

**“Go through the gateless gate”**

This famous Zen expression deals with *the fundamental non-dualistic nature of Reality*:

*Heaven and hell are always there, wherever you are.*

*Do not try to reach heaven; you are there already if you want.*

*Your life can be heaven or hell. You choose.*

*Why are we living here?*

*To realize that we are already in heaven?*

*Duality perception can be and will be an obstacle.*

*Fundamentally, our experience is not different from the Zen experience.*

*Where we differ is that we place a filter, a particular kind of conceptual overlay, onto that experience and then make an emotional investment in that overlay, taking it to be "real" in and of itself.*

*Reality is perfect as it is. There is no need to talk about it.*

(from: ***Unconditioned Awareness: “Truth is a pathless Land”***, by Peter Rama,  
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