

My Day with Michael Langford

Introduction

Written on April 7, 2016

Yesterday, I spent the day with Michael Langford, author of *The Direct Means to Eternal Bliss*, previously published as *The Most Rapid and Direct Means to Eternal Bliss* and *The Most Direct Means to Eternal Bliss*. He also publishes several other books as The Freedom Religion Press including *The Seven Steps to Awakening*, which is a collection of quotes from sages such as Ramana Maharshi and Nisargadatta Maharaj. I have a lot of useful things to say about Michael's books, and maybe someday I will write that article. However, today I want to focus on the conversation I had with Michael yesterday. I want to write about it ... capture it on paper ... before the memory fades.



Michael Langford
April 6, 2016

I feel a little sad as I begin to write. This feeling is the same feeling I used to get whenever I left my grandma after visiting her in the nursing home. Being with her was always so sweet, and each time I left I didn't know if I would see her again, so there was this mixture of sweetness and sadness at the goodbye. This is how I feel after spending a day with Michael. Spending time with him was so sweet, and I do not know if I will ever see him again, so there is also a little sadness.

However, we can't hold onto anything in the world, not even something sweet and precious like my day with Michael. It all has to be let go. I know this, so I will write it all down, and then I will let go of my day with Michael.

On second thought, I won't let go completely. There are teachings from this day that should not be let go of until the ego has died its final death. I will hold onto those teachings.

A Little History

I discovered Michael's book, *The Most Rapid and Direct Means to Eternal Bliss*, in January 2008. Just prior to that, I had fallen in love with a man. Although the phase of romantic love was very short before it ended, I lost sight of my spiritual purpose to awaken by putting this man and romantic love on a pedestal.

In January 2008, after falling from that romantic pedestal, I was floundering in loss of purpose when someone in a Yahoo Group recommended *The Most Rapid and Direct Means to Eternal Bliss*. It wasn't recommended to me. It was recommended in general. However, intuition confirmed that I was to order the book. I did. I ordered one book. A small case of books arrived in the mail, one for me and extra books to share.

This book was different than any other book I had ever read. The author, who at the time was not listed anywhere on the book, had very specific instructions for how to read the book. Each sentence in the book was numbered. The reader was asked to read each sentence at least three times before going to the next sentence. Also, at the end of each chapter, the reader was asked to read that chapter three times before going to the next chapter. The reason for this unorthodox way of reading was explained in the introduction, *How To Read This Book*:

The purpose of an authentic spiritual teaching is to awaken insight. To awaken insight, read very slowly. Stay with one sentence for a very long time before proceeding to the next sentence. Do not let ego, which has misused humans for as long as there have been humans, prevent you from recognizing the unique value of what is being revealed in this book. This book contains only that which is most essential. ... This book is a step-by-step instruction manual. ... For human consciousness to be transformed, something new must be introduced. This book introduces something new into human consciousness.

I spent days and weeks reading this book in exactly the way the author asked. Through reading this book, the purpose to awaken was reawakened in me. It relit that inner fire. I felt this book was one of the most important spiritual books ever written. I talked about it. People asked me for it. I gave away all of the books I had. Also, several different times, I gave away my own copy of the book and reordered the book for myself. Eventually, *The Most Rapid and Direct Means to Eternal Bliss*

was replaced by the newer *The Most Direct Means to Eternal Bliss*, so that is what I have now. Every copy I ever ordered of the previous version of the book has been given away.

In November 2011, a friend told me she wanted to order a book for me. The book was called *The Seven Steps to Awakening*. I had seen this book on amazon.com many times. It was one of the books that amazon.com recommended for me. However, I thought the title was ridiculous ... I didn't think there were *steps* to awakening ... and so I never ordered the book. When this friend told me that she had felt for quite awhile to order the book for me, I realized I was supposed to have the book. I accepted her offer and let her order the book for me.

When *The Seven Steps to Awakening* came in the mail, I opened it to the Introduction and immediately recognized the voice of the author. Actually, the feeling in my heart was this:

It's my teacher!

The author was the same unnamed one who had written *The Most Rapid and Direct Means to Eternal Bliss*.

I took the next year off. I stopped every activity that I could stop being involved with including reducing my work activities significantly, and I dedicated my self to contemplating *The Seven Steps to Awakening*. You can read my online journal at <https://rda7stepsjournal.wordpress.com>.

Although I recognized the author of these two books as my teacher, I did not know his name. Somewhere along the way I found out he had a Yahoo Group, and I joined his Yahoo Group. Also somewhere along the way, I found out that his name is Michael Langford. I tried finding out what I could about him online, but I learned almost nothing. I wrote to him via his Yahoo Group. I let him know about my online Seven Steps journal. I asked him to let me know if he saw anything in my journal that indicated I was being deceived by the ego. He wrote back. He told me that he may not have time to read my entire journal, but he might look at some of it sometime. That was our last communication for a very long time.

In March of 2014, I was playing a recording in the online Awakening Together Sanctuary in PalTalk. It was an old recording of mine. It was a spiritual teaching. There was a participant in the online room named KindCourteousSpiritualChat. This person wrote many comments about the recording as it played. I recognized that this person had keen clarity. KindCourteous noticed things in the recording that most people would not notice. In fact, based on what KindCourteous was typing, I felt that KindCourteous must be genuinely enlightened. I wanted to hear KindCourteous speak.

When the recording ended I asked KindCourteous to take the microphone and share. However, KindCourteous was unable to do so. I still wanted to hear KindCourteous speak, so I did something I had never done before. I typed my telephone number in the online room and asked KindCourteous to call me. I felt very insistent, which is unusual for me. I wanted *very much* to hear KindCourteous speak.

After a couple of minutes, my phone rang. The Caller ID identified the caller as Michael Langford. I couldn't believe it. It was my teacher calling me.

Someone had a recorder running that day, and this call did take place live in the Awakening Together Sanctuary, so you can hear that call if you'd like to. It is on my website at <http://reginadawnakers.com/regina-michael-langford-a-telephone-conversation/>.

Although that telephone call opened the door for Michael and me to develop a relationship, the door did not swing wide open until March 2015. That's when Michael began listening to all of my Seven Steps teachings, which are recordings where I share with others based on my contemplation of *The Seven Steps to Awakening*. He began to write to me from time-to-time about what he heard in the recordings. He also invited me into a smaller, private Yahoo Group for people who are dedicated to his teachings. Between March 2015 and now, Michael and I have developed a nice email relationship. I would call it a friendship, although Michael might not use that same word.

I am currently speaking at a spiritual conference in Las Vegas, which is where Michael was raised. It is also not far from where he lives now. Since I am in the area, Michael invited me to come to his house and spend the day with him.

Meeting Michael

I confess, even before I start to write about yesterday, that there are details from yesterday's visit that I will not write down. I will not write them down because they are not ultimately important. I could tell you what Michael ate, what he drank, that he spilled ketchup on his white shirt, how big his black shoes were and *much, much more*. Although each and every one of those details is precious to me, because Michael is precious to me, I will not waste your time or mine with any of those details. I'll share just a little, to give you a brief feel about the person, but I will let most of that information fade from my memory and remain unknown to yours. Too many personal details would simply distract from what is most important.

Michael let Michael die. So will I.

I left my hotel room at the Gold Coast Hotel and Casino in Las Vegas around 6am yesterday morning so I would have time to settle my bill with the hotel, get gas and buy bottles of water before starting my trip toward Michael Langford's house in the

desert. It was a beautiful drive without hardly any traffic. I stopped along the way a couple of times to take photos of the mountains and plants.

When I drove into the area where Michael lives, the first thing I saw was a huge sign for a brothel and alien center. That wasn't what I expected, but I admit that it added to the colorfulness of the day. Michael asked me to stop there and call him so he'd know I was getting close, although he hadn't mentioned it was a brothel. I was also able to get gas and use the restroom since this place is a brothel/gas station/convenience store/alien center/restaurant.

As I drove from the brothel to Michael's house, I passed ...

Well, I passed lots of things that I enjoyed seeing. I loved the area, and I noticed unique details about it. I could probably write pages about what I saw and the symbology I noticed in what I saw. However, all of those details are ultimately unimportant. The ego loves distractions. We could become overly involved in playing with the ideas that would be presented in those details, so I will resist the temptation to share them.

When I arrived at Michael's house, it looked pretty much like I had imagined. He was waiting for me outside his mobile home. I wasn't invited in. I expected that. However, he did take me around his yard and show me a few things. I will leave out some of this too. But I will share a few things that Michael shared with me.

He showed me his garden, which is the first garden he has ever planted. The sprouts have just barely risen above the soil.

He showed me a shed that was blown several yards away from its foundation by the wind. It now lays in a heap on his property. I asked if that had happened recently, and he giggled saying it had happened years ago. It never felt important to him to clean it up. His attention is not focused on the world.

He introduced me to Kitty Kat, a female cat that officially belongs to the neighbors, but has unofficially adopted Michael. She likes to sleep on his chest with her face right next to his face. She was very pregnant and breathing in an unusual fashion. Michael suspected she would give birth to a litter of kittens before our day together was over.

As Michael gave me a tour of his property, Kitty Kat followed him wherever he went. When I first arrived, she peered at me as she rubbed her body against Michael's legs and as he bent down to pet her, but within five minutes she invited me into their private little circle by rubbing up against my legs and allowing me to pet her too. I fell in love with this soon-to-be-mom immediately.

Michael also took me to the dumpster at the road at the end of his driveway. He showed me a small patch of gravel and rocks near the dumpster, a patch of gravel

and rocks that he has walked over many, many times in the years that he has lived on the property. He showed me a heart-shaped rock. He commented that he walked over that rock for about 17 years before noticing it. He thought it was amazing that he could have walked over the rock so many times without noticing it. He also made a comment that I can't quite remember ... something about how humans go about everyday and don't notice ... *the truth?* ... *the most direct means to truth?* I simply can't recall the sentence. However, he gave me the rock.

I let Michael proofread this article before posting it. After he read what I wrote about the heart-shaped rock, he sent me this email:

What I said to you when I handed you the heart shaped rock is that just as I overlooked this rock for more than 17 years people go their whole lives overlooking the heart.

I should have elaborated a bit further:

People are so focused on the seen, they go their whole lives without seeing the seer, without being aware of the background of Awareness.

The heart is a symbol for that Infinite Awareness. Keep this heart shaped rock as a reminder that just as I did not see this heart shaped rock even though I walked past it for more than 17 years a human can go their whole lives without noticing the heart-awareness.

Michael got into my car, and we drove to a nearby market. The couple that owns the market lent us an abandoned mobile home for the day. The mobile home usually goes unnoticed behind the market. Michael had never noticed it. This couple saw me as someone who had come to the desert to interview their local friend, Michael.



They knew we needed a quiet and private place for conversation and recording. The mobile home was perfect. It was cool, clean, quiet, and it had working electricity and plumbing. There was a new roll of toilet paper and a can of bathroom spray in the bathroom. I don't know for a fact that the couple put those there for us, but I suspect they did. It seems they care a lot for Michael, and they do things for him that are a display of their love for him.

Michael and I intended to record our conversations. We had talked of making about five or six hours of recordings. Although we were alone in that abandoned mobile home for around seven hours, there are only two hours of recordings. That is because sometimes we formally recorded our conversations. However, other times we paused the recording for a bathroom break or something, and then our conversation would naturally flow while the recorder was paused. There were a lot of these informal unrecorded conversations.

It's possible that some of the informal conversations were recorded by a little portable device that Michael brought with him. That device did not have a pause button on it, so it was sometimes running while my computer recorder was paused. Michael said that he will send the recordings from that device to me, so I may be able to share interesting snippets from those conversations with you. I will also share the two hours of formal recordings from my computer. However, my primary reason for writing today is to share what I can remember from the informal conversations that were not formally recorded. That is what I want to write down before my memory forgets. The other things that I noticed, such as the porcelain-like skin on Michael's hands, are totally unimportant and will eventually be forgotten. I've already skipped so many details that I would have written down if it wasn't for my desire to focus on *the important*.

What Memory Still Holds of the Important Details

It is very important that we catch the ego in its ego preservation strategies. It is also very important that we doubt our thoughts, especially since the vast majority of them are lies. Even spiritual thoughts are usually lies. As Michael puts it, "the ego-mind lies to its imaginary self from the time it wakes up in the morning until it goes to sleep at night." With that in mind, many of my questions were related to exposing these ego lies. I wanted examples ... *specific examples*.

However, each time I began to ask a question about specific examples, Michael reminded me that we cannot list all the ways the ego-mind will lie to its imaginary self. If we list a dozen or a hundred or a thousand ways the ego can lie to the imaginary self, the ego will just create millions of other ways to lie that we have not listed.

It may seem impossible to catch the ego in its ego preservation strategies if the ego can create millions of new preservation strategies each time we discover five or ten of those strategies. However, Michael does have *one answer* that is more powerful than all of the millions of ego preservation strategies. This one answer will enable us to see through all of the ego's preservation strategies. As quickly as the ego creates them, we can see through them with this one answer.

The answer, which Michael calls "the most important key" is the awakening of the extremely intense desire for manonasa. Manonasa means 'mind death.' Mind death is the equivalent of ego death, which is the equivalent of awakening. Michael prefers

the term manonasa, because it is more specific than the term awakening. You can hear the conversation about the use of the terms awakening and manonasa on the second formal audio from yesterday's conversations. You will also hear Michael's reasons for why humans should want/desire manonasa. However, you won't hear Michael express in animated detail how important the extremely intense desire for manonasa is. This came out over and over again in the informal conversations. In fact, the extremely intense desire for manonasa was the answer to the majority of the questions I asked.

I mentioned to Michael that when I speak of the desire for truth or awakening, some spiritual people make comments about letting go of all desire. I didn't go into great detail, but sometimes I have to muster courage to speak about increasing the desire for truth, because as I speak people are typing comments about how awakening is here now and desire projects awakening into the future, or that we are all already awake, or they type some other comment that indicates I am wrong about cultivating an extremely intense desire for awakening. However, my discernment knows that the ones who are typing these comments are using spiritual ideas to preserve the ego. If they looked deeply at themselves, their comments and their underlying motivation for typing those comments, they would see it too.

Anyway, in an informal conversation about desire, Michael shared this illustration with me.

Imagine that all human desires are logs, like the logs you put on a fire. Each desire is represented by one log. There are many, many logs because there are many, many desires. However, there is one log that is different than all of the other logs. This log is the extremely intense desire for manonasa. This log is different because it is lit. It is burning. And when you place this log with all of the other logs, it lights them on fire and burns them up. So, although the extremely intense desire for manonasa is a desire, it is different than all of the other desires, because all other of the desires burn up in this one.

I love that answer. Michael had wonderful answers for everything I asked him. However, the primary answer I came away with is that I do not need to ask Michael anything. My mind, and yours, can continue to come up with questions ad nauseam. Michael would eventually just get up and walk away from us to make a sandwich, because he doesn't want to help us preserve the ego by playing the game of question and answer with us. As he pointed out to me, if we find out how we can increase our own extremely intense desire for manonasa, it will bring everything else to us. It will give us the eyes to see the ego's tricks. It will give us internal answers to our questions. It will help us stop wasting time so we can spend more time in meaningful spiritual practice. That desire will do it all. That desire is the answer to all questions.

Of course, my own book ... from my own inner teacher ... says that too. NTI Galatians calls it "willingness," but is very clear when it says:

Focus on your willingness as if it is your truth,
because it is.
Focus on your willingness as if it holds the answer to all questions,
because it does.
Focus on your willingness as if it is everything to everyone,
because it is.
Focus on your own willingness.
That is Love Alive within the world.

In his book, *The Most Direct Means to Eternal Bliss*, Michael writes:

Of all the factors that determine if you will or will not be free, the intensity or lack of intensity of your desire for liberation is the most essential factor. Whatever you can do to most effectively increase your desire for liberation should be done. ... All obstacles that appear in your journey to Freedom are caused by too little desire for Freedom. As your desire for Freedom grows in intensity, the ego creates fewer obstacles. When your desire for Freedom becomes very intense, your desire for Freedom demands that you take no detours. When your desire for Freedom becomes extremely intense, for the first time you can see what is essential for Freedom and what is not essential. When your desire for Freedom is weak, the ego does not allow you to see its preservation strategies. When the desire for Freedom is stronger, you can begin to see the ego's preservation strategies. When the desire for Freedom becomes even stronger, the desire for Freedom itself will bring you everything you need to succeed in your quest for Liberation including the answer to all your questions, the Direct Path teachings, the solution to all obstacles, the motivation to practice, etc.

In Michael's autobiography, *Manonasa*, Michael writes:

The awakening of the extremely intense desire for manonasa is the most important key to attaining manonasa. The awakening of the extremely intense desire for manonasa is like the light of the Sun and all other keys to manonasa are only like the light of a light bulb compared to it. The awakening of the extremely intense desire for manonasa is everything, it is the totality. The extremely intense desire for manonasa will bring everything that is needed. The extremely intense desire for manonasa will bring extremely intense self honesty. The extremely intense desire for manonasa will make you drop all of your unnecessary activities and it will make you devote all of the free time thus created to practicing the most rapid and direct means to manonasa.

I showed Michael how I had highlighted, circled and starred that paragraph in my copy of his autobiography. He said the most important part of that paragraph is,

“The awakening of the extremely intense desire for manonasa is like the light of the Sun and all other keys to manonasa are only like the light of a light bulb compared to it.”

By the way, Michael gave me some gifts. He gave me two coffee mugs, which are beautiful and are reminders to go within because of the artwork on them. He also gave me a book. The book he gave me is *1500 Ways to Escape the Human Jungle* by Vernon Howard. If your desire for manonasa is not strong enough to help you see all of the ego’s tricks and preservation strategies, this book can be a great help in seeing the ego’s tricks and preservation strategies. Millions of tricks and strategies cannot be listed in a book. However, 1500 tricks and strategies are listed in this book.

Note: The book just recommended is a *light bulb*. It can help you see the ego’s tricks and preservation strategies, and the book is recommend by Michael. However, don’t forget that awakening the extremely intense desire for manonasa is *like the light of the Sun*. It is what is most important.

Some Questions I Asked and Their Answers

Question: Are some spiritual experiences helpful while others are pure distraction?

Answer: Yes.

However, there wasn’t much elaboration on that point other than *the extremely intense desire for manonasa will make clear what is helpful and what is not helpful*. Also, Michael shared the reminder that we are not seeking experiences. We seek manonasa (mind death.)

While we were on this topic, I shared that I’ve had some spiritual experiences that seemed helpful. Michael had heard about the time I experienced myself as an apple. He smiled and made a joke about that. (Three apples are lying on a table. The hand reaches out for one and then there’s a shout, “No. Don’t eat that one. That’s Regina!)

I told him about another experience I had several years ago. For a time, my sense of being Regina disappeared. I experienced myself as awareness looking out from this body, but I did not see myself as anyone. During that time, I read a biography about Regina. I had this vague memory, which seemed way, way back in the mind, that I used to think I was her. I thought it was the funniest thing in the world that I ever could have thought I was a character.

When I told that story, Michael said, “Someday, Regina, you will think it is the funniest thing in the world that you ever could have thought there was a world.”

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Question: In the book *Manonasa*, you write, “The reason decades later M attained manonasa was not grace ...” On the next page you write, “When people authentically

devote their lives to spiritual awakening a flood of miraculous events happen.” That appears to be a contradiction.

Michael wanted to know how I defined grace.

I told him that I thought of grace as anything I didn’t make happen. I gave the example of the abandoned mobile home that had been lent to us for the day. Neither of us made that happen. It was unexpectedly offered, and it was the perfect space for our day together. I told him that I’d call that grace.

I also gave the example of the question that arose in his mind when he was seven years old, “How do I know that is true?” That question led him to question all ideas and concepts while other people simply believed their thoughts. I told him I thought that the question arising in his mind was grace. Michael pointed out that it could have been the result of spiritual practice in a previous life. I had to admit I did not know if the question came from grace or previous spiritual practice in another life.

Answer: (By the way, I don’t recall the exact words Michael answered with, but I will share the gist of what I understood.) Both sentences in the book *Manonasa* are pointing to one fact. The fact is that the spiritual seeker who wants to attain manonasa must practice.

In the first sentence, “The reasons decades later M attained manonasa was not grace ...” points to practice. Some people think there is some special power in the universe called grace that will awaken them without any effort on their part. Michael says that “if there is such a special power, let it take care of the world’s problems.”

We talked about how some spiritual seekers use the idea of ‘grace’ to avoid spiritual practice. In this way, the idea of ‘grace’ is an ego preservation strategy.

The second sentence, “When people authentically devote their lives to spiritual awakening a flood of miraculous events happen,” also points to practice since the ‘authentically devoting their lives’ comes first. At this point in our conversation, Michael said to me with a grin, “There is a special power in the universe. This special power arises from *the extremely intense desire for manonasa.*”

That reminded me of the story of the prodigal son. In the story, the son starts home on his own. He is already committed to going home, and he is actively walking in that direction. When he is about halfway, the father comes to meet him. Michael seemed satisfied with that story as my understanding of what he was sharing. In other words, we cannot give no effort toward awakening and expect grace to awaken us, but when we commit ourselves to practice with the extremely intense desire for manonasa, a flood of miraculous events do happen.

“The extremely intense desire for manonasa will bring everything that is needed. The extremely intense desire for manonasa will bring extremely

intense self honesty. The extremely intense desire for manonasa will make you drop all of your unnecessary activities and it will make you devote all of the free time thus created to practicing the most rapid and direct means to manonasa.

Michael commented that there are stories, which people believe point to the fact that grace sometimes awakens people without any effort on their part. He said that was not true and we would come back to those examples. However, we both forgot about that, and we did not come back to those examples.

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Prelude to the next question: Michael collected quotes for both *The Seven Steps to Awakening* and *Experience Your Perfect Soul*. He said those quotes were selected because they are quotes that “do not reflect the foolish thoughts of the questioner.” When explaining this in his book, *Manonasa*, he quotes Ramana Maharshi:

The Sage’s pure mind which beholds as mere witness the whole world is like a mirror which reflects the foolish thoughts of those who come before him. And these thoughts are then mistaken to be his.

Question: When seekers get the opportunity to come before a sage, how can they be sure the sage’s answers aren’t simply reflecting their own foolish thoughts?

Answer: The extremely intense desire for manonasa will purify the seeker of foolish thoughts and then the sage’s answer will also be pure.

Question: How can seekers be sure they are attracted to pure spiritual teachers instead of false spiritual teachers?

Answer: The extremely intense desire for manonasa is the way to make sure you are not attracted to a false spiritual teacher. The extremely intense desire for manonasa will lead you to the pure or true teacher.

I told Michael a story I had heard about a seeker who followed a teacher for many years, and then the teacher turned out to be a fake. However, because the seeker was sincere and practiced the teacher’s teachings faithfully, the seeker awakened.

Michael seemed to like that story. It emphasizes that the only thing that is really needed is the extremely intense desire for manonasa. The extremely intense desire for manonasa will take care of everything else. Michael made the point that when there is the extremely intense desire for manonasa, teachers are not needed. Michael also said, “However, it must really be the extremely intense desire for manonasa. It cannot be something like, ‘I will meditate from 10:30 to 11:30 every day.’” He tossed a side glance at me, and then raised his hand in the air and repeated, “It must be the *extremely intense desire* for manonasa.”

Michael said he hopes people listen when he recommends that they find their own ways of increasing their desire for manonasa.

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There are several quotes in Michael's autobiography, *Manonasa*. Michael said he bolded and underlined parts of those quotes, because he knows the parts of the quotes that ego will try to block out.

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Question: In *Manonasa*, you say it is important to protect your teachings. Do you have a plan for how these teachings will continue after your body passes away?

Answer: (In gist) That is not what I meant when I said "protect the teachings." I mean that I must be pure. I must not take advantage of seekers. Things like that. But as far as the teachings go, they are on the internet. Because they are on the internet, they will continue to be available after this body passes away.

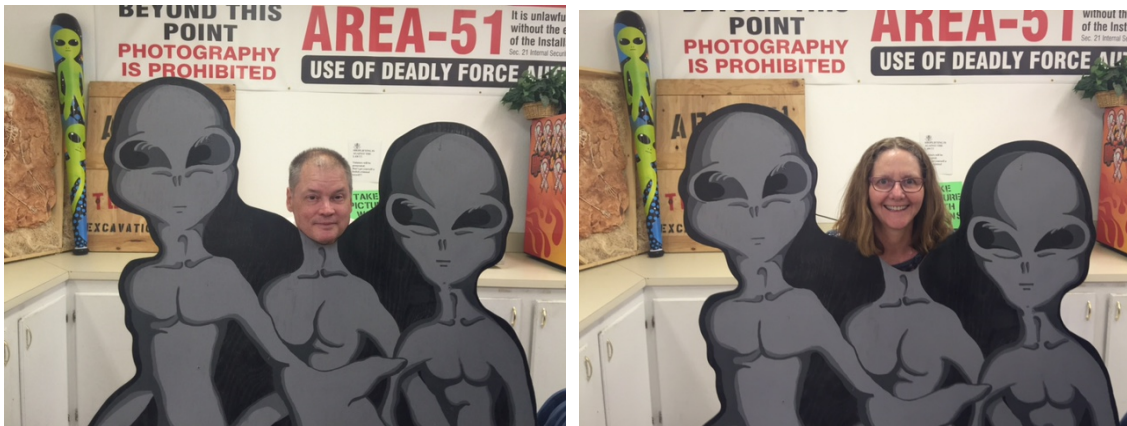
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Near the end of the second formal audio, Michael and I were just beginning a conversation about manonasa. The hour ended, so we ended the audio. I thought we would start the third audio where we left off and continue the discussion about manonasa, but that did not happen.

Right after the second audio ended, Michael went to the bathroom. While he was in the bathroom, I realized that curiosity about manonasa is probably just that, curiosity. I felt that it wasn't important to spend time talking in order to satisfy idle curiosity. Michael came out of the bathroom with a similar idea. He said he had written 44 pages in the book, *Manonasa*, which tries to explain manonasa to humans. He thought that was enough since people can read those 44 pages. Therefore, we never went back to the conversation about manonasa.

Michael also said he did not know if he would do another recording. We talked for a bit more. Some of what we talked about is written above as questions and answers.

Later Michael said he would not do another recording. We cleaned up the mobile home so that we left it as we found it, and then we drove to some nearby sand dunes and to the Alien Center to take pictures. My day with Michael was coming to an end.



Overall Impression

In a somewhat clumsy way, I asked Michael if he had attained manonasa. He said, "Yes." Do I think that is true? I cannot confirm it, since I have not attained manonasa myself, but after spending an entire day with Michael, I see no reason to doubt it.

Michael eats sandwiches; he goes to the bathroom; he struggles a bit with technology; his body is not perfectly healthy; he does not have much money; and he doesn't want to let the cat have her kittens in the house. However, none of that has anything to do with why I say that I see no reason to doubt him, nor does it create doubt.

Michael is not at all distracted by the world. His entire body becomes animated with something that seems to come from beyond when he teaches. He loves all without reason, even though he is not at all blind to the evils of the ego. He doesn't need anything from anyone. He'd rather let the body die than do anything that could be misconstrued as taking advantage of a seeker in any way. He keeps his word impeccably. However, none of that has anything to do with why I say that I see no reason to doubt him, nor does it create doubt.

I see no reason to doubt Michael, because of my own intuition. This intuition has nothing at all to do with Michael, although I am *very fond* of him. It's simply that from the first time I read his teachings, I *knew to listen*. I've always known to listen. I've always known that if I practice in the way Michael asks me to practice, I will awaken.

Again, if I practice in the way Michael asks me to practice, I will awaken. That is just a simple fact. It is as certain as a cassette tape falling to the table below it if the hand holding the tape lets go of the tape. (Michael demonstrated this for me while we sat in the mobile home.)

I really don't need to know anything else, do I?

Nor do you.

So, since there are unimportant details that I could share about my day with Michael, I won't share anything else. The *most important* is shared here in writing, in the audios that will be shared, and in Michael's books.

Two days after writing this article, I want to add:

I spent an entire day with Michael in close enough proximity to see every expression, etc. After spending an entire day with him, I would say that Michael is someone who is 100% sincere. I did not detect even one false note in Michael. It was clear that he does not want anything from me or anyone else. He is someone I can trust completely. I feel completely safe with him. I don't believe he would ever intentionally harm anyone in the slightest way.

Although Michael's clarity and love is the clarity and love of a true sage, his innocence is the innocence of a child.

After leaving Michael I went to a spiritual conference where I was one of the speakers. I could not help but notice the contrast between Michael's *direct teaching of only the essential* and the 'spiritual teaching' that I heard at the conference. The ego told me that I was becoming a 'truth snob.' When I shared that thought with a conference participant in the coffee line, she said that was simply essential discernment.

I hope Michael continues to be a friend, because I am very fond of him. However, if communication starts to fall away again, it could be because he has already given me everything I need.

I mentioned that Michael gave me a book by Vernon Howard. He also gave me a bookmark. The bookmark says, "Become loyal to your inner most truth. Follow the way when all others abandon it. Walk the path of your own heart."

In other words, *it is up to me.*

A Story to Consider – The Projector

Michael tells a story in *Manonasa*. This story is within the 44 pages where he tries to describe manonasa to humans. It is the story of a conscious movie screen. Here's that story:

Nisargadatta says he has no body, yet a human still dreaming sees him talking, etc. The same is true for all those who have attained manonasa. One still dreaming the human dream will see a body that appears to be functioning normally, walking, talking, writing, eating, etc.

So here is yet another way to explain this. Let us suppose that there was a movie theater screen that was alive. Movie theater screens are not alive normally. This is a special movie screen that is fully conscious.

You, the human still dreaming, are the projectionist in the projection booth. You therefore, are operating the projector. You are the one selecting the film. You are the one who turns the projector on and starts it running. You turn on the projector and now the screen that was just a blank white screen before has a movie projected on to it.

This special conscious movie screen has a special ability. It can speak through one of the characters you have projected onto the screen. One of the characters that you are projecting onto the screen is called Mr. Self Realized Sage.

Mr. Self Realized Sage says, "I have no body."

The projectionist watching the movie says, "Of course you have a body. I just watched your body say I have no body. I see your body moving, walking, talking, and responding to my questions."

Mr. Self Realized Sage says, "What you are seeing is the movie you are projecting onto the Screen. I am the Screen, and the reason you see a body walking, talking, etc. is because you are projecting a body that walks, and talks, etc. unto the screen."

Of course another way to say all this is that you are dreaming a dream. You see a body called Mr. Self Realized Sage in your dream. It is **your** dream. It is **not** Mr. Self Realized Sage's dream.

Kitty Kat

Oh yea, there is one more thing I will share. I don't know if Kitty Kat had kittens or not while Michael and I were together, but it is possible. When we returned to Michael's property, she was under his mobile home and would not come out. When he called her, she moved to where she could see him, but she would not come to him. Michael said she always comes to him quickly ... *very fast*. She can't wait to be with him. Maybe she didn't come to him, because she didn't want to move too far from newborn kittens.