

Notes and  
Quotes after  
Saturday  
Friends  
Meetup 1007



Is this benign state a past from which we have lapsed or a future to which we are coming? The true answer is that it is neither. This state has always been existent within us, is so now, and always will be. It is forever with us simply because **it is what we really are.**

22.3.23

**“...We are as near to, or as much in, the real Self, at every moment of every day as we ever shall be. All we need is awareness of it.” 22.3.25**

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. *Ch.1*

The Overself, is the God within the heart, is your best friend, your teacher, your mother in times of difficulty; it is all good and its nature is love, acceptance and forgiveness.

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

Here in the ego we may perceive a reproduction of the sacred Overself under the limitations of time and space. Whoever grasps this great truth knows henceforth that this Overself is no more distant from him than his own heart and that what he calls "I" is inseparably united with what men call God. 22.3.349

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.

...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.

...it is really Grace that is opening the heart and enlightening the mind from behind the scenes.

2.9.67

After all, why do you pray and meditate? Do you come for the sweetness? Do you come because it is enjoyable to be in the Lord's presence? Let me recommend a higher way.

Just sit in front of the divine to give love. Bring a full heart of pure love, a love that is not seeking anything for itself. Bring a heart that is seeking nothing from the Lord, as you come to your Lord to pray, do not come for spiritual enjoyment. Do not even come to experience your Lord. Then what? Come just to praise the Lord.

--Madame Guyon

When you have come to the Lord this way, you will find that your spirit is at peace no matter what your condition. When you have learned to come to God with this attitude, you will not be upset if God withdraws from you. The times of spiritual dryness will be the same to you as the times of spiritual abundance. Why? You will treat them both the same. Because you will have learned to love God just because you love God, not because of God's gifts nor even for God's precious presence.

--Madame Guyon



Those who look for advancement by looking for inner experiences or for discoveries of new truth do well. But they need to understand that all this is still personal, still something that concerns the ego even if it be the highest and best part of the ego. 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. The more they succeed in holding to this insight, the less will they ever be troubled or afraid or perplexed again; the more they recognize and rest in the divine character, the less will they be feverishly concerned about their own spiritual future. 23.5.222

## *FROM 0902*

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 to let ourselves be grasped by it. Moreover, we are not to limit this attitude to the meditation period only, but to bring it into ordinary life briefly several times a day.

*--PB Adventure of Meditation*

## A few more From 0902

### Acceptance

When you say “yes” to the “isness” of life, when you accept this moment as it is, you can feel a sense of spaciousness within you that is deeply peaceful. When you say “yes” to what is, you become aligned with the power and intelligence of Life itself. ... *Eckhart Tolle*

The manifold manifestations of life in this universe are all manifestations of the Ocean of Consciousness. The essence of who you are is one with the essence of the entire universe. So when you realize this essence of yourself as consciousness--when the wave realizes that it is fundamentally the ocean of consciousness--then it's not only a realization of the wave: it's the realization of the ocean of consciousness too, in and through the wave. **So the consciousness that underlies this universe is awakening through you.**  
*Eckhart T*

[[Alan Watts Earth Peoples.]]

<https://www.youtube.com/watch?v=vA3NlyQNDBQ>

Simply by virtue of *being* a human being, we are a unique center of accessing being's mystery. Even our ordinary experiences are expressions of radiant awareness against a background of Being's mystery-- Recognizing this fact and all its attendant implications and experientially accessing it, is precisely what is meant by "wisdom and compassion (bodhicitta)." Guenther *Matrix of Mystery*

## NM: TWO WAYS:

You either let yourself be carried by the river of life and love represented by your Guru, or you make your own efforts, guided by your inner star. In both cases you must move on, you must be earnest. Rare are the people who are lucky to find somebody worthy of trust and love. Most must take the hard way, the way of intelligence and understanding, **distinguishing the unreal from the real. And then letting go of the unreal.** (viveka-vairagya). This is the way open to all.

## Philosophy: Use Both

**So what is real for you? : search out what is  
Real in experience. And what is unreal.**

**You can also question the beliefs, thoughts,  
with Byron Katie:**

**Is it so? Can you be sure? What if it is not so?  
Who would you be without that?**

**When you stop and remember, you make a space for that luminosity also called grace.**

**How do you remember to stop and what is it that you remember when you stop?.**



*... If you could give to God the same amount of remembrance that you give to the ego, you could quite soon attain, and become established in, that enlightenment to which others devote lifetimes of arduous effort."(8.4.153)*

The divine is actually within us and has been there all along--if we set out to gain knowledge of it. **What then really happens should we succeed in doing so? A recognition and a remembrance!** Why then all this fuss of studies and practices, exercises and meditations, flocking to gurus and labouring at self-improvements? Is it not enough to be our own teachers and to remember our own long-held wisdom? 23.1.33

**Recognition is a prominent feature** on the Short Path. The Overself is always there but only those on the Short Path recognize this truth and think accordingly. The world is always with us, but only those on the Short Path *recognize the miracle that it is*. In moments of exaltation, uplift, awe, or satisfaction--derived from music, art, poetry, landscape, or otherwise--thousands of people have received a Glimpse; but only those on the Short Path **recognize it for what it really is. 23.1.114**

Think of yourself as the individual and you are sure to die; think of yourself as the universal and you enter deathlessness, for the universal is always and eternally there. We know no beginning and no ending to the cosmic process. Its being IS: we can say no more. Be that rather than this--that which is as infinite and homeless as space, that which is timeless and unbroken. Take the whole of life as your own being. Do not divorce, do not separate yourself from it. It is the hardest of tasks for it demands that we see our own relative insignificance amid this infinite and vast process. The change that is needed is entirely a mental one. Change your outlook and with it "heaven will be added unto you." 21.5.95

Philosophy takes its votaries on a holy pilgrimage from ordinary life in the physical senses through mystical life in the sense-freed spirit to a divinized life back in the same senses. 20.4.113.