

A FEW FROM SATURDAY 1202

Reality and Appearance: where we meet

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 first question is also the final one; it is quite short, quite simple, and yet it is also the most important question which anyone could ever ask, whether of oneself or of others. This question is: "What is consciousness?" Whoever traces the answer through all its levels will find themselves in the end in the very presence of the universal consciousness otherwise called God. *19.3.32*

"Prayer is the song we are singing in communion with God: It is the single voice of creator and created, part of you from the beginning."
"Prayer is the Infinite Consciousness vibrating in the finite experience."

After we have entered on the Short Path, fit themes for meditation will be those which turn away from the personal ego. We can meditate on the glorious attributes of God, or on the essential perfection of the cosmos, or on the utter serenity of the Overself, for instance. *4.4.65*

Stillness and Surrender

There is nothing to seek and find, for there is nothing lost. Relax and watch the "I am." Reality is just behind it. Keep quiet, keep silent; it will emerge, or, rather, it will take you in. *IAm That Ch 99*

Where the heart goes, there soon or late the other faculties will follow. This is why it is so important *to let* the Overself take possession of the heart by its total surrender in, and to, the Stillness. *24.4.90*

We who honour philosophy so highly cannot afford to be other than honest with ourselves. We have to acknowledge that the end of all our striving is surrender. No human being can do other than this--an utterly humble prostration, where we dissolve, lose the ego, lose ourselves--the rest is paradox and mystery. *20.5.11*

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 realisation 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. *IAm That ch 1*