

MARINATING

It could well be said that the essence of the Short Path is remembering who he is, what he is, and then attending to this memory as often as possible. *(P) 23.6.184*

If you could give God as much **Remembrance** as you give to the ego, you could quite soon attain the Realization for which others strive lifetimes of arduous effort. *(modified 8.4.153)*

Hear Anthony and Paul... comment on PB

AD and Paul: Forget Yourself

1:18

“To practise the Short Path is to be aware of the miracle entailed in every moment of living.” [23:1.115](#)

“Greet yourself in your thousand other forms as you mount the hidden secret tide and travel Back home...” Hafiz

Think of yourself as the individual and you are sure to die; think of yourself as the universal and you enter deathlessness, for the universal is always and eternally there. We know no beginning and no ending to the cosmic process. Its being IS: we can say no more. Be that rather than this... - that which is as infinite and homeless as space, that which is timeless and unbroken. Take the whole of life as your own being... 21.5.95

There is nothing to seek and find, for there is nothing lost. Relax and watch the “I am.” Reality is just behind it. Keep quiet, keep silent; it will emerge, or, rather, it will take you in. I Am That Ch 99

How does practice help? Satvic thought, with help of inspired writings, washes away ignorance: and once ignorance is removed, the self realizes itself by its own self-luminous nature. --*Yoga Vasistha*

(the purpose of all this inquiry and thinking is) to awaken within him a mood of soul, a mental atmosphere and even an emotional condition of aspiration towards Truth which will provide an appropriate stage for the entry of illumination. *The Quest of the Overself*

AD: You remember those quotations we ran through in Plotinus where I told people, “Memorize these. Write them out on a card, put them over your bed, and when you go to sleep at night, reread them. Keep doing that every night. Fall asleep with that.” You remember those quotes about what soul is, what life is? An infinite power to the core; that it remains indivisible no matter how often it gets divided; it’s indivisible, and it has this indivisibility from its prior. *2/15/84*

Do not just pay attention to the words. Instead pay attention to meanings behind the words. But do not just pay attention to meanings behind the words instead pay attention to your deep experience of those meanings.

--HHDL quoted by David Henderson

HHDL think more

2:44

...Buddha says in the *Dhammapada* that you yourself made up this picture you have of yourself, the picture you think is real. It is made by thought and can be undone by thought.

You could also say there is nothing to the whole thing: simply surrender yourself to God. This is true if you can do it.

We get over-educated, have to rationalize everything and spend time writing books and reading books which are not altogether worthwhile.--January 1979

23.5.56