

## Living In Open Awareness

Foreword by Jerry Katz

Roy Whenary is a sharer. Because he is standing back from trying to fix anything - because this writing is from open awareness - these pages appear clear and unfettered.

Each chapter delivers a major theme of nondual teachings: meditation, teachers and teachings, letting go, responsibility, practice, ego, life itself, to mention a few.

The start of 2013 seems like a perfect time to review these themes. There's something significant about 7-year cycles, and it's been 14 years since a "nonduality for the people" became known via the internet.

These days "the people" include not only seekers, sages, and teachers, but those who would refer to themselves as sharers, facilitators, educators, or transformation agents.

Or ... scientists, journalists, artists, poets, atheists, humorists, publishers, yoga teachers, filmmakers, psychotherapists, life coaches, interviewers, nondual Christians, nondual Jews, (the Eastern traditions are already the open source of nondual teachings), public relations people, fiction writers and readers, musicians, vegans, conscious entrepreneurs, philosophers, you name it.

All these people are being folded into the life of open awareness. By writing from open awareness, Roy Whenary may be said to be facilitating that folding-in.

What he is doing accords with Mary Oliver's instructions for living: "Pay attention. Be astonished. Tell about it". Telling about it, he invites you to pay attention. Paying attention, you find yourself slipping into astonishment as Roy's words melt into your mouth, one chapter after another, like wafers of existence.

Not only is this a pleasurable reading experience but I would even say this book could be kept alongside your reference books. If you want a quick brush-up on "feelings" for example, go to the chapter 'Understanding as Feeling', and perhaps you'll key-in on this:

Feeling connects us,  
and grounds the truth  
that the mind comes to realise.  
Otherwise, as is often the case,  
we may spend the rest of our human existence thinking

we are enlightened and fully awake,  
yet be living totally and utterly  
only in a world that we have created  
and projected ourselves -  
calling it "NonDuality".

You may think, "Why would anyone need an enlightenment reference work?". I don't know every instance why. But I do know that being on either end of an interview, writing an article, writing a school paper, giving a talk, teaching a class, doing a podcast, wanting to shape a question or a response, composing an email, these are all activities that may be called work. And anyone working needs reference books related to their speciality. I feel this book could serve that function.

So you hold in your hands, or behold on the screen before you, a slippery slope to nondual astonishment, or a collection of major themes for your dualistically inclined reference. You hold the dual and the nondual. Actually let me check with what Roy says about that:

Only when we realise ourselves  
in the moment,  
in fully conscious Awareness,  
is the dichotomy,  
between Duality and NonDuality,  
resolved.

But, the moment we open our mouths  
to speak about it,  
we are right back in Duality,  
which is fine,  
but not if we are in denial of this fact.

Thanks for helping me finish the foreword to your book, Roy!

Jerry Katz

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