

## Enlightenment = Self-Realisation = God-Realisation?

By Nick Roach, Author of Enlightenment, The Simple Path

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So, what do these words mean? There is so much dispute, argument and confusion and few seem to be able to shed much light on the situation, which is probably why the debate continues. Here I will see if I can expose the truth in an undeniable and self-apparent way, leaving little room for the confusion to continue.

On looking at the above names, assuming they do indeed all mean the same thing (and I say they do), you will begin to see (if you haven't already) that there is actually no room for confusion anyway, as long as you do see these three names together and do not try to divide them up. Very simply 'Enlightenment' is 'Self-Realisation' which is also 'God-Realisation'. Let's have a look at what this means in our own experience:

'Enlightenment' (i.e. to see light or to make lighter) is the same as 'Self-Realisation' (i.e. to see, become or to make real to you, your 'Self') and is the same as 'God-Realisation' (to see, become or to make real to you, 'God').

Can you see here that Enlightenment, in the sense of the ultimate spiritual perspective many seek, is to realise your Self AND to realise God? Since it is the same thing, that means your Self and God are the same thing! There is no separate God and no separate Self. Enlightenment is to realise your Self is God, and that God is your Self.

But what does that mean to 'me' here? It means the space you are feeling inside you now, and at any moment, is your Self and is God. You do not need to travel the world to realise your self, and you do not need to pray to the heavens to communicate with God. That space you can feel now IS God, which is You!

It's all pretty obvious really, when you consider the old Bible teachings of God being everywhere and creating everything and, this being the case, God must also be within you (if not, how could he be everywhere, if he is not within you as well?!). This is confirmed in the teachings 'I and my Father are One', 'Be still and know that I am God' and 'The kingdom of Heaven is within you'; and also in the Bhagavad-Gita of the teachings of Krishna, of realising the 'Supreme-Personality' within you, which is in all things.

So, you no longer have to wonder what Enlightenment is, or what it is to realise your Self or God. They all mean simply to realise the space within you IS God!

When it happens to you, what does that mean and how would it feel? Well, if 'God' is creating all things and you realise the space within you is God, then it means you realise the space within you is creating all things; but that's not the mystery. The mind can pretty much get to grips with that idea in an abstract way. What it struggles with is the implications of this...

When the above experience occurs in the individual, initially only as a flash of insight, it is with the horrific knowledge that if this is indeed all 'my' own creation and 'I', whatever I am, am creating all of this, then in this 'I' am alone.

### Nick Roach Teachings

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By grace we do not have to live with this for long, as the shock is frightening enough to burn a hole in the veil of illusion and then fades. The majority of the veil remains so we are able to get on with our everyday activities, receiving only occasional glimpses of the light we have seen until one day, possibly many years later, the insight becomes an experience. I no longer only know there is only one being here, one God, and that I am it. Now I feel the last bit of the veil of separation dissolving and there is only 'Me', my Self, in all I experience. It was always me, behind all the efforts and struggles, but now I am indeed the Living Truth. I understand the teachings 'No-one comes to the father except by me' as I have done it. I have gone through 'me', through my own 'self' to realise I am indeed God.

However, despite this I am also not special. How can 'One' be special? I am alone, and therefore I alone am responsible for all that happens here. I have no-one to blame, nothing to achieve and nowhere to go, unless it suits me to do so here, in my own creation. I am indeed 'God-Realised'. What more could it mean, but to realise 'I' am God.

Did that surprise you? Did you think 'Who is he to call himself God?' If so, who is this one who is surprised and is asking the question? If you are here then it is you that I am talking about. This piece has all been about you realising your Self. Don't put it onto me.

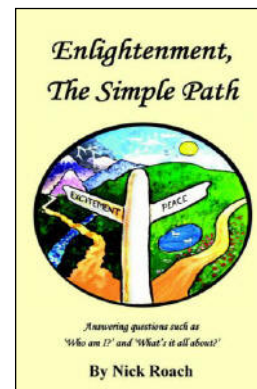
More about this state and how to achieve it is contained in Nick's book as well as his website [www.nickroach.co.uk](http://www.nickroach.co.uk)

### Nick Roach

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#### *Enlightenment, The Simple Path*

Book: Enlightenment, The Simple Path  
Author: Nick Roach [www.nickroach.co.uk/book.htm](http://www.nickroach.co.uk/book.htm)  
ISBN: 190536332X  
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Mind, Body & Spirit, Self Help,



Synopsis: One of the very few books on the subject of Enlightenment or Self-Realisation to have been written by a person living in the experience. What makes this book rarer still is that Nick Roach followed an amazingly simple practice to achieve it.

Cutting through all the usual mysticism and confusion, Nick takes the reader through the entire process of Self-Discovery, from beginning to end, and answers almost every possible question along the way.

A must for the avid seeker and the curious mind alike, this book is suitable for all levels of interest and intellect, age or background. Whether you are looking for the answers to the universe, or just how to find peace in this modern world, this book provides satisfaction to both.