

## TALK WITH LINDA 0815 2023

### what's the most certain thing in your experience?

on the one hand, we have the people who talk about God, and there must be God, spirit. so if you ask me what is more certain, God or my knowing about God, whatever I know about God can't be any more certain than my knowing about God. And we're saying the most certain thing you can say about God is that **anything you say about God and know about God has to come through your knowing?**

And the scientists are saying, yes, quantum, at the bottom of everything. Energy, all of this, Yes, but. How do you know about quarks and energy? You only can know about them certainly. Is that what you know about them is you're knowing about them. And **whatever I know about quarks can't be any more certain than my knowing about the quarks.**

And therefore everything we're talking about is our knowing about it, and to claim its truth is to confuse my belief systems with truth.

Now we can go one more step-- is everything in reality only relative to my knowing it **isn't there a reality in itself Independent of my knowing.** Is there anything so certain that I can't doubt it? **how would I know about a reality that's independent of my knowing,** when the only thing I can know is through my knowing? And here is the answer. You have to deepen your knowing. we could **go to the videos by Eckhart Tolle and Anthony** which point out you can doubt everything, but you can't doubt your own consciousness. You can't doubt your own experience. You can't doubt your own. Let's say let's say your own existence but. So we can start with that.

Michael Singer, I hope, will take us there. that's why I keep adding to whatever we say: **direct, immediate, experiential knowing by being.** And that means Consciousness knowing itself. If I can't get out of consciousness, the best I can do is then explore consciousness, is explore knowing itself. Instead of exploring what God is or exploring what quarks are I would have to inquire into. "What is this knowing or consciousness of God?" What is this knowing or consciousness of quarks?

Now as AD points out; as soon as you think about consciousness, " To think about consciousness puts you outside of consciousness.". So that means you can't know consciousness the same way that you would know anything else. You can only know it by being it. You can only know it by having it recognize itself in as and for itself. And that's why Anthony also says you can read the menu about consciousness a million times, but it won't satisfy you. That's why you need what they call. Mysticism. That kind of a direct pointer.

again, the starting point is not there's a God or there's a quarks. **The starting point is the most certain thing in my experience is that I am conscious.** But what's not certain is what is this consciousness, what is life? That I do not know. I'm certain that I am conscious, but I don't know it deeply enough. And to use the words about it and read more books about it is just gonna be reading more menu, as Anthony says. To read books about God is not going to give me the direct, immediate experience of my inner link to God. The most certain clue we have is our own conscious living being. Look into it. That's it. Good enough to start with

You might need to think about the first part. on the one hand **you don't wanna just read the menu, but on the other hand you've got to reason out that first part quite a lot, before it sinks in** that all you can know about God, all you can know about Quarks, is your knowing of it. This is a profound, profound, deepest place that reason can get you. And you've gotta reason on it a bit, not just hear it once so. In between just hearing it and experiencing it directly. Is the reasoning. Keep it in mind and take it to heart. All I can know about God is my knowing it.

People don't like that, but you think about it. All you can know about quarks is the scientist knowing about the quarks. I know the science people don't like that, but it's important to think about it. To reason about it.

**Theresa, When she had these wonderful mystical experiences, all she knows about God is what she experienced..** You got it. Great example. And as with the Mystics the same with the scientists. where science and mysticism meet is in their direct experience: and at some point realize that all of it is within what they used to call "God" or "Being." Can't not be.

Mystic calls it God because they're blown away. Archimedes calls it aha, he says. Oh my God.

The good news from Eckhart is you don't have to stop the thinking or the feeling or the experience to know the consciousness. **You just have to recognize that everything in your experience points to consciousness.** You just have to turn around 180 degrees. Eckhart would put it that you don't have to stop the world from going on. You just have to recognize that There's awareness of the tree and that tree is your awareness.. And not because you know the word awareness. It's because without awareness you wouldn't have the experience of the tree, or your thoughts, or your feelings, or your body, or your friend or anything else. So it's already there, it's just implicit. It's not directly immediately self-recognized as what it is. But the first step is to recognize it in relation to everything else that you know. Everything points to your consciousness: but we don't look that way: "save some attention for the within." See NM. Oh my God. It's not a cup. It's my consciousness of the cup. It's not my feelings. It's not separate thoughts. It's not a world out there--pervading in and through everything is the fact that I'm experiencing it. Good enough and not just words, I am experiencing it. And no separate I that is experiencing it-- I am the consciousness that's experiencing. That's a next step. That's profound.