

FOR AND FROM WEDNESDAY 0814, 0821

"I Am is the sense of Awareness before thoughts."

Fun audio text: [Anna B: turn away](#)

AD on direct awareness in Ohio: <http://averysolomon.com/wp-content/uploads/2021/09/Anthony-on-Direct-Awareness.mp4>

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 **SL 3**

What has never been lost can never be found. If a quester fails to find the Overself, it is not because of faults or weaknesses in the ego but because he is himself that which he seeks. There is nothing else to be found than understanding of this fact. Instead of seeking Overself as something above, beyond, or apart from oneself, stop seeking altogether and recognize *i am* as *I AM!* 23.1.19 **SL 61**

To be the witness is the first stage; to be Witness of the witness is the next; but to BE is the final one. For consciousness lets go of the witness in the end. Consciousness alone is itself the real experience. 25.2.100 **SL 133**

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. **SL 13**

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 **12**

REST IN GOD IS

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 **62**

CONSCIOUSNESS

If there is anything worth studying by human being, after the necessary preliminary studies of how to exist and survive in this world healthily and wisely, it is ... [a deep investigation of our own consciousness, of its nature itself](#), its own unadulterated pure self. 1.1.81 **SL 26**

We discover that [Consciousness](#), the very nature of mind under all its aspects, the very essence of be-ing 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 **SL 88**

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 **SL 27**

When a person shall discover the hidden power within them which enables them to be conscious and to think, they will discover the holy spirit, the ray of Infinite Mind lighting the little finite mind. 22/3.181 **SL 89**

[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 **SL 84**

[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, we can accomplish this only by adopting extraordinary means. We will have to steel the feelings and still the mind. In short, we will have to deny ourselves. 20.3.155 **SL 28**

[What is the reality behind all our experiences?](#) Since they are experiences, and since experiences are made possible by Consciousness, [it must be the Consciousness](#). This remains true even when the "I" is unaware and unconscious; the Real is still there but hidden. 21.5.175 **SL 29**

[Think! What does the "I" stand for? This single and simple letter is filled with unutterable mystery. For apart from the infinite void in which it is born and to which it must return, it has no meaning. The Eternal is its hidden core and content.](#) 8.1.8
Remember the name that God gave you: I AM. **SL 11**

Instead of wasting time excessively on sad recollection of vanished years, elderly people can use it for comforting meditation on life's highest meanings, and especially on one of the highest of them all: MIND is all there is. 13.3.184 **SL 244**

YOGA OF THE LIBERATING SMILE

A valuable practice of the Short Path is to see yourself already enjoying the realization of its goal, already partaking of its glorious rewards. This is a visualizing exercise in which your own face confronts you, a smiling triumphant face, a calm peaceful face. It is to be done as many times every day as you can remember to do it. 23.6.50 SL 113

By this simple act of unlearning all that you know--all that you have acquired by thinking, by remembrance, by measurements, by comparison, and by judgement--when you return to the mere emptying of the consciousness of its contents of thoughts and ideas, and when you come to the pure conscious-ness in itself, then only can you rest in the Great Silence. 24.4.78 sl 118

All other approaches to the goal depend on a dualistic principle, which puts them on a lower plane. But the Short Path is non-dual: it begins and ends with the goal itself; its nature is direct and its working is immediate. 23.1.2 SL 57

Are we to reject the plain statements of these enlightened people--that is, statements of the Short Path that you are divine? Do we know more and better about divine things than they do? Why can we not accept the idea that they describe not a theory but a discovery? 23.1.5 SL 58

This then is the ultimate truth--that in our inmost nature we are anchored in God, inseparable from God, and that the discovery of this heavenly nature is life's loftiest purpose. Even now, already, today, we are as divine as we ever shall be. The long evolutionary ladder which by prophets and teachers, gurus and guides we are bidden to climb toilsomely and slowly and painfully need not be climbed at all if only we heed this truth continually, if we refuse to let it go, if we make it ours in all parts of our being--in thought, feeling, faith, and action. 23.1.6 SL 59

On this Short Path he searches into the meaning of Being, of being himself and of being-in-itself, until he finds its finality. Until this search is completed, he accepts the truth, passed down to him by the Enlightened Ones, that in his inmost essence he is Reality. This leads to the logical consequence that he should disregard personal feelings which continue from past tendencies, habits, attitudes, and think and act as if he were himself an enlightened one! For now he knows by evidence, study, and reflection that the Overself is behind, and is the very source of, his ego, just as he knows by the experience of feeling during his brief Glimpses. Bringing this strong conviction into thought and act and attitude is the "Heavenly Way" [or "As If"] exercise, a principal one on the Short Path. 23.6.109 SL 70

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