

You Are that I Am—

***A few readings after Feb 11 2023
meetup***

... The very fact you have consciously begun the quest is itself a manifestation of Grace, ... You are not really walking alone. The very love which has awakened within you for the Overself is a reflection of the love which is being shown towards you.

... Thus the very search upon which you have embarked, the studies you are making, and the meditations you are practicing are all inspired by the Overself from the beginning and sustained by it to the end. The Overself is already at work even before you begin to seek it. Indeed you have taken to the quest in unconscious obedience to the divine prompting. And that prompting is the first movement of Grace.

Even when you believe that you are doing these things for yourself, it is really Grace that is opening the heart and enlightening the mind. --*PB essay on grace. 2.9.67*

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.

...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 the will relax, to stop thinking that the Overself is something we must grasp and let ourselves be grasped by it. Moreover, we are not to limit this attitude to the meditation period only, but to bring it into our ordinary life briefly several times a day...

--PB: *The Adventure of Meditation*

Remember to remember: 'whatever happens -- happens because *I am*'. All reminds you that you are. Take full advantage of the fact that to experience you must be. You need not stop thinking. Just cease being interested. It is disinterestedness that liberates. *I Am That* ch 51

The beingness in being, the awareness in consciousness, the interest in every experience -- that is not describable, yet perfectly accessible, for there is nothing else. *I Am That* Ch 44

Awareness of Being is Bliss.

Being awareness is Bliss.

M: Whatever you may have to do, watch your mind. Also you must have moments of complete inner peace and quiet, when your mind is absolutely still. If you miss it, you miss the entire thing. If you do not, the silence of the mind will dissolve and absorb all else. *I Am That* 47

Q: How do I get at it?

M: You need not get at it, for you are it. It will get at you, if you give it a chance. Let go your attachment to the unreal and the real will swiftly and smoothly step into its own. Stop imagining yourself being or doing this or that and the realization that you are the source and heart of all will dawn upon you. 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 Ch 1*

Any disturbing noise can be as helpful as silence. How? By dropping your inner resistance to the noise, by allowing it to be as it is, this **Acceptance** also takes you into that realm of inner peace that is stillness. Whenever you deeply accept this moment as it is, no matter what form it takes, you are still, you are at peace.

Even when there is noise, you can be aware of the stillness in which the noise arises. The space of Awareness.

--*Eckhart Tolle Stillness Speaks*

Each moment, the entire field of experience is present to an ocean of non-objective open awareness. Let the thoughts be, and be aware of the space around them. Be aware that there is awareness. Do not try to direct the awareness to or away from any thoughts, do not attend to the content either, but just notice. Awareness will come of itself: just stop holding on, stop grasping. Just let everything be. Accept all but keep your mind open to what is not manifesting. --*Tarthang Tulku:*

We get involved in these ideas and are unable to get behind them to experience the stillness of the Self. This cannot be done by force, for that creates resistance. This can be achieved only by alert passivity, by relaxing the mind by not thinking of anything in particular, and yet not losing awareness.

--Doctrine of Recognition Intro by Jaideva Singh, p.29

My mind is quiet and grateful...why? because what is happening on the outside is always changing and what happens on the inside is up to me to make quiet...

--*Nyoshul Kenpo* quoted by Leonore Horden.

MADAME GUYON: everything is a gift of Christ

When you sit in front of the divine, why do you meditate? If you want sweetness and presence and getting something, that is not the highest meaning. Just sit in front of the divine to give love. Take whatever comes to you as a gift of the divine. Take everything in your life as a gift of the divine. Be grateful. If dryness comes, then take that. If pain comes, take that. Because the sun is shining in everything-- seeing underneath all this is non-separateness. Everything is already reality. Any notion of yourself as other than reality is an illusion.

--P.16

Those who look for advancement by looking for inner experiences or for discoveries of new truth do well. But they need to understand that... their greatest advance will be made when they cease holding the wish to make any advance at all, cease this continual looking at themselves, and instead come to a quiet rest in the simple fact that *God is*, until they live in this fact alone. That will transfer their attention from self to Overself and keep them seeing its presence in everyone's life and its action in every event... 23.5.222

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

...The practical import of this truth is that Mind can be experienced not only in the Void but also in the world. Reality is not only to be discovered as it is but also beneath its phenomenal disguises. *20.4.124*

We who honour philosophy so highly cannot afford to be other than honest with ourselves. We have to acknowledge that the end of all our striving is surrender. No human being can do other than this--an utterly humble prostration, where we dissolve, lose the ego, lose ourselves--the rest is paradox and mystery.

20.5.11