

*A07 Being the Witness paras from The Notebooks: [see rev for print 2]*

The practice of the impersonal point of view under the guidance of mentalism leads in time to the discovery that the ego is an image formed in the mind, mind-made, an image with which we have got inextricably intertwined. But this practice begins to untie us and set us free.

8.2.34

To play the role of an observer of life, his own life, is to assist the process of inwardly detaching himself from it. And the field of observation must include the mental events, the thought-happenings, also. For mentalism shows that they are really one world. In the end everything belonging to experience belongs to mental experience. 23.6.82

The student has to stand aside from the thought-forms, which means that he must stand aside from the person and look at it as something external to himself. If and when he succeeds in getting behind it, he automatically adopts the standpoint of the Overself. He must make the person an object and the Overself its observer. Now this element of pure awareness is something constant and unbroken; hence it is not ordinary consciousness, which is a discontinuous thing made of totalized thoughts, but transcendental consciousness. 23.6.83

What is the practical use of enquiring, "To whom is this experience happening? To whom this pain, this joy, this distress, or this good fortune?" First, it makes him remember the quest upon which he is embarked by reminding him that it is the ego which is feeling these changes and that he is not to identify himself with it and thus limit his possibilities if he really seeks the higher self behind it. Second, it suggests that he look for the root of his ego and with it his hidden "I" instead of merely being swept away by what is happening within the ego itself.

23.6.108

If you try to hold to the thought that all this turmoil is after all an idea and to be valued accordingly, it will be easier to find and retain your inner calm. If you can look upon the present era with the detachment with which you look upon the Napoleonic era, the trick will be done; but of course, humanly speaking, it is impossible to do this except by minute-to-minute effort and day-to-day practice carried out over a period of years to discriminate what is real and what is merely an idea. It is this long-continued striving which really constitutes gnana yoga, and it eventually brings success in the form of a settled and unshakeable understanding of the truth behind life. 24.3.188

"The Overself perceives and knows the individual self, but only as an imperturbable witness--in the same way that the sun witnesses the various objects upon the earth but does not enter into a particular relation with a particular object. So too the Overself is present in each individual self as the witness and as the unchanging consciousness which gives consciousness to the individual." 22.3.338