

A few themes from our discussion 0603 2023.

Sufi Song:

A seed of God grows into God.

Let yourself go: let God be God in you.

Let yourself be: let God be God in you.

Do your part then let go

The delicate mysterious transition from being active to passive in meditation—and in life.

Nisargadatta: “do your part, the rest will be done for you.”

PB wonderful essay on grace **2.9.67**, worth reading it all...

“...We do not get at the Real by our own efforts alone nor does it come to us by its own volition alone. Effort that springs from the self and Grace that springs from beyond it are two things essential to success in this quest...”

There is a point in meditation, an inspired para, inquiry into a question like “what am I” ... where you have done enough, thought enough, pondered deeply... brought about a state of mind... and then stop and allow a response: you let go completely, and make a space for inspiration or grace or glimpse.

Not only in meditation, but many times during the day-- stopping, letting go, remembering/as-if,. The fourth exercise in ch. 14 of *The Wisdom* is a beautiful practice of “let go” suddenly and completely at moments during the day, not only during the fixed meditation.

We read a part of the PB essay “Adventure of Meditation.

... 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 your ordinary life briefly several times a day...

Here is more of the essay ... also has a link to the whole essay in the online Archives...

[Adventure of Meditation Excerpt and link to whole](#)

Open alert awareness. Bring “**alert passivity**” to our lives: listen again to Eckhart:

[Tolle: Am I Aware](#) (click for audio)

Two wonderful quotes on the Overself and awareness:

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

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 we let ourselves be moved by the Overself's flow. 23.1.3

More discussion of *paradoxical Unique and universal individual*.

PB says *the unit of life* (26.4.257), Sufi's say *the divine Name* (see notes on Corbin, Ibn Arabi). It is the I Am as conscious-living-loving-being, *appearing as a person*. That uniqueness and universal is reflected in, or expressed by, the local center of experience represented by the natal chart of the person here--*conscious living being* Linda points out that each chart is made of universal components (planets, degrees) but is unique. We can explore how the person here and the personal qualities are a reflection or presence of the divine uniqueness and universal qualities, and the unfolding person is unfolding of a Divine Idea...

Just as a wax copy may be burnt but the music will still live on in the master disc, so the cosmos may be annihilated or disintegrate completely but the creative idea of it will still live on in the World-Mind. More, in the same way a man's body may die and disintegrate, but the creative idea of him will still remain in the World-Mind as his Soul. It will not die. It's his real Self, his perfect Self. It is the true Idea of him which is forever calling to be realized. It is the unmanifest image of God in which man is made and which he has yet to bring into manifestation in his everyday consciousness. 26.4.63

Read/listen to Anthony audio/text on the Unit of life:

[Anthony Damiani: Unit of Life 1:25](#)

[World-Mind is teaching soul](#)

[AD: You Become Wisdom only 1:46](#)