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Preface

Throughout my entire life I always felt that God existed and could be directly encountered. Although I did not know how to attain this goal, I always believed it was somehow possible. Looking back over the course of my life, I can now see several significant occurrences that influenced my own spiritual journey and the eventual attainment of the same enlightened transformation that has been described throughout the ages.

Beginning with my early life, as a child I had a recurring vision that would appear in my mind before I fell asleep every night. Soon after closing my eyes, a tiny point of light would emerge from the depths of an imageless field. This tiny point grew until it filled my mind with a pearly luminous sphere of light. Without interruption it continued expanding until I was no longer looking at the sphere of light as an object inside my mind. Instead, my mind became the light itself. A feeling of perfect wholeness and deep inner peace enveloped my entire being during these moments. But then, just when the light seemed so fully complete and beyond any further possible expansion, it would begin to contract, and eventually, the subtly glowing sphere became visible as an object in my mind once again.

As the light contracted, dark blemishes appeared on its surface. This decaying presence seemed to contaminate the sphere's luminous purity with a dark, gnarly structure. This mottled object would then shrink into an infinitesimal size. But just before it was about to dissolve into oblivion, something always re-energized and quickened the mangled sphere, eventually taking over and re-establishing its pearly luminosity once again. Amazingly, this inner vision—the interplay of effulgence and decay—was available every night and would continue for as long as I contemplated its oscillating imagery, or until I fell asleep.

Another notable event took place regularly during the day, although it occurred with less frequency than my nightly inner visions. Growing up, I often felt compelled to spend significant amounts of time staring at myself in the mirror. As I watched my own reflection, I would begin to contemplate the idea that I was not really my body, and that the image of my face was not my real face. As I repeated these messages to myself, my awareness would expand until I felt like I was outside my body watching myself looking at myself in the mirror. This self-discovered practice always led me to experience this watchful presence beyond my body and mind. At the time I had no idea who or what this outside observer

was, but I also sensed that it was somehow a part of my own identity. It was only later that I learned that I was unknowingly establishing brief glimpses of the witness state.

This remarkable state of awareness emerged in an unmistakable way several years later. As an adolescent, I developed a truly potent desire to discover who I really was—who we all are—in an ultimate sense. At times, I became so intensely introspective that I forced myself into seclusion. And alone, away from others, the intensity of my introspection only increased. This concentrated form of looking within eventually led to what I regarded as a “split” in my consciousness. The presence that I had evoked during my childhood meditations looking at myself in the mirror began taking on an inescapable and watchful presence during every moment of my waking life. The presence of this mysterious “looker,” which was quite different from who I thought I was at the time, found its most poignant expression in the form of a question that I kept repeating to myself: “If I can be aware of myself as a looker, then *who* or *what* is this aspect of my awareness that is always looking?”

The answer to this question came in a decisive moment one night while I was lying in bed. I was utterly exhausted from searching and felt that no answer would ever come. Then, while trying desperately to fall asleep, an unfathomable presence spontaneously enveloped my entire room. This foreboding presence communicated directly to my mind without words. At that moment I understood implicitly that I had to make a choice—either fully surrender to this presence and discover the answer to my spiritual quest, or spend the rest of my life knowing I ignored that precious opportunity. I chose to surrender myself completely to this incomprehensible mystery.

I was instantly drawn into a vortex that descended into a realm of infinite regression. Once inside this void, I lost all awareness of reality and my body. Then, from within the very depths of this enigma, a profound spiritual revelation, followed by a series of extraordinary realizations and inner transformations, unfolded that completely changed my life forever.

First, the same interplay of light and dark forces that had appeared so frequently during my childhood reappeared in a much simpler form. A pair of complementary opposites—expressed through a subtle vision of a series of white balls connected to black balls—rolled across a vast field of pure emptiness. I knew this endless polarity represented the principle of duality, and that the interplay of these two forces informed the very basis of reality. The moment I

understood this fully, the subtle vision dissolved and my consciousness expanded and became one with an unbounded dimension. Here, all notions of separateness united in a universal presence of formless unity and clear light. I immediately recognized that this boundless and purely luminous dimension was indeed God, the primordial source of absolute unity and consciousness that is the fundamental condition of everyone and everything in existence.

Next, I understood how I had perceived my entire life and defined all my experiences up until that point in terms of conflicting opposites: good and evil, pleasure and pain, light and dark, and other such dualities. But the moment I dissolved into this universal consciousness, I knew I had made a significant transition from a life no longer defined by duality to one defined by unity.

During this mystical union I also realized that I had achieved the ultimate spiritual goal. In that eternal moment I knew I was participating in the feeling of eternal bliss and freedom that is our true and immortal nature. I understood without a doubt that this was the truth we are all meant to discover within ourselves.

Immediately following all this, another message came directly into my mind through a powerful, but calm voice. The message was simple. I could stay in this immortal realm of absolute unity, formless freedom, and endless bliss forever, or I could return to my life: I chose to return to my life.

As my consciousness re-entered my body, a series of inner transformations ensued that changed me permanently. What was so remarkable was the instantaneous nature of these transformations. Although the changes are too numerous to describe, every experience that I had accumulated from my entire life up to that point completely shattered and dissolved into oblivion the moment I surrendered myself to the void. And the moment I decided to return to my body, mind, and life, something even more remarkable occurred. All those experiences were resurrected and lifted upwards in a dazzling spectacle of light. It was as if all the parts of my former life were like shards of a broken mirror that fused together and formed a totally transcendent, infinitely wide, remarkably clear, and perfectly unified sense of self. As this happened I saw my life from an entirely new perspective. It seemed to flash before my eyes, and in that instant, I understood how every single thing I had ever thought, felt, said, or done up until that point in my life had either interfered with or contributed to this liberating moment.

Following this ecstatic transformation, the first thing I noticed was that a

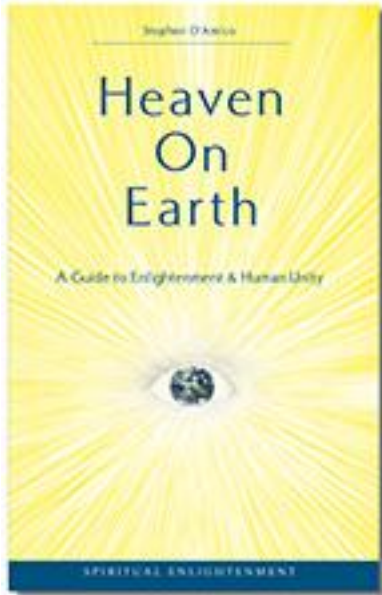
profound sense of inner peace and a joyfully radiating calm suffused my entire being. A deep wisdom and intense feelings of compassion also emerged. All of my former unhealthy ways of living were replaced by an unswerving will and implicit knowledge of how to live a more balanced and wholesome lifestyle. Any and all negative impressions or maladaptive thoughts, emotions, and desires that had once occupied my attention or influenced my behaviors prior to this awakening were also miraculously replaced by beneficial states of mind, speech, and action. And most profoundly, the influx of a new consciousness fundamentally changed my understanding of who I was. From that moment on, I knew that I had simultaneously awakened my true identity and discovered the highest source of functioning in life. To this day, this consciousness is a continuous source of joy, equanimity, wisdom, and compassion in my life.

Finally, at the moment of enlightenment I heard another message from God: to tell others what I had experienced. Initially, I wanted to run out into the street and tell anyone that would listen that I had encountered God. Fortunately, I decided not to follow my initial impulse, for I would have sounded like a raving, God-intoxicated madman. So I channeled all of this ecstatic energy into reading, instead.

I read voraciously—anything about religion, philosophy, psychology, spirituality, and mysticism—searching for a way of understanding and expressing an ineffable experience in a coherent, meaningful way. Many years passed before I thought again about telling others what I had experienced. When I finally felt ready to express myself, I decided to write a book. But in the course of writing this book it became more than just a personal account. It expanded and became the most straightforward explanation of the overall essence of enlightenment that I could write.

What follows is a summary of all that I have seen and understood about an experience that is truly beyond the power of words to fully express. But it is my hope that by reading them, you will be inspired to seek and discover that Mystery beyond all mysteries, and to look upon the Infinite Face of God and know that this is your own original face, too.

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Heaven On Earth

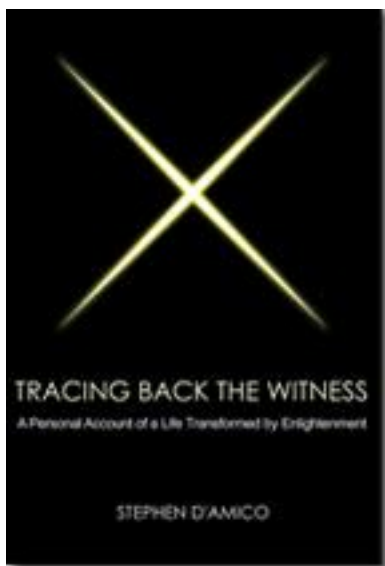
A Guide to Enlightenment & Human Unity

This spiritual primer covers a huge amount of territory. In delightfully lucid prose, Heaven On Earth unifies the age-old distinctions between heaven and earth, God and human beings, as well as more modern divisions between evolution and creation, science and mysticism, and psychology and spirituality.

Working hard not to be dogmatic, the book celebrates the experience of enlightenment, which is at the heart of all religious practices and paths. It also offers the reader something the world needs more than ever: a sense of higher purpose, and an inspiring vision of the future.

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Tracing Back the Witness

A Personal Account of a Life Transformed by Enlightenment

Tracing Back the Witness is an engaging story of the struggle of the human soul to stay awake to the formless dimension while learning to live in the world of form.

This revealing account of Stephen D'Amico's spiritual journey begins with the moment before incarnating and chronicles his lifelong commitment to staying awake to the formless dimension in order to share the nondual state of self-realization with others.

Written in a compelling voice, D'Amico's autobiography will inspire your own quest for spiritual truth and realization.

An Open Invitation

Many people today are awakening spiritually and experiencing various challenges as they struggle to integrate the many new perspectives and insights that come from the expansion of consciousness. Some of us don't always realize what's happening, nor do we always know how to integrate our experiences properly. What's more, many of today's therapeutic approaches do not fully address the needs of people who are trying to live more consciously as a result of going through a spiritual awakening.

Living more consciously in these modern times, while navigating the process of awakening, can be difficult without the advice, guidance, support, and wisdom of someone who has travelled the path extensively, met the pitfalls and dead-ends along the way, and who can direct you on the most balanced path to a more enlightened way of being in today's complex world.

As a contemporary teacher of enlightenment, personal guide, and spiritual friend to many, Stephen D'Amico has been working with others for over ten years, helping individuals understand their lives from the perspective of the soul, guiding them on their personal journey of self-discovery, and assisting them through the process of self-realization.

Stephen has personally been in touch with the boundless dimension of the soul for most of his life, and understands that we are all engaged in a process of self-discovery on the journey towards self-realization. Since he began teaching publicly in 2006, many people have awakened their true nature after spending time with him.

If you are currently going through a process of spiritual awakening, or have already made significant strides on your personal path of evolution but could use the support and counsel of someone who has been there, let Stephen be your personal guide along the way. He can help you understand your life more fully and be there to gently call you forth into fulfilling your highest potential.

To find out more, please follow the instructions for getting into contact with him by clicking [here](#)

Final Words

Whatever your present level of interest, whether it is to find out more about Stephen D'Amico, to express your gratitude by supporting his work financially by purchasing a product from our e-store, or to contact him for spiritual guidance, there is an appropriate form of participation available to you.

Watch The Video

Enjoy this short video presentation. It's just under two minutes long. It's based on the book. You can watch it by clicking [here](#)

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