

## WHAT YOU ALREADY KNOW

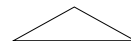


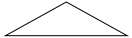
Each man knows in his heart that he is a seeker. Whether this admission be easy or difficult, each person is engaged in life fully; and this engagement is always directed by a search, a quest, an exploration and thirst for more. In short, living is full of small and large searches, some temporary, others long; but beneath them is yet a deeper quest from which these branches grow.

For those who recognize these words, this basic urge is understood as everpresent. For those who don't recognize it yet, this book may open the door to it once and for all.

People do not suddenly come upon life, they are in it. And this feature of living is the most important. Life and living are often confused with what takes place within it. What we think, feel and do are important, but they are not life. Life is life. And as we come closer to this subject of life we find few words to describe it. Ironically, we find the most number of words to describe the miracle of life when we contemplate its absence or death.

We are adventurers in a wood. We pose very intelligent questions about the adventure and about the wood, but we rarely question the





adventurer – ourself. Why should we? After all, we have much to do and say. We are full of the world and there is no time or space left for questions like these.

Yet man searches the deepest recesses of physical space and learns nothing about himself in the process. He creates new worlds for himself and his children to live in, but does not create a new way of understanding himself in his world. Like his fellow creatures, he purports to believe in God, but can offer no proof to himself that this God really exists.

What manner of person do I speak of? Is this you or I?

Until a point is reached in our lives, this fairly well would describe myself and most people I know. But, someday, a point *is* reached by each person when they are ready. It comes suddenly or slowly. It is the moment when one realizes that everything which took place in life has brought no enduring satisfaction or happiness. That the successes of the past, regretfully, offer no more than the failures. That one's position, authority, achievements and material gains no longer contain – for this moment – the sustenance which they once did. Even perhaps, that no thing – any longer – is desirable and worthy of one's effort.

Unfortunately, most people do not reach within themselves for deeper answers until forced to do so through hardship or loss, suffering or pain. Then the value of suffering is learned for the first time;

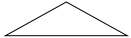
for not only did suffering bring learning, but learning brought an end to suffering!

So prompted, one asks: What is life all about? Who am I? Why am I here? What is my true role and destiny? Am I alone, or is there a God watching over this confused populated earth? He or she is not asking these questions as a sophomore philosophy student, but is now asking from the deepest core of being. In a sense, being is doing the asking. “I am a different person than before. I will no longer be what I was before,” says the soul.

So, the adventurer in the wood stops in the trail to sit and rest. He may resume his quest after a time, or he may do the opposite and never set foot beyond the stump he sits upon. For both types, this book is addressed.

Within these pages you will probably find much to agree with, much to debate, and much to admit confusion over. This is good, for no book should totally reflect the reader or totally baffle him. Furthermore, no book should insist it has something to offer which no other book has. Yet, this book – like the entire series of Cerithous books – makes just that offer. It claims it has nothing written within it which you do not already know!

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Having claimed this, it also claims that what we *already* know is sufficient ground to build upon. This terse claim is the most radical of the two, for it frees us from outside dependence and places us wholly in control of our freedom, beliefs and self-worth. What we are to discover – in the course presented by these gleanings – is that our correct path to truth is not the path of another, but the path we are already upon! That our life is valid as it stands; and, when extended to the world around us, that all lives and all paths are *as* valid as our own – as *they* stand.

This is a doctrine of inclusion in its ultimate: no thing and no person operate independent of a common set of truths and purposes; nothing is devoid of meaning and value; all behavior and all thought flow to and from the same source; all life is similar; all divisions seek unity.

If these thoughts already sound true to you, it is because you do, after all, already know them.

May you not be led astray any further in your quest. Like the Kingdom of God, Truth is already within you; and this “you” is the *greatest* possessor of wealth and knowledge in all the world.

— Michael T. Bucci  
with Cerithous