

Remember... and Recognize... you are that Awareness appearing as I

During the day: Stop. Observe--Be aware. Shift...

SEE PPT Saturday Meetup 2024 0203 SL 9-30

Self-talk: dance floor p.3-6, 11

SURRENDER: surrender the ego, give up separate, if you ask. NM. P.2-8

Tao 9: Do your part, then step back—the only way to peace. effort and no effort. vulnerable: invite. Wu-Wei:

Doing your part and various ways and surrendering. Faith, trust and grace. The dance floor, how we are sharing it with our fellow human beings, Windows and mirrors. the awakening of faith and insight.

If God invited you to a party and said Windows and Mirrors.

Ways to meet this moment of experience: Acceptance. Allowing. Gratefulness for what Is. Appreciating Life.

Acceptance gratefulness thank you. Praise the Lord. saying yes to the the no. Awakening of Faith... Trust... Sincerity... seed of Buddha, heliotrope.

Purpose of vulnerable: create a state of mind to invite. *And see Surrender p.12*

Gratefulness: Brother David... and see *Windows Mirrors* p.3

Self-talk: dance floor p.3-6, 11 Leo and Aquarius: relate to the dancefloor.

In *Windows/mirrors*. p.1 *the dancefloor re-visited. Dust motes.*

Awakening of Faith... Trust... Sincerity... already seed of Buddha, heliotrope.

SURRENDER: surrender the ego, give up separate, if you ask. NM. P.2-8

Surrender: surrender the ego, let go and let God SEE PPT

It seems complicated but. We get overeducated. **SL 11, 27**

January 1979 23.5.56

Here at long last he gets at the ego itself by completely surrendering it, instead of preoccupying himself with its numerous disguises--which may be ugly, as envy, or attractive, as virtue. 8.4.167

AD: don't let the content usurp attn.

➤ **TRANSCRIPTING B B COMBINED THEMES 0110 AND 0117 2024**

Do your part... what is your part? Wu-Wei: the amazing view of “Doing non-doing.”

Remembering and Recognizing... Stop. Be aware. Shift... You are that awareness disguised as a person. conscious living being appearing as a person.

Remember to stop. And shift out of the local limited finite point of view that is caught up with the contents. Step back 180°. You are that awareness disguised as the person and looking through the person. Moreover, you can say *thank you. Praise the Lord*. Change the current from needing to giving, to offering. How can I be remembered really? How can I help my fellow human beings?

Quest is about questions, not answers. Thinking deeply... and let thinking go... to go beyond thinking

The spectrum of guests on God's dance floor. Windows and Mirrors.

Reality intimate and ultimate. Levels and stations of realization.

Gratefulness for what Is. Appreciating Life. Welcoming the guests, and letting them go.

➤ **After 2024 0117 a few extra Audio links true med stages of r 11p**

0124 2024 AND 0131

Reverse-causality: Be still and know: surrender in little things: invites grace, and respond to slightest intuition.

Double Path: clear obstacles, let go of unreal// Remember, recognize the real.

THEMES FROM 0131

Eckhart Tolle stillness speaks,

a clip from Anthony from Ohio ON FAITH : LISTEN AUDIO/TEXT.

. Honor and appreciate. The fellow human beings on the dance floor with us.
Each of us is. Windows and mirrors. For each other,

this whole question of surrender? *SEE PPT:*

Forgiveness and grace and the real spirit of meditation. Humility. Surrender,

Yes, we make a space for the grace. humility

when you have done all you can do to surrender, you just ask God to take the rest.

Fana of fana. Dissolving the dissolving, letting go of the letting go. even the desire to desert the world deserts us.

PB goes through intuition inspiration, the glimpse and then finally insight. Cat 22

When philosophic insight is born. See the file on PHILOSOPHY AND INSIGHT ; 20.4.183 see also 20.4.178 file on Reality and Realization

Glimpse: intuition, inspiration, glimpse: Hearing, Reasoning, Contemplate

The double knower: AD on Insight and Understanding... see web quotes. Insight and Sahaja.

The three functions of knowing, willing and feeling 8.1.1 that ray of consciousness has these knowing, willing and feeling

How is the infinite shining present right here through the finite?

the Hafiz poem everything does point to God.

the prism allows them to be shown seen.

The Sufis have three or four of those stations. The Buddhists have 10 boomies.

consciousness means one thing to you. I see.

Citsukha whose name means the bliss of consciousness,

RICK the keyword is giggle **Be inspired. Be amused. Or bemused.**

If you could give to God. As much remembrance as you give to the ego.

Ramana said that realization is already here.

Philo-Sophia = love-wisdom:

Philosophic.thinking. Think deeply, then put thinking aside. Thinking has to get to a point of. I don't know. So that it can lead to wisdom. Feeling and willing too. Give your total heart to the Overself. Give up self will and be willing.

Think deeply and put thinking aside and the same with feeling and willing. What is wisdom and where is it to be found. Be- still- know- that- I am- God. What is the most real right here and now in our experience? Not a ladder going up, but direct immediate presence as the luminosity depends deepens.

Be inspired. Be amused. Or bemused.

Quest is about questions, not answers. Think deeply... and go beyond
Unfolding of Knowing willing and feeling... and Insight

Every effort needed to remove the coverings. 22.3.9 SEE PPT.

Have to unthink our way out. 23.1.1

I thought the ego was made. I thought it can be unmade. 18.1.77

Unlearn all you have learned. 24.4.78

Where the heart goes. 24.4.90 and 1.3

The true idea seeking to be realized. 26.4.63

PHILOSOPHY AND INSIGHT.

Insight as intrinsic self-recognition happening in and through the burning center of experience.

Awaken over. Wake up. And the full insight realization philosophy. Balance of direct path and ultramystic philosophy.

20.4.22, 27, 34, 60-70.

See p. 4-12

The context for all of this: Paradoxical Unit of Life:

AD: Extraordinarily Beautiful. You become wisdom.

[AD: Extraordinarily Beautiful](#) uroboric unit of life audio/text 3 min

A ray of soul, primordial awareness, sat-cit-ananda, A ray of divine Sun, emanation of God. Meets up with organized body, burning focus of experience, which is a unique center in the matrix of intelligence and vibration, World-Idea activity and stillness.

Through this comes to self-recognition, access and express world-idea, and unique divine-name "seeking to be realized."

See AD on Unit of Life. See PB 26.4.257 and 26.4.63

[YOU BECOME WISDOM: Eight themes on Soul's evolutionary journey](#)

NOTES 0206 2024: and themes from our meetups in January

Unit of Life, Soul and World-Idea, sliding scale... spectrum... divided line...

Anthony on the soul, double nature, the double knower and the unit of life.

The movement from belief to reason to meaning to intuition and inspiration to glimpse and insight. For all the three functions of knowing willing and feeling.

concentric circles. There is right here a psychological view of experience
there is a piss, theological view of experience that includes meaning.

There is a cosmological view of this experience, which includes inspiration, grace
world idea

there is an anthological view of the experience right here, which simply says *is*,
and there is a metaphysical view of experience which says oh my God mystery oh
mine

COMPLEMENTARITIES

Complementarity in its many forms: ultimate and intimate, Siva/Shakti, transcend and transform.

MORE COMPLEMENTARITIES: There is the hierarchy and there is simultaneity.

Simplicity. The other side of complexity is everything.

Complementarities: vertical and horizontal, AD simultaneous and sequential, grow up and wake up—transcend and transform, Extraordinarily Beautiful inviolable and becoming Ray of soul and world-idea, Liminality, Greatest Joy, Siva and Shakti,

[AD comments on Simultaneity and Hierarchy Ohio 1984 2p + pics](#)

[AD on metaphysics](#)

COMPLEMENTARITY

Complementarities. An ever active mind within an ever still mind. Transcendent and imminent. Reality and appearance. Extraordinarily beautiful soul and world idea. The Golden Lion. Time and timeless. Grow up, transform and wake up transcend. Simple and complex. Philo and Sophia. Knowing, willing, feeling and insight. 5:00 and 11:00. Windows and mirrors. Do your part and grace. Simultaneous and sequential. Transformation and transformed.

ACIM: unreal never is, real never is not

Pointers from Nisargadatta;

Tao 9: Do your part, then step back—the only way to peace.

what is your part? I mean specifically. how to do your part?

THERE IS A SPECTRUM.... SEE:

- *Wednesday notes after and Andre 0117*
for Andre excerpts Adventure of Med and effort NM ADDED
- *Wednesday 2024 0117 >*
wu wei and tao and in the world not of it

HERE ARE SOME: (NEXT PAGE) Wu-Wei and NM

EXPERIENCE [21-30 Highlighted!]

Maryanne experience is given for me to understand-- that's my part, in every moment I'm not alone. I know I'm not. *I'll never walk alone.*

Marcia: to fulfill a mission PB: True idea:26.4.63

CLETA: What helps me, is if I can get to the point where I say, *what am I doing?*

Do your part. What is your part? It depends on what you want and where you are on the journey. Who is the “you” will determine that too!

PB Has a wide range of advice. So does. NM You need to listen for the small voice or the bell. What is relevant for me will not be relevant for you. Stop. Remember. Realize. Am I aware? Direct path. *See the self talk. After 2024 0117 a few* Just be. Or you must be extreme. Or inquire. Or he made the mess. 4. The obstacles are greatly. Affected. Willed meditation on the Infinite Observer. Reading. Not altogether worthwhile. Change the current from taking to, giving gratefulness. Gratefulness. Acceptance. And wu wei. Change No to Yes. What a gift.

From 0110:

Re-Membering: being re-membered: bringing the pieces into wholeness-- with our Self, with Humanity, with Cosmos, with God.

Re-Cognizing... self-cognizing, and all that implies.

Short form from ET: “you are that awareness disguised as a person”

ET Audio/Tape: Tolle: Am I Aware has: Alert Passivity 2 min

comments about Narcissus: NM ch 72 on reflection; and PB: 26.1.179;

Tao 9: Do your part, then step back—the only way to peace.

PB: The quest, The purpose of all this thinking to create a space that invites a response.

PB: No one else can do for a person what nature is tutoring you to do for yourself.

PB: The mental evolution and the spiritual evolution.

How can person fully express themselves unless they fully develops themselves? The spiritual evolution which requires us to abandon the ego runs parallel to the mental evolution which requires us to perfect it. 8.1.158

To act from love and clarity is freedom. And we need to act from reason and intuition.

The obstacles to realization are greatly affected by practice. NM

No effort can get the overself, but every effort is needed to remove the veils. 22.3.9

You made the mess. You clean it up. NM

When effort is needed, effort will arise. Just let yourself go with it. NM

And anyway, all you're doing is a response, not a cause. Grace Essay

And anyway, you're doing is never the ego doing alone, and when it is, that's not the effort that's being talked about.

And anyway, isn't that one of the main parts of growing up is knowing what's my business?

Do. Don't overdo. No try --do. Doing non doing.

Being grateful, Praise the Lord.

There is nothing to do, just be. Yes, it's true if you can do it. Or rather not do it.

Thy will be done--in through and by me. 18.4.33

Exercise 4 the willed meditation on the infinite observer loosens all the links of the chain.

The passive submission to time keeps us in bondage.

When you walk through the storm, you never walk alone. Footsteps in the Sand story.

How does it start? certain questions have to arise in you.

QUEST IS ABOUT QUESTIONS

the real getting it, is appreciating the mystery

Inquiry: into what is real, into who and what am I? Into: is it so? Question beliefs.

1.1.130. *How to come to awareness of and oneness with my true being?*

Think deeply and put thinking aside... for Andre excerpts Adventure of Med effort NM cut highlighted 15p has Brahma and PB

Philosophic.thinking. Think deeply. And then put thinking aside. Take any of these philosophic ideas, subject them to deep meditation. Then let them go. Anthony talked to Marianne. Brahma. YV. Create a space that invites grace. **See for Andre excerpts p. 1,5,8-11**

Take any of these great ideas by turns, or as they suit you at different periods, and subject them to intensive meditation. 4.4.80 <https://paulbrunton.org/notebooks/para/6181>

The question is the answer, and pursuing the question is really the way of philosophy. That's what Anthony is talking about. The question of life. Question is life. It is life, yes, and it's alive. And it's life asking the question in order to evoke you and provoke you -- not to figure it out. That's why he says *to be or not to be. That is the question.* To me that fabulous statement. The rest is silence. And you could say *to do or not to do that is the question.*

The question is essential. Is questioning a doing and what kind of doing? You are a conscious, living being, but are you a doing?

What is consciousness? Ultimate and intimate. **"if** you ask what reality is..." 20.3.155 **In here**

Is there anything you can do to help the deepening of consciousness?

Is thinking also a kind of doing? As you think so, you become. KWF are all "doing"!?

Is letting go also a kind of doing or does it have to simply arise? Is acceptance part of the doing letting go? Less to hold the Overself and let it hold you.

just the natural Doing for the doing, seeking nothing, lacking nothing, 5.2.1 not to get something.

Sharing these ideas with Others: see PB: 20.4.292 + Rick

Q AND A: COMMENTS ON THE CLASS AND USING THE PB PARAS

Hafiz: If God invited you to a party notes start on page6

The dance floor. There's 7 billion of us out here on the dance floor,
"Every person you encounter is God in disguise. God is hiding within each person.
When you remove the filters of your mind, God is right there in front of you."

Divine Mother, Earth Mother + womb of Buddhas

Appreciation. Gratefulness.

SPECTRUM of UNIQUE PEOPLE on the Dance floor
And then Mooji: The name that God gave each of us.

ULTIMATE AND INTIMATE:

Marie: I still see, quite a bit of separation

The Beloved—*and on consciousness and the beloved* + Marie + Cleta

"Overself Original Consciousness." – from Wisdom of the Overself +Janet

Mooji I Am

CONSCIOUSNESS

- I Am That essential quotes awareness consciousness marked in slides
- 04 Awareness only A01 PRIME rev 2023 1228 35p

Barbara: Saint Francis. What is looking vs who is looking.

AD Columbus 1984 who and what with Red Witter

AD Columbus 1984 overself and world-mind who and what **BEST 2MIN**

PB includes in the human a principle of individuality. But then if you try to
define or find individuality in what is it: it's not the personal.

AD: Extraordinarily Beautiful audio/text unit of life 3 min

YOU BECOME WISDOM: Eight themes on Soul's evolutionary journey

Time and Timeless *and an eternal journey?* + Mary Ann:

- Wednesday 2024 0117 FIRST FOUR > **wu wei and tao and in the world not of it and time**

Speaker 10 Mary Anne Levels of realization

➤ After 2024 0117 a few extra quotes and Audio links Has Levels. Has Natural Meditation

➤ AD best audio-text :

AD on HOW DO I GET TO PROVE I Am 1 min
terrestrial incident

CONSCIOUSNESS DEEPENS revising 0326 2021 shorter A

And the PB earlier ... Category 23, section 6. Quote 88
cosmological knowledge and ontological wisdom. 22.8.24
that beautiful quote about prayer is the infinite coming down into the finite.
Sufi stations

I Am That: Awareness and Consciousness

Mary Ann: Limitless possibilities.

Anthony: The greatest joy a human being can have is to try to fathom the unfathomable.

There is only this one Mind. All else is a seeming show on its surface... 28.2.102

The topic with which all such metaphysical thinking should end ...28.2.99

And: two quotes in

➤ for Andre excerpts Adventure of Med and effort NM ADDED p.10-11

Yoga Tantra Vedanta: and Direct Recognition: + Marie

Dying: and "die before you die." Death and Resurrection + Barbara

HAVE YOU READ THE SHORT PATH BOOK?

➤ Wednesday 2024 0117

➤ Wednesday notes after and Andre 0117

➤ quotes for me 2024 0119 has grateful links

➤ After 2024 0117 a few extra quotes -- Has Natural Meditation

➤ awakening the world

for Andre excerpts Adventure of Med and effort NM ADDED

AFTER 0124/24 MEETUP

stillness speaks acceptance 1min

Eckhart Tolle yes to the no FOHC 2min

Anthony: being that awareness 1 40 shorter *audio/text* 2 min

Eckhart Tolle Listen as Awareness plus Alert Passivity 1 min

Eckhart Tolle: three routes to Stillness 3 min from *Stillness Speaks*

Papaji Pointing 1 min

ADYA NATURAL AWARENESS excerpts cut for 1106 2 min

AD Columbus 1984 overself and world-mind who and what

AD on HOW DO I GET TO PROVE I Am 1 min

AD: terrestrial incident

AD Consciousness Deepens



ANTHONY DAMIANI: Awareness and Faith Direct Awareness 2 min

Anthony: which is more real *audio/text* AD mind is immediate plus just think of it 2 min.

Tolle on consciousness as reality

Anthony on Intense Passivity 2 min

Eckhart "Be still and know" 2 min on "Be still and know I Am God"

Mooji I Am

AD Columbus 1984 who and what with Red Witter

➤ WU-WEI Themes.

23.5.214 That would be ego doing. **Wu-wei file** 23.5.206. Mounting the dragon.
WEI WU WEI Like a bird fluttering in a cage.

Not to figure it out, but to get inspired and follow those two quotes on the use of thinking.
The two quotes on the deepening investigation in the file > **for Andre excerpts Adventure of Med and effort NM ADDED...** .

The Willed Meditation on the Infinite Observer from exc. 4. **# 10 meditations on mind - A01 REDOING 2023 0714 rev 2023 1228 45p**

So is dying something we do or something that's done to us? You have to be ready for dying. But when you're ready, you don't do the dying. It's done. die before you die

Barbara: Yes. that's what I went through with this accident. It was to live or to die.

Is Surrender something we do or something that's done to us? In the quest where he says at this point less to grasp the Overself, but allow yourself to be grasped. **In Andre** And in 22.3.9:

The Overself is not a goal to be attained but a realization of what already is. It is the inalienable possession of all conscious beings and not of a mere few. No effort is needed to get hold of the Overself, but every effort is needed to get rid of the many impediments to its recognition. We cannot take hold of it; it takes hold of us. Therefore the last stage of this quest is an effortless one. We are led, as children by the hand, into the resplendent presence. Our weary strivings come to an abrupt end. Our lips are made shut and wordless. 22.3.9

Q: Will meditation help me to reach your state?

M: Meditation will help you to find your bonds, loosen them, untie them and cast your moorings. When you are no longer attached to anything, you have done your share. The rest will be done for you.

Q: By whom?

M: By the same power that brought you so far, that prompted your heart to desire truth and your mind to seek it. It is the same power that keeps you alive. You may call it Life or the Supreme. Ch 17

Go left and go right

The mental evolution and the spiritual evolution. **[in here]** Different kinds of doing.

PB After reaching that point then I shall do no more. **Adv of Med. In "for Andre"**

PB no one else can do for you. **In here**

PB Just because you've entered the short path doesn't mean that there's nothing to do.

PB Make the overself your partner. **In here**

PB We who honour philosophy so highly. The end of all our striving is surrender. The rest of this paradox and mystery. 20.5.11 **In here**

God's Dance Floor. Everyone is God in disguise. ET: Appreciate

NM:

NM: When effort is needed, effort will arise. At different stages effort will arise or no effort.

Nothing to do, just be.

You must be extreme to reach the supreme, either extremely self aware or unaware.

Change the current from taking to giving.

Mother Teresa, I'm not doing it.

making a space for grace. And also grace makes the space. Call and response. The response is the call,

The call is a response.

Let yourself be moved by the over-self's flow. 23.1.3 *in 0117 transcript*

Short path care arises. 23.5.228 *in here*

Cease all this striving. 8.4.203 tired of... surrender 8.4.167 *in here*

Nothing you do will get you free, because then freedom depends, and because you are already free, and because all the doing is the overflow from the freedom we already are.

24.4.1,4,5

Anthony to Marianne in the Ohio Transcript. *In Andre*

Can you imagine life flowing through you without ego doing?

Don't take it personally, but the person must be doing it.

Bhagavad gita. Skillful means such as Gandhi and Patton.

So do your part, because it is your part, and because you are a part of the whole universe doing.

Ohh, my gratefulness, the divine.

To act from love and compassion and praise is freedom. Love and clarity bring action, not reaction.

Doing, not trying, doing not overdoing and leads to freedom.

The two songs. Walk by yourself and never walk alone.

Sacred Agent by through me. The doer is not the separate ego, nor is it the pure separate awareness. It must be unit soul and world idea.

Levels of realization, reality, and realization. Remember, recognize. Realize.

The oxherding pictures and the phases of doing such as taming riding. Sitting still, contemplated entering the town.

Step one is questioning or random quote. Weren't rings a bell?

Hearing or reading about it awakens our interest.

Resetting and marinating.

Inquiry into experience and marinating in it. Experiential Investigation.

You want to realize some of it in meditation. Or by direct Immediate experiential. Knowing By being. ultramystic exercises.

EXTRA/OLD

Acceptance gratefulness for what Is, thank you.
on Surrender; Accepting; Allowing
on Faith, trust, belief.
on Tao 9: Effort and no effort.
on Philosophy and Insight
on Windows and Mirrors on Hafiz Dancefloor.
on Ways of Meeting Experience
on Stations of Realization
on Knowing willing and feeling
on Meaning and Wisdom: thinking to go beyond thought
Pointers from Nisargadatta;
on Consciousness, Awareness and Presence
on the basic context of the Unit of Life
on Complementarity in its many forms
What is wisdom and where is it to be found.

Look forward to communing tomorrow.
Please bring your quotes, questions, comments.

Surrender;
Think deeply and put thinking aside
Meaning and Wisdom:
The Unit of Life and World-Idea... Sliding scale... spectrum...

What is wisdom and where is it to be found.
Remembering and Recognizing. Stop, recognize, shift.

Many beautiful themes about doing your part, the dancefloor of Hafiz,
the double knower and the unit of life,

The movement to reason to intuition and inspiration to glimpse and insight.

Think deeply and put thinking aside and the same with feeling and willing.

What is wisdom and where is it to be found.

Acceptance gratefulness for what Is, thank you.

The awakening of Faith, trust and grace. Surrendering.

Be- still- know- that- I am- God.

Insight as intrinsic self-recognition happening in and through the burning center of

experience.

The dance floor, how we are sharing it with our fellow human beings, Windows and mirrors.

Wisdom says I'm none of this. Love says all of this.

Quest is about questions: If you ask what reality is.

Remembering and Recognizing. Stop, recognize, shift.

Levels and stations of realization.

Awakening of Faith... Trust... Sincerity... already seed of Buddha, heliotrope.

Sliding scale... spectrum... divided line... Anthony on Unit of Life.

Hearing, Reasoning, Contemplate

Complementarities: vertical and horizontal, AD simultaneous and sequential, grow up and wake up—transcend and transform, intimate and ultimate, Extraordinarily Beautiful inviolable and becoming Ray of soul and world-idea, Liminality, Greatest Joy, Siva and Shakti,

The real is continuous with the appearance. How can we access that continuity right here?