

“[Seek] for the divine within yourself
(*recognize I Am That, primordial Aware nature*),

When a person comes to his real senses, he will recognize that he has only one problem: "How can I come into awareness of, and oneness with, my true being?" 1.1.30

ET: instead of going through life (audio)

<http://averysolomon.com/wp-content/uploads/2020/10/Eckhart-you-are-it-fohc.mp4>

return to it every day

(decide definitely to remember

If you could give to God the same amount of remembrance that you give to your ego, you could quite soon attain, and become established in, that enlightenment to which others devote lifetimes of arduous effort. 8.4.153

Attend to Consciousness...

Stop. Allow. Turn 180. Let go unreal. It will take you in.

learn how to continue in it

(Rest in Being, Allow everything be, Invite response)

and finally *be* it.

(BeThat which is always already here)

--26.4.170

Eckhart #1: being the light/Awaken Your Inner Light
<https://www.youtube.com/watch?v=Ypv5nEBBRYg>

You are the light (consciousness) of the world.

greatest Mystery of Universe. Mystery of quanta.
Not as mysterious as Consciousness.

But one thing you cannot doubt is Consciousness.

Most immediate and intimate, never an object is
Consciousness.

CONSCIOUSNESS APPEARING AS A PERSON... WHAT IS CONSCIOUSNESS?

The first question is also the final one; it is quite short, quite simple, and yet it is also the most important question which anyone could ever ask, whether of himself or of others. This question is: "What is consciousness?"

Whoever traces the answer through all its levels will find himself in the end in the very presence of the universal consciousness otherwise called God. 19.3.32

Here is a link to my website with some short audio/text on Awareness and I Am from Anthony, Eckhart, Mooji, Papaji, Rupert you may enjoy.

<http://averysolomon.com/index.php/audio-text-for-october-3/>

AWAKE: Open the mind,

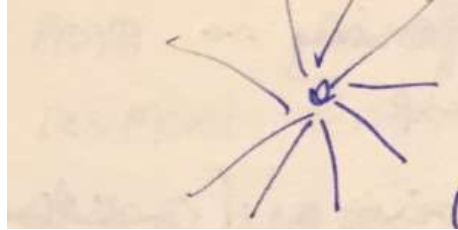
LOVE: see through the eyes of Love,

MYSTERY: appreciate the Mystery of Being,

HERE: remember who and what we are.

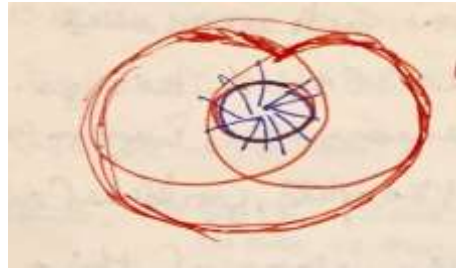
seeing *from Being Awareness* transforms, and transcends.

*I Am
being*



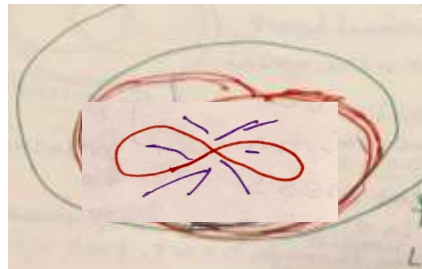
*Awake
Awareness*

*Inter-
Being*



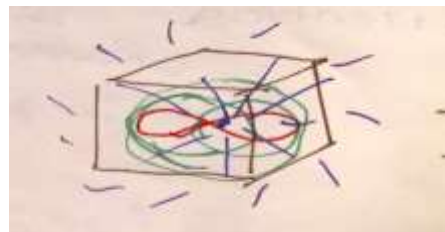
*Loving
Awareness*

*Infinite
Being*



*Primordial
Awareness*

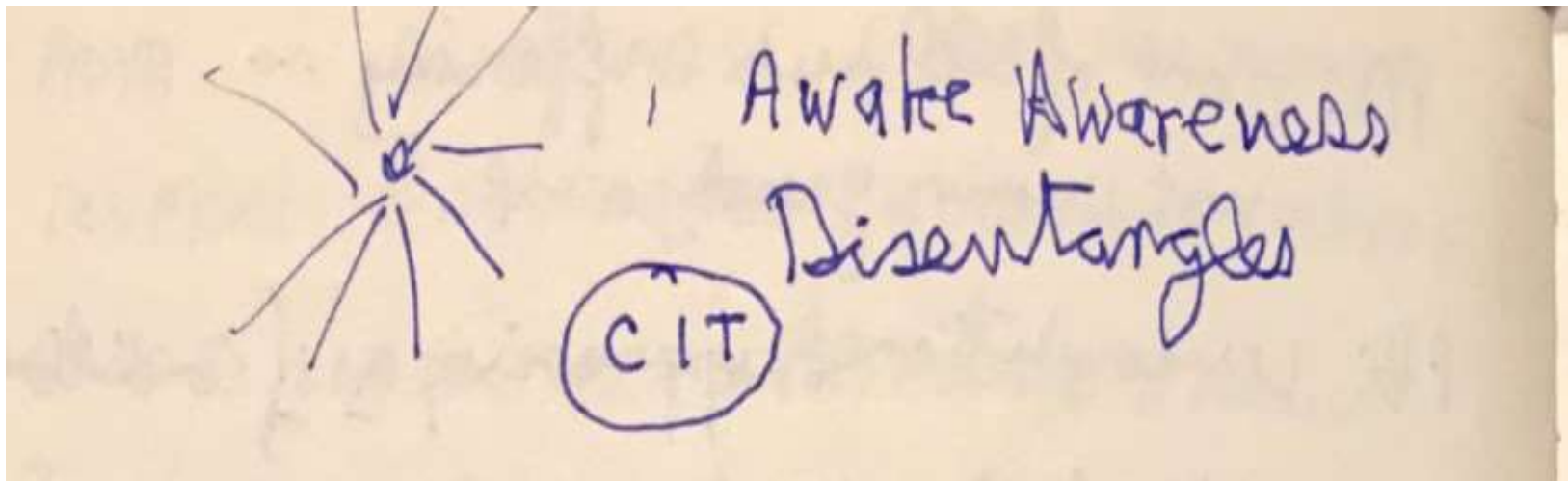
*Intimate
Being*



*Embodied
Presence*

I Am Being

Awake awareness



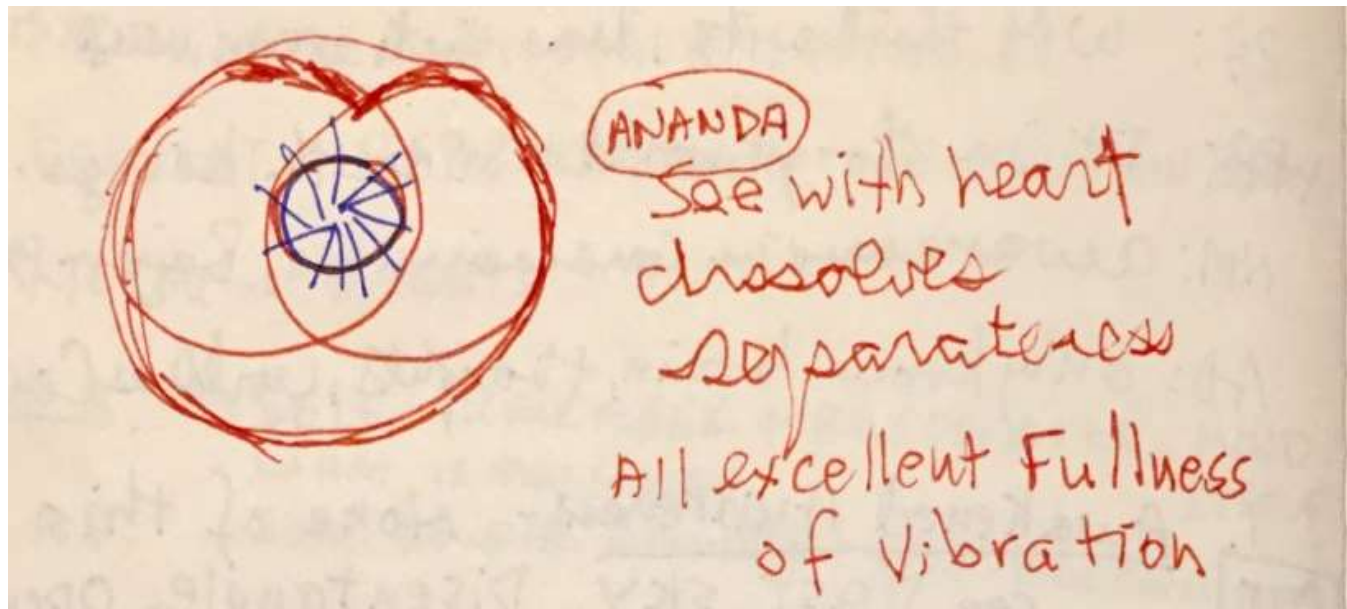
There is nothing to seek and find, for there is nothing lost. Relax and watch the “I am.” Reality is just behind. Keep quiet, keep silent; it will emerge, or, rather, it will take you in.

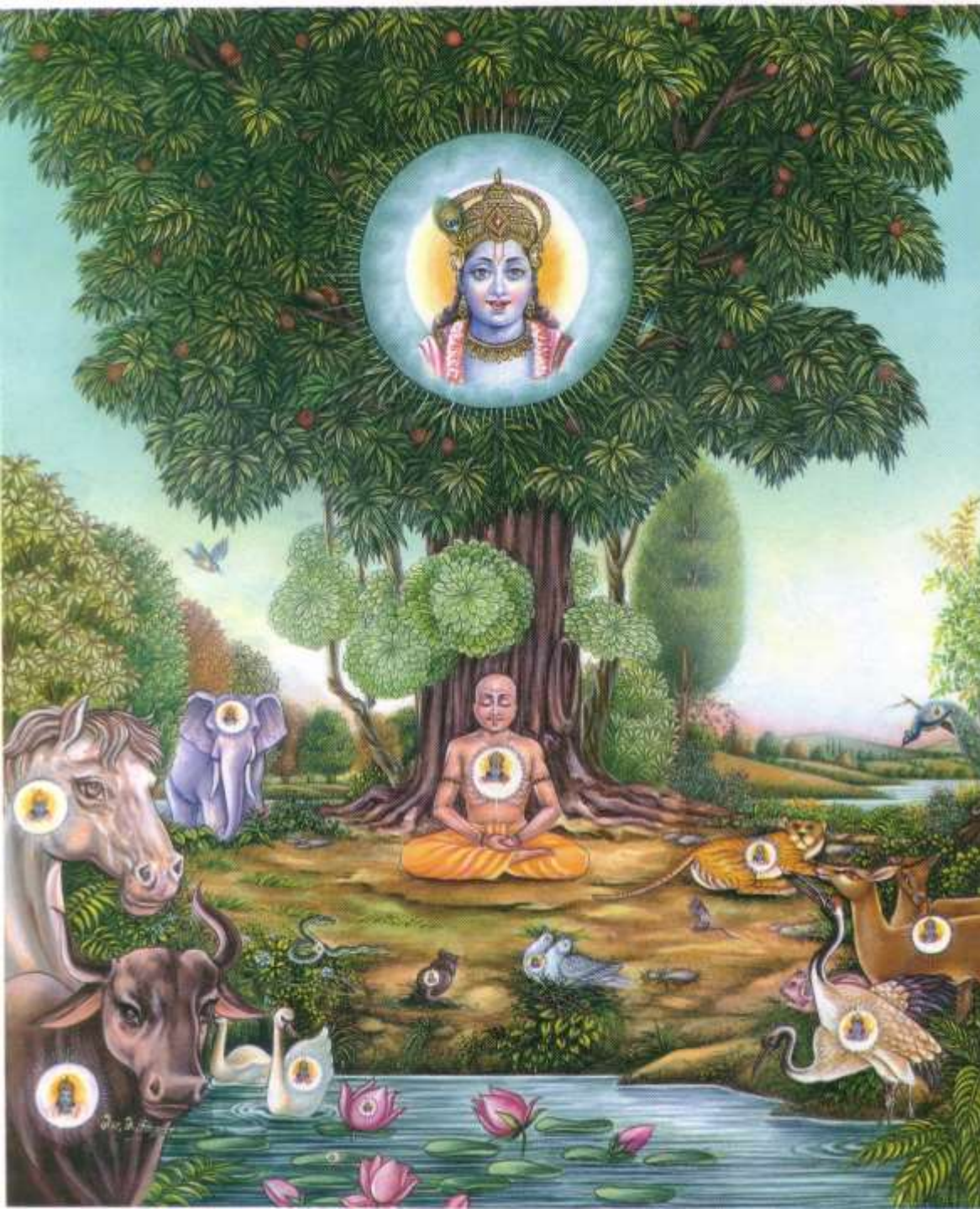
I Am That Ch 99

Inter-Being: Wholeness

*See with heart dissolves
separateness*

Love says I am All of this.





We Live in
God's Mind.

Appreciate the
Miracle

It is always and
already here,
in each and
every one...

Every person you meet is God in disguise
When you remove the filters of your mind,
God is right there in front of you.

*A Seed of God grows into God. . Let
yourself be. Let God be God in you.*

–Meister Eckhart

**Remind me that you
Are the essence of me
And all that I see.**

--A Poem to Soul

Q: How can I aspire to such heights, small and limited as I am?

M: **realise yourself as the ocean of consciousness in which all happens.** This is not difficult. A little of attentiveness, of close observation of oneself, and you will see that no event is outside your consciousness.

It is your mind that has separated the world outside your skin from the world inside and put them in opposition. This created fear and hatred and all the miseries of living. I Am That

Wholeness

Fragmentary ways of thinking stop taking the lead, to heal our fragmented society.

Wholeness is not created, it is the original state.

Allow measure to arise out of the Immeasurable. --David Bohm

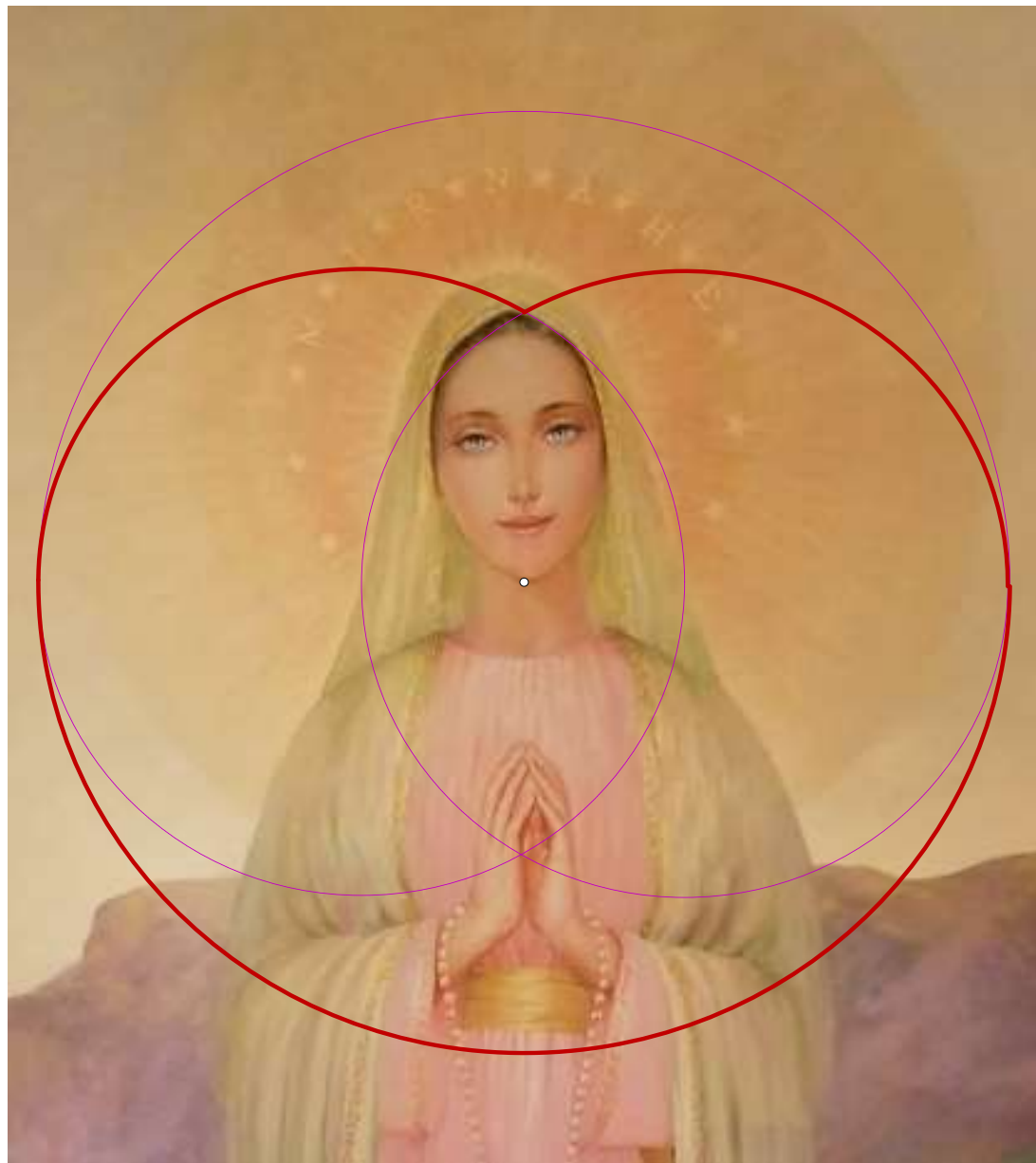
Eckhart #2

<https://www.youtube.com/watch?v=DoHEPYYkZLo>

Mind can only see problems piecemeal, separateness. Moment mind stops, but remain alert and present we have access to this deeper source of Being-Awareness. Everything valuable, peaceful, helpful, emerges from this deeper dimension of Being: access to this unconditioned being is the ultimate source of creative spark, inspiration... access and express.

You see the inter-relation. Wisdom emanate from that deeper place, the light of consciousness. Wisdom brings Wholeness. Holiness.

Also empathy, compassion. Love. These are all aspects of your realization of Being, of you as Being.



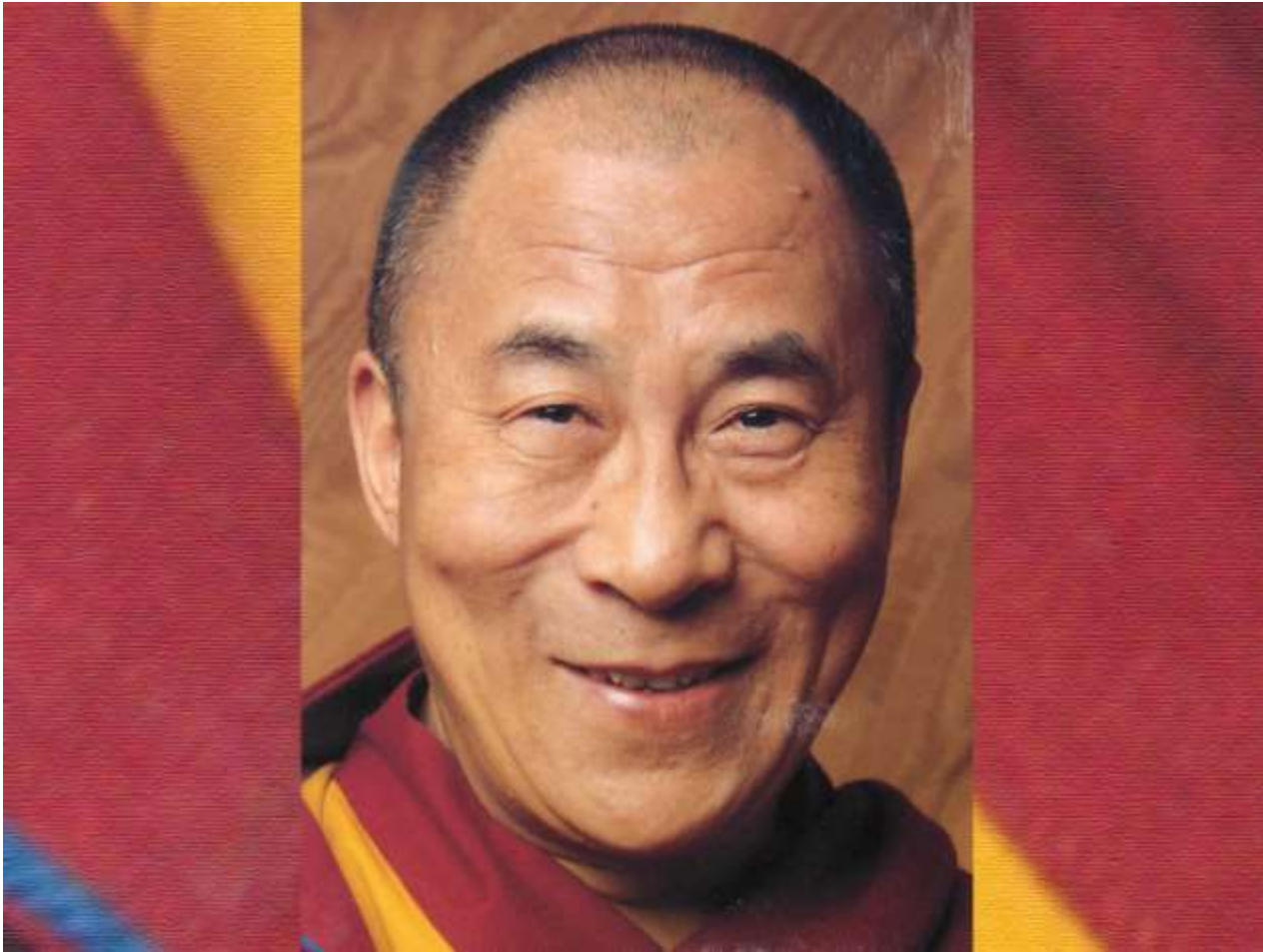




Change the
current of
your desire
from taking
to giving.

I Am That

p. 336-337

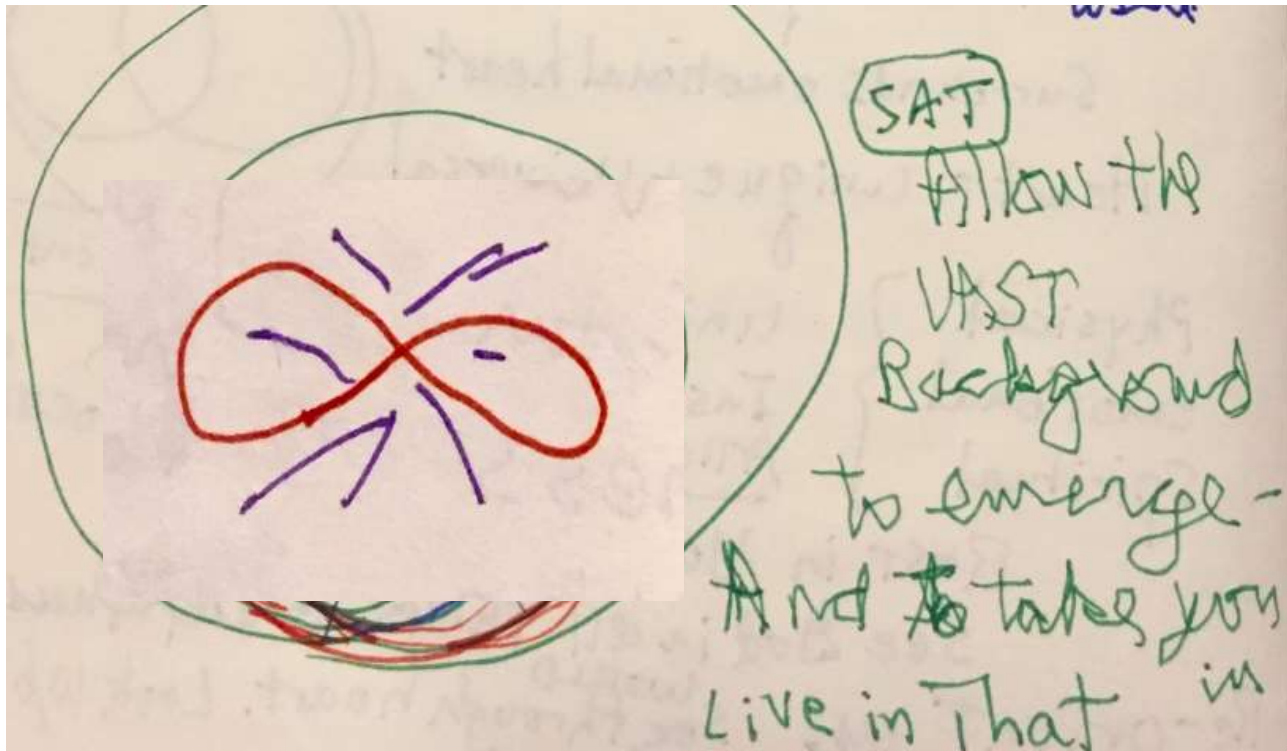


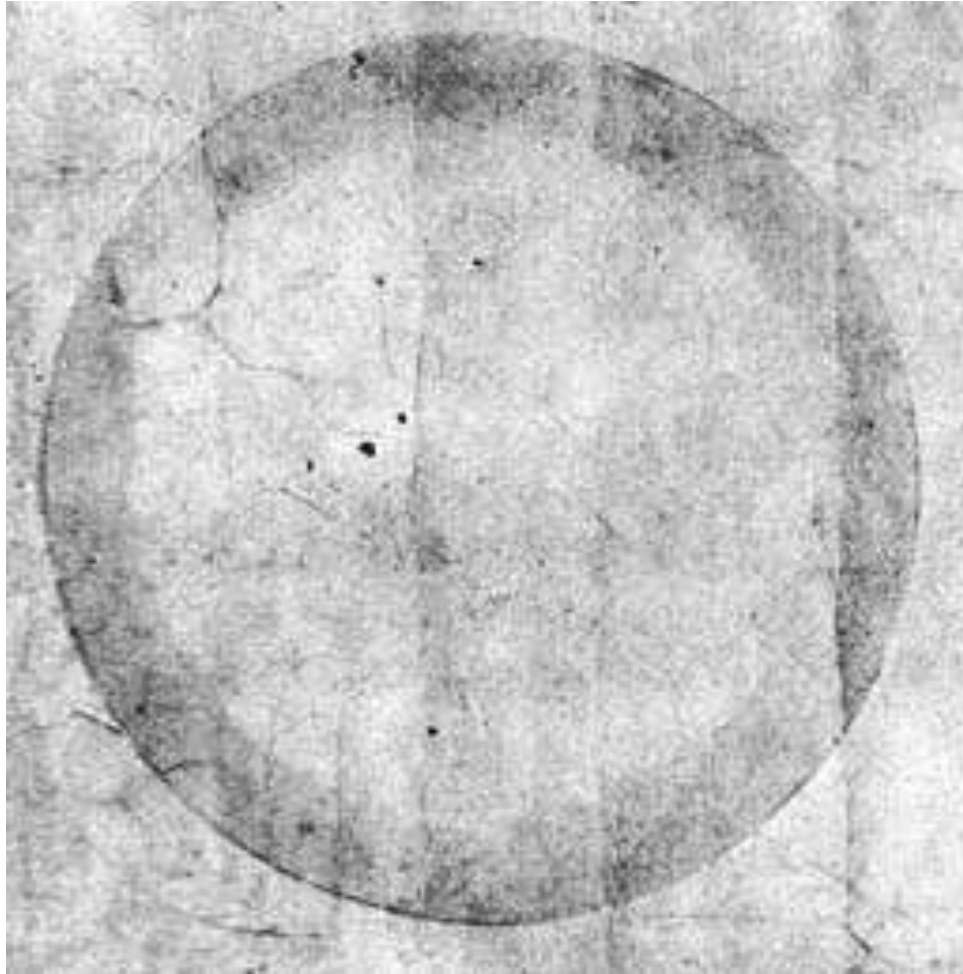
All beings want happiness
My Religion is Kindness

Infinite Being: Primordial Mystery

Allow the vast background to take you in.

Mystery of Being says "Awesome"

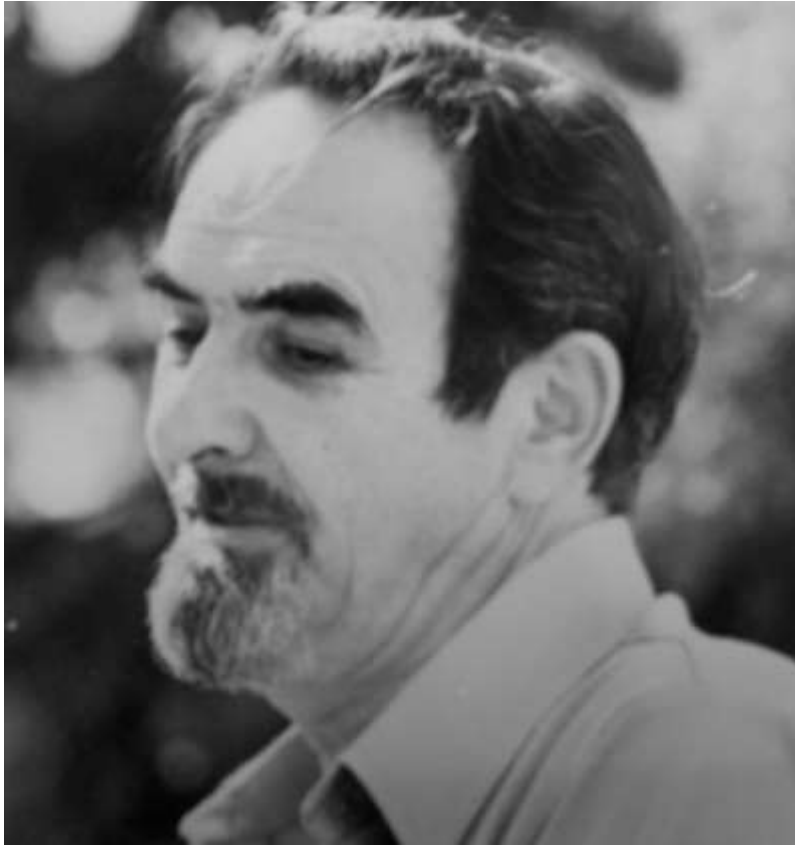




BEING – not *A* being

There is only this one Mind. All else is a seeming show on its surface. To forget the ego and think of this infinite and unending reality is the highest kind of meditation.

28.2.102



**AD: Consciousness
Deepens.**

**AD: after all the
greatest joy that a
human being can
have is to try to
fathom the
unfathomable.**

(Audio)

The Infinite cannot be set against the finite as though they were a pair of opposites. The Infinite includes and contains within itself all possible finites. The practical import of this truth is that Mind can be experienced not only in the Void but also in the world. The Reality is not only to be discovered as it is but also beneath its phenomenal disguises.

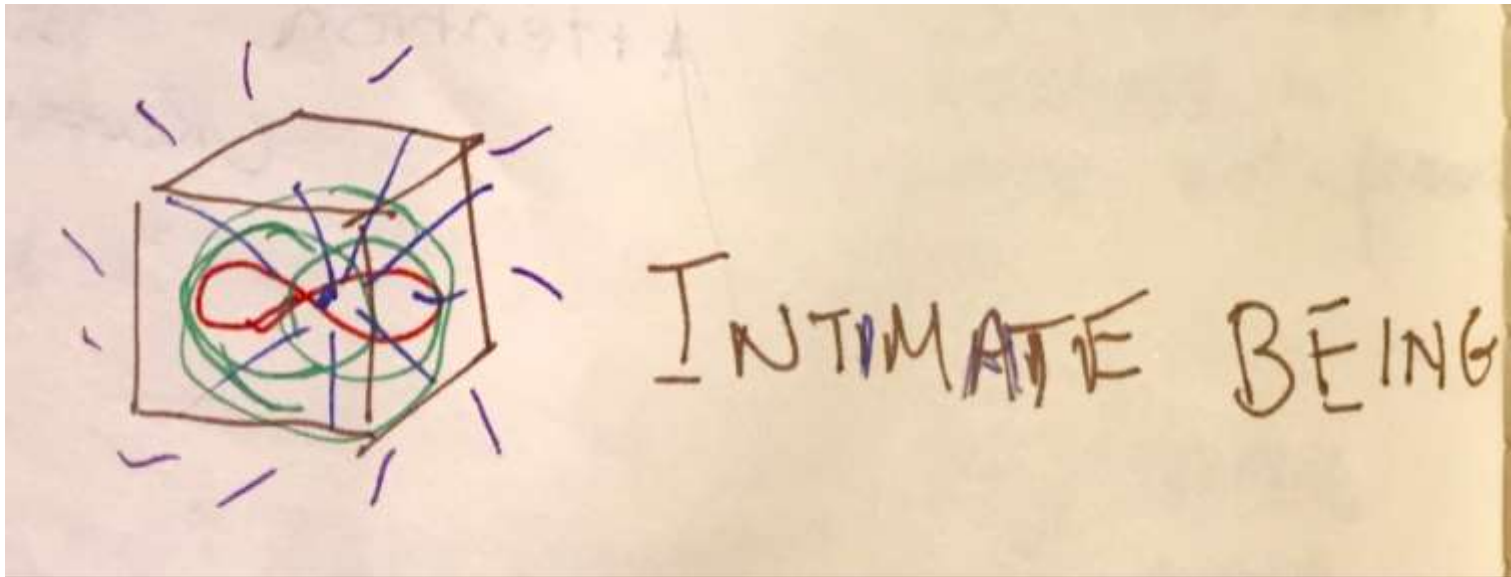
--*Notebooks of Paul Brunton* 20.4.124

Do not let yourself be distracted even for an instant. If you wander from dwelling in awareness itself that is the real delusion, so do not be distracted. Whatever thoughts arise let them arise. Do not follow them, do not obstruct them. You may ask, “Then what should be done?” Whatever manifestations of the phenomenal world may arise, remain in a state of natural freshness, without grasping at them like a small child looking inside a temple. ... HH Dudjom Rinpoche

Intimate Being

Embodied Being (NOT loss of being)

Wu-Wei See/Be like a small child.



Become a Conscious Participant in the Creative Process of the Universe. *Eckhart Tolle*

In tune with the Infinite

Find Soul values worth orienting life toward

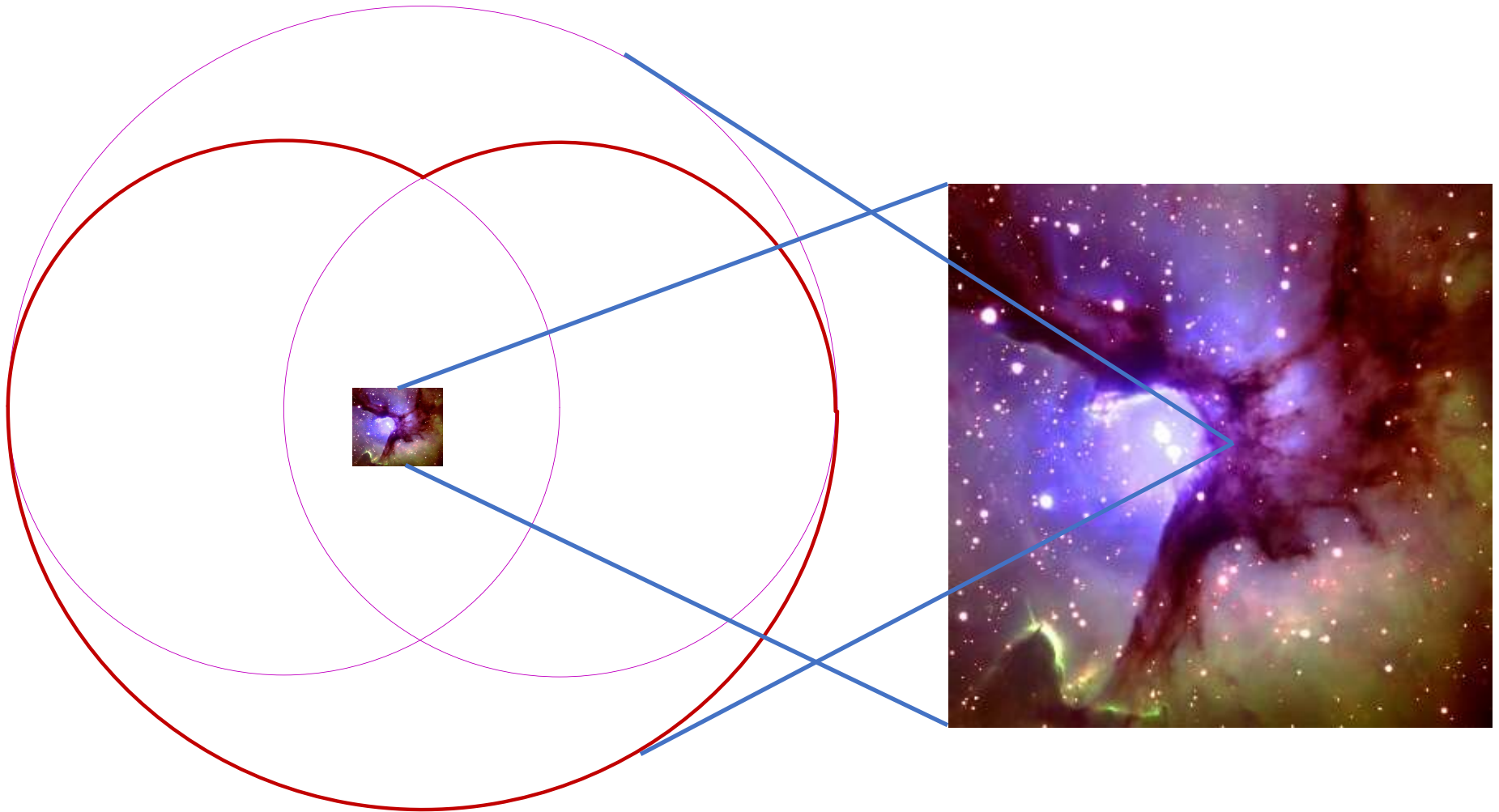
Welcome the Lion on the path: it is here to
wake you up. (*Mooji Singers*)

[https://www.youtube.com/watch?v=qkUyl
M2GzU](https://www.youtube.com/watch?v=qkUylM2GzU)

SELF-HEALING

The ego to which he is so attached turns out on enquiry to be none other than the presence of **World-Mind within his own heart.** If identification is then shifted by constant practice from one to the other, he has achieved the purpose of life. Notebooks 8.1.127

He discovers that **Consciousness, the very nature of mind under all its aspects, the very essence of be-ing under the personal selfhood, is where man and God finally meet.** 25.1.39



We live in what appears as a multiverse, a timed and spaced existence--in short, a finite one. But those who can pierce through to its secret--and some have done so--find that **it is actually the Unconditioned revealing itself *as if* it were the Conditioned.** 26.1.196

The cosmos is neither a phantom to be disdained nor an illusion to be dismissed. It is a remote expression in time and space and individuality of that which is timeless spaceless and infinite. If it is not the Reality in its ultimate sense, it is an emanation of the Reality. Hence it **shares in some way the life of its source. To find that point of sharing is the true object of incarnation for all creatures within the cosmos.** [26:1.179](#)

The cosmic order is divine intelligence expressed, equilibrium sought through contrasts and complementaries, the One Base multiplying itself in countless forms, the Supreme will established according to higher laws. The World-Mind is hidden deep within our individual minds. The World-Idea begets all our knowledge. **Whoever seeks aright finds the sacred stillness inside and the sacred activity in the universe. 26.1.220**

- Those who look for advancement by looking for inner experiences or for discoveries of new truth do well. But they need to understand that all this is still personal, still something that concerns the ego even if it be the highest and best part of the ego. Their greatest advance will be made when they cease holding the wish to make any advance at all, cease this continual looking at themselves, and **instead come to a quiet rest in the simple fact that *God is***, until they live in this fact alone. That will transfer their attention from self to Overself and keep them seeing its presence in everyone's life and its action in every event. 23.5.222

...When we recognize that **the Real is continuous with its Appearance** and that the latter is indeed the very incarnation of it, when we understand that the vast universe is a presentation by the Mind to the Mind, the tendency to scorn the flesh and desert the world itself deserts us.

--*The Wisdom of the Overself*

Philosophy turns Contradictory into the Complementary.

... The ineffable reality and the mentalist universe are then understood to be non-different from one another. 25.2.120