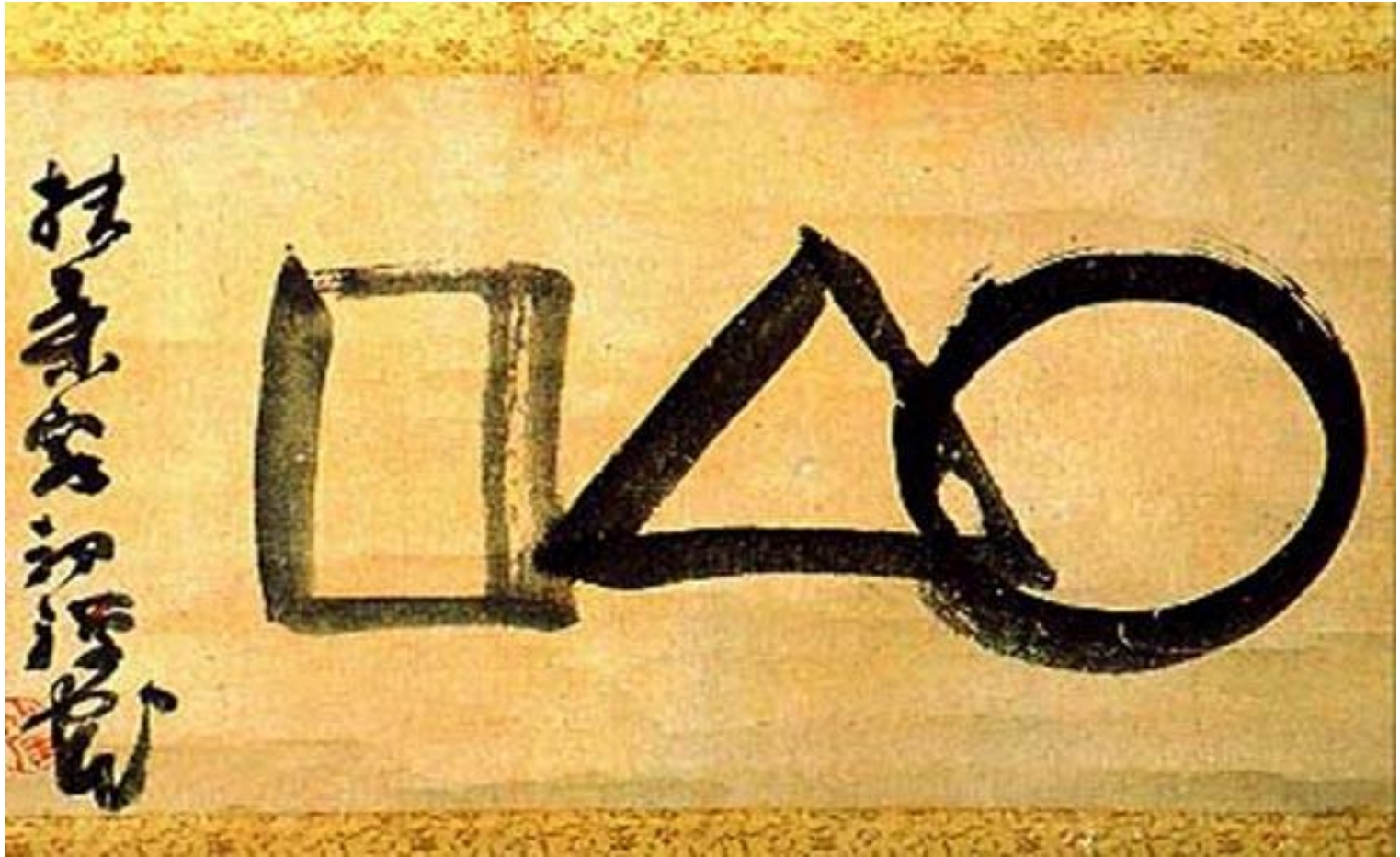
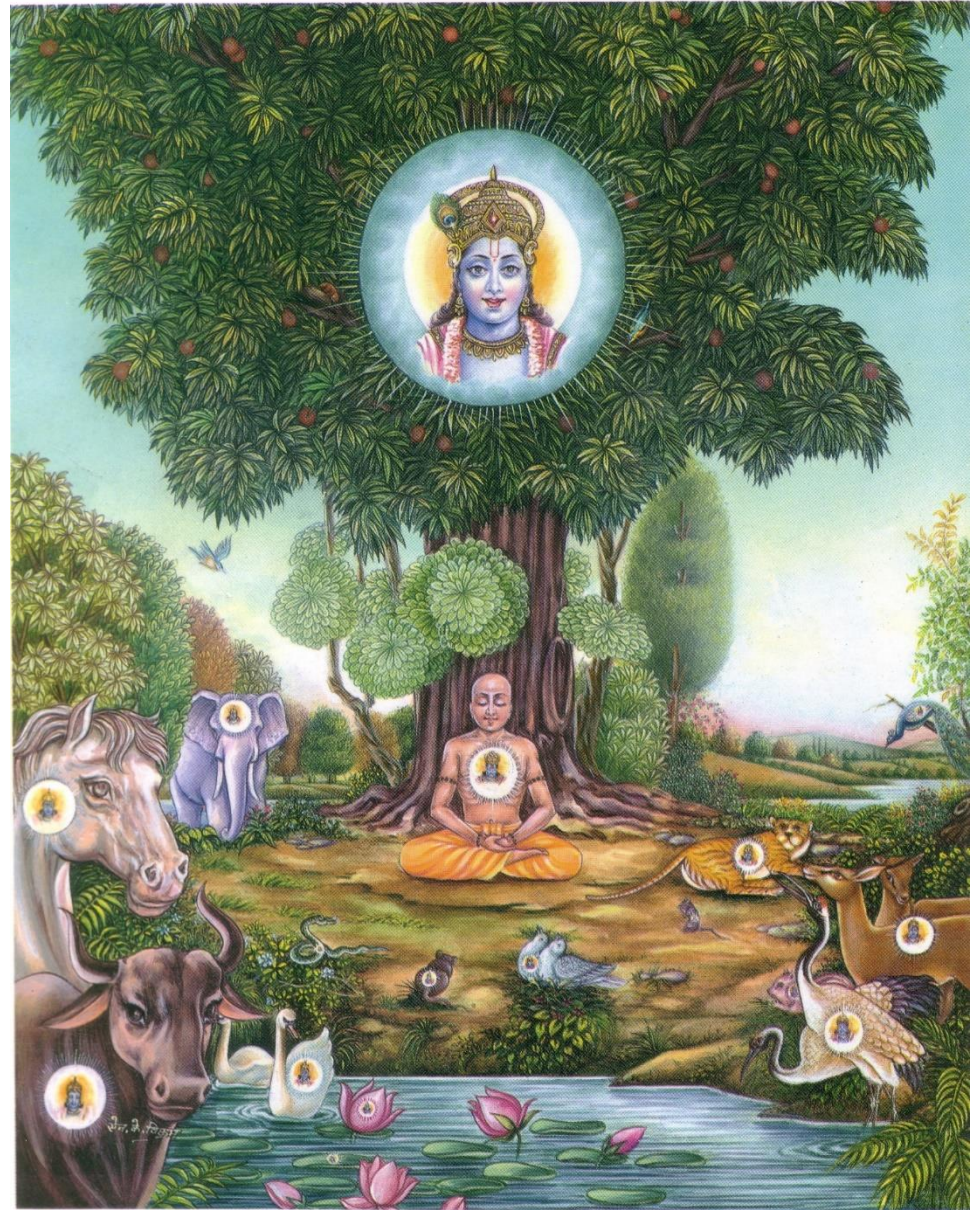


WHERE WE MEET REALITY



That which is at the heart of all existence--the world's and yours--must be real, if anything can be. The world may be an illusion, your ego a fiction, but the ultimate essence cannot be either. Reality must be here or nowhere. [28:1.15](#)





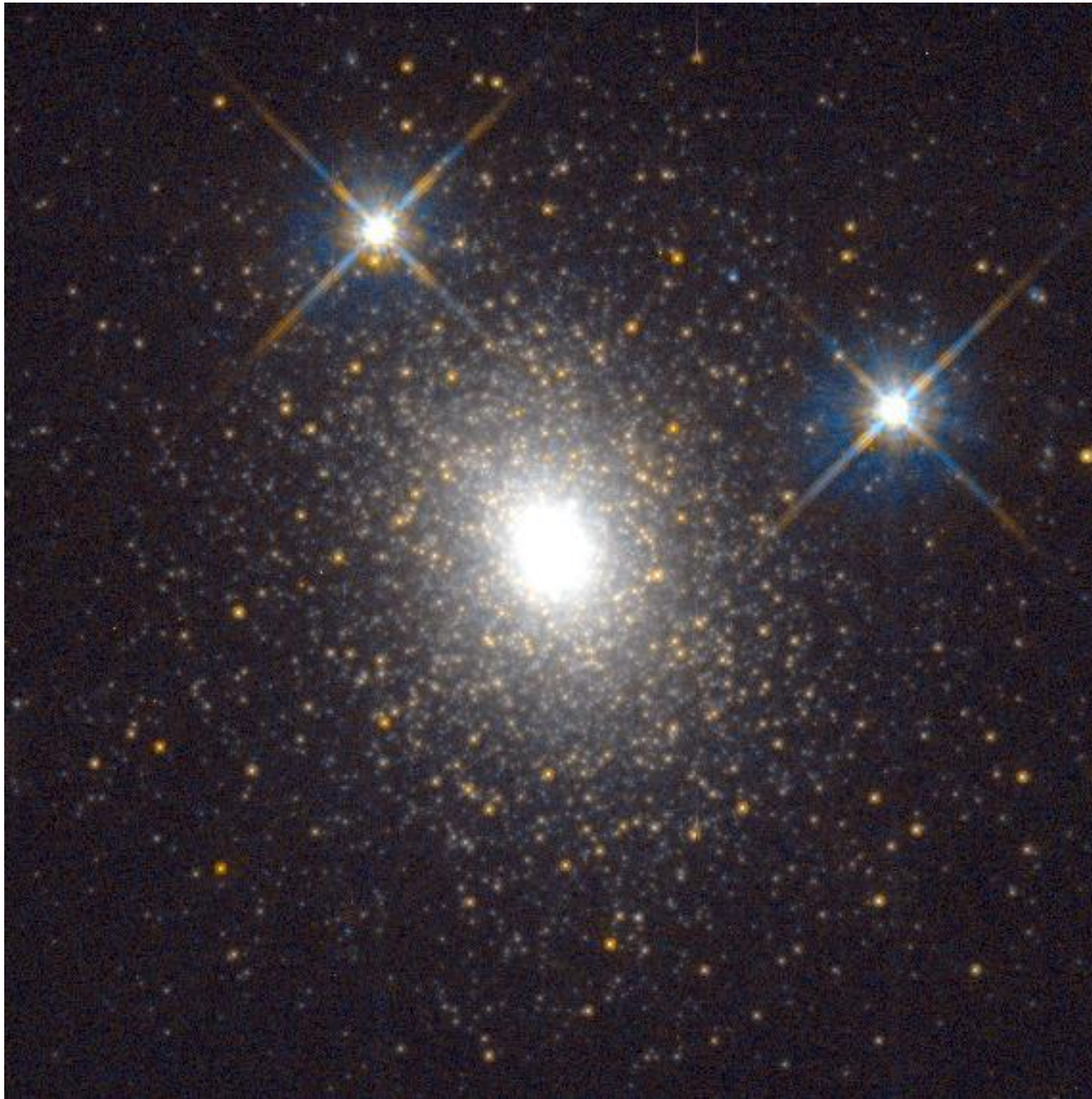
The World-Mind is omnipresent. There is a point where everyone touches it. When we attain awareness of this point, we are at last attending the true Holy Communion service. 25.1.30

The omnipresence of the Infinite Mind carries great meaning for us individually. For it signifies that this Mind is not less present and not less active in us too. 25.1.23



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





We come to see the whole cosmos as a manifestation of the Supreme Being. It follows that involuntarily, spontaneously, we bring ourself--mind and body, heart and will--into harmony with this view. (p. 361)



We can know as much, and as little, of God as the wave dashing against the Californian coastline can know of the immense ocean stretching so many thousand miles to the Australian shore: such is human insignificance in relation to that activity of God which is directed to this universe. But in relation to that non-activity which is God-in-itself, at rest, we can know absolutely nothing. For here is Being without end, Mind without individualization of any kind, and Life without any bottom or top to it. 28.2.45

First try to understand what a wave is, and then you can feel how this consciousness of waves can help you to enter into meditation.

The wave appears; it is there in a sense, but still it is not there in a deeper sense. In a deeper sense only the ocean is. You cannot have a wave without the ocean, and even while the wave is there, only the ocean is. The ocean is substantial; the wave is just a form.

It would be better if we use not wave, but waving. There is no wave, just waving- just an activity, not a thing; just a movement, not a sub-stance. The substance is the ocean; the wave is just a form. The ocean can wave. The ocean can be silent-- the waves disappear, but the ocean will be there.