

Liberation

Emptiness
↻
Pure Selflessness

Nondual-Duality
↑↑
Absent-Duality
↑↑
Absolute State

Absolute Absorption

Grace

Universal State

Unconditional
Surrender

Natural State

I Am

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Surrender

Heart

Highest Desire

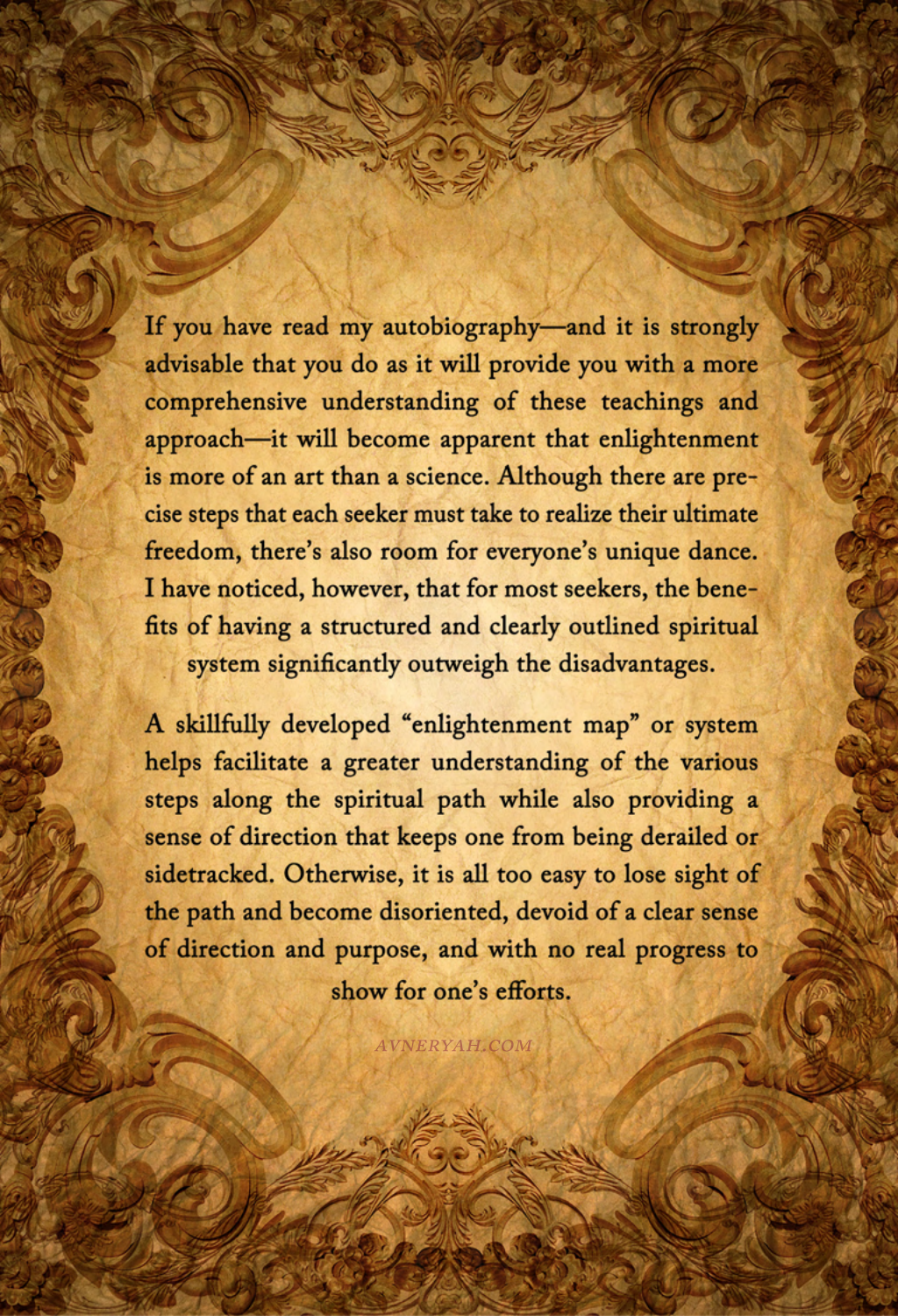
Inner Sensitivity

Presence

Discernment

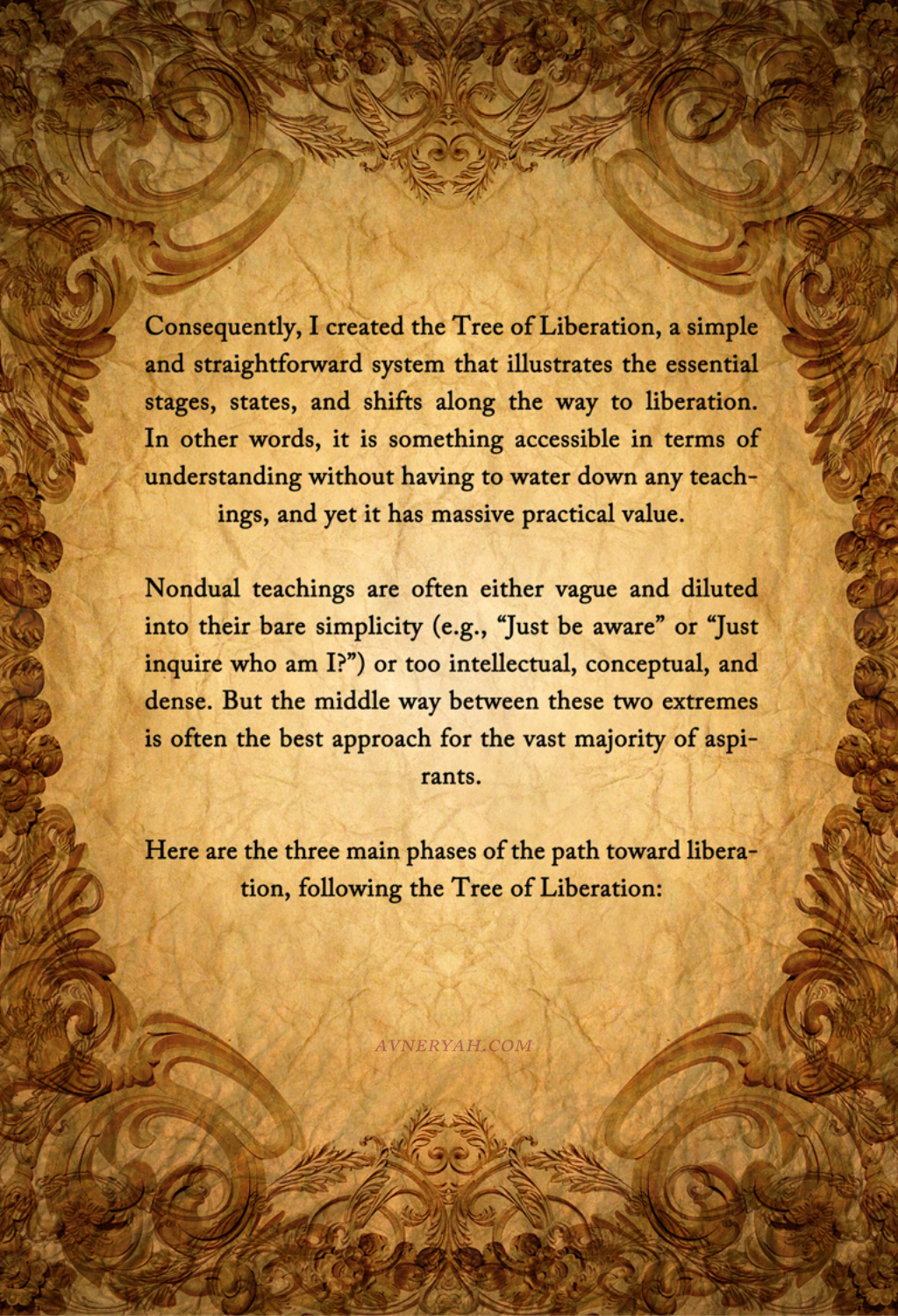
Ignorance

TREE OF LIBERATION



If you have read my autobiography—and it is strongly advisable that you do as it will provide you with a more comprehensive understanding of these teachings and approach—it will become apparent that enlightenment is more of an art than a science. Although there are precise steps that each seeker must take to realize their ultimate freedom, there's also room for everyone's unique dance. I have noticed, however, that for most seekers, the benefits of having a structured and clearly outlined spiritual system significantly outweigh the disadvantages.

A skillfully developed “enlightenment map” or system helps facilitate a greater understanding of the various steps along the spiritual path while also providing a sense of direction that keeps one from being derailed or sidetracked. Otherwise, it is all too easy to lose sight of the path and become disoriented, devoid of a clear sense of direction and purpose, and with no real progress to show for one's efforts.



Consequently, I created the Tree of Liberation, a simple and straightforward system that illustrates the essential stages, states, and shifts along the way to liberation. In other words, it is something accessible in terms of understanding without having to water down any teachings, and yet it has massive practical value.

Nondual teachings are often either vague and diluted into their bare simplicity (e.g., “Just be aware” or “Just inquire who am I?”) or too intellectual, conceptual, and dense. But the middle way between these two extremes is often the best approach for the vast majority of aspirants.

Here are the three main phases of the path toward liberation, following the Tree of Liberation:

I. PHASE OF SELF-REALIZATION

This phase includes the awakening of discernment, inner sensitivity, and the highest desire, which will propel you to awaken into the state of presence and the dimension of the heart, together with surrender into being. These will culminate in the powerful awakening into I am, which will allow you to reach and establish yourself in the natural state, and then expand into the universal state. In this phase, it is all about self-discovery and knowing oneself.



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II. PHASE OF THE ABSOLUTE

This phase includes the conscious dissolution into the absolute through absolute absorption, and the unconditional surrender that will allow grace to pull you from the unmanifested. These will culminate in a shift to the absolute state and, further down the line, the integration and maturation from absent-duality into nondual-duality. This is the realm of the unmanifested isness. In this phase, it is all about discovering what lies beyond creation, time, space, experience, and even beyond the light of awareness itself, “arriving” at the primordial nature of the subject.

Nondual-Duality



Absent-Duality

Absolute State



ABSENCE

Self-Realization

PRESENCE

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III. PHASE OF LUMINOUS EMPTINESS

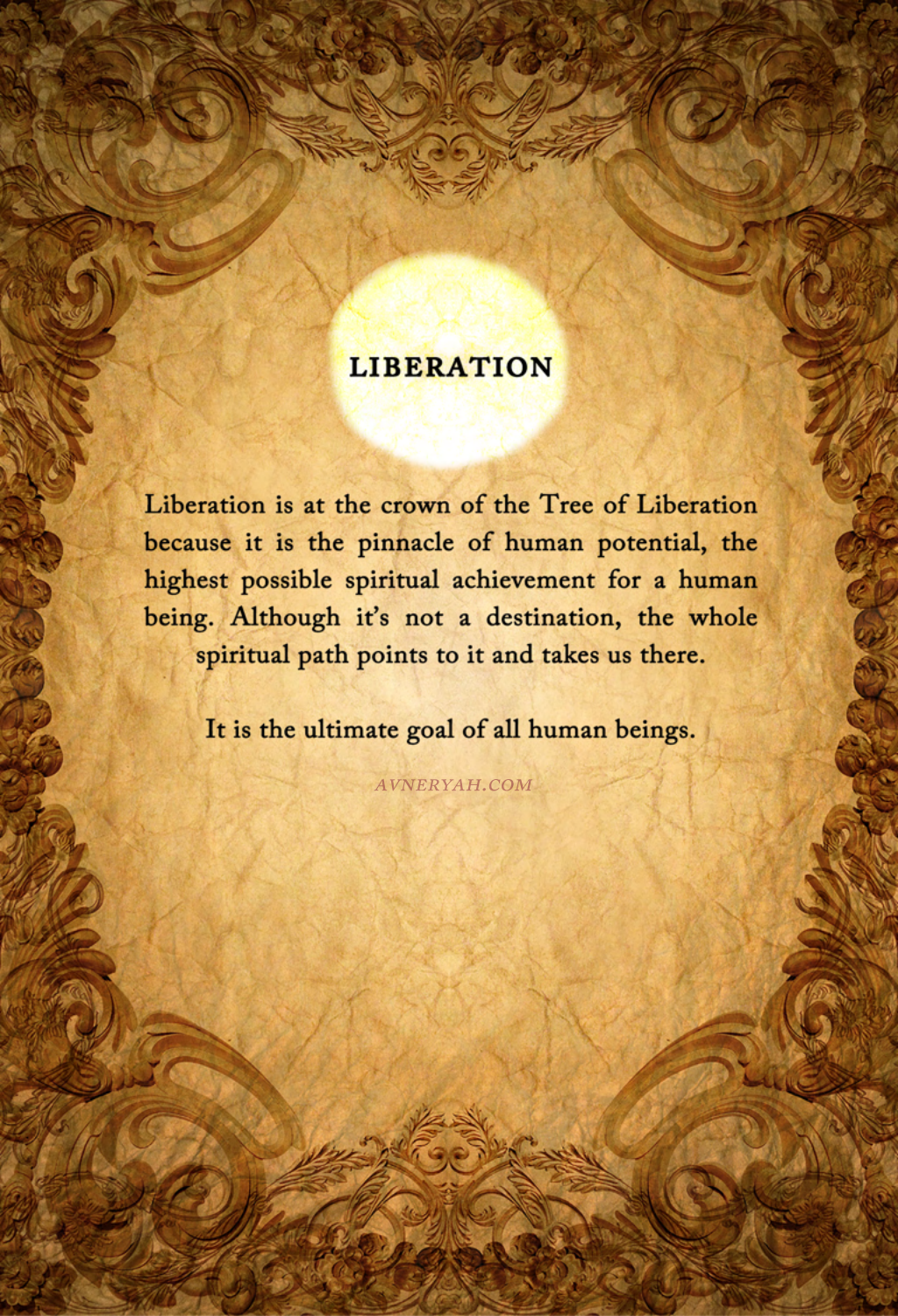
This phase includes the sublime contemplation and insight, which propel you to the fruition of pure selflessness and emptiness. These allow you to recognize manifestation itself as purely nondual, breaking any dichotomy between the unmanifested and manifestation. In this phase, it is all about discovering the ultimate nature of reality as it is and the nonconceptual and unqualified nature of experience, recognizing that everything has always been purely nondual, complete, perfect, and without subject and object.



SUCHNESS

Absolute State

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LIBERATION

Liberation is at the crown of the Tree of Liberation because it is the pinnacle of human potential, the highest possible spiritual achievement for a human being. Although it's not a destination, the whole spiritual path points to it and takes us there.

It is the ultimate goal of all human beings.

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