

The Temple of Silence presents  
*The Tenets of Nonduality*



Nonduality points to a fundamental understanding: our essence is Awareness—an open, unchanging presence that underlies all experience. In recognizing this, we uncover a peace and contentment that do not depend on circumstances. These tenets outline a journey of self-discovery, inviting us to shift identification from the transient phenomena of mind and body to stable, ever-present Awareness.

**1) The Sole Reality of Awareness**

Only Awareness is aware. All experiences—thoughts, emotions, perceptions—are known within this Awareness. Our belief in a separate self, or an individual “I,” dissolves when we recognize that all experiences arise in the same Awareness, like waves arising in the ocean. Awareness is the ocean, the ground of all experience, and does not change based on the forms that appear within it.

*Imagine watching a movie on a screen. The movie characters and events seem real, but they are projections. In the same way, Awareness is the screen on which life’s experiences play, untouched by the content it displays.*

**2) The True "I Am"**

Beneath the thoughts of who we are, there is a simple recognition of existence, the sense of “I am.” This is the core of our being, untouched by personal identity or attributes like name, age, or profession. It is not “I am this” or “I am that” but simply “I am”—a knowing of being itself, beyond concepts and labels.

*Reflect on a time when you felt a deep sense of presence or just “being” without attaching any label to it. This is the “I am” that nonduality points to, a feeling of pure existence.*

**3) The Ordinary Nature of Awareness**

Awareness is so close and familiar that it is often overlooked. We search for meaning outside ourselves, missing that Awareness is the most constant presence in our lives. This Awareness is not a thing or object to be found; it is the simple knowing of being aware. Nonduality teaches that Awareness is the most ordinary and yet the most profound reality.

*Just as water is so familiar to a fish that it may not realize it’s swimming in it, Awareness is the constant background of all experience, easily missed because it is always here.*

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**4) Awareness as Unchanging and Stable**

Awareness is like a stable screen that holds all experiences. Thoughts, feelings, and sensations arise and pass, but Awareness remains unchanged. By aligning with this unchanging Awareness, we experience peace, knowing that we are not affected by the rise and fall of experiences. This stability provides a foundation of calm in a world of constant change.

*Consider the sky, which remains untouched by the clouds that pass through it. Awareness is like the sky—unaffected by the emotions, thoughts, and events that appear and disappear within it.*

**5) Impermanence of Phenomena**

Everything that arises—thoughts, emotions, perceptions—is temporary and constantly in flux. Awareness, however, is the one constant. By observing this impermanence, we realize that peace comes not from holding onto experiences but from knowing ourselves as the Awareness in which they come and go.

*Notice how moods change throughout the day, much like weather patterns. Recognizing the impermanence of these inner states helps us avoid being overly attached to any one experience.*

**6) Unconditional Openness of Awareness**

Awareness is an open presence that does not resist anything that arises. Like space that holds everything within it, Awareness embraces each experience, feeling, or thought without judgment. This openness allows us to meet life as it is, without needing it to be different, which in turn brings peace and reduces inner conflict.

*Imagine sitting by a river and watching objects float past. You don't try to hold onto or push away what floats by—you simply observe. In the same way, Awareness observes life's experiences without resistance.*

**7) The Immediacy of Now and Freedom from Psychological Time**

Awareness exists only in the present moment. The mind creates concepts of past and future, which often lead to regret or anxiety, but in Awareness, only the now is real. Problems exist only when we mentally leave the now; by resting in Awareness, we experience life without the mind's projections of time.

*Have you ever felt deeply present, with no thoughts of past or future? This is Awareness at rest, free from time-bound thoughts. In this state, peace naturally arises because the mind's problems dissolve in the immediacy of now.*

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**8) The Non-Existence of a Separate Self**

The separate self is revealed to be a collection of thoughts, beliefs, and memories—an identity we construct over time. Nonduality teaches that this self is not ultimately real. There is only one Awareness, experiencing itself through various forms. Recognizing this unity helps us see ourselves and others as expressions of the same essence.

*Imagine that each person is like a wave in the ocean. Waves have unique shapes, but they are made of the same water. Similarly, we appear as separate individuals but share the same Awareness.*

**9) Awareness as the True Experiencer**

Neither the mind nor the body possesses awareness independently; they are experienced by Awareness. Recognizing that only Awareness is aware, we see that the idea of a “personal self” is a construct. We are the impersonal witness in which all experiences arise, not the body or mind itself.

*Just as the eyes do not see themselves, the true experiencer (Awareness) cannot be seen as an object. Awareness is that which perceives all things but itself remains unseen and unchanged.*

**10) Resting as Pure Being**

Awareness does not need to “do” anything to be itself. It is already whole, complete, and fulfilled. Resting as Awareness requires no effort or seeking—it is simply recognizing and abiding in our natural state, free from the mind’s drive to acquire or achieve.

*Imagine letting go of all striving for a moment and just being. This effortless presence is Awareness at rest, complete and content without needing to change anything.*

**11) True Happiness as Non-Resistance**

Happiness is revealed as our natural state when we stop resisting life. Awareness is naturally open and allows all experiences, and in this openness, we find peace. True happiness is not found in controlling life but in accepting it fully, allowing us to rest in the peace of Awareness.

*Reflect on a moment when you stopped resisting something and felt a sense of relief. This is a glimpse of the happiness that comes from non-resistance, a happiness intrinsic to Awareness.*

**12) Recognition of Inherent Bliss**

Awareness itself is inherently blissful and peaceful. This bliss is not an emotion but a reflection of the completeness of simply being. When the mind’s resistance and seeking end, the bliss of Awareness shines naturally.

*Think of the deep satisfaction of simply resting without needing anything to be different. This bliss is the contentment of Awareness, not dependent on external factors.*

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These tenets illuminate the path to recognizing our true nature as the stable, open Awareness that underlies all experiences. By aligning with Awareness, we find a peace and happiness that does not depend on external circumstances and experience a profound acceptance that allows all things as they are. In resting as Awareness, we transcend individuality, realizing the oneness of all forms and the inherent bliss of simply being.

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## **Invitation to the Temple of Silence**

### **A Non-duality Zoom Group**

**Dear Friend,**

You are warmly invited to join the **Temple of Silence**, an online Zoom group dedicated to exploring the essence of non-duality. In this gathering, we focus not on personal stories but on gently turning our attention to the boundless awareness that holds all stories and experiences within it—our true nature.

**The Temple of Silence Mission Statement:** *“The Temple of Silence Zoom group offers a decentralized space where friends gather, some seeking to realize their true nature, others resting in its recognition. Discussions focus less on fleeting personal stories and more on the reliable, wholeness of our True nature. Questions are welcomed, and when attention drifts into mental narratives, it is gently redirected to what never comes and goes. In this open space, all are invited to knowingly experience the oneness that underlies all appearances.”*

**When:** Open meeting on Wednesdays at 10:00 AM Eastern Time on ZOOM

**Meeting ID:** 935 829 6350

**Passcode:** tos

*The Temple of Silence Zoom Group is not a therapy group, and there is no charge to attend the meetings. This document is part of “The Temple of Silence - From Knowledge to Experience” article series and was created as a public service. For those new to nonduality, this series of articles offers clear guidance into this profound understanding. We hope the content resonates with the deeper truth within you. We look forward to your presence in our next gathering.*

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Please visit [www.beingwalter.com](http://www.beingwalter.com) for more nondual articles, poetry and information regarding Walter’s books *“Take Heart, Seeker”* and *“The Temple of Silence”*.