

Anthony on Meditation and Mentalism

Two Things and One More

AD: Now how do I get to prove in my own experience, that I AM, alright, that the I AM or the greater consciousness includes within itself the whole world-idea? I've got to do meditation in order to get the experimental proof that this is so. The other way is still theory; until you can experience the Witness-I yourself, until you can actually experience that your consciousness includes everything, until you can actually experience the transformation of your being into thought, this is all theory.



So on the one hand, mentalism is like the theoretical side, and meditation is the practical side. The two of them together will put your feet on the ground, from then on the infinite journey begins. And to talk to me about, you know, well I've got a great idea, and I'm going to write it down for my next book: Yes, it's valuable, it's important, whatever, but not in comparison to once you say I'm going to start meditating. Then you have to be honest with yourself: KEEP YOUR APPOINTMENT--MEDITATE.



So the first thing is we have to try to theoretically to understand something about mentalism. And that's difficult. And then the next thing is, if you have some understanding of mentalism, then you want to be able to realize a little bit of it. If you can do these two things, then everything else will be taken care of.



When a person tries to understand mentalism, he has to think very deeply and profoundly over and over again. Then he tries to realize it in meditation and he gets a glimpse—now he's on his way. There's only one other thing he has to find out. He has to find out about his ego.



Because once you got a glimpse, then you know there is no way out. You've got to go to the end. You won't turn back. And probably, most people don't know this, but you could think you're on the quest, but until you get an actual glimpse, you actually feel and know your soul intimately, whether for a minute or for an hour or for a month, it's all theory.

