

The fact you seek is already grace.

... 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.

The Overself is already at work even before he begins to seek it. Indeed he has taken to the quest in unconscious obedience to the divine prompting. And that prompting is the first movement of Grace. Even when he believes that he is doing these things for himself, it is really Grace that is opening the heart and enlightening the mind from behind the scenes.

but... PB Continues...

... Only if a person falls in love with his soul as deeply as he has ever done with another person will he even stand a chance of finding it. Incessant yearning for the higher self, in a spirit of religious devotion, is one of the indispensable aspects of the fourfold integral quest. The note of yearning for this realization must sound through all his prayer and worship, concentration and meditation. ... A merely formal practice of meditation is quite insufficient although not quite useless. For without the yearning the advent of Grace is unlikely, and without Grace there can never be any realization of the Overself.

--Essay: The Progressive Stages of the Quest Notebooks of Paul Brunton 2.9.67

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For the object of all this communing is to awaken within us a mood of soul, a atmosphere and even an emotional condition of aspiration towards Truth which will provide an appropriate stage for the entry of inspiration. ... *The Quest of the Overself*