

Stop Holding and Let Yourself Be Held

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 his will relax, to stop thinking that the Overself is something we must grasp and to let ourself be grasped by it. Moreover, we are not to limit this attitude to the meditation period only, but to bring it into ordinary life briefly several times a day. --PB; *"The Adventure of Meditation*

The very fact that we have consciously begun the quest is itself a manifestation of Grace, We are not really walking alone. The very love which has awakened within us for the Divine is a reflection of the love which is being shown towards us.

(But) if it is true that Divine Grace alone can bring the quest to a successful terminus, it is likewise true that human effort must precede and thus invoke the descent of Grace.

... For without the yearning the advent of Grace is unlikely, and without Grace there can never be any realization of the Overself. 2.9.67

... What is needed to call down Grace is, first, a humility that is utter and complete, deeply earnest and absolutely sincere, secondly, an offering of self to the Overself, a dedication of earthly being to spiritual essence, and, thirdly, a daily practice of devotional exercise. The practices will eventually yield experiences, the aspirations will eventually bring assistance....2.9.67

... No effort is needed to get hold of the Overself, but every effort is needed to get rid of the many impediments to its recognition.
We cannot take hold of it; it takes hold of us.
... 22:3.9...

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 toward Truth which will provide an appropriate stage for the entry of illumination.

--*The Quest of the Overself p.71.*

M: Let go your attachment to the unreal (appearance), and the real will swiftly and smoothly step into its own. ... With this will come great love which is not choice or predilection, nor attachment, but a power which makes all things love-worthy and lovable.

--I Am That Ch1

There is nothing to seek find, for there is nothing lost. Relax and watch the “I am.” Reality is just behind it. Keep quiet, keep silent; it will emerge, or, rather, it will take you in. *I Am That ch99*

Why Wait?

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

Anthony Damiani: Awareness and Faith and
Quote 2:33 *Ohio 1984*

This notion that we must wait and wait while we slowly progress out of enslavement into liberation, out of ignorance into knowledge, out of the present limitations into a future union with the Divine, is only true if we let it be so. But we need not. We can shift our identification from the ego to the Overself in our habitual thinking, in our daily reactions and attitudes, in our response to events and the world. We have thought our way into this unsatisfactory state; we can unthink our way out of it. 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*