

**Consciousness appearing as a person,
disappearing in the person,
revealed through the person.**

Play a great piece of music : click here

<http://averysolomon.com/wp-content/uploads/2023/03/Arvo-Part-Spiegel-im-Spiegel.mp3>

<http://averysolomon.com/wp-content/uploads/2023/03/hildegard-canticles-Track-02.mp3>

<https://www.youtube.com/watch?v=M1WdjP-w-t4>

from about 19 minutes... Beethoven 32

The water you heat for your bath takes
messages between the heat and your skin.
It lets them meet, and it cleans you!

Very few can sit down in the middle of the
fire itself like a salamander or Abraham.

We need intermediaries.

A story is like that too: a message from
the inspiration to your mind.

Beauty surrounds us, but usually we need
to be walking in a garden to know it.

p.2

--Rumi *One Handed Basket Weaving* Tr. Barks p.79

And the body--is a screen to partly shield and partly reveal the light that is blazing inside your presence.

Water, stories, the body, all the things we do, are mediums that hide and show what's hidden.

Study them, and enjoy this being washed with a secret we sometimes know, and then not.

--Rumi *One Handed Basket Weaving* Tr. Barks p.79

p.2

Body is Embodiment:

... from the organized body and something else, let us say a light, which the Soul gives forth from itself, it forms a distinct Principle, the Animate; and in this Principle are vested Sense-Perception and all the other experiences found to belong to the Animate.

--Plotinus *Enneads* 1.1.7 *the body of Plotinus*

p.2

Fusion: not con-fusion.

Without the body you are not here, having experience of God's Manifestation.

“The senses are the means whereby we share the ideas of a material world which subsists in the dimensionless mind. ... The function of the body would then be to provide the conditions for that event which is the arising of finite individual egoistic consciousness; without these conditions ultimate mind remains as it is, the mysterious and unique fact of all existence.”

--PB: HTBY p.2

The whole world as we experience it is the way the kind of a being that this universe is, is experienced by the kind of organ of experience we have.

But then, the measuring organism, the ray of living consciousness, the entire universe, are drops of the infinite intelligence. So it is paradoxical and Uroboric: we are the burning focus by which the universe is experiencing itself in and through and as us. Wow amazing. Awesome.

The point that has to be grasped is that it is only through the World Idea that the Soul comes to self-recognition. ... the individual mind is the burning focus in which the ideas get manifested and reveal the world given to it. Without that individual mind that does it, it just is not available. --*Anthony Damiani class transcript*

Embodied being: body can re(ve)al as well as veil. Embodied divinity

Buddhism distinguishes between **embodying being and embodied loss of being**: two views of body.... We ask then: what is being embodied? For tantra, it is radiant light, or vibrant life, which is present in and through body as a more or less intensity of consciousness. *Guenther p.4*

The world is a miracle, your body is a miracle.

Simply by the fact of being a human being, we are a specially constituted center of being's mystery. Even our ordinary perceptions are instances of radiancy awareness against a background of Being's mystery. *Guenther.*
Matrix of Mystery. P.4

*Plotinus: Statues of the Gods: you are
L'engle: how the Angel appears.
Cindy: AWESOME*

Buddha: “In this fathom-length body, furnished with perception and consciousness, there is contained the world, the arising of the world, the end of the world, and the path which leads to the end of the world...” *Quoted by Evola: Anguttara Nikaya (gradual sayings) 4.45 p.4*

“that’s what space and time are for”

But ... what are space-time-body?

Body is part of ego; the vital body (etheric double) and astral emotional body are also a part of it; the mental body of thoughts is part of ego, too. All these bodies continue to exist even after realization since they are necessary to human life; to say there is then no ego is NONSENSE. These bodies are to be purified and surrendered.

8.1.226 p.6

Philosophy takes its votaries on a holy pilgrimage from ordinary life in the physical senses through mystical life in the sense-freed spirit to a divinized life back in the same senses. [20:4.113](#) p.6

The earth is the scene we are placed to achieve our spiritual development. The body is the only direct contact we have with it: How foolish is it to mistreat the body through ignorance, abuse it through carelessness, or neglect it through laziness? 5.2.40

We murmur against the world's obstructiveness to our aspirations: the body is our stumbling-block. Yet if we had to live always as disembodied spirits, our spiritual development would need an immeasurably longer time to accomplish itself. The sharper focus of physical consciousness quickens our pace. 26.4.263

p.6

KCB:

The process of manifestation is the forming and informing of the body of the Self...

The body is understood as a complex of elements having its unity in their non-distinction from the self.

The body represents in itself the entire process of nature for the self. **P.14**

What is the use?

The unit of life emanated from the Overself begins with the merest glimmer of consciousness, appearing on our plane as a protozoic cell. It evolves eventually into the fullest human consciousness, including the intellectual and spiritual. It does not finish as it began; on the contrary, there is a grand purpose behind all its travail. There is thus a wide gulf between its original state and its final one....However, the ego already possesses all such possibilities latently. Consequently the whole process, although apparently an ascending one, is really an unfolding one. 26.4.257

you are becoming wisdom and compassion.

[You are becoming wisdom](#) (1/4/84) 4 min [1:25-]2:06-2:31

So each individual is a burning focus for those ideas-- the human beings are assimilating those reason principles, but it's also expressing unfolding them. The individual psyche is the transformer and is transformed.

“earth, footstool of the Gods nurses us to heavenly maturity” ...

Universe is the Body of God: embodies divine, statue, brings presence, conceals and reveals.

Plotinus four-fold. The fourth quadrant the system of nature is the body of the one.

Something of the One is revealed through its emanation:

Tolle: you are an emanation of God: *first 20 seconds!*

<https://www.youtube.com/watch?v=CMjE6laMQ-8>

M: Your personal body is a part in which the whole is wonderfully reflected. But you have also a universal body. You cannot even say that you do not know it, because you see and experience it all the time. Only you call it 'the world' and are afraid of it.


Q: I feel I know my little body, while the other I do not know, except through science.

M: Your little body is full of mysteries and wonders which you do not know. There also science is your only guide. Both anatomy and astronomy describe you. **P.15**



No one can see the Real yet everyone may see the things which come from it.

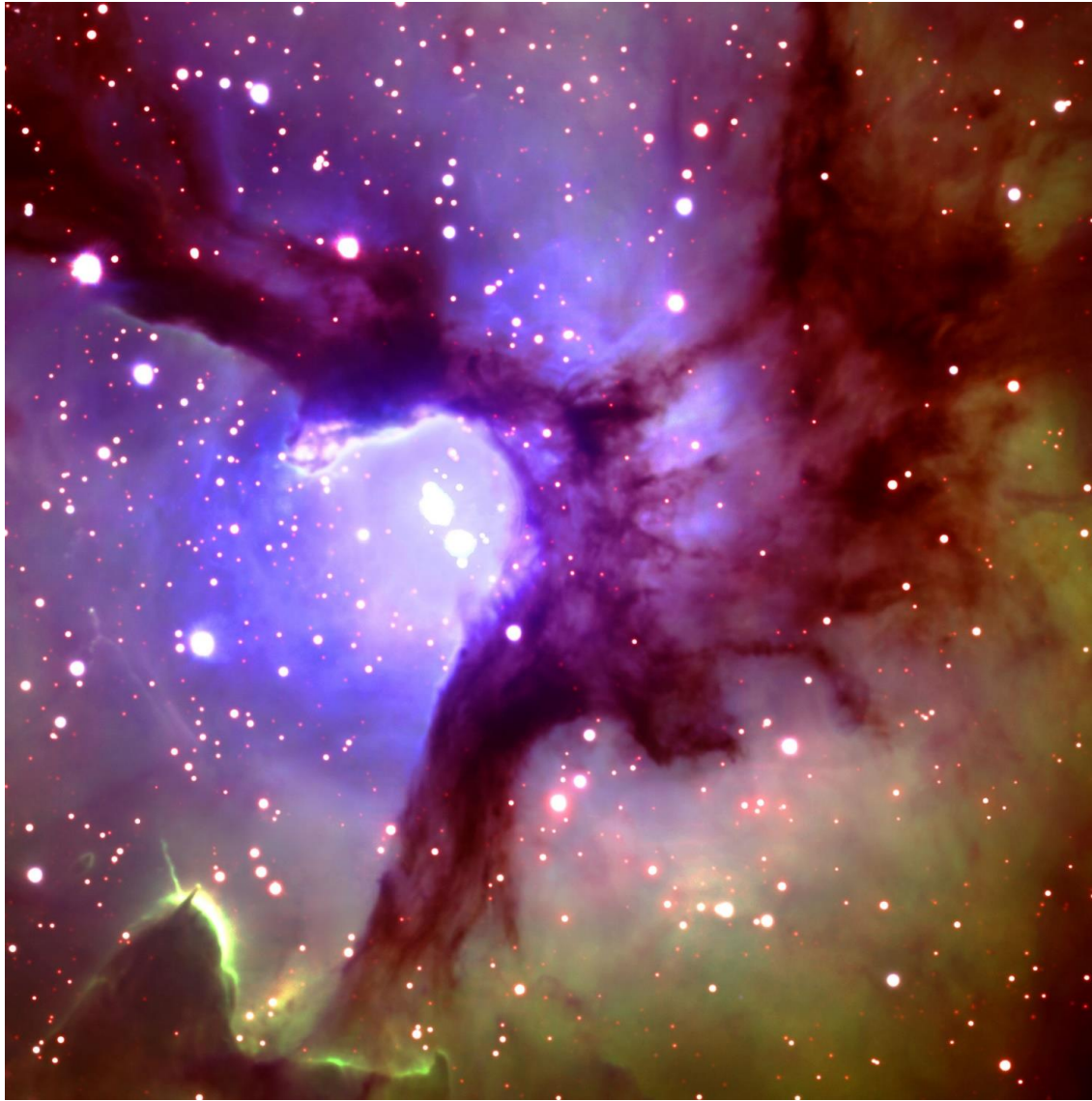
Although it is itself untouchable, whatever we touch enshrines its presence. 28.1.22



The Universe
is actually the
Unconditioned
revealing itself
as if it were the
Conditioned.

--26.1.196

The cosmos is neither a phantom to be disdained nor an illusion to be dismissed. It is a remote expression in time and space and individuality of that which is timeless spaceless and infinite. If it is not the Reality in its ultimate sense, it is an emanation of the Reality. Hence it shares in some way the life of its source. To find that point of sharing is the true object of incarnation for all creatures within the cosmos. 26.1.179



We can not ever know the Divine which is Transcendent but we can acknowledge that it IS. We may however know the Divine which is Immanent, recognize, perceive, and feel its presence. 25.1.120

How To

Allow the vast energy field of the body and the universe to come into view: the intense aliveness. Shift out of the thoughts and feeling contents and recognize that underneath there is a life field, awareness, mind. You become consciousness. You feel and become the presence of God, out of which all these universes arise. **Tolle: “Gateways to Now” p.7**

Eckhart Tolle: "The life field of your body is like a candle. It comes from the sun. And even the sun, wonderful as it is, comes from a deeper source. The entire universe, all the galaxies and space, come from the vast energy field. And this all comes out of the Void."

p.17



To practise the Short Path
is to be aware of the miracle entailed
in every moment of living. *23.1.115*

...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... 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*

Meditation is a way of opening our lives to the richness of experience... not limited to certain times and places. ... In this kind of meditation, we learn to embrace and learn from whatever we experience... We cultivate this awareness in every aspect of our lives... All experiences are potential teachers that we can open to and learn from ... As we learn from our experience, our appreciation of life increases. By learning how to be totally satisfied every moment, our time will never be wasted. *Tarthang Tulku*

Meditations:

zooms: powers of ten: vast universe and cells

no boundary

Tulku: T-S-K... great body

locate in yourself the physical, energy, imaginal self-conscious bodies.

Qi-Gong: Qi gathering

Hands... Heart... Eye gazing

The "simple" practices of aligning, letting go... remembering

Hands, Breath, Heart, Head



Namaste

Praise + Thank You
The moment I wake up



Blessing: JSCS
Lorenzetti

Raphael
Heaven + Earth



Satcid ananda -
You two are Holy.

Breathe -

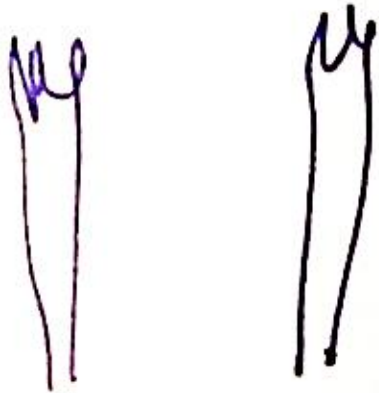
Yes; Thank You; Oh my God!



what you are looking for
is what's looking



Every Day Holy
Every Moment Sacred
all space vibrates
with God



HELP!

I Don't know.

I can't

Be still + know
Peace, open. Receiving
~~Let go + let God~~

Qi
Gong:
Bending
Horiz +
Vertical
(4) +
Gates

More Esoteric Follows...

Anthony: nested series of bodies: Cosmos and Epistemology

(It) is necessary to emphasize the intertwining of cosmology and epistemology which Plotinus has as a background for the acquisition of knowledge by the human soul in the sensible world. The manifestation of the world idea is the object of knowledge to the inhabitants of that world and the interlocking of the various levels of reality within the structure of that manifestation is an infinitely complex situation that requires to be mentioned here. ASN *p.21*

Nested sequence of Bodies:

Ananda kosa-Augoiedes– body of Bliss

Vijnana kosa -Noeron -- body of intelligence

Mano kosa – body of thought image memory

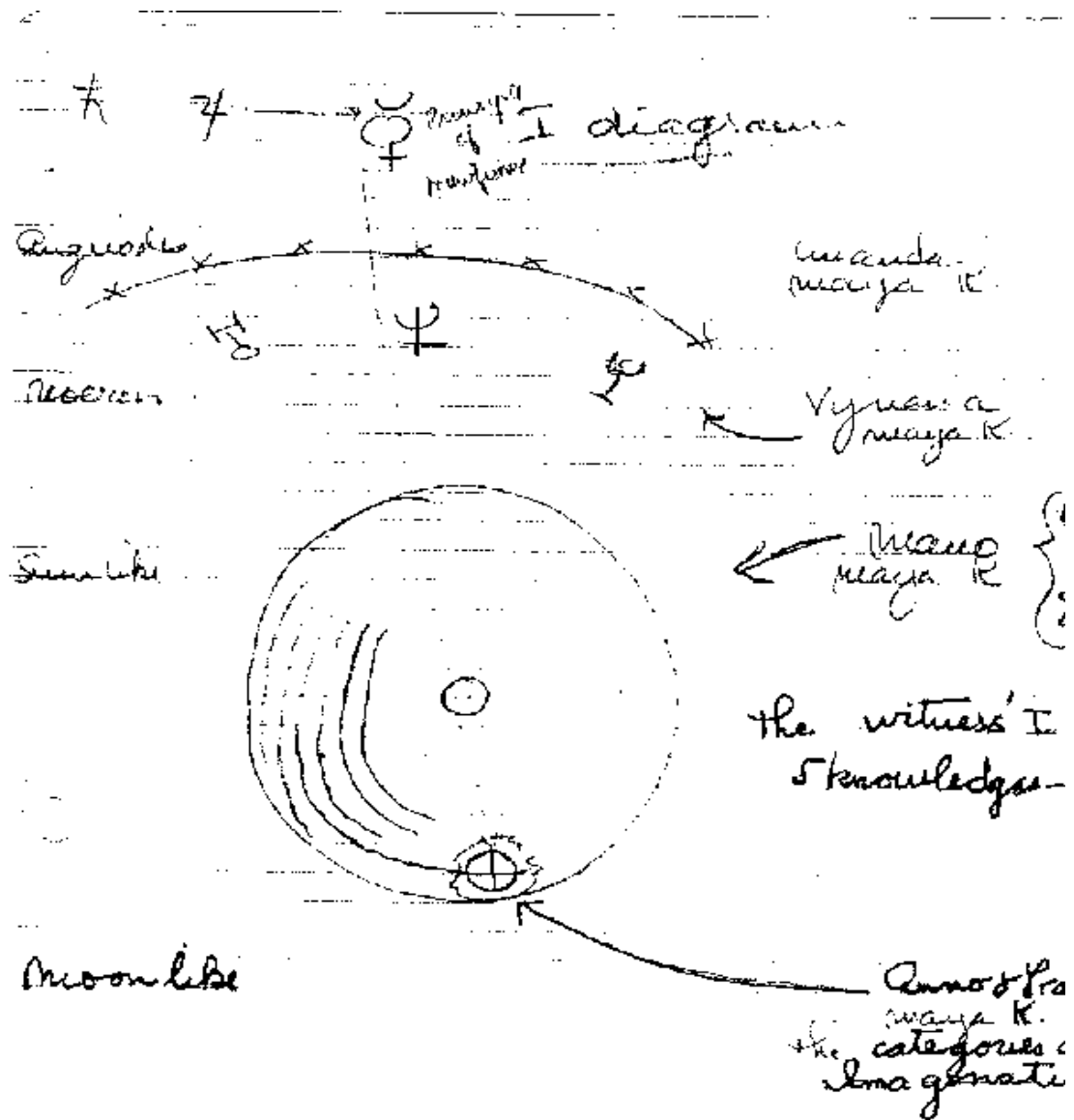
Prano kosa - felt inner energy body

Anno kosa - physical elements body

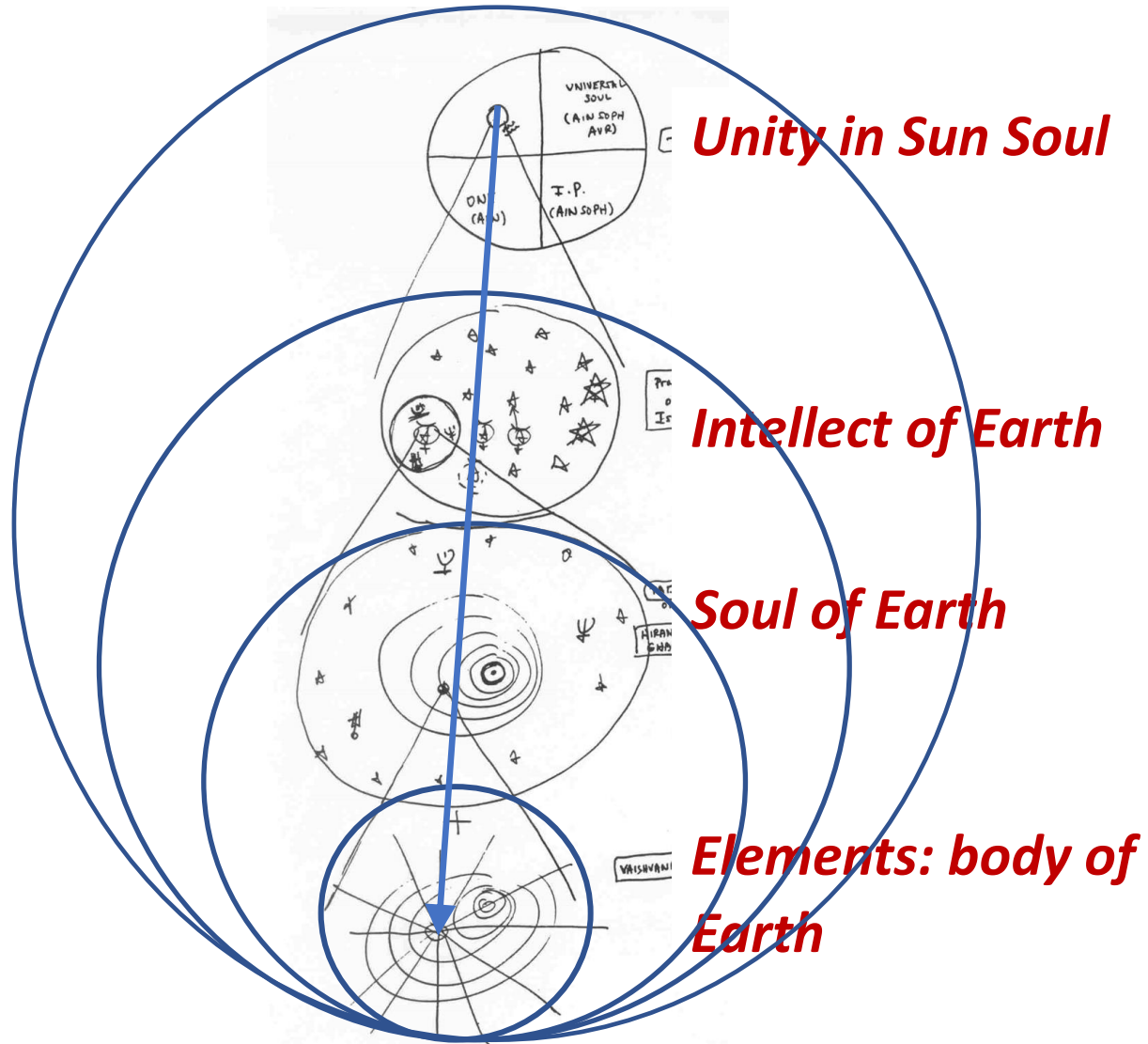
See p.22

Ray of Soul and Organized Body

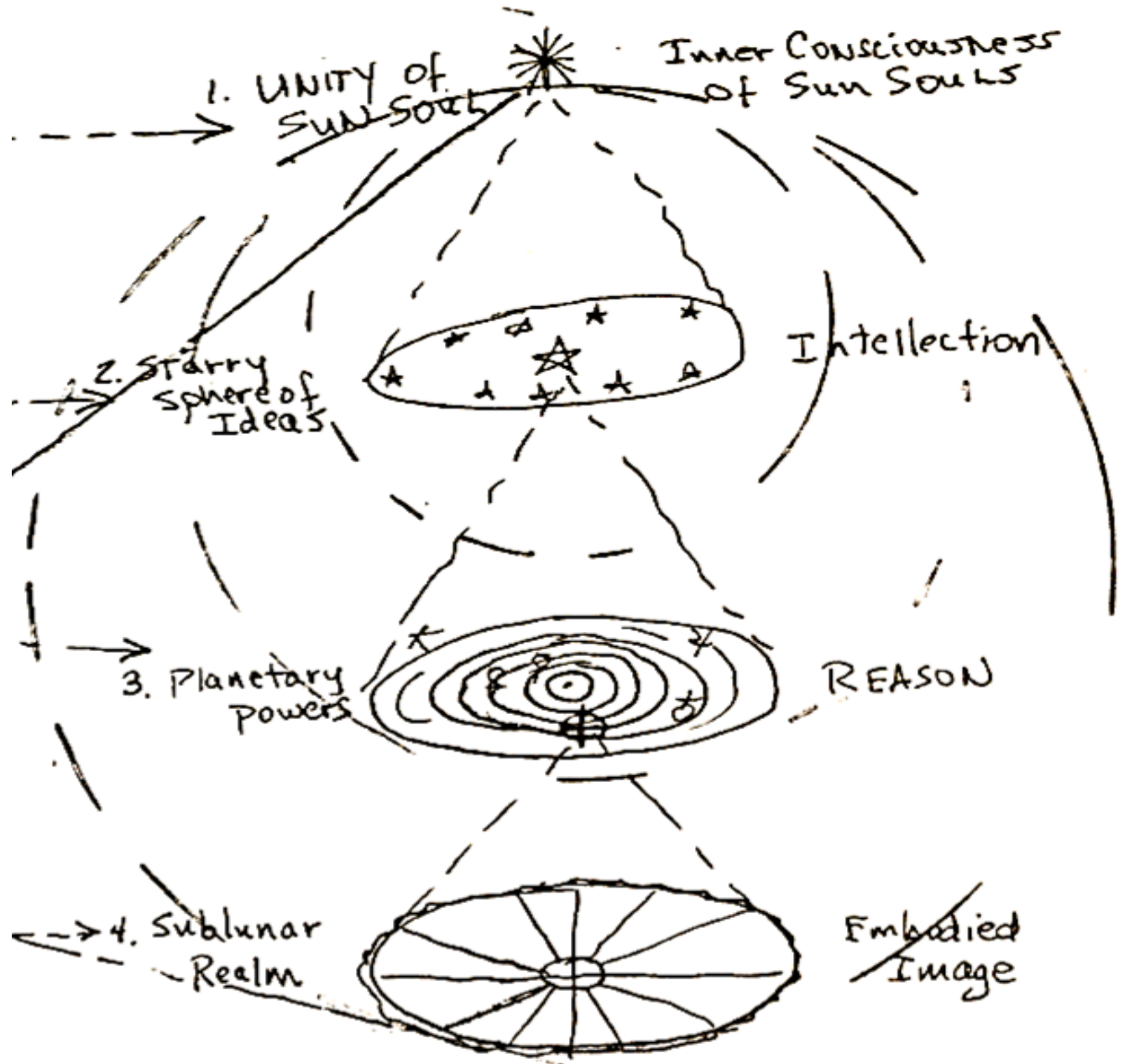
p.22



Ray of Soul and World-Idea



Four-fold of Solar Logos



WORLD-IDEA
WORLD-MIND Forces, VIBRATION, Possibilities

V
O
-
2
D

COSMIC SOUL
WORLD-MIND

STARS
INTELLIGENCE

PLANET
REASON

SUBLUNAR
IMAGE/SENSE

KARMIC POTENTIALS

RAY OF SOUL
OVER SELF

INDIVIDUAL MIND/BODY
LENS

FOCAL

[TRANSFORMER +
TRANSFORMED]

EXPERIENCE



AD: So it's a long process.

S: And we're at the bottom of the heap.

AD: Well, yes. We're at the bottom of the heap, but there's also a way up again. And the thing that we've been doing, at least I've been doing, is to show how the Ideas come all the way down and go all the way up. And you have to see this like an unbroken circle.

--Ohio 1984 section 6

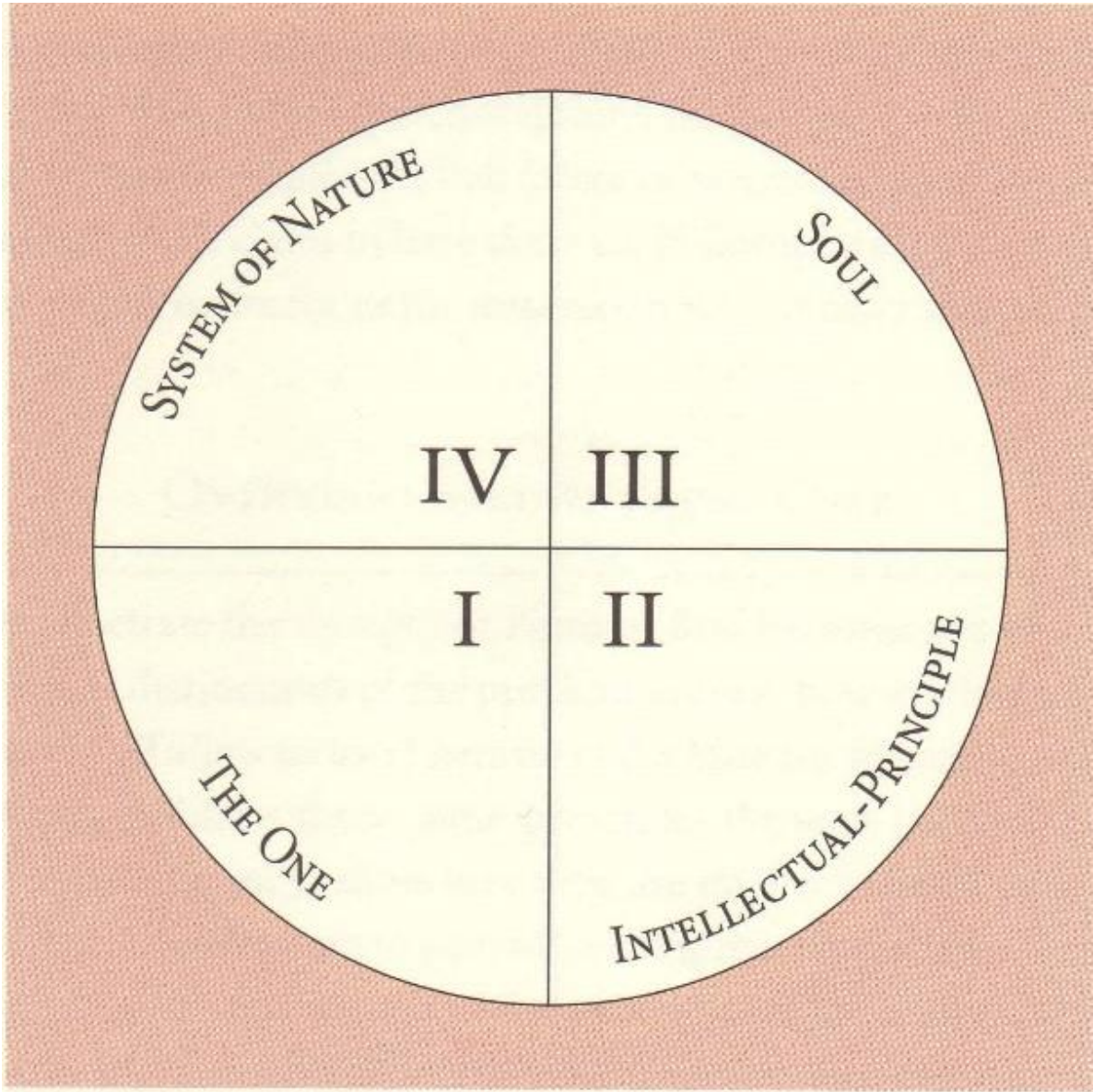


FIG. 7

