

Paras for **SATURDAY MEETUP 0203 2024**

WEDNESDAY MEETUP 0207:

START P.9

dURUFLE

Eckhart Tolle: three routes to Stillness...

stillness speaks acceptance 1min

Eckhart Tolle Listen as Awareness plus Alert

Passivity 1 min

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

On a practical route to peace: Acceptance.

[stillness speaks acceptance 1min](#)

On practical “fun”; surrender as yes to no

[Eckhart Tolle yes to the no FOHC 2min](#)

+ Eckhart Tolle Gateways acceptance 2 min

[Eckhart Tolle Gateways acceptance 2 min](#)

[If God invited you to a party and said
Hafiz Golden Compass](#)

[On Surrender— a few from Nisargadatta](#)

- [AD Columbus 1984 overself and world-mind who and what](#)

A GOLDEN COMPASS --*Hafiz*

Forget every idea of right and wrong any
classroom ever taught you...

Turn your back on whatever and whoever
would imprison your wondrous spirit...

Come, join the honest company of God's
beggars - ...

Hafiz, look at the Perfect One at the circle's
center:

Who spins and whirls like a Golden Compass,
beyond all that is rational,
To show this dear world that everything,
everything in existence
Does point to God.

God's dance floor revisited. If God invited you to a party and said

WINDOWS AND MIRRORS

All of us are guests on “God’s Dance Floor”:

Each of us is a unique ray of

Divine Awareness appearing as I Am

All of us are windows and mirrors for each other.

Each of us is the whole universe dancing

Mooji/AD you say I Am... Mooji I Am Anthony Damiani you say I

from a fortune cookie:

“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.”**

FRIENDS: SANGHA... purpose of the meetups

The reason for the meet up
is to commune with other precious human
beings,
appreciate our community of conscious living
beings
for the joy of living, gratitude that we are

[Rupert Spira we are all friends audio 40 seconds](#)

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

When a person comes to their real senses, they will recognize that they have only one problem: "How can I come into awareness of, and oneness with, my true being?" *1:1.130*

Eckhart Tolle: three routes to Stillness... JUST you are that awareness...

Why Wait?

This notion that we must wait and wait while we slowly progress out of enslavement into liberation, out of ignorance into knowledge, out of the present limitations into a future union with the Divine, is only true if we let it be so. But we need not. We can shift our identification from the ego to the Overself in our habitual thinking, in our daily reactions and attitudes, in our response to events and the world. We have thought our way into this unsatisfactory state; we can unthink our way out of it. **By incessantly remembering what we really are, here and now at this very moment, we set ourselves free. Why wait for what already is? 23.1.1**

If the real Self must have been present and been witness to our peaceful enjoyment of deep slumber--otherwise we would not have known that we had had such enjoyment--so must it likewise have been present and been witness to our rambling imaginations in dream-filled sleep and to our physical activities in waking. This leads to a tremendous but inescapable conclusion. **We are as near to, or as much in, the real Self, the Overself, at every moment of every day as we ever shall be. All we need is awareness of it.** 22.3.25

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

D.: Bhagavan always speaks from the highest standpoint.

Sri Bhagavan (with a smile): People would not understand the simple and bare truth -- the truth of their everyday, ever-present and eternal experience. That Truth is that of the Self. Is there anyone not aware of the Self? They would not even like to hear it (the Self), whereas they are eager to know what lies beyond -- heaven, hell, reincarnation. Because they love mystery and not the bare truth, religions pamper them -- only to bring them round to the Self. Wandering hither and thither you must return to the Self only. Then, why not abide in the Self even here and now? *Talk 145. (cont.)*

➤ **A DEEPER MEANING OF WINDOWS AND MIRRORS** *dust motes—P.3*

... a dervish of Khorassan, said: "Remember whatever you do, eat, enjoy, it is being seen by God who is looking at you (and through you). During the silence hour, meditate on God as the All-Seer." PB: 23.6.193

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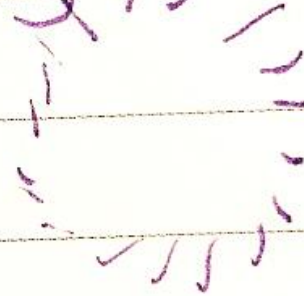
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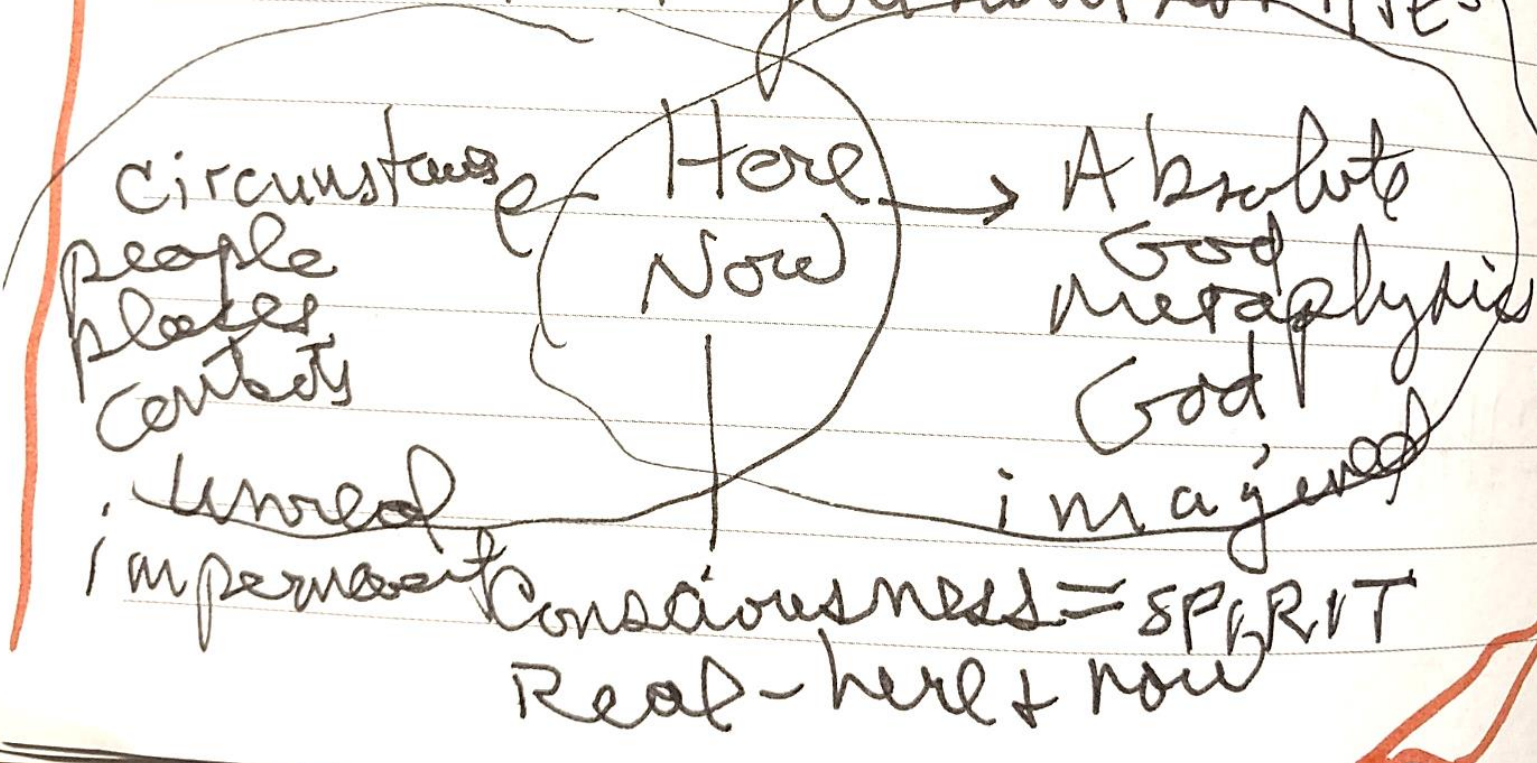


Tree is
Known
Tree



Knowingness
(IRAMANA)

is that you never not here.



1. LET GO OF THE UNREAL: SEE IT AS UNREAL.
2. FIND SOMETHING/SOMEONE THAT LIGHTS FAITH, TRUST, LOVE...
3. INQUIRE REMEMBER MARINATE
4. LET GO AND LET GOD.
5. DIRECT IMMEDIATE INTIMATE KNOWING BY BEING

.

Hafiz,
Why carry a whole load upon your back
Climbing this mountain,
when tonight,
Just a few thoughts of God
Will light the holy fire.

Although awareness is the first way in which we can regard the soul or Overself, the latter is also that which makes awareness possible and hence a sub- or super-conscious thing. This explains why it is that we do not know our souls, but only our thoughts, our feelings, and our bodies. It is because we *are* the soul and hence we *are* the knower as well as the act of knowing. The eyes see everything outside yet do not see themselves. 22.3.186

[ANTHONY DAMIANI: Awareness and Faith Direct Awareness 2 min](#)

[columbus 1984 0324 AD on Awareness and Faith middle way length with quote 4 min](#)

Hafiz: A Suspended Blue Ocean

There is only one rule

In this Wild Universe...

Indeed, every sign Hafiz has ever seen

Reads the same.

They all say

Have fun my dears, my dear's have fun,

in the Beloved's Divine playground

FUN/INSPIRING AUDIO CLIPS

Ways to meet this moment of experience:

SEE THE FILE p.5

**Philo-Sophia = love-wisdom:
COMPLEMENTARITY**

“Wisdom says I am none of this,
Love says I am all of this.
Between these I live. ---*I Am That*

TWO ROUTES:
LOVE, SANGHA, DANCEFLOOR
WISDOM EVERYTHING POINTS TO GOD IS...
SIMULTANEOUS AND SEQUENTIAL

[Listen to Rajaji Audio \(jnana and bhakti\)](#)

SPECTRUM of Unique People on the Dancefloor

5: each real being is a unique form of whole IP:

all are in the sun: each a unique form of the

universal. Appreciate the individual as a unique expression of the universal

11: all the rays together form many

communities of like-vibration: universal is

wholeness of many rays. Appreciate access to the universal through communing with individuals, or access universal metaphysical meaning through individuals form of expression.

Reality must be here or nowhere.

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

- Anthony: which is more real *audio/text* AD mind is immediate plus just think of it 2 min.
- Tolle on consciousness as reality

WORLD IS UNREAL

BRAHMAN IS REAL

WORLD IS BRAHMAN

GO FIGURE

ACIM: unreal never is, real never is not

So formless, empty, you can't grasp it:

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. *I Am That Ch 99*

Instead of searching for what you do not have, find out what is it that you have never lost. Ask: 'who desires?' Let each desire bring you back to yourself. Ch 34

ON SURRENDER

~~60-65 68, 69, 71, 73, 75, 87, 90, 94, 95, 96=68~~

On a practical route to peace: Acceptance.

stillness speaks acceptance 1min

Eckhart Tolle yes to the no FOHC **START 1:27**

Eckhart Tolle Gateways acceptance 2 min

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On Surrender– a few from Nisargadatta

Constant reflection on metaphysical and ethical themes reaches a point where one day its accumulated weight pushes you around the corner into a mystical realization of those themes no less surely than meditation might have done. 7.7.2

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

Dup earlier

The topic with which all such metaphysical thinking should end after it has pondered on mentalism is that out of which the thinking principle itself arises--Mind--and it should be considered under its aspect as the one reality. When this intellectual understanding is brought within one's own experience as fact, when it is made as much one's own as a bodily pain, then it becomes direct insight. Such thinking is the most profitable and resultful in which he can engage, for it brings the student to the very portal of Mind where it stops activity by itself and where the differentiation of ideas disappears. As the mental muscles strain after this concept of the Absolute, the Ineffable and Infinite, they lose their materialist rigidity and become more sensitive to intimations from the Overself. When thinking is able to reach such a profound depth that it attains utter impersonality and calm universality, it is able to approach the fundamental principle of its own being. When hard thinking reaches a culminating point, it then voluntarily destroys itself. Such an attainment of course can take place deep within the innermost recesses of the individual's consciousness alone. 28.2.99

Why I chose "*What Am I*": (1) Because I wanted to start with the idea of a non-"I" consciousness instead of their own "I" with which they are continuously occupied; (2) Because the word Brahman is of neuter gender, neither masculine nor feminine. Brahman in us is Atman, the Self--but utterly impersonal. "What" lends itself more easily to this impersonality than "Who"; (3) The answer to "*What Am I?*" is multiple but it begins with "a part of the world!" and is followed by another question, "What is my relation to this world?" The answer requires the discovery of Mentalism, leading back through the thought of the world, thinker, and consciousness, to Brahman.

8.1.36