



## The Simplicity of Awakening

*Colin Drake*

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## **The Simplicity of Awakening** Colin Drake

A guide to, and practices for, Awakening composed of articles, replies to questions and discussions since the publication of 'Freedom From Anxiety and Needless Suffering'. Its thrust is that the initial awakening which reveals that, in essence, we are Pure Awareness is very simple to obtain. Then this needs to be established by repeated awakenings due to the natural tendency to 'nod off' and re-identify oneself as a separate object in a universe of separate objects. When one is awake then anxiety and unnecessary mental suffering disappear, for these are caused by this misidentification which causes us to see each other, and the world, through a murky filter of self-interest, self-concern, self-promotion, self-loathing etc. On Awakening one discovers that there truly is no separate self and this filter is removed allowing us to see the world 'as it is' with no self-concern for the future or past. This gives a great ease and lightness of being which is (en)lightenment in the literal sense of the word . . .

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