

An email Carol received: *I Am is the sense of Awareness before thoughts.*

Mooji: Remember the name that God gave you: *I AM.*

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

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

Anna B: turn away (fun audio text)

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

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.

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

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

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

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

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

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

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

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

[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

[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

[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