

OVERSELF and UNIT SOUL-UNIT OF MIND – JIVATMA

Let us first remember the background of the double nature of Soul or Overself: eternal Universal, and also becoming-individual. ***Overself is "a ray, not the original itself". It is an infinitesimal of infinite being.***

Overself is the inner or true self of man, reflecting the divine being and attributes. The Overself is an emanation from the ultimate reality but is neither a division nor a detached fragment of it. It is a ray shining forth but not the sun itself.(P) 22.3.319

From the ordinary human point of view the Overself is the Ever-Still: yet that is our own conceptualization of it, for the fact is that all the universe's tremendous activity is induced by its presence. 22.3.192

PB: 22.3. on Overself double nature.

The mysterious character of the Overself inevitably puzzles the intellect. We may appreciate it better if we accept the paradoxical fact that it unites a duality and that therefore there are two ways of thinking of it, both correct. There is the divine being which is entirely above all temporal concerns, absolute and universal, and there is also the demi-divine being which is in historical relation with the human ego. 22.3.386

... If it is thought of as the human soul, then the vibratory movement is connected with it. If it is thought of as transcending the very notion of humanity, and therefore in its undifferentiated character, the vibratory movement must disappear. 22.3.390

In its eternal and inviolable nature, Overself is inseparable from the Divine Mind. As emanating, individuating, we speak of a unit of life, unit of mind, unit soul... Anthony uses "unit soul", Vedanta "jivatma" (unit of life) and HHDL calls it the "6th consciousness." Overselfing is the flowability of reality, the unification of reality

UNIT OF MIND-LIFE

The unit of mind is differentiated out and undergoes its long evolution through numerous changes of state, not to merge so utterly in its source again as to be virtually annihilated, but to be consciously harmonized with that source whilst yet retaining its individuality. 25.2.204

That about sums it up! A shorter quote on the theme of "what is the use" (26.4.257:) Here PB uses the term "unit of mind", but in 26.4.257 "unit of life;"

A unit of mind or unit of life, or unit soul is an emanation- ray of the Divine Sun, a drop of the ocean of consciousness, a unique facet of infinite diamond. Just as each star is all blazing light but has a unique spectrum, so each unit soul has a uniqueness—called divine Name, or divine idea. Example: Dalai Lama is Avalokitesvara personified. All have the name

“I Am”... and each is the divine expressing itself uniquely.

So metaphysically, unit of life is intermediary between Overself and ego-self. It is the life-to-life relation or continuity. It is also the “witness”... described very well in “The Secret of the I” in The Wisdom of the Overself. See the other file on the “witness.”

Unit of Life is the actual conscious-living-being, is the essential location or medium for the expression of your divine “name”... and the expression of the spectrum of powers of the soul ... and also the locus for the unfolding of the World-Idea... that in and through which the World-Idea is manifested, and which is being transformed by the World-Idea.

The unfolding ray or unit of life goes through these levels of the spectrum of the world idea and comes here to Earth to experience the world through burning center of experience. Plotinus 1.1.7: “from a ray of soul and the organized body there forms the *animate*.” It is the intersection of the unit soul and the ongoing world idea. So we have a conscious, living, being appearing as a person. And then through that experience *you become wisdom* and you unfold the wisdom which is intrinsic to the unit soul—transformer and transformed.

For me this concept of the unit of life or life to life consciousness is central to understanding the whole philosophic unfoldment. It is the presence that gives meaning to the individual center of experience. And it is what connects us with the unimaginable, awesome divine. It is paradoxical and uroboric. It is both indivisible and divisible. It is a transformer and transformed. It is accessing and expressing-- both the world idea of becoming perpetually and the infinite eternal divine idea that you are, that is being expressed through the center of unique experience. It is a ray of the divine sun, but not the whole sun—it is the nature of God to unquify itself. It is part of the evolutionary journey through the cosmos and space and time, and it is also eternally beyond it. It is in the world, but not of it. It is transcendent and also imminent in and through the cosmos. It is *conscious living being* appearing as a person. Life to life consciousness. And it is a great mystery. Too complicated to figure out. And we are all on God's dance floor. When you remove the filters, you will see that God is right there in front of you, shining through the forms and shining through the knowing of the forms.

SEE ON WEB: [Unit of Life](#)

WITNESS CONSCIOUSNESS

The idea of the Witness or witness-consciousness is found in PB and in various forms in many other traditions.

Witness or witnessing or witness consciousness is a function of the Overself. It is both an experience and a metaphysical pointer to our deeper nature.

As an experience as well as concept it is intermediary between the finite personal ego-self and the universal Overself. It points to our nature beyond ego, and to the function of Overself described by PB in 22.3.386 and 390... and unit of life.

It is a state of consciousness, a shift from the local limited finite person to a recognition of being the non-object Witness Consciousness or Awareness of that finite person and the world.

As an experience, Witnessing is to be recognized as the ever-present awareness or consciousness of the contents of experience—both inner and outer—right now.

As experience, it is not the final realization, which goes beyond or is more inclusive than Witnessing.

Metaphorically it is like waking up in a dream and realizing you are dreaming... or better, that you are the dreamer-mind—but not yet recognizing that you are the creator too.

As a description of the intermediary, it is related to the metaphysical/cosmological idea of the unit of life, unit of mind, or unit soul, jivatma: an individual ray of Overself.

As our deeper nature, it is not the ultimate Overself in itself, but it is an intermediary, or rather Witness is what it says: the functionality of the Overself, of Awareness, as revealing and manifesting the contents of experience. It is the ray of consciousness appearing in and through the burning center of experience, the psyche, or “organized body.

Imagine the divine sun as Overself/World-Mind, the raying out as present in all the local centers of experience, and lighting up all the contents in and through individual centers of experience as the witness-consciousness, and the appropriated identity as an ego to be the person. ”

Witness or life-to-life consciousness, unit of life, unit soul... all refer to the same thing. Overself per-se is eternal and does not per-se incarnate, and the ego dissolves every moment... so what is the life-to-life continuum or continuation? This we can point to by Witness-consciousness.

Please check out some of these excerpts of AD and PB on LIM Web!

[Overself Nature from *The Notebooks of Paul Brunton*](#); *Has My Comments*

[Soul Double Nature: Inviolable and Becoming](#);

[MORE WONDERFUL EXCERPTS FROM 03/09/84](#)

[Soul Double Knower: Insight and Understanding](#) AD from classes

[UNIT OF LIFE: a story](#) AS intro

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

[AUDIO EXCERPT FROM ANTHONY DAMIANI COMMENTS](#) [click here](#)

[From The Notebooks of Paul Brunton on the Unit of Life](#) *has 25.2.204*

[ANTHONY ON 360 and I thought audio/text 2 minutes](#)