

Saturday Meetup January 6

Do your part: then step back 2

Remember 5

Stillness: be still and know 8

Affirmations + praise 11

Why wait for what is? 21

Now 23

Consciousness: Where we meet

Reality 26

Surrender 34

Four Immediate pointers 44

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?" For it is to lead to this final question that other questions and problems have staged the road of the whole life. This answered, the way to answer all the other ones which beset us, be they physical or financial, intellectual or familiar, will open up. Hence Jesus' statements: "Seek ye first the kingdom of heaven and all these things shall be added unto you," and "To them that hath [enlightenment] shall be given [what they personally need]." *1:1.130*

***Tao 9: Do your part... then step back...
the only way to peace***

Create an atmosphere or a state of mind that invites a response... invites God.

call and response... Fact you are praying is already a response... prayer itself is grace
Have intention no expectation...

> # T THOUGHT TO GO BEYOND 0623 rev
2023 0930

Be aware of the miracle entailed in every moment of living

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

REMEMBER Prayer and remembrance

Until it is brought to your attention, you may not know that the idol at whose feet you are continually worshipping is the ego. **If you could give to God the same amount of remembrance that you give to the ego, you could quite soon attain, and become established in, that enlightenment to which others devote lifetimes of arduous effort.**

8.4.153

It could well be said that the essence of the Short Path is remembering who we are, what we are, and then attending to this memory as often as possible. (P) 23.6.184

The Short Path is, in essence, the ceaseless practice of remembering to stay in the Stillness, for this is what we really are in our innermost being and where we meet the World-Mind. *P 97*

...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 (SLIDE 21)

That is a valuable meditation which, whether at odd moments or for fixed periods, returns again and again to dwell on the nature of the Overself and disregards all lesser topics. Such frequent remembrances and such fixed meditations become indeed a kind of communion and are usually rewarded sooner or later by a glimpse. 22.5.57

This constant remembrance of the higher self becomes in time like a kind of holy communion. 23.6.214

Be Still and Know that I Am God

“Be still and know that I am God” is the key to the enigma of truth, for it sums up the whole of the Short Path. Paradox is the final revelation. For this is “non-doing.” Rather is it a “letting-be,” a non-interference by your egoistic will, a silencing of all the mental agitation and effort. *23.5.202*

To enter this stillness is the best way to pray

Continuous remembrance of the Stillness, accompanied by automatic entry into it, is the sum and substance of the Short Path, the key practice to success. At all times, under all circumstances, this is to be done. That is to say, it really belongs to and is part of the daily and ordinary routine existence. Consequently, whenever it is forgotten, the practitioner must note his failure and make instant correction. The inner work is kept up until it goes on by itself. 23.6.210

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*

All I can say truly is: 'I am', all else is inference. But the inference has become a habit. Destroy all habits of thinking and seeing. The sense 'I am' is the manifestation of a deeper cause, which you may call self, God, reality or by any other name.
44

Affirmation – Bringing us Home to God

see yourself already enjoying the realization of the Overself

Praise: thank you... appreciation! Not request...

remind ourselves constantly of the greater truths

I Am nothing but infinite consciousness.

identify yourself with the universal and infinite power

Mantra and Yantra

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

After we have entered on the Short Path, fit themes for meditation will be those which turn away from the personal ego. We can meditate on the glorious attributes of God, or on the essential perfection of the cosmos, or on the utter serenity of the Overself, for instance. 4.4.65

We are to remind ourselves constantly of the greater truths, whether at home in our room or abroad in the public places. "Be still and know that I am infinite power" is one such truth. "Be still and know that I am infinite joy" is another. 4.6.150

Our dependence on self-effort must be balanced by dependence on Grace. If you rely solely on your own endeavours to better character and develop intuition, you may find yourself frustrated and unhappy with the result. Grace is to be invoked by making contact through prayer and meditation with the Overself. But the meditation should be of a special kind--what may be called the practice of nonduality. In it, seek to identify yourself with the universal and infinite power, to forget that you are an individual. 23:6.49

This exercise requires us to imagine the Divine as, first, all pervasive and everywhere present, unbounded and limitless, and second, the hidden origin of everything in the cosmos. 23.8.131

The mind must constantly give itself up to the idea of its own infinity. 24.4.82

**Anthony on Infinity <https://youtu.be/thVOBqUwtUQ>
youtube Audio/Text 40 sec.**

Feynman on tininess//vastness Youtube: 1 min.

I am That

As you think, so you become:

[Mooji I Am](#)

[Anthony Damiani you say I](#)

[Rupert I Am doorway](#)

[ET: you are an emanation of God](#)

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

The exercise is merely to repeat one word silently on the inhalation and another word on the exhalation. The two words must be such that they join together to make a suitable spiritual phrase or name. Here is one useful example: "God Is."
105

“Breathe in *God*, breathe out *Is*”

“Breathe in *I*, breathe out *Am*”

TNH:...“breathe in Yes, out Thank You...”

I have arrived, I am home.

“I kiss the earth... honor the earth”

Think of yourself as the individual and you are sure to die; think of yourself as the universal and you enter deathlessness, for the universal is always and eternally there. We know no beginning and no ending to the cosmic process. Its being IS: we can say no more. Be that rather than this--that which is as infinite and homeless as space, that which is timeless and unbroken. Take the whole of life as your own being. Do not divorce, do not separate yourself from it. It is the hardest of tasks for it demands that we see our own relative insignificance amid this infinite and vast process. The change that is needed is entirely a mental one. Change your outlook and with it "heaven will be added unto you." 21.5.95

Let me offer you this practice: See all things with love, as part of you. Do you see how I have slipped in the necessity to love yourself? Some of you didn't even notice. For example: a flower. Touch it with your love, not just visually, but experientially. Breathe in its aroma; it is part of you. See its beauty; that is who you are. Touch its softness; that is your softness. Feel the strength of its roots. That is your strength, your rootedness in your world. You would not see that flower if it were not already a part of you. --*Emmanuel's Book*

NM: Change the current of your desire from taking to giving. The passion for giving, for sharing, will naturally wash the idea of an external world out of your mind, and of giving as well. Only the pure radiance of love will remain, beyond giving and receiving.

Q: In love there must be duality, the lover and the beloved.

M: In love there is not the one even, how can there be two? Love is the refusal to separate, to make distinctions. Before you can think of unity, you must first create duality. When you truly love, you do not say: 'I love you'; *I Am That ch 72*

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**

NOW

It is in the fullness of the eternal present, the eternal now, that a person can really live happily. For by seeking (*recognizing*) That which makes us conscious of the present moment, by remembering it as being the essence of our fleeting experience, we complete that experience and fulfill its lofty purpose. (Perspectives 19:30)

In this moment here and now, letting go of past and future, seeking the pure consciousness in itself, and not the identifications it gets mixed up with and eventually has to free itself from--in this moment we may affirm our true being and ascertain our true enlightenment without referring it to some future date. 24.3.256

Is this benign state a past from which we have lapsed or a future to which we are coming? The true answer is that it is neither. This state has always been existent within us, is so now, and always will be. It is forever with us simply because it is what we really are.

22.3.23

Better than any long-drawn yoga discipline is the effort to rivet one's hold on the here-and-now of one's divinity. 23.6.175

Urgyen Tulku Rinpoche: later slide

Those who look for advancement by looking for inner experiences or for discoveries of new truth do well. But they need to understand that all this is still personal, still something that concerns the ego even if it be the highest and best part of the ego. **Their greatest advance will be made when they cease holding the wish to make any advance at all, cease this continual looking at themselves, and instead come to a quiet rest in the simple fact that *God is, until they live in this fact alone.*** That will transfer their attention from self to Overself and keep them seeing its presence in everyone's life and its action in every event. 23.5.222

Consciousness: Where we meet

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

The first question is also the final one; it is quite short, quite simple, and yet it is also the most important question which anyone could ever ask, whether of oneself or of others. This question is: **“What is consciousness?”** Whoever traces the answer through all its levels will find themselves in the end in the very presence of **the universal consciousness otherwise called God. 19.3.32**

NM: realize yourself as the ocean of consciousness in which all happens

An ever-active Mind within an ever-still Mind--
that is the real truth, not only about God but also
about man. 25.1.9

It is the absolute in you that takes you to the
absolute beyond you -- absolute truth, love
selflessness are the decisive factors in self-
realisation. With earnestness these can be
reached. Ch 87

The World-Mind is omnipresent. There is a point where every person touches it. When we attain awareness of this point, we are at last attending the true Holy Communion service.
25.1.30 +39

God's immanence is reflected throughout the whole universe. God's reality is indicated by the very existence of the universe. God's intelligence is revealed by the intelligence of the creatures in the universe. ([26:1.208](#))

The little center of consciousness that is myself rests in and lives by the infinite ocean of consciousness that is God. The first momentary discovery of this relationship constitutes a genuine religious experience, and its expansion into a final, full disclosure constitutes a philosophic one. 25.1.31

We discover that **Consciousness, the very nature of mind under all its aspects, the very essence of being under the personal selfhood, is where man and God finally meet.** We know that God indisputably exists, not because some religious dogma avers it but because our own experience proves it. 25.1.39

If you ask what reality is, in philosophy's view, the answer must be consciousness. If you further ask what our work in this life is, the answer must be to become conscious of consciousness as such. But because, ordinarily, consciousness never discloses itself but only its varying states, you can accomplish this only by adopting extraordinary means. You will have to steel the feelings and still the mind. In short, you will have to deny yourself. 20.3.155

Yoga Vasistha

Q: Everybody is conscious, but not everybody is aware.

M: Don't say: 'everybody is conscious'. Say: 'there is consciousness', in which everything appears and disappears. Our minds are just waves on the ocean of consciousness. As waves they come and go. As ocean they are infinite and eternal. Know yourself as the ocean of being, the womb of all existence. These are all metaphors of course; the reality is beyond description. You can know it only by being it.

Q: Is the search for it worth the trouble?

M: Without it all is trouble. If you want to live sanely, creatively and happily and have infinite riches to share, search for what you are. *Ch 48*

Q: How can I aspire to such heights, small and limited as I am?

M: realise yourself as the ocean of consciousness in which all happens. This is not difficult. A little of attentiveness, of close observation of oneself, and you will see that no event is outside your consciousness.

It is your mind that has separated the world outside your skin from the world inside and put them in opposition. This created fear and hatred and all the miseries of living. *Ch 65*

SKIP TO 44

Surrender

We who honour philosophy so highly cannot afford to be other than honest with ourselves. We have to acknowledge that **the end of all our striving** is surrender. No human being can do other than this--an utterly humble prostration, where we dissolve, lose the ego, lose ourselves--the rest is paradox and mystery. 20.5.11

Where the heart goes, there soon or late the other faculties will follow. This is why it is so important *to let* the Overself take possession of the heart by its total surrender in, and to, the Stillness. 24.4.90

The central point of this quest is the inner opening of the ego's heart to the Overself. P. 1.3

The declaration of Jesus that **whosoever will save his life shall lose it**, is uncompromising. It is an eternal truth as well as a universal one. It is needed by the naive as well as by the sophisticated...

Such an achievement may seem very far off from human possibility and indeed we find in history that not many have either cared, or been able, to realize it, for it is far too painful to the ego. *8.4.230*

... But the metaphysical truths of successive rebirth on earth and of the unreality of time should give some comfort here. The first teaches a great patience while men labour daily at the task of remaking themselves. The second teaches that the Overself is even now ever present with all, that in the eternal Now there is no futurity and that theoretically the possibility of its realization does not necessarily belong to some distant rebirth.

8.4.230

It is a long journey from the condition of seeker to that of sage. But this is true only so far as we ascribe reality to time. To those who know that our human existence is a movement through events, but that the human being in its essence transcends all events and dwells in timelessness, this journey may be considerably shortened or swiftly brought to its destination. For that, the thorough understanding of philosophy and its incessant application to oneself is required. 20.4.88

... The philosophic student discovers the mission of time; it heals sorrows and, under karma or through evolution, cures evils. The sage solves the mystery of timelessness, which redeems us. 19.2.8

... You could also say there is nothing to the whole thing: simply surrender yourself to God. This is true if you can do it. We get over-educated, have to rationalize everything and spend time writing books and reading books which are not altogether worthwhile. 23.5.56

No one else can do for a person what Nature is tutoring them to do for themselves, that is, to surrender the ego to the higher self. Without such surrender no one can attain the consciousness of that higher self. It is useless to look to a master to make for you this tremendous changeover within yourself. No master could do it. The proper way and the only way is to give up this pathetic clinging to your own power, to your own littleness, and to your own limitations. To turn so completely against oneself demands from a person an extreme emotional effort of the rarest kind and also of the most painful kind. For to surrender the ego is to crucify it. 8.4.211

Q: How do I get at it?

M: You need not get at it, for you are it. It will get at you, if you give it a chance. **Let go your attachment to the unreal and the real will swiftly and smoothly step into its own.** Stop imagining yourself being or doing this or that and the realisation that you are the source and heart of all will dawn upon you. With this will come great love which is not choice or predilection, nor attachment, but a power which makes all things love-worthy and lovable. *I Am That CH 1*

Surrender, one could say, is the inner transition from resistance to acceptance, from “no” to “yes.” When you surrender, your sense of self shifts from being identified with a reaction or mental judgment to being the space around the reaction or judgment. **It is a shift from identification with form—the thought or the emotion—to being and recognizing yourself as that which has no form—spacious awareness.** Tolle P.73

Surrender the story of past and future... scary

Four Immediate Pointers

AWARENESS/CONSCIOUSNESS is:

Intimate: *Recognize* ever present I Am.

it's so intimate, you can't grasp it

Pervasive: *Appreciate* how fabulous being life.

so familiar that it's not noticed

Ineffable: *Awesome* amazing Mystery.

the natural pure nature of awareness is empty because
there is no content

All Good: *Acceptance:* rest in the all-good God Is.

your innate goodness. a well-being that spills over

So intimate you can't take it out and look at it,
so recognize

Stillness is your essential nature. What is stillness?
The inner space or awareness in which the words on
this page are being perceived and become thoughts.
Without that awareness, there would be no perception,
no thoughts, no world. you are that awareness
appearing as a person. (*Tolle*)

... 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

St. Francis: what you are looking for is what is looking..

So pervasive, familiar, we take it for granted:

So appreciate the Miracle of Existence - the grace we already have-- be grateful for Life.

“be aware of the miracle entailed in every moment of living.” [23:1.115](#)

There is a dimension, a presence, that we can call sacred. It is not separate from your own presence. Everything is an expression of life. Suddenly the mind stopped.

You notice the sacredness that otherwise is just a concept. You can't really define it. It is so immediate.

There is a sense of the sacred presence within and without of which you are an inseparable part, and yet a presence which is vast.

Eckhart Tolle: Omega 2012

The sense of the sacred presence frees you from the mind made sense of self. It shines through the life forms, but also found in the formless stillness. The acknowledgment of that, one could call gratitude. And gratitude is really in a deeper or wider sense: acknowledging the sacredness of the present moment. Not grateful to something or someone, it is a state of consciousness: appreciation of the beauty and sacredness of life. *Eckhart Tolle: Omega 2012*

•

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

*So let go: let be: let it take you in... Awesome.
Ineffable Mystery.*

Q: How do I get at it?

M: You need not get at it, for you are it. It will get at you, if you give it a chance. **Let go your attachment to the unreal and the real will swiftly and smoothly step into its own.** Stop imagining yourself being or doing this or that and the realization that you are the source and heart of all will dawn upon you. With this will come great love which is not choice or predilection, nor attachment, but a power which makes all things love-worthy and lovable. *Ch.1*

Being is not only beyond but also deep within every form as its innermost invisible and indestructible essence. This means that it is accessible to you now as your own deepest self, your true nature. But don't seek to grasp it with your mind. ...

It is a state of connectedness with something immeasurable, indestructible, something that, almost paradoxically, is essentially you and yet is much greater than you. It is finding your true nature beyond name and form. The inability to feel this connectedness gives rise to the illusion of separation, from yourself and from the world around you.

--Eckhart Tolle:

So Good, All good, whatever happens:
your innate goodness a **well-being** that spills over

So Remember the Real... Stop. Smile. all is
a gift. Love says I am all this

“In finding the godlike within ourselves,
we find also the Good. And from that
stems forth goodwill toward all...” 22.6.78

If God invited you to a party...(Hafiz)

If God invited you to a party and said.
“Everyone in the ballroom tonight will be my
special guest.”

How would you then treat them when you
arrived?

Indeed, indeed.

And Hafiz knows that there is no one in this
world

who is not upon God's jeweled dance floor.

+56

See pics > ## MORE MY THOUGHTS P.13+

NM: TWO WAYS: Philosophy: Use Both

You either let yourself be carried by the river of life and love represented by your Guru, or you make your own efforts, guided by your inner star. In both cases you must move on, you must be earnest. Rare are the people who are lucky to find somebody worthy of trust and love. Most must take the hard way, the way of intelligence and understanding, **distinguishing the unreal from the real. And then letting go of the unreal.** (viveka-vairagya). This is the way open to all. *I Am That*

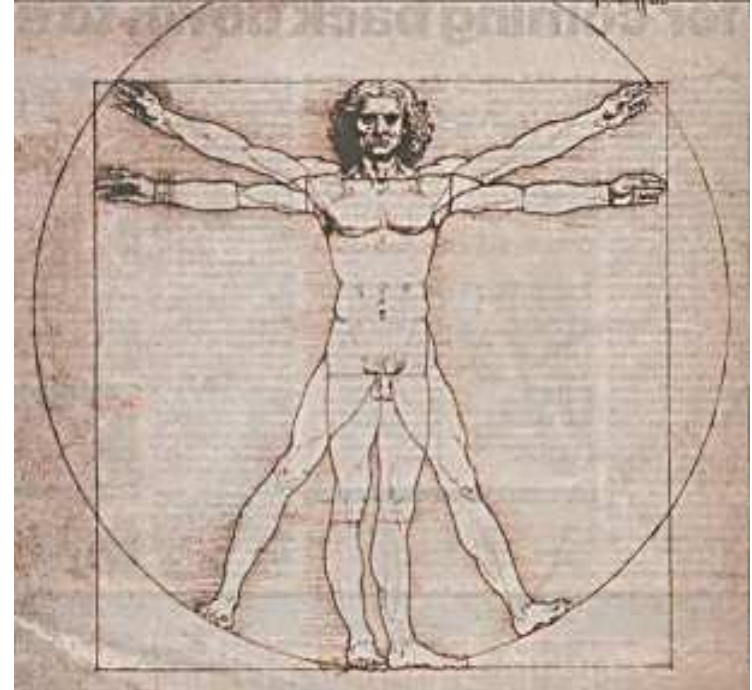
Rajaji: jnana and bhakti... audio fun 1 minute

A/T: AD Audio/text: 4 min

FIVE-FOLD: PHILOSOPHIC MAN: INDIVIDUAL: THE STAR

The esoteric meaning of the star is "Philosophic Man," that is, one who has travelled the complete fivefold path and brought its results into proper balance. This path consists of religious veneration, mystical meditation, rational reflection, moral re-education, and altruistic service. The esoteric meaning of the circle, when situated within the very center of the star, is the Divine Overself-atom within the human heart.

20.1.23



A few Pages on Prayer
--purple are on the web

[p.1-4 on web]

A few Pages on Prayer p.1 *has*
Siva yoga Dipika

Prayer is the song we are singing in communion with God: It is the single voice of creator and creator, part of you from the beginning

Prayer is the Infinite consciousness vibrating in the finite. Prayer *aligns* us to God

Raphael: attune your chord to vibrate with the Universe/

Triguerinho: prayer is the plumb line to erect sacred temple.

The Prayer of the Heliotrope: by Proclus the Neoplatonist

“Each thing prays according to the rank it occupies in nature, and sings the praise of the leader of the divine series to which it belongs, a spiritual or rational or physical or sensuous praise; for the heliotrope moves to the extent that it is free to move, and in its rotation, if we could hear the sound of the air buffeted by its movement, we should be aware that it is a hymn to its king, such as it is within the power of the plant to sing.”

Taimni comments on Gayatri

The physical Sun which we see ... is merely an outer cover of a glorious reality which pervades and energizes the whole solar system. ...this Reality is in essence and fundamentally the same as the Reality which is hidden in the heart of every human. The Spiritual Light which is hidden within the Sun is the most excellent light. It is shining through the hearts of all living creatures in the form of consciousness. The Spiritual Light which is shining within the physical Sun also shines within the heart of every jiva. The light which is shining in the heart of all jivas in the form of consciousness is also shining through the universe in the form of the Heavenly Man and making it a living organism. [Yajnavalka Samhita]

MADAME GUYON: everything is a gift of Christ

when you sit in front of the divine, why do you meditate? If you want sweetness and presence and getting something, that is not the highest meaning. Just sit in front of the divine to give love. Take whatever comes to you as a gift of the divine. Take everything in your life as a gift of the divine. Be grateful. If dryness comes, then take that. If pain comes, take that. Because the sun is shining everything. By seeing separation, pain, joy, hunger, then we are not seeing underneath all this is non-separateness. Everything is already reality. Any notion of yourself as other than the one reality is an illusion.

Anthony's Prayers

Om Mani Padme Hum

To my dear Lord - truth of my being - the God within my innermost consciousness - reveal thy Grace, and help me recognize the grace always already present... deliver "me" from ignorance, guide me to thy lotus feet . . . teach me surrender.

Oh thou unknown God - have mercy, have mercy.

Infinite Mind of the World, radiant Sun behind the sun, we thank you for the grace of your presence in the form of our most beloved and revered teacher, for your presence in the luminous rain of profound and pristine teachings, and for your presence through the support and kindness of the community of spiritual friends.

Infinite Mind of the World, resplendent sun shining in the pure sky of peace, we thank you for the grace of your presence in the form of very special beings through whom your profound wisdom and compassion ever flow to guide our innate ray of life back to your self abiding source. [p. 2]

Prayer: praise; pray-sing;

AMEN: May it be so!... Or So Be It...As it is

Thy Will be Done. Be still and Know

"Pray without ceasing"

Way of a Pilgrim: *but stop*

Centering Prayer: Boujould Keating...

(later in ppt ... **sl33**)

Instead of searching for what you do not have, find out-- what is it that you have never lost? That which is there before the beginning and after the ending of everything; that to which there is no birth, nor death. NM: 34

Every sentient being is AWARE. We need to recognize that awareness... present moment of unmade wakefulness. Allow that to simply be as it is, let be in naturalness...

You do not have to divide the practice, making one practice for meditation and the other for post-meditation. Here, meditation state lasts up until one is distracted from awareness, and then turns into post-meditation. The moment you remember to recognize, you see immediately how mind essence is. ... It does not make any difference if you recognize while you are standing or sitting or eating.. The practice, as I state over and over, is short moments repeated many times... *Urgyen Tulku Rinipoche*

The other part of the answer is that the Overself is always here as man's innermost truest self. It is beginningless and endless in time. Its consciousness does not have to be developed as something new. But the person's awareness of it begins in time and has to be developed as a new attainment. The ever-presence of Overself means that anyone may attain it here and now. There is no inner necessity to travel anywhere or to anyone in space or to wait years in time for this to happen. Anyone, for instance, who attends carefully and earnestly to the present exposition may perhaps suddenly and easily get the first stage of insight, the lightning-flash which affords a glimpse of reality, at any moment. By that glimpse he will have been uplifted to a new dimension of being. The difficulty will consist in retaining the new perception. For ancient habits of erroneous thinking will quickly reassert themselves and overwhelm him enough to push it into the background. This is why repeated introspection, reflective study, and mystical meditation are needed to weaken those habits and generate the inner strength which can firmly hold the higher outlook against these aggressive intruders from his own past. 22.3.4