

Introduction to the inquiry: Start where you are.

## QUEST INTRO

### PHILOSOPHY: QUESTIONS

Here are some meanings of quest:

PB: where we begin...([1:1.130](#))

The starting point: Experience is a Miracle:

PHILOSOPHY as way of Realization toward defining philosophy

Two things have to be learned

Fourfold

Raphael [Beyond Doubt p.43-45](#)

HEART OR "CORE", and QUADRANTS

*Philosophy is 5 fold:*

## INTRODUCTION TO THE NOTEBOOKS OF PAUL BRUNTON

USING THE PARAS

### QUEST IS LIFE

MEDITATION

CONSCIOUSNESS IS THE KEY

WORDS TO DEFINE: *EGO, OVERSELF, GLIMPSE, PHILOSOPHY, INSIGHT, WORLD-MIND, MIND*

The Four Levels: as both reality and realizative.

*Anthony as "the Philosopher" that the notes describe!*

*Also in LIM website 32p... Also in Extraord part 1]]*

**A. Independent path: Meditation and Metaphysics.**

[AD: Meditation Mentalism and Glimpse AS 4/3](#)

**B. The essence of Meditation: Looking into Mind:**

<https://lookingintomind.com/index.php/inquiry-looking-into-mind/>

[Anthony: its not far away 3 min](#) longer 3min

[WHO AND WHAT AM I: Audio/Text excerpts](#)

[ANTHONY DAMIANI on PB: Life Current](#)

**C. Ego and egoism: get to know it, cant live with it, without it.**

[ANTHONY ON WHO AND WHAT WITH RED WITTER IN OHIO 1984 LIM](#)

[ANTHONY ON WHO/WHAT AND OVERSELF/WM OHIO 1984 LIM](#)

[Anthony Damiani you say I ON AS SITE](#)

**D. Do your part: what is it that you have to do? AD and Paul.**

[PB quote comment: Remember God](#)

[ANTHONY DAMIANI on PB: Give God Attention](#)

[ANTHONY DAMIANI: what you have to do, not God](#)

**E. Consciousness deepens: and the direct path (Cols): see audio/txt Include "contemplate a degree"**

[CONSCIOUSNESS DEEPENS... MP4 VIDEO](#)

[CONSCIOUSNESS DEEPENS... PPT](#)

[ANTHONY DAMIANI: Awareness and Faith no quote read](#)

**F. Inside-out: how do you know? See appendix L to my book.**

**And:**

[Anthony -just think of it](#)

[Anthony -mind is immediate](#)

[READ EXCERPTS HERE](#)

[AD All that we know Lauren version](#)

\* [Anthony: opens you audio/text \(click here\)](#) 1 minute

**G. Thinking to go beyond thinking: see file**

[Thinking and Beyond May 16](#)

**H. Soul double nature and double knower: see web and booklet.**

\*[Anthony: Extraordinarily Beautiful on Soul Double Nature](#)

[Intro to Soul Double Nature](#)

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

[Soul Double Knower:](#)

**I. You become Wisdom: Unit of Life: Burning center of Experience: see web 7-8 aspects.**

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

[Anthony Damiani: Unit of Life](#)

[World-Mind is teaching soul](#)

[You are becoming wisdom](#)

**J. Dancing with the Cosmos: Cosmic Epistemology and topography**

[Cosmic Epistemology](#)

[Read More: The stars are a theophany of radiating intelligences..](#)

**K. Philosophic Astrology: 360 degrees and I thought. See Web.**

\* [Anthony: The Way I Understand Astrology... Audio/Text](#)

[A. Degree as a geometrical unit interval of the time/space of the Zodiac.](#)

[B. Anthony on Degrees as gods/ideas/reason-principles:](#)

[C. Anthony on Degrees as a spectrum of Meaning](#)

[D. Anthony on 360 degrees and "I" thought](#)

[E. Anthony on Experiencing degree-symbols](#)

**L. Living Wisdom: The way of philosophy**

**M. Astronoesis: A cosmic mandala for philosophy:**

see my intro to Mandala and AD supp notes.

<https://lookingintomind.com/index.php/astronoesis-and-synthesis/>

[AD Audio/text: 4 min](#) (on the One 3/12/82)

**N. Synthesis of Traditions see PB notes later.**

[Synthesis of Philosophy](#): from Looking Into Mind

[Nalanda comes to Valois](#): A response to His Holiness the Dalai Lama

[Fragments](#) from his personal files

[What was Anthony doing?](#) a few more thoughts