



Completing the Fourth Absorption with Holistic Letting go
into Being of the
Absolute. The Expansion, Total Embodiment and
Empowerment of Absolute Subjectivity with Intelligence

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So let me repeat, after the 6th exhalation, which reflects the 4th level of absorption, and this time it is not absorption of pure me, or let's say that after that absorption, pure me is not recreated, what remains is just nucleus in the nucleus. And I would suggest to stay there for a while. There is no rush getting in touch with that final depth of the absolute. It is in itself rewarding, and you may help yourself with the 7th exhalation, which is very gentle and very... the distance it travels is actually very small, tiny because it is already in the right place. So you are not exhaling into a deeper place in the absolute. You are actually exhaling into that unity of the nucleus of pure me with the nucleus of the absolute, and that

helps you to ground yourself in that state because it is so deep that you may easily become disoriented. It is so deep indeed, but you are there because you are there. What is deep? It is deep from the perspective of whom? From the perspective of the pure me of being prior to the final state of absorption. But now that you are there, it is not deep, it is not shallow, it is what it is. It is your new home, and better make yourself comfortable in it. By the way, the same principle, I forgot to mention, applies to the nucleus in Universal Consciousness. After you reach that 4th absorption, you should stay there for some time, not immediately forget, so that Universal Subjectivity can be realized. Some students confuse the realization of the Universal Subjectivity or Absolute Subjectivity with the 4th level of absorption. The 4th level of absorption is not Universal Absolute Subjectivity. It is just nucleus in the nucleus. You are at the heart of the absolute, but you have not realized the space of the absolute yet. Yet it is your own subjectivity. Universal or Absolute Subjectivity may be a term easy to misinterpret. It is not just subjectivity of the absolute, it is your Universal Subjectivity or, even using a different word, personal Universal Subjectivity. Personalized Universal Subjectivity, or Absolute Subjectivity, same, same.

So the question, of course, can be asked, how long should I stay there before moving to the next stage? Stay there until it becomes fully natural and gently checking, sometimes, you know, you can. Some of my students are actually working both on Universal and Absolute Subjectivity. Okay, check your Universal Subjectivity while gently being in touch with the Absolute Subjectivity, or the nucleus in the nucleus, in the absolute. Making sure it is still there because you are not putting pressure on it, you are not. You are recognizing just very gently. So if you are not losing it, it means it is self-maintaining, meaning you are in a safe place. Another way of checking is that you completely forget the nucleus in the nucleus. For instance, you focus fully on the nucleus in the nucleus in the Universal Consciousness, forgetting the Absolute, then come back to the nucleus in the nucleus in the Absolute. Is it there, naturally? So this kind of a way, these are the ways that you can verify, using your own intelligence, that the state has become natural.

As I said, the nucleus in the nucleus is not Absolute Subjectivity. Absolute Subjectivity is realized when the nucleus is forgotten, of pure me. It forgets itself within the nucleus of the Absolute I Am. But again, the question returns: how to un-remember, how to forget? First, that forgetting can happen naturally as a by-product of fully integrating the nucleus, absorption of the nucleus of pure me in the nucleus of the Absolute

I Am. But there is also another way. You fully relax in that state, and if you truly relax, you will be able to recognize that some kind of expansion from the nucleus in the nucleus is taking place, filling that space of Absolute with intelligence because that which is

expanding now is intelligence. Same principle in the Universal Consciousness, by the way. There are many parallels, they are not exactly the same in all respects, but there are many parallels here. And what you need to do is you forget the nucleus by identifying yourself with that intelligence, which is actually you as well. That intelligence is not just an activity, it is also an identity. So you forget yourself through identifying with that expansion of intelligence in the Absolute Universal Consciousness. In other words, you forget yourself as nucleus of pure me by identifying with your larger subjectivity. It replaces actually your previous subjectivity, previous sense of self. There is something actually quite important you need to really feel how to do it. It is not difficult, but as many things, it is subtle.

Another thing, there is a certain pitfall here, going through these stages of absorption that you are diving into the Absolute. How to say, in the diving, it is like diving into the ocean. In the diving, you are just seeing the depth of the ocean, but you forget the ocean as the vast body of water surrounding you. That's why one more element has to be added. You need to learn how to experience Absolute holistically. Same with the Universal Consciousness. And how is that done? It is actually quite simple by holistic letting go within the Absolute, meaning you are not letting go in order to enter deeper into the Absolute, you are letting go holistically. Letting go has a vertical direction, but other than that, you are not really trying to modify your experience in any way. But letting go itself will manifest the right experience, and it will bring you into the Absolute which you already have realized even deeper, stronger. Stronger in a sense of going beyond the nucleus of the nucleus, but deeper in a general sense of how you experience the Absolute. Letting go will allow you to reach another level of empowerment. Try it if you experience the nucleus in the nucleus, let go, and you will or should recognize space opening up, and your experience becomes more holistic, more wholesome, more actually more tangible because you see what happens when you let go in the Absolute. You know there is letting go towards the Absolute, there is letting go linked to this penetrative surrender to the exhalation, third, fourth, fifth, sixth, but there is also just letting go pure, innocent, non-goal orientated letting go. And that letting go will actually allow you to realize the Absolute in a much more profound way than that penetrative surrender.

And what is that space in the Absolute that has opened up? It is the space of the Absolute, or we could call it the being of the Absolute. We have the body of being, which is experienced from your lower chest down surrounding your body. But the Absolute also has a body of being. He is a body of being. He is just unmanifested body of being, being unmanifested being. He is being of being. This is who he is. And then, combination of that letting go and forgetting the nucleus and the nucleus which actually this letting go is helping, that will allow that intelligence to expand into all that space, filling the being of

the Absolute with itself. That space has to open up, same with the universal subjectivity. This is what I have actually recognized recently that my students, some of them that I talked with, do not have, do not experience the being of the Absolute. Their experience of Absolute is too narrow. They have not expanded into that space, and the Absolute is weak, and the transference, that shift of identity, that has not fully been completed, meaning they have not really actualized body of the Absolute as personalized, personal Absolute subjectivity. That's what it is. You need to be fully there, 100%. You need to be empowered in the Absolute, and that which is doing that empowerment, initially it was pure me or being, but now it is your intelligence. It has no center, but it has power, and it is you. Has to, as it expands into the being of the Absolute, it simultaneously needs to empower itself. Not somehow becoming gently, ethically present, intangible. Whether it is intangible or just ethically present in a negative sense of this term, you cannot fully shift your identity into Absolute subjectivity. You cannot really move there. You have to move there for time being. This is your home. It always is your home, but you have many homes because your soul has many homes. But that is, at that point of practice, your main home.

I suggested someone in regards to that shift of identity a very simple thing, how to verify and how to correct that realization. When you are in the Absolute and your eyes are open and you look at the world outside of you, you must feel that it is your Absolute subjectivity looking. Not that you are looking from Absolute subjectivity, Absolute subjectivity is looking. If you don't have this complete conviction, this complete understanding that it is so, it means your identity, your intelligence has not fully embodied the being of the Absolute. You may be in the Absolute, but intelligence has not embodied it. It is not realized fully on the level of consciousness in terms of intelligence, and it is therefore not empowered. It is weak, by the way, same with Universal subjectivity. When you look at the world from that place, you should feel it is Universal subjectivity looking, and there is no center. You should feel 100% that it is Universal subjectivity looking. It is the same principle as with awakening of pure me, of consciousness. I talked about this for many years. You should feel initially that it is pure me looking at the world, not the seer, not the person. Pure me is looking, but now you are looking from a deeper place, and the one who is looking is deeper. So the question remains, you may ask, it is so confusing, who is actually looking? Absolute subjectivity? Universal subjectivity? They are both looking, which is the next test. Can you see the world looking at it from the Absolute and Universal subjectivity simultaneously? There are no fluctuations, no conflict of identity, no doubt. There is only certainty because you know who you are. It just happens that you have become a larger self, and you must meet that larger self and embody it fully.