

From *The Notebooks of Paul Brunton* **Practical Nonduality**

Fate provides us with difficulties from which it is often not possible to escape. But what *must* be borne may be borne in either of two ways. You may adjust your thinking so that the lessons of the experience are well learnt. Or you may drop it, for you need not carry the burden of anxiety, and remember the story of the man in the railway carriage who kept his trunk on his shoulders instead of putting it down and letting the train carry it. So put your "trunk" of trouble down and let the Divine carry it. *Paul Brunton Perspectives p.24 #35*

Your dependence on self-effort must be balanced by your dependence on Grace. If you rely solely on your own endeavors to better your character and develop your intuition, you may find yourself 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. *The Notebooks 23.6.49*

... 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... Change your outlook and with it "heaven will be added unto you." *21.5.95*

When it seems humanly impossible to do more in a difficult situation, surrender yourself to the inner silence and thereafter wait for a sign of obvious guidance or for a renewal of inner strength. *18.4.25*

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. *26.1.79*

Nonduality in its extreme form is not to the taste of the masses. Instinctively they shy away from it. Let the two views accommodate each other. While these levels of reference ought not to be mixed together when theory and principles are concerned, there is one way in which there is considerable profit to be gained if the timeless eternal and universal atmosphere of Vedanta is kept at the back of the mind when the worldly problems have to be met. They can be met with this remembrance that one's true being is, and will be, safe and unaffected, and that whatever decision or action we are called to make, the first thing is to keep calm. *23.5.157*

We suffer primarily because we have isolated our conscious being from the universal Being. Only when we renounce this isolation shall we be able to remove our suffering. *13.1.182*

This then is the ultimate truth--that in our inmost nature we are anchored in God, inseparable from God, and that the discovery of this heavenly nature is life's loftiest purpose. Even now, already, today, we are as divine as we ever shall be. The long evolutionary ladder which by

prophets and teachers, gurus and guides we are bidden to climb toilsomely and slowly and painfully need not be climbed at all if only we heed this truth continually, if we refuse to let it go, if we make it ours in all parts of our being--in thought, feeling, faith, and action. 23.1.6

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