung**

If you are unable to find the truth right where you are, where else do you expect to find it?
 . **Dogen**

... that which is boundless in you abides in the mansion of the sky, whose door is the morning mist, and whose windows are the songs and the silences of night. **Khalil Gibran**

The light which puts out our eyes is darkness to us. Only that day dawns to which we are awake. There is more day to dawn. The sun is but a morning star. **Henry David Thoreau**

Live always at the ‘edge of mystery’ — the boundary of the unknown. **Oppenheimer**

What is this “I”? You will, on close introspection, find that what you really mean by “I” is the ground-stuff upon which all experiences are collected. **Erwin Schroedinger**

seeker of truth follow no path all paths lead where truth is here. **EE Cummings**

To see a world in a grain of sand and a heaven in a wild flower, hold Infinity in the palm of your hand and eternity in an hour. **William Blake**

Awareness lives in eternity but dances in time. **Rupert Spira**

Students achieving Oneness will move on to Twoness. **Woody Allen**

Look deep into nature, and then you will understand everything better. **Albert Einstein**

'Cause I was lost in comparison, Always pretending I knew, But everything I was looking for, Was already looking through, Wake up now..... **Nick Mulvey**

"And the people who hide themselves behind a wall of illusion / Never glimpse the truth". **G Harrison**

Never look back unless you are planning to go that way. **Henry David Thoreau**

There is nothing either good or bad but thinking makes it so. **William Shakespeare**