

MEDITATIONS ON REALITY AS MIND

DIRECT APPROACH

Let go thoughts keep Being

If he wishes to get at Reality, he may follow *any* mental discipline that helps him sharpen reason, tranquillize the mind, develop moods of abstraction, and completely concentrate thinking. All the different yogas, religions, and so on are more or less imperfect steps in this direction, so he is at liberty to invent his own. They are all only means, not ends. Parallel with this, he must thoroughly master and make his own by conviction the strange truth that ***All is Mind***...2.4.98

Now an extraordinary and helpful fact is that by making Mind the object of our attention, not only does the serenity which is its nature begin to well up of its own accord but its steady unchanging character itself helps spontaneously to repel all disturbing thoughts.

--23.7.10

You should remember the metaphysical tenet that behind all those thoughts which were changing continuously, the consciousness which observed them remained static throughout, unmoved and unaltered, that through all the flow of experienced events and things there was a steady element of awareness. You should try to identify yourself with this consciousness and to dis-identify yourself from the accustomed one. --The Wisdom of the Overself ex 4

...You should dismiss each particular and separate thought continually as it comes into his field of awareness, as the ordinary yogi dismisses it, but affirm also the consciousness of which it is composed. --The Wisdom of the Overself Ex 7

...not only comprehend the important mystical truth that thinking as an activity is only a habit but also that the Mind which makes it possible is ever present. ... *The aim is self-reflectively to isolate Mind, that which enables us to think, from the images and thoughts which stream forth continuously from it, to achieve a state of *understanding* consciousness where there is no object of consciousness.*” The Wisdom of the Overself
ex. 7

Thus Mind is to be worshipped silently, thought of negatively and realized in the Void. All other worship yields either an imagination in consciousness or a sensation in the body, that is it yields a symbol of the Real but does not touch the Real itself.

--Wisdom of the Overself "The Serpent's Path."

... It is in the universe and yet the universe is in it too. It never evolves, for it is outside time. It has no shape, for it is outside space. It is beyond our consciousness, for it is beyond both our thoughts and sense-experience, yet all consciousness springs mysteriously out of it.

...Nevertheless we may enter into its knowledge, may enter into its Void, so soon as we can **drop our thoughts, let go sense-experience, but keep the sense of being.** Then we may understand what Jesus meant when saying: ``He that loseth his life shall find it." ... 28.2.100

Our dependence on self-effort must be balanced by our dependence on Grace. If we rely solely on our own endeavours to better our character and develop our intuition, we may find ourselves frustrated and unhappy with the result. Grace is to be invoked by making contact through prayer and meditation with the Overself. But the meditation should be of a special kind--what may be called the practice of nonduality. In it you should seek to identify yourself with the universal and infinite power, to forget that you are an individual. *23.6.49*

There is only this one Mind [*Brahman, God Is*]. 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

The way out is constantly to remember to think and to affirm that the world and all one sees and experiences in it has no other substance than Mind [*Brahman, God Is*] and gets its brief appearance of reality from Mind. When this is thoroughly understood and applied, its truth will one day stay permanently with him.

21.5.18

There is only the One. 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.

We are seeing the Real all the time when we see the external world. Only, we are seeing it at second remove, As St. Paul phrased it: “The invisible things of God are clearly seen, being understood from the things that are made.”

--Wisdom of the Overself ch 12

MIND THE GAP

During the gap--infinitesimal though it be--
between two thoughts, the ego vanishes.
Hence it may truly be said that with each
thought it reincarnates anew. There is no real
need to wait for the series of long-lived births
to be passed through before liberation can be
achieved. The series of momentary births also
offers this opportunity, provided a man knows
how to use it. *23.8.162 (see also 158-161)*

Pay attention to the gap—the gap between two thoughts, the brief, silent space between words in a conversation, between the notes of a piano or flute, or the gap between the in-breath and out-breath. When you pay attention to those gaps, awareness of “something” becomes—just awareness. The formless dimension of pure consciousness arises from within you and replaces identification with form. --*Stillness Speaks* P.7

M: Of course the self based on memory is momentary. But such self demands unbroken continuity behind it. You know from experience that there are gaps when your self is forgotten. What brings it back to life? What wakes you up in the morning? There must be some constant factor bridging the gaps in consciousness. If you watch carefully you will find that even your daily consciousness is in flashes, with gaps intervening all the time. What is in the gaps? What can there be but your real being that is timeless: mind and mindlessness are one to it. --*I Am That ch69*

The conventional conception makes thoughts move across a background of world consciousness but this is not correct. It is the thought itself that provides us with the particular kind of spaced and timed consciousness with which we are all familiar. Beneath two successive thought–moments there is Mind, the occult link which makes them orderly and makes their consciousness possible. [The Wisdom. Ch 3. Section: “birth of individuals” para. 22]

Philosophic meditation will show him that his own existence is rooted in that of a higher power, while philosophic study will explain some of the laws governing his experiences from birth to death. But at the bottom of existence and experience is ineffable incomprehensible Mystery. 28.2.96

...(but) although the exact definition and direct explanation of words are unable to catch the whole of this subtle experience within their receiving range because they are turned into ordinary human intellectual emotional and physical experience, they may nevertheless evoke an intuitive recognition of its beauty; they may suggest to sensitive minds a hint of its worth and they may arouse the first aspiration towards its attainment for oneself... 28.2.59