

## Why Wait!?

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

If there is anything worth studying by a human being, after the necessary preliminary studies of how to exist and survive in this world healthily and wisely, it is the study of man's own consciousness--not a cataloguing of the numerous thoughts that play within it, but a deep investigation of its nature in itself, its own unadulterated pure self. 1.1.81 used in consciousness

If he wishes to get at Reality, he may follow *any* mental discipline that helps him sharpen reason, tranquilize the mind, develop moods of abstraction, and completely concentrate thinking. All the different yogas, religions, and so on are more or less imperfect steps in this direction, so he is at liberty to invent his own. They are all only means, not ends. Parallel with this, he must thoroughly master and make his own by conviction the strange truth that *All is Mind* . ... 2.4.98

Different terms can be used to label this unique attainment. It is insight, awakening, enlightenment. It is Being, Truth, Consciousness. It is Discrimination between the Seer and the Seen. It is awareness of That Which Is. It is the Practice of the Presence of God. It is the Discovery of Timelessness. All these words tell us something but they all fall short and do not tell us enough. In fact they are only hints for farther they cannot go: it is not on their level at all since it is the Touch of the Untouchable. But never mind; just play with such ideas if you care to. Ruminant and move among them. Put your heart as well as head into the game. Who knows one day what may happen? Perhaps if you become still enough you too may *know*--as the Bible suggests. 1.5.172

He is happy even though he has no blessed consciousness of the Overself, no transcendental knowledge of it, but only secondhand news about it. Why, then, is he happy? Because he knows that he has found the way to both consciousness and knowledge. He is content to wait, working nevertheless as he waits; for if he remains faithful to the quest, what other result can there be than attainment? Even if he has to wait fifty years or fifty lifetimes, he will and must gain it. 24.1.93

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

**Tolle: Am I Aware** start 55

Rupert I Am doorway to 42

ANTHONY DAMIANI: Awareness and Faith

Eckhart “Be still and know” part 2 on Consciousness

Tolle: Becoming Aware 1 min

WHO AND WHAT AM I: Audio/Text excerpts

**Anthony: being that awareness 1 40 shorter**

**Tolle on consciousness as reality**

**Anthony: which is more real**

*A different kind of meditation from the sit down for 1/2 hour we were taught.*

**Adventure of Meditation Excerpt and link to whole**

SEPTEMBER 5 TIMELESS MEDITATION