

## **AFTER 0131 2024: A FEW ON SURRENDER**

In first, the discovery of the Overself, and second, the surrender to it, we fulfil the highest purpose of our life on this earth. 1.1.83

The novice must be warned that certain ways of practising concentration, such as visualizing diagrams or repeating declarations, as well as emptying the mind to seek guidance, must not be confused with the true way of meditation. This has no other object than to surrender the ego to the Overself and uses no other method than prayerful aspiration, loving devotion, and mental quiet. 4.1.131

By this simple act of unlearning all that you know--all that you have acquired by thinking, by remembrance, by measurements, by comparison, and by judgement--when you return to the mere emptying of the consciousness of its contents of thoughts and ideas, and when you come to the pure consciousness in itself, then only can you rest in the Great Silence. 24.4.78

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

This identification with the Overself is the real work set us, the real purpose for which human life in the world serves us. All else is merely a comfortable way of escape, a means of keeping us busy so that conscience need not be troubled by the central duty to which we are summoned. 23.1.36

### **On Surrender- a few from Nisargadatta**