

# **The Table**

*by Gary Crowley*

Nondual experiencing is not at all complicated. As a matter of fact, it's as simple as bumping into your kitchen table. One must only understand that when you bump into your kitchen table, you also bump into all the experiencing that arises. Your entire neurology simply reacts to the situation.

When you understand that you and others don't consciously control the perceptions, thoughts, feelings, and emotions that arise in any situation, you are open to being the nondual experiencing of each moment. Bumping into a table is no different than encountering the rest of life. What you are is the experiencing of an inherited and conditioned neurology "bumping into" life situations.

Whether you are bumping into a table, meeting a friend in the park, considering the pros and cons of "paper vs. plastic" in the checkout line, awed by a beautiful sunrise, or grieving the death of a loved one, it's all part of the experiencing of living. Pain, pleasure, confusion, beauty, amazement, and grief are some of the many elements of living that are experienced along the way.

Every second of living is interpreted through the lens of your absolutely unique neurology that has been built and shaped through your genetics and life conditioning. You are the experiencing of your neurological lens meeting life. With this

understanding, “living” becomes the magnificent and completely unique experiencing of each moment.

The good news is that you are always already the experiencing of life. Whatever allows for the dismantling of “the illusion of conscious control over your present moment experiencing” will only free you to discover what you already are. And then there you’ll be, the nondual experiencing you’ve been searching for, but that you have always already been. You’ll simply be the dynamic experiencing of living - all “Am” and no “I.”

For a FREE Chapter of, *From Here To Here: Turning Toward Enlightenment*, please visit <http://www.GaryCrowley.com>.

To read Jerry Katz’s review of the book from Nonduality Highlight #2711, please visit <http://www.nonduality.com/hl2711.htm>