



What Distinguishes The Living Method From Other Teachings?

*Here are 10 ways **The Living Method** is so powerful and stands out from other teachings.*

Some teachings possess some of the characteristics.

*As far as **The Living Method** teaching is aware, no others possess them all.*

There are 10 major reasons why The Living Method of
Realization *is so effective!*

POINTS OF DISTINCTION THAT MAKE
THE LIVING METHOD STAND OUT

1. The Living Method is the Pathless Path to Nondual Awakening - Realization.

There is no path to realization. **The Living Method** helps its students uncover **immediate realization**. Other spiritual teachings are engaging in a path to enlightenment. There's a myth that there is somewhere to get to. With other nondual teachings, there's a journey to become enlightened, and an expectation that when you reach enlightenment, you're done. Enlightenment is considered an end point. **Enlightenment is not an end point. It's a beginning.**

There are 4 phases of realization in order to abide as true nature.

[Watch the video's for each phase here.](#)

1. **Recognition**
2. **Acceptance (Claiming)**
3. **Clearing**
4. **Abidance**

"Enlightenment is not an end point. It's a beginning!"

2. The Living Method “Awakens” First, Then Clears! It Is a Backwards Teaching!

Until it is clearly seen what you are not, truth cannot be revealed. Discovering what you are not has been called neti neti and **The Living Method does neti neti on steroids!** With **The Living Method** it can be recognized that the body is not you, the mind is not you, nor are emotions.

It's recognized that the body-mind is merely the “camera” through which life is experiencing itself. The liveness of life itself is dreaming experiencing and viewing itself, so to speak, through the body-mind.

The Living Method Realization session first dispels what is not true. How can you know what's going on if you don't even know the truth about what you are? If you lost your memory, would you have to ask someone if you exist? Of course not. Even without a memory of who you are, you still know you exist, but you have no identity (no story). Through **The Living Method**, once what you are not is recognized, you know that you exist, but you don't know what that is. You can now inquire into this existence so that you may discover and recognize what you really are.

Participants in **The Living Method** actually come to recognize, through direct and consistent inquiry, that **there is no actual seeker who can wake up.** There is no awakening for anyone. "Awakeness" is all there is, and through **The Living Method**, Awakeness comes to recognize itself.

3. The Living Method Is Direct and Immediate: It Reveals There is Only Here/Now.

That's why there is no realization soon. That's why there's no path to realization. **Realization is here and now, or not. The Living Method** inquires into direct experiencing now, and brings about the recognition that there is what is, as it is, here, now. There's no separate self running the show, and there never has been.

4. Without a Story, The Living Method Reveals Freedom Now!

Why is there apparently no freedom?

Fred's 4 Ignoble Truths explain:

- 1. We make things up.**
- 2. We believe what we make up.**
- 3. We suffer because we believe the things we make up.**
- 4. We turn to spirituality to end the suffering caused by believing the things we make up.**

The Living Method Realization session enables true nature to see through Fred's 4 Ignoble Truths, and as a result, ever present freedom from imagination is revealed.

With the questioning of thinking, comes **freedom from imagination**. How do you know a thought is a lie? It's a thought!

The Living Method allows for the recognition of **freedom from being a doer**. Doing happens spontaneously no matter how it may feel otherwise. **The Living Method** reveals the truth of **freedom from identification**.

The Living Method enables **freedom from what seems to be**. The method distinguishes between how things feel or how they are sensed, and what is. The question is posed - Is the sense of something the same as the truth of something?

The Living Method is for **freedom from the dream**. **The Living Method** is not about making a better dream (a better relative experience), however, ironically, a better relative experience is usually an outcome of clarity. It's recognized that whatever condition appears, true nature is unaffected.

"We turn to spirituality to end the suffering caused by believing the things we make up."

5. Claim Your Realization! Claim What's Recognized, Instead of What's Imagined!

Students of **The Living Method** thrive with the claiming of realization. Another way that claiming your realization can be said is, **accepting the recognition that happens in the first phase of realization. Acceptance (claiming) is the second phase of realization.** The claiming of the realization is Awakeness claiming it knows itself, not as the body or a mind, but as Awakeness – **or truth itself.**

The claiming is standing as Awakeness no matter what body-mind experience is happening. If the realization isn't claimed (accepted), Awakeness will continue to believe it is a body-mind. That is identification as an imaginary self. That's a belief that "I am fill in the blank."

The Living Method inquires into "I am" and reveals it as the first dreamed thought. "I am" is the first story. **"I am" is the birth of identification and therefore, apparent separation.**
"I am" is not self-realization.

If realization isn't claimed by true nature, the imaginary "I am _____" will appropriate the realization, or deny it. If there was recognition of the truth that wasn't claimed by Awakeness, imagination will have a sense of "I got it," or of "getting it and losing it," or of "not getting it." Nothing can be lost or gained. Can you find an owner of imagination? It is discovered and recognized that imagination is Awakeness itself, misidentified as a someone.

"'I am' is the birth of identification and therefore, apparent separation."

6. Post-Realization Clearing IS a Path.

Clearing is necessary **after realization**, not before (as conventional spiritual teachings attempt to accomplish). Conventional spiritual teachings attempt to clear out beliefs without revealing that there is no believer. **Clearing is the third phase of realization. The path of clearing is the path of clearing away the belief in an imaginary character and the assumptions that have kept ever present freedom from being noticed.** Once true nature has been recognized, do the conditioned patterns of the body-mind disappear? They do not!

Experience presents signposts, or **red flags that indicate the need for clearing** away, or recognizing without judgement, believed thinking patterns. Any **suffering** is a red flag, as are **guilt, shame, and using the word should.** **Wanting to understand** is another indication that ever present clarity is apparently veiled.

You cannot understand truth! As a matter of fact, the need to understand is an apparent veil superimposed over clarity. **The Living Method** brings to life the fact that **truth and true nature are beyond understanding.**

Information does not reveal truth. Pointing to the truth is not equal to recognizing that the truth is all, and you are it. Recognition is possible through the unique nature of **The Living Method** inquiry.

Clearing is the continued inquiry that clears out the idea of a "character" that never was. This idea of a character, the belief in a character, is imagination, and is a belief in a separation that does not exist. Realization is an event, most of the time, (not always), but **clearing is always experienced as a process. Realization is actually the beginning of authentic spiritual living, and clearing enables living as true nature.** Clearing programs are a hallmark of **The Living Method.**

The Living Method works as true nature recognizes true nature, or "grocks" itself (has a feeling, intuited, understanding, that is not understanding as a mental activity). It's a resonance.

Repetition is the mother of clarity. As true nature recognizes itself over and over **through inquiry and the repetition of truth**, imaginary character patterns (aka, the separate self) are cleared out or seen through. More and more of ever present clarity is revealed.

The Living Method demonstrates there is no graduation because there is no one to graduate. There's infinite clarity to be recognized as long as there's an animating presence enlivening the body. There is no state to achieve.

7. Clearing Is a Method of Unlearning.

After recognizing the truth that we are, that actually is, with clearing, the dissolving of what we thought we knew - unlearning - reveals all the clarity there is. Notice the “Un” in the titles of three of Fred Davis’ six books - ***The Book of Undoing: Direct Pointing to Nondual Awareness, The Book of Unknowing: From Enlightenment to Embodiment,*** and, ***The Book of Unveiling: From Awakening to Abidance.***

8. The Living Method Can Be Duplicated Because It IS A METHOD!

The Living Method is a method, and methods can be duplicated, thereby producing consistent and reliable results. The beauty of the method is that it has a life of its own. There are no gurus or enlightened ones here. The teaching is unique because it can express through any participant who is consciously being the clarity that is ever present.

By using **The Living Method** of inquiry, with sufficient clarity, any participant can successfully have the experience of guiding the realization of truth or exposing what is a lie. **The Living Method** was originated through Fred Davis, who has duplicated the teaching by authorizing two other teachers.

(See background information below).

9. The Living Method is Inclusive: The Absolute and the Relative Are One.

Students, or seekers of nonduality, are seeking Oneness. **The Living Method** guides nondual students to the clarity of being Oneness now. With **The Living Method of inquiry, Oneness comes to know itself as itself. The Living Method** allows for experiencing the truth that is, as the very existence of all. It is recognized that all there is, is love. **There is only Oneness, so is there any way you cannot be it?**

The Living Method includes the absolute and the relative. There's only one thing going on, with no separation. The absolute is the ground of being, so to speak, of the relative. There is the Absolute appearing to be Oneness, or somethingness. There's no choosing whether the absolute is true or the relative is true. Both are one. **It is seen that everything counts, and nothing matters.**

The Living Method does not negate relative experiencing. Negating relative experiencing is absolutism and is not nonduality. Nor does **The Living Method** aim to create a better dream. **The Living Method** reveals that the absolute and relative are one. When this is recognized and lived as the default, **abidance, the fourth phase of realization, is realized.**

The Living Method is the teaching of **direct experiencing now, and what's beyond experiencing.**

The Living Method is immediate and instant. It is inquiry into, this – the experiencing

now, and **the field** of what seems to be happening. **The Living Method inquires into that which is prior to manifestation.**

The Living Method acknowledges the unspeakable absence of that which is prior to consciousness, or manifestation. The profound nature of **acknowledging that which is prior to, or devoid of language, is a hallmark of The Living Method.**

"The Living Method inquires into that which is prior to manifestation."

10. The Living Method is Intentional - Often Blunt and Straight.

There is no "pretty dance" of trying to make the imaginary character feel better. Love is expressed as tough love, if that is what's necessary for truth to be recognized. It is of no importance to a teacher of **The Living Method** to be liked, more than they want to end seeking and reveal the realization of truth.



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About Fred Davis

Fred Davis is an independent, nondual, spiritual **unteacher**. He is the creator of **The Living Method**, which has introduced hundreds of people around the world to their True Nature.

He studied and practiced Eastern wisdom for 25 years prior to 2006, when seeking ended, and living as true nature commenced. He has No-thing to offer you, which turns out to be a big deal.

Fred is the author of 6 books, ***Beyond Recovery***, ***The Book of Undoing***, ***Awaken Now***, ***The Book of Unveiling***, ***The Book of Unknowing***, and, ***The Book of Nothing***.

The Living Method is a remarkably successful, and field proven process of nondual inquiry, investigation, and direct pointing, that encourages experiential immediate recognition and acceptance of True Nature.

Following recognition, **The Living Method** then, more importantly, offers the essential process of clearing (which is basically missing in conventional nondual teaching). Clearing helps guide the clearing out of the so-called “seeker-becomer-finder.”

The Living Method Teachers



Dr. Glenda M. Tavormina

Dr. Glenda M. Tavormina feels an unspeakable gratitude for the recognition of truth and for being declared the first authorized teacher of **The Living Method** by its originator, Fred Davis. She enrolled in the first Teacher Training Series of **The Living Method** with the intention of consciously living the clarity of true nature as much as possible.

As a child she felt that what she thought and the sadness she felt was not who she truly was. That was the genesis of a lifetime goal to find, what she called, her true self. The original realization was an explosive experience in 1988. After 32 years of seeking to get back what had been felt to be lost, Dr. Tavormina was led to Fred Davis. Hallelujah!

Working with Fred Davis and **The Living Method** has been (and continues to be) a subtle peeling of the onion that has revealed or disclosed the ever present clarity that is.

Dr. Glenda M. Tavormina and her husband, Dr. Vincent Tavormina, met at Columbia University School of Dental and Oral surgery. They graduated in 1977 with DDS degrees, created Tavormina Dentistry, received Fellowships from The Academy of General Dentistry, and were in private practice for 42 years before retiring and relocating from New Jersey to Delaware. They are the proud parents of

Julian and Taryn. Along the way, business consultant and caregiver to her Mom were sprinkled in.

Dr. Glenda M. Tavormina is the author of *The Water's Game*, an illustrated children's book that is a beautiful metaphor that can help children begin to realize their true nature.

On the Live Events section of the Awakening Clarity Now website, learn more about Glenda's new course: **The Living Method Book Club**, Grokking with Glenda, The Language of **The Living Method**. You can also book Glenda for a 1:1 Realization Session and private Clearing Sessions. Glenda also hosts a Free Monthly Q & A about **The Living Method** and nonduality. She is proud to be on the Awakening Clarity Now Team working to bring **The Living Method** to those who are ready to find it.

www.awakeningclaritynow.com



Boh Guerra

On March 12, 2024, Bohdan was introduced by Fred Davis as an authorized teacher of **The Living Method**. He is currently teaching the new nonduality-based addiction recovery program called Freedom Beyond Recovery and is offering private Realization and Clearing sessions.

Bohdan has been intimately involved in Nondual wisdom and the realization/clearing process since 2018. His yearning for Truth and freedom from suffering initially developed through participation in 12-step and Buddhist-based recovery groups. After getting involved in **The Living Method** and

studying under Fred Davis since 2020, he has since felt called to an earnest dedication toward helping other expressions of the One Life rediscover their true nature and live from a conviction of authenticity, simplicity, and contentment.

Awakeness has been consciously working through Bohdan to wake up and clear up seekers using **The Living Method** since 2022. He is a grateful member of the Awakening Clarity Now team. Though Fred's work is the cornerstone of his approach to Nondual coaching and spirituality, other notable influences of Bohdan's work are traditions such as Sufism, Daoism, Sikhism, Zen Buddhism, Advaita Vedanta, and Christian Mysticism. Academically, Bohdan is a certified Interspiritual Counselor, has a BA in Psychology, and is currently pursuing an MS in Pastoral Clinical Mental Health Counseling.

Boh was authorized by Fred Davis to create a new program based on Fred's first book **Beyond Recovery**. The program is designed for anyone who is interested in learning more about Fred's work concerning addiction and recovery within the context of nonduality.

Using **The Living Method** to help individuals recognize their inherent wholeness and completeness, the aim is to address the root cause of addiction, which is the belief in separation.

Learn more about **Freedom Beyond Recovery** on the Live events section of the website - www.awakeningclaritynow.com.

YOU'RE ALREADY AWAKENESS. YOU JUST DON'T KNOW IT!

The process of living authentically doesn't mean life has to change.

The viewing of reality changes.

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