

From The Notebooks of Paul Brunton WAITING ON GOD

The Westerner must learn to end this endless restlessness, this daily impatience to be doing something, must practise faithfully and regularly "waiting on the Lord," or meditation. Thus he will come less and less to rely on his own little resources, more and more on the Lord's--that is, on his Overself's--infinite wisdom, power, and grace. 4.1.55

"The best form of meditation is to avoid thinking of anything. In the mind so kept clear, God will manifest Himself."--Shankara of Kanchi 23.7.165

There must be the fullest possible opening of oneself. There must not be the slightest reservation in any direction. One should rest, with breath subdued, like a darkening landscape hushed before the dying sun. One must wait patiently, perfectly patient, for a response to come out of the stillness. Instead of continuing to seek the Self by means of intellectual exertions, one stops and lets the Self seek him! *Paul Brunton: The Quest of the Overself*

What we have most to learn at this stage is, in one sense, easy and simple. Yet in practice, it turns out to be hard and elusive. It is to let go, to cease from striving, to let your will relax, to stop thinking that the Overself is something you must grasp and to let yourself be grasped by it. Moreover, you are not to limit this attitude to the meditation period only, but to bring it into ordinary life briefly several times a day. Paul Brunton: *Adventure of Meditation*

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 you let yourself be moved by the Overself's flow. 23.1.3

The Long Path votary works from systems, rules, plans, and techniques put down by its guides but the Short Path votary has no path chalked out for him. He is forever "waiting on the Lord." 23.5.72

There are moments when the Overself gets at a person's consciousness, and rarer moments when he gets at Its consciousness. It is his profit to extend them, if he can, or to dwell long and often on their memory, if he cannot. What he needs to cultivate is both the facility and the capacity to expand the slightest premonitory movement of the door of intuitive awareness to the widest opening of it. Whenever he notices the very slightest indrawing to the Overself, whenever the least feeling of Its onset appears, he should at once begin to wrap himself around with the felt influence to the exclusion of everything else. 22.5.114