

STILLNESS and REMEMBRANCE

It could well be said that the essence of the Short Path is remembering who we are, what we are, and then attending to this memory as often as possible. 23.6.184

Continuous remembrance of the Stillness, accompanied by automatic entry into it, is the sum and substance of the Short Path, the key practice to success. At all times, under all circumstances, this is to be done. That is to say, it really belongs to and is part of the daily and ordinary routine existence. Consequently, whenever it is forgotten, the practitioner must note his failure and make instant correction. The inner work is kept up until it goes on by itself. *23.6.210*

The loving, adoring recollection of the Overself, the constant return to memory of it amid the world's distractions, the reiteration of this divine thought as a permanent background to all other thinking, is itself a yoga path. Indeed it is the same as that taught by Saint Paul when he wrote, "Pray without ceasing" and "Bring every thought into captivity to Jesus Christ." 23.6.237

- *Madame Guyon: prayer of the heart*

PRAYER is nothing but the *application of the heart to God*, and the internal exercise of love. St. Paul has enjoined us to "*pray without ceasing;*" and our Lord bids us "watch and pray"

... You must, then, learn a species of prayer which may be exercised at all times; which does not obstruct outward employments; which may be equally practiced by princes, kings, soldiers and children, laborers, and sick persons; It is not a prayer of the understanding alone, for the mind of man is so limited in its operations that it can have but one object at a time; but it is the PRAYER OF THE HEART which is not interrupted by the exercises of reason.

Until it is brought to our attention, we may not know that the idol at whose feet we are continually worshipping is the ego. If we could give to God the same amount of remembrance that we give to the ego, we could quite soon attain, and become established in, that enlightenment to which others devote lifetimes of arduous effort. *8.4.153*

“Be still and know that I am God” is the key to the enigma of truth, for it sums up the whole of the Short Path. Paradox is the final revelation. For this is “non-doing.” Rather is it a “letting-be,” a non-interference by your egoistic will, a silencing of all the mental agitation and effort. 23.5.202

The Short Path is, in essence, the ceaseless practice of remembering to stay in the Stillness, for this is what we really are in our innermost being and where we meet the World-Mind. 23.1.97

The ego to which we are so attached turns out on enquiry to be none other than the presence of World-Mind within our own heart. If identification is then shifted by constant practice from one to the other, we have achieved the purpose of life. 8:1.127

...Such is the paradox of life and we had better accept it. That is, we must not hold one standpoint to the detriment of the other. ...We have to remember both that which is ever-becoming and that which is ever in being. ...

19.2.5

The twofold way is indispensable: on the one hand the way of self-effort, working to *transform* the ego, and on the other the way of Grace, through constantly *remembering* your true identity in the Overself. *23.5.193*