

Enlightenment is
when a wave realizes
it is the ocean.

- *Thich Nhat Hanh* -



THE ECLECTIC MIND

A DATABASE FOR THE HUMAN RACE

OCEAN WAVING

A famous saying about enlightenment:

**When a wave realizes it is the Ocean
when wave recognizes it is the Ocean
*Waving***

***When Ocean recognizes itself as
Waving.***

the wave is the ocean's waving

and we are drops of the ocean as well as
the ocean waving..

M: Our minds are just waves on the ocean of consciousness. As waves they come and go. As ocean they are infinite and eternal. Know yourself as the ocean of being, the womb of all existence. These are all metaphors of course; the reality is beyond description. You can know it only by being it. I Am That Ch. 69

...no individual life can separate itself from the All-Life... The work of the quest is simply this: to free the ego from its self-imposed limitations, to let the wave of conscious being subside and straighten itself out into the waters whence it came. The little wave is thus reconverted into the infinite Overself. 8.1.102

Maybe it is like the sea
the waves that come and go
are we

Maybe just being
a part of the whole
is what was
and always will be
the goal

--*Osa*

To discover yourself is to find
the Inner Reality. Can it really
happen to you? Why not?

--*Dedication to the Inner Reality*

Is this benign state a past from which we have lapsed or a future to which we are coming? The true answer is that it is neither. This state has always been existent within us, is so now, and always will be. It is forever with us simply because it is what we really are. 22.3.23

Call it stillness, true nature, awareness.

It is the Being behind and between all contents and things,

and it is waving as all contents and things.

Recognizing that essence in us all, shared by all, is called Love.

Consciousness appearing as the person seeks itself. This is its quest. But when it learns and comprehends that it is itself the object of that quest, the person stops not only seeking outside but even engaging in the quest itself. Henceforth we let ourselves be moved by the Overself's flow. 23.1.3

... the simple but astonishing fact is that the Overself, which is the presence of God in us, is part of our nature as human beings! 1.5.11

...The basis of the Short Path is that we are always divine. It is with us already, it is no new thing, and we only have to ... recognize what is already there. *2.1.209*

If the real Self must have been present and been witness to our peaceful enjoyment of deep slumber--otherwise we would not have known that we had had such enjoyment--so must it likewise have been present and been witness to our rambling imaginations in dream-filled sleep and to our physical activities in waking. This leads to a tremendous but inescapable conclusion. We are as near to, or as much in, the real Self, the Overself, at every moment of every day as we ever shall be. All we need is awareness of it. 22.3.25

... We have thought our way into this unsatisfactory state; we can unthink our way out of it. We can shift our identification ... in our habitual thinking, in our daily reactions and attitudes, in our response to events and the world. By incessantly remembering what we really are, here and now, at this very moment, we set ourselves free. Why wait for what already is? 23.1.1

NOT KNOWING: St. John of the Cross Poem

To come to the knowledge you have not, you must go by a way you know not—

To come to possess everything seek to possess nothing.

[Sounds so much like Plotinus. "seeking nothing, lacking nothing, possessing nothing... the One overflows."]

Tara Brach quotes Nisargadatta:

Mind creates the abyss,
the heart crosses it.

--I Am That Ch.2

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?... " 1:1.130

Step one:

there is a timeless formless dimension

Step two: you are that.

**“[Seek] for the divine within
yourself**

return to it every day

learn how to continue in it

and finally *be* it.

--26.4.170

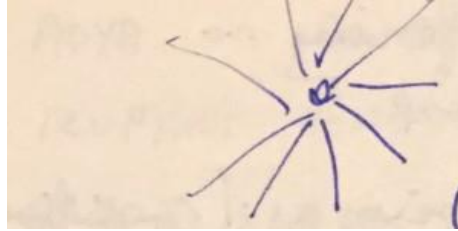
Q: If the real is beyond words and mind, why do we talk so much about it?

M: For the joy of it, of course. The real is bliss supreme. Even to talk of it is happiness. 85

For the object of all this 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*

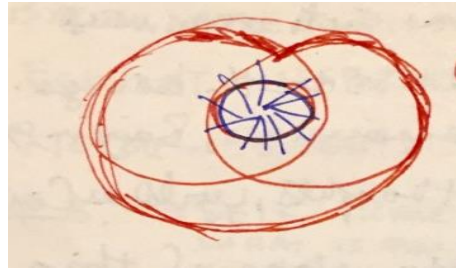
seeing *from Being Awareness* transforms, and transcends.

*I Am
being*



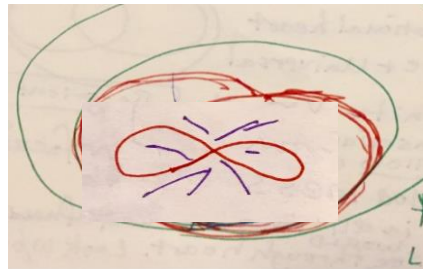
*Awake
Awareness*

*Inter-
Being*



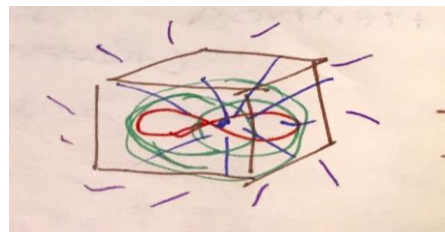
*Loving
Awareness*

*Infinite
Being*



*Primordial
Awareness*

*Intimate
Being*



*Embodied
Presence*