


REACHING A BLANK SLATE — WHAT WHY AND HOW (ROO6)

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There was a request for a blank slate. No specs as to what sort of blankness. Well then. We have a bunch of options. Confess your sins. Resign from your obsessions. Enter the pauses in your breath.



Or reflect on and reconcile the manifold fields of your conflicted awareness. There will be progressive settling and a radiant blankness, a canvas over which we can regenerate the essences of our life. Pure planes of

clear and undisturbed blankness, folding into a clean palace of prime consciousness. Go scrub it all clean.

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So there was a request for a blank slate – but no specification as to *what sort of a blank slate* is required. So I bring you the dreadful backlit video. The clouds here are your blank slate. Beyond that, there's a bunch of options. What sort of a blank slate do you want?

The Blank Slate of Forgiveness and Absolution

Do you want to let go of your past burdens, confess to your sins? In which case, *Ave Maria Gratia Plena*, may you be absolved. All of your sins are gone away, maybe, right?

Really though, you can just recognize that the past is in the past. Where there are haunting echoes, perhaps there are actual remediations you need to do to those you infringed upon – and through that clarify and purify yourself.

Clarity and purity facilitate a blank canvas of consciousness, free of ripples and disruptions.

The Blank Slates of Present Reboot and Blank Canvas

Then again, maybe you've been doing all sorts of stuff ambitiously, determination, high motivation – and you're questioning, *"Did any of this amount to anything at all? I'd like to have a clean start, a blank slate."* Well sure, anytime you want to do that, do it all the time. None of that matters, whatever that it was. That's what it was.

What I have here now is my present. My present is not... It *is* a product of the past, but it is *not in* the past. The *present is here* – and your choices are what it turns into. So that is a kind of blank slate.

Breath Mechanics and Momentary Operational Blanks

Do you want to have a zonk sort of blank canvas on your mind, right? Some sort of a zen lobotomic operation, blank space, emptiness, nothingness. Now yeah okay, establishing that as a lasting reality is neither easy nor desirable.

However there are times where we require a momentary blank slate, a clean canvas free of disruptions. So we can use mechanical means. Breathe, *inhale* – pause your breath. There is a clean presence, stillness, a kind of energetic blank slate.

Then you *exhale*, clear out all the air in your lungs – and you hold it there. There is a certain void that asserts itself in your mind and in your body, right? These are the *pause of life* and the *pause of death*.

The *pause of life* you take for a *blank slate that vitalizes* you. The *pause of death* you take for a *blank slate that*

obliterates your ripples, all right? Those are the kinds of blank slates you can establish as necessary.

The Blank State of Clear Undifferentiated Consciousness

But beyond that, if you're looking for a more existential existential lasting blank slate.

Yes, it does exist, right? Pure undifferentiated consciousness, the white light in the background. Yeah – that is a fantastic blank clean slate. If only you can actually establish awareness on a plane where ripples are yet to form.

So that's a tall order, right?

The Clearing Process of Multi-Level Reconciliations

And now here's a process. You have to establish reconciliations on multiple levels of your being. In your thoughts, in your emotions, in your instincts.

All that you are made of is in a state of flux – and most of it is in a state of conflict, right? And these are the factors that keep on dragging you off the blank slate. Why would you, what benefit would you gain from

having about three seconds of blankness – only to have all of that emerge again, right?

So there's the homework. You return to your different bases, the fields of your awareness, the situations of your life. You look at them, you reflect on their conflicts, their tensions. You seek to reconcile, if not externally then at least internally.

You come to terms with all that is – and with that, there is a certain peace and a certain silence that comes to be. That is a kind of blank slate, right?

The Long Road – Clean Inner Palace of Prime Awareness

Then you establish many of these blank slates, reconciled spheres of your existence. And beyond that you establish blank slates, ever-present awareness in the subtler spheres of your consciousness, the deeper movers and influencers. And you are building a clean, white inner palace for your prime awareness.

It's not exactly a blank slate. There's a bit more structure and shape to it. But it's certainly preferable to

abide in a pure white palace of consciousness than it is to be bounced around in a mad hall of mirrors.

So that's the longer process. And step by step we are coming closer and closer to the clean slate, the ripple-free state of consciousness, unphased, undisturbed by any inflows from the environment – and also internally cohesive, not edgy, on the inside. In between there, peace and balance exist.

That is a blank sphere, really, more of a ... slate, slate is more of a plane. You establish the planes of clarity and peace. You establish the spheres of clarity and peace.


And through that, in time, you will have more and more of the blankness of your state. A good blankness, a canvas on which the essence of your life can be painted into harmonic forms. Seek that blank slate.

Breath – Infusion of Awareness – Cleansing and Realization

Use the breath. Use the breath to remediate the disruptions in the moment, to awaken awareness, and then direct it to where disruptions appear. Let them be suffused by consciousness...

Or blowing it all out, and letting all the waves die down into a plane of stillness. And you hear their echoes. You realize they're coming and going with the pause of death, with the pause of life. You realize their essential dynamics.

Cleanse them – scrub them clean, right? And you have your blank slate, as many as you want, wherever you look. You handle it and it's clean. All right? So, there you go.

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