



From Seeking to Being

Returning to What Has Always Been

A Guide to Everyday Awareness

By Chi Om

An Invitation to This Moment

Right now, as you read these words, you are breathing. Your heart is beating. Life is happening through you without your effort or control. This simple fact—so obvious we rarely notice it—points to something profound: you are already awake. You are already whole. The seeking can end here.

This book is not about becoming someone new. It's about noticing what's already here. Not about fixing what's broken, but recognizing what was never broken in the first place.

Most of us live as if we're asleep while wide awake. We move through our days lost in thoughts about yesterday or tomorrow, barely present to what's actually happening now. We suffer not because life is inherently painful, but because we resist what is and chase what isn't.

The invitation here is simple: What if this moment—exactly as it is—contains everything you've been looking for?

What if the peace you seek isn't somewhere else, but here? What if the clarity you want isn't something to achieve, but something to uncover? What if awakening isn't a distant goal, but your natural state, simply forgotten?

These pages offer no techniques to master or steps to follow. They offer something more radical: a return to the obvious. A remembering of what you already know but have learned to ignore.

The path forward is not about adding more to your life. It's about subtracting. Not about getting somewhere, but about being here. Not about becoming aware, but about recognizing the awareness that's already present.

Can you feel your breath right now? Can you sense the weight of your body? Can you hear the sounds around you? If so, you're already on the path. In fact, you've never left it.

Chapter One: This Moment Is All There Is

Sit quietly. Notice what's here now.

Time is a story we tell ourselves. Past and future exist only in thought. What exists is this: the breath entering your lungs, the sensation of your body against the chair, the sounds filtering through your awareness.

Yet we spend most of our lives elsewhere—replaying yesterday's conversations, planning tomorrow's meetings, worrying about next week's possibilities. We've made thinking about life more important than living it.

Watch your mind for just one minute. Notice how rarely it rests in what's actually happening. It jumps from thought to thought like a restless monkey, rarely still, never satisfied with now.

This restlessness isn't a problem to solve. It's simply what minds do. The invitation is not to stop thinking, but to stop being carried away by every thought. To recognize the space in which thinking happens.

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When you're washing dishes, are you washing dishes? Or are you planning your next conversation while your hands move through the motions? When you're listening to a friend, are you truly listening? Or are you preparing your response while they speak?

Most of us live on autopilot, going through the motions while our attention is elsewhere. We eat without tasting. We walk without feeling our feet touch the ground. We breathe without noticing the miracle of each inhale.

But occasionally—perhaps while watching a sunset or holding a sleeping child—we drop into presence. Time seems to stop. Everything feels complete. Nothing needs to be different. In these moments, we glimpse what's always available: the fullness of now.

What would change if you brought this quality of attention to folding laundry? To waiting in line? To the ordinary moments that make up most of life?

The mystics speak of eternal life. This is it: not an extension of time, but a depth of presence. Not living forever, but living fully now. Not escaping this moment, but entering it completely.

Right here, right now—before you read another word—pause. Take three conscious breaths. Feel your body. Notice what's around you. This is your life happening. This is where transformation begins: not in grand revelations, but in simple attention to what is.

Chapter Two: The Gift of Ordinary Restlessness

Boredom is not your enemy. It's the doorway.

Something in us cannot sit still. We reach for our phones dozens of times each day—not because we need to, but because we can't bear the emptiness. We fill every silence with music, every pause with distraction, every quiet moment with mental noise.

This restlessness reveals something important: we're afraid of ourselves. Afraid of what might surface if we stop moving, stop consuming, stop running from this moment.

But what if restlessness isn't something to escape? What if it's precisely what we need to explore?

Sit quietly for five minutes. Don't try to meditate or achieve any special state. Just sit. Watch what happens. Notice the urge to check your phone, to make a list, to do anything other than simply be present.

This urge—this discomfort with just being—is where the work begins. Not by fighting it or trying to make it go away, but by staying with it. By being curious about it.

What does restlessness feel like in your body? Where do you sense it? Is it moving or still? Tight or loose? Hot or cool? Can you be present with it without trying to fix it?

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Most of us have never learned to be comfortable with discomfort. We've been taught that every feeling is a problem to solve, every sensation a signal to act. But what if some experiences are simply meant to be felt?

Restlessness, boredom, even anxiety—these are not enemies. They're like clouds passing through an open sky. They arise, they exist, they dissolve. The sky remains unchanged.

You are that sky: the open awareness in which all experiences come and go. Thoughts arise in you. Emotions move through you. Sensations appear in you. But you are not any of these temporary visitors.

When you stop running from restlessness, something unexpected happens. It begins to settle. Not because you've conquered it, but because you've allowed it to be here. And in that allowance, a deeper stillness emerges.

This stillness isn't the absence of activity. It's presence itself: alert, open, aware. It's always been here, beneath the restlessness. You don't create it. You simply stop covering it up and start noticing it.

Next time you feel the urge to distract yourself, pause. Take a breath. Ask: "What am I avoiding?" Not to judge yourself, but to get curious. What would happen if you stayed right here with whatever you're trying to escape?

This is how awakening happens: not through dramatic experiences, but through simple willingness to be present with what is. Even—especially—when what is feels uncomfortable.

Chapter Three: The Space Between Thoughts

In the gap, everything becomes possible.

Thoughts arise constantly. Plans, memories, judgments, fantasies—an endless stream of mental activity. We identify so completely with this inner commentary that we forget: we are not our thoughts. We are the one who notices them.

Right now, as you read this, thoughts are probably arising. Maybe you're agreeing or disagreeing with these words. Maybe you're thinking about something else entirely. Notice: who is aware of these thoughts?

There's a space—subtle but always present—between one thought and the next. In that space, something profound reveals itself: the awareness that witnesses all mental activity without being caught in it.

This awareness doesn't think. It simply is. It doesn't judge. It simply sees. It doesn't try to control the flow of thought. It simply allows it to come and go like a cloud in an empty sky.

Most of us live so identified with our thoughts that we never notice this deeper dimension of ourselves. We believe we are the voice in our head—the narrator, the planner, the critic. But you can't be the thoughts, because you can observe them. Who is aware of them? I am. Then, who am I?

Pay attention to your thinking right now. Can you notice thoughts arising? Can you watch them change and dissolve? Who or what is doing the watching?

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This witnessing awareness is your deepest nature. It was present when you were five years old, and it will be present when you're ninety. It doesn't age or change. It simply is.

From this place of witnessing, you begin to see how many of your thoughts are simply habits—old patterns running on automatic. The mind telling the same stories, worrying about the same concerns, replaying the same conversations.

You don't need to fight these patterns or try to stop thinking. You simply need to recognize that you have a choice: you can be carried away by every thought, or you can rest in the awareness that holds them all.

When you're caught in worry, pause. Notice: "Worrying is happening." Don't try to stop it. Just see it clearly. When you're lost in planning, notice: "Planning is happening." When you're judging yourself or others, notice: "Judging is happening."

This noticing creates space. And in that space, you're no longer a victim of your own mental activity. You're free to respond consciously rather than react automatically.

The goal isn't to have a quiet mind. The goal is to recognize the spacious awareness that's always present, even when the mind is busy. To find the still center in the middle of the storm.

This is your true home: not in any particular state of mind, but in the awareness that remains constant through all states. Here, you are always safe. Here, you are always free. Here, you are always yourself.

Chapter Four: Who Is Aware?

Before you had a name, you were already here.

We carry so many identities: parent, professional, success, failure, victim, hero. We introduce ourselves with labels and define ourselves through roles. But who were you before you learned your name?

Sit quietly and ask yourself: "Who am I?" Don't think about it—just listen. What arises when you go beneath the surface of personality and history?

You might first hear familiar answers: "I'm a teacher." "I'm someone who struggles with anxiety." "I'm a person who cares too much." But keep going deeper. Who is the one who has been a teacher? Who is aware of the anxiety? Who is the one who cares?

Strip away everything that's temporary. Your body changes constantly—you're not the same physical form you were ten years ago. Your thoughts come and go—you're not any particular thought. Your emotions rise and fall—you're not your feelings. Your roles shift and evolve—you're not your job or your relationships.

What remains when everything changeable is set aside?

There's a presence that has been with you your entire life. It was there in childhood, watching through young eyes. It's here now, aware of these words. It will be there in old age, unchanged by time. This presence doesn't think or feel or act. It simply witnesses everything that thinks, feels, and acts.

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This witnessing awareness is impersonal—it's not "yours" in the way your thoughts or memories are yours. It's more like space itself: open, empty, allowing everything to appear within it without being affected by what appears.

You can't grasp this awareness as an object because you are it. It's like trying to see your own eyes or bite your own teeth. You can't step outside of awareness to observe it because there is no outside.

This recognition—that you are awareness itself rather than any content within awareness—changes everything. You stop trying to improve yourself because you realize there's nothing to improve. You stop seeking happiness because you recognize the peace that's always been here.

You're not broken and never were. You're not behind in some spiritual race. You're not missing some essential understanding. You are the very awareness in which all experience appears—complete, whole, perfect as you are.

When problems arise, ask: "Who is aware of this problem?" When emotions overwhelm you, inquire: "Who knows about these feelings?" When thoughts spiral out of control, notice: "Who sees this mental activity?"

This isn't a technique or practice. It's a recognition of what's already true. You are not a person who sometimes becomes aware. You are awareness itself, temporarily imagining you are a person.

This shift in identity—from being a somebody to being nobody and everybody—is the most radical transformation possible. And it's not something you achieve. It's something you are.

Chapter Five: Seeing Clearly Without Stories

The mirror doesn't interpret what it reflects.

We live in a world of interpretation. Something happens, and immediately we assign meaning: "This is good." "This is terrible." "This shouldn't be happening." "If only things were different."

But what if we could see without the commentary? What if we could witness life without immediately making it mean something about us?

Watch how quickly your mind creates stories. Someone doesn't return your call, and suddenly you're not important to them. You make a mistake, and you're a failure. Someone criticizes you, and you're not good enough.

None of these interpretations are facts. They're stories—often unconscious—that we layer onto neutral events. The events themselves simply are. The suffering comes from our interpretation of what they mean.

This doesn't mean becoming passive or indifferent. It means learning to see clearly before reacting. To respond from presence rather than from the stories we tell ourselves about what's happening.

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When something triggers you, pause. Before you dive into the familiar narrative, ask: "What actually happened here?" Strip away the interpretation. What are the bare facts?

You might discover that very little actually happened. Someone said words. You felt sensations in your body. You had thoughts. That's all. Everything else—the meaning, the judgment, the drama—came from you.

This isn't about denying your feelings or pretending difficult situations don't matter. It's about distinguishing between what's actually happening and what you're adding to what's happening.

Your colleague seems distant in a meeting. The fact: they spoke less than usual. Your story: they're angry with you, you did something wrong, your job is in jeopardy. See the difference?

When we confuse our interpretations with reality, we suffer unnecessarily. We react to our thoughts about the situation rather than to the situation itself. We live in a world of our own mental creation—and then wonder why we feel anxious, depressed, or overwhelmed.

Clear seeing doesn't eliminate all emotional response. If someone you love is in pain, you'll naturally feel concern. If you're treated unfairly, anger might arise. But you won't be lost in stories about what it all means. You'll be present with what is.

This clarity transforms relationships. Instead of reacting to what you think someone meant, you can ask what they actually meant. Instead of defending against an attack that might exist only in your interpretation, you can stay open to what's really being communicated.

The invitation is simple: Can you see without immediately knowing what it means? Can you experience without instantly judging whether it's good or bad? Can you allow life to be more mysterious than your stories about it?

This is the beginning of wisdom: not having all the answers, but being willing to see clearly. Not knowing what everything means, but being present with what is.

Chapter Six: The Body Knows

Your wisdom lives in your bones.

We've learned to live from the neck up, treating the body as a vehicle for the head. But the body holds intelligence that the mind can't access—an ancient knowing that doesn't speak in words.

Right now, without thinking about it, your body is breathing, digesting, healing cuts, fighting infections, balancing on a spinning planet. This intelligence doesn't need your conscious direction. It simply knows what to do.

This same intelligence is constantly communicating with you through sensation. Tension in your shoulders might be saying: "Slow down." Tightness in your chest might be whispering: "Pay attention to what you're feeling." Butterflies in your stomach might be announcing: "Something you give value to is happening here."

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But we've learned to override these signals. We push through fatigue instead of resting. We ignore hunger instead of eating. We medicate anxiety instead of listening to what it's trying to tell us.

What will change if you start to perceive your body as your most intimate teacher?

Take a moment to scan your body from head to toe. Don't try to change anything—just notice. Where do you feel tension? Where do you feel ease? What sensations are present that you usually ignore?

Your body holds the memory of every experience you've had. Trauma lives in your tissues. Joy lives in your cells. Grief sits in your heart. Fear contracts your belly. All of this information is available if you know how to listen.

When you're making a decision, notice what happens in your body when you consider different options. Does one choice make you feel expanded while another creates contraction? This is your inner wisdom speaking—not through thoughts, but through sensation.

We often know the right choice before we know why it's right. The body responds to truth before the mind understands it. Learn to trust this deeper knowing.

This doesn't mean following every impulse or desire. It means including your body's wisdom in the conversation. It means honoring the intelligence that has kept you alive since birth.

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When emotions arise, feel them in your body rather than just thinking about them.

Where does sadness live? How does anger move through you? What does joy feel like in your body?

Emotions are not problems to solve—they're energy in motion. When you feel them fully in your body, they naturally complete their cycle. It's the resistance to feeling that creates emotional stuckness.

Your body is also your anchor to the present moment. Thoughts can travel anywhere in time, but the body is always here, always now. When you're lost in mental loops, come back to physical sensation. Feel your feet on the ground. Notice your breath. Sense the weight of your body.

This return to embodied presence is not a spiritual bypassing of psychological work. It's a way of including your whole self in the journey of awakening. Not just your thoughts and insights, but your cellular wisdom, your nervous system's intelligence, your body's truth.

You are not a soul trapped in a body. You are consciousness expressing itself as a body. Honor this expression. Listen to its wisdom. Let it guide you home.

Chapter Seven: Choosing Your Response

Between what happens and what you do lies your freedom.

Life will challenge you. People will trigger you. Plans will fall apart. This is not a problem to solve—it's the nature of being human. The question is not whether difficulties will arise, but how you'll meet them.

Most of us react automatically. Someone criticizes us, and we defend. Something doesn't go as planned, and we resist. We encounter discomfort, and we try to escape. These reactions happen so quickly they feel involuntary.

But there's a space—sometimes just a breath—between stimulus and response. In that space lies your power to choose.

This doesn't mean controlling your initial reaction. If someone insults you, anger might arise immediately. That's okay. The choice comes in what you do with that anger. Do you speak from it, or do you feel it fully and then choose your words?

When you're triggered, the first step is to pause. Not to think about what you should do, but to create space for something other than automatic reaction. Take a breath. Feel your feet on the ground. Come back to your body.

In this pause, you can ask: "What's really happening here?" Often, our reactions are more about our past experiences than about the present situation. We're defending against old wounds or fighting battles that ended long ago.

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You might discover that your colleague's criticism reminds you of your father's disapproval. Your friend's cancellation of plans triggers your childhood fear of abandonment. Your partner's silence activates your belief that you're not worthy of love.

This recognition doesn't make the present situation irrelevant, but it puts it in perspective. You can respond to what's actually happening rather than to what it reminds you of.

Sometimes the most powerful response is no response at all. Not every comment needs a comeback. Not every provocation requires engagement. Not every emotion needs to be expressed immediately.

This isn't suppression—it's discernment. It's the difference between swallowing your feelings and choosing when and how to express them skillfully.

When you do choose to respond, you can speak from presence rather than from reactivity. Your words carry more weight because they come from depth rather than from surface emotion. Your actions have more impact because they're intentional rather than impulsive.

This doesn't make you perfect. You'll still react sometimes. You'll still get caught in old patterns. But increasingly, you'll catch yourself sooner. The gap between trigger and reaction will widen. Your capacity to choose will grow.

Each moment of conscious response strengthens your ability to choose the next one. Over time, what felt like effort becomes natural. What required conscious intention becomes your default way of being.

This is how transformation happens: not through dramatic breakthroughs, but through thousands of small choices to respond consciously rather than react automatically. One breath at a time. One pause at a time. One conscious choice at a time.

Chapter Eight: The Intimacy of Connection

To be seen, you must first be willing to see.

We hunger for real connection yet often settle for performance. We show up as who we think others want us to be rather than who we actually are. We listen to respond rather than to connect. We project and assume instead of staying present and listening.

True intimacy begins with intimacy with yourself. How can you be authentic with others if you don't know who you are beneath your roles and strategies? How can you connect with someone else's flaws if you're disconnected from your own?

The first step toward genuine connection is internal honesty. Can you acknowledge your own contradictions without judgment? Can you feel your emotions without needing to justify them? Can you recognize your patterns without shame?

This self-awareness isn't self-indulgence. It's the foundation of authenticity. When you stop hiding from yourself, you stop needing others to validate your disguise. When you acknowledge your own humanity, you can recognize others' humanity too.

Real listening is rare. Most of us listen while preparing our response, while judging what we're hearing, while thinking about how it relates to our own experience. But what if you could listen with your whole being? What if you could be fully present with another person's reality?

This kind of listening is a gift. It says: "Your experience matters. You don't need to perform or impress me. You can be exactly who you are right here, right now."

When someone feels truly heard, something in them relaxes. Their defenses soften. Their authentic self begins to emerge. This is how real intimacy is born—not through strategies or techniques, but through genuine presence.

Speaking authentically requires courage. It means risking rejection, misunderstanding, conflict. It means saying what's true even when it's uncomfortable. It means triggering others rather than betraying yourself.

But authentic expression is also liberating. When you stop trying to be who you think others want you to be, you discover who you actually are. When you stop saying what you think you should say, you find your true voice.

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This doesn't mean dumping every thought and feeling on others. Authentic expression includes discernment. It's not about saying everything, but about not saying things you don't mean. It's about letting your words come from truth rather than from strategy.

In relationships, this means being willing to displease each other in small ways rather than betray yourselves in large ways. It means choosing connection over approval, honesty over fake sense of harmony.

When conflict arises—and it will—can you stay present with both your own and the other person's experience? Can you be curious about their perspective rather than just defending your own? Can you look for the truth in what they're saying even when it's hard to hear?

This is the practice of conscious relationship: showing up fully, listening deeply, speaking truthfully, and staying present even when things get messy. Not perfect relationship, but real relationship.

Connection is not something you achieve but something you practice. Each conversation is an opportunity to be more present. Each interaction is a chance to be more authentic. Each relationship is a mirror showing you where you're awake and where you're still asleep.

Chapter Nine: The Practice of Ordinary Days

Awakening happens in the laundry room.

The spiritual path is not separate from daily life. It's not about retreating from the world to find truth in some pristine inner realm. It's about bringing awareness to whatever you're doing, wherever you are.

Washing dishes can be as sacred as sitting in meditation—if you're fully present. Listening to your child can be as profound as listening to an enlightening lecture, if you're truly there. Standing in line at the grocery store can be as transformative as attending a retreat—if you're awake to the moment.

This ordinariness of awakening is both its gift and its challenge. It means you don't need special conditions or extraordinary experiences to discover your true nature. But it also means you can't escape into spiritual concepts or practices to avoid the messiness of human life.

The practice is simple: Whatever you're doing, do it consciously. Whatever you're feeling, feel it fully. Wherever you are, be there completely.

When you're cooking, can you feel the knife in your hand, smell the onions, hear the sizzle in the pan? When you're driving, can you sense your hands on the wheel, your body in the seat, the car moving through space?

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When emotions arise, can you make space for them without immediately trying to fix or change them? Can you be curious about what you're feeling rather than judging yourself for feeling it?

This doesn't mean forcing yourself to be present or making awareness into another task on your to-do list. It means remembering—again and again—that this moment is your life happening. Not the thoughts about this moment, but the direct experience of it.

You'll forget constantly. You'll find yourself lost in mental stories while your life unfolds unnoticed. This forgetting is not failure—it's part of the process. The awakening happens in the remembering.

Each time you notice you've been absent, you have a choice: you can judge yourself for being unconscious, or you can simply return to presence. This return—this gentle coming back to what is—is the practice itself.

Gratitude is attention paid to what's actually here rather than to what's missing. When you're genuinely present, appreciation arises naturally. Not as a positive thinking strategy, but as a recognition of the abundance that's always available when you're not focused on what you lack.

The breath is always available as an anchor to the present moment. You don't need to breathe in any special way—just notice that you're breathing. Let this awareness of breath be your thread back to presence whenever you find yourself lost in mental activity.

Your body is also a constant invitation to presence. The sensation of your feet on the ground, the feeling of air on your skin, the weight of your clothes—all of these are happening right now and can serve as doorways back to this moment.

This is not about perfection. It's about practice. Not about never getting lost, but about finding your way back more quickly each time. Not about achieving some permanent state of enlightenment, but about choosing awareness moment by moment.

The goal is not to transform your life dramatically, but to live the life you have more consciously. To be present for the ordinary miracles that surround you every day. To discover that what you've been seeking was never hidden—it was only overlooked.

The End of Seeking

What you are looking for is what is looking.

The journey of awakening has a curious quality: the more sincerely you seek, the more you realize there's nothing to find. The more earnestly you try to become conscious, the more you recognize you already are consciousness itself.

This doesn't mean the path was pointless or that your efforts were wasted. Every practice, every insight, every moment of presence has contributed to this recognition. But what you discover in the end is what was true in the beginning: you are already what you seek.

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The person who started this journey of self-discovery and the awareness reading these words now are the same. Nothing fundamental has changed. What has changed is your recognition of what was always true.

You are not a person who sometimes becomes aware. You are awareness itself, playing at being a person. You are not someone seeking peace—you are the peace that was never disturbed. You are not trying to find your true self—you are your true self, temporarily forgetting and then remembering what you are.

This recognition doesn't eliminate the human experience. You still have preferences, responsibilities, relationships. You still feel emotions, have thoughts, face challenges. But you no longer identify exclusively with these temporary experiences. You know yourself as the unchanging awareness in which all experience appears.

From this perspective, problems don't disappear, but your relationship to them transforms. Difficulties still arise, but you're no longer overwhelmed by them. Emotions still flow through you, but you're no longer swept away by them. Thoughts still arise, but you're no longer imprisoned by them.

This is not detachment or indifference. It's the deepest engagement possible: meeting life fully from your essential nature rather than from your conditioned patterns. Responding from presence rather than reacting from history.

The seeking can end here, in this moment, with this recognition: you are already home. You are already whole. You are already free. Not because you've achieved something, but because this is what you've always been.

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There's nothing more to seek because there's nowhere to go. There's nothing more to become because you already are what you were looking for. There's nothing more to find because you are what was never lost.

This is the great joke of the spiritual path: you spend years looking for what you are. You are the seeker, the sought, and the finding itself. You are the question, the answer, and the space in which both arise.

What remains is simply living from this understanding—not as a concept to remember, but as your lived reality. Bringing this recognition into your relationships, your work, your daily activities. Living as what you are rather than as what you think you are.

This is the end of seeking and the beginning of being. Not the end of growth or learning, but the end of the fundamental search for something you don't already have. Not the end of practice, but the end of practicing to become someone else.

You are already what you were looking for. You have always been what you were looking for. This moment, exactly as it is, is what you were looking for. You can stop seeking now and simply be what you are.

Welcome home.

About Chi Om

Guide in Life Awareness and Inner Truth

What are you looking for that isn't already here? Chi Om has spent over two decades with this question. Born in Israel and raised in the communal spirit of a kibbutz, he learned early that answers don't always come from outside ourselves—sometimes they emerge from the very ground we're standing on. After military service, he found himself drawn to Eastern spiritual teachings. In a moment of complete breakdown—the kind that strips away everything you thought you knew about yourself—he discovered something simple: what you're seeking is what's seeking. Today, Chi Om brings decades of practice to the most ordinary moments. Each moment is an invitation to wake up from the dream of somewhere else.

From Seeking to Being isn't another spiritual how-to manual. It's a mirror. Chi Om doesn't offer techniques for becoming enlightened—he points to the awareness that's reading these words right now. He doesn't promise transformation—he reveals what never needed transforming. Through direct inquiry and unflinching presence, this book challenges the fundamental assumption that drives most spiritual seeking: that you're broken and need fixing. What if you're not? What if the very effort to improve yourself is what keeps you from recognizing what's already whole? Chi Om writes from his own direct experience that awakening isn't an event—it's a return to the simplicity that was never actually lost. His words invite you to stop seeking long enough to notice what's been here all along.

His real teacher remains this moment—this breath, this awareness, this exact experience you're having as you read.

About The Essence Community

The Essence is a conscious living community dedicated to self-awareness, inner truth, and radical life transformation. We offer immersive retreats and long-term stays for those ready to face themselves fully and live with greater clarity, presence, and purpose. More than a place, The Essence is a living experience—a space where distraction fades, vulnerability is welcomed, and connection to self and others is deeply real. Whether you come for a reset or a longer journey, you're invited to walk a path that leads home to who you truly are.

To learn more or begin your own journey, visit:

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