

From the Wednesday class of October 9th.

[Eckhart Tolle: three routes to Stillness](#)

[Anna Brown stillness behind the mind](#)

[Tolle on consciousness as reality](#)

[AD: Meditation Mentalism and Glimpse](#)

[Omkara Remember who/what you are](#)

The picture of the Arunachala mountain reminds us that there is a deep presence in these places on earth: and in the Sages, inspired writings, music... And inspires us.

And also remember that God is within each of us. God is hiding there. When you remove the filters of your mind, God is right there. God is in my mind, how else could I see? God is in my eye, how else could I be? **SL 56** Look at the bigger picture when you look at the relative point of view. Don't stop with just the person in front of you and their actions, but remember that all of this has a vast setting in the Matrix of Mystery. You can't figure it out. The good, the bad and the ugly are all within the infinite circle of the world mind.

Ennead 4.3.11. I think, therefore, that those ancient sages, who sought to secure the presence of divine beings by the erection of shrines and statues, showed insight into the nature of the All; they perceived that, though this Soul is everywhere tractable, its presence will be secured all the more readily when an appropriate receptacle is elaborated, a place especially capable of receiving some portion or phase of it, something reproducing it, or representing it and serving like a mirror to catch an image of it.

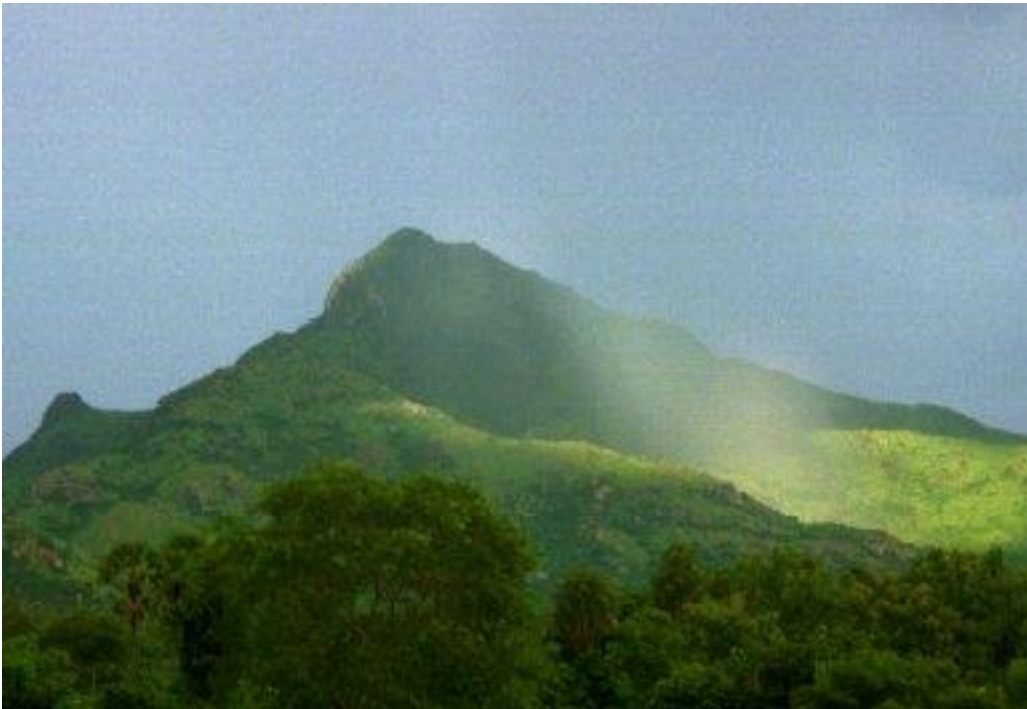
It belongs to the nature of the All to make its entire content reproduce, most felicitously, the Reason-Principles in which it participates; every particular thing is the image within matter of a Reason-Principle which itself images a pre-material Reason-Principle: **thus every particular entity is linked to that Divine Being in whose likeness it is made, the divine principle which the Soul contemplated and contained in the act of each creation. Such mediation and representation there must have been since it was equally impossible for the created to be without share in the Supreme, and for the Supreme to descend into the created.**

The sun of that sphere--let us return to it as our example--is an Intellectual-Principle, and immediately upon it follows the Soul depending from it, stationary Soul from stationary Intelligence. But the Soul borders also upon the sun of this sphere, and becomes the medium by which it is linked to the over-world; it plays the part of an interpreter between what emanates from that sun down to this lower, and what rises--as far as, through Soul, anything can--from the lower to the higher.

Nothing, in fact, is far away from anything; things are not remote; there is, no doubt, the

aloofness of difference and of mingled natures as against the unmingled; but selfhood has nothing to do with spatial position, and in unity itself there may still be distinction.

These Beings (the heavenly bodies) are divine in virtue of cleaving to the Supreme, because, by the medium of the Soul thought of as descending, they remain linked with the Primal Soul, and through it are veritably what they are called and possess the vision of the Intellectual-Principle, the single object of contemplation to that soul in which they have their being.



Remember who you are. Remember what the universe is. Remember that God is. How could God not be in DT or DT not be in God? Learn to look differently with compassion.

Wisdom says I am nothing, love says I am everything, and between these I live.

How to use these fabulous teachings to awaken intuition to inspiration to insight. How do you know? How do you know when the sage is known or not? Here it's important to notice and recognize when the light goes on when there is luminosity.

The awakening of faith.

The Sage, the Gita, clears doubts, brings you to wholeheartedness that Krishna brings..

Using thinking to go beyond thinking. Thinking can make a space for grace. Not to figure it out, but to appreciate the mystery. Using the quotes from the Yoga Vashista from PB from Brahma. You know enough to think you know, but not enough to know that you don't know.

If you ask what reality is in the view, it is consciousness. Remember 23.5.228

The Short Path turns realization over to Overself so that it is not your concern any longer. This does not mean that you do not care whether you find truth or not, but that whereas ordinary care for it arises out of desire of the ego or anxiety of the ego or egoistic need of comfort, escape, or relief, Short Path care arises out of the stillness of mind, the serenity of faith, and the acceptance of the universe. 23.5.228 SL

Sahaja: recognizing whether world appears or not, in the world not of it.

All is mind there is only this one Mind: to meditate on this? 28.1.1 and 28.2.102. And on the other hand there is the quote about. There are other also important things.

All we need to take us through intricate problems of metaphysics is this single masterly conception: Mind alone is. 28.1.1

There is only this one Mind. All else is a seeming show on its surface. To forget the ego and think of this infinite and unending reality is the highest kind of meditation. 28.2.102 (and read 28.2.100)

If you wish to get at Reality, you may follow *any* mental discipline that helps sharpen reason, tranquillize the mind, develop moods of abstraction, and completely concentrate thinking. All the different yogas, religions, and so on are more or less imperfect steps in this direction, so you are at liberty to invent your own. They are all only means, not ends. Parallel with this, you must thoroughly master and make your own by conviction the strange truth that *All is Mind...* 2.4.98

The Indians have written the most important philosophic statement of all--"All is Brahman"--which I have transposed, possibly to their frowns, as "All is Mind." But one cannot go on repeating it all the time. There are other statements which need to be made, less important but still much to the point for us who have to live in the twentieth century. 12.2.14

And yet still, what are we to do?--But this is the whole point of the double nature of grow up and wake up. See the other quotes.

Every single human being on this dance floor has never-0 access to the *Matrix of Mystery*. Every moment. We all belong to God.

ACIM: Forgiveness is yours, but atonement is God's Grace. The philosopher explains Time and space are for unfolding us, but the sage-- timelessness redeems us.

➤ **PPT Where we meet reality Complementarities** **SL**13-16, 20, 22, 27-29, 35, 38-40, 49-50

The double view applies to you too.

Remember and recognize who and what you really are.

Consciousness has ultimate and intimate spectrum.

Reality is continuous with its appearance.

... As soon as we put ourselves into harmony with the true self, we put ourselves into harmony with the whole universe; ... 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 **SL 27**

You are safe. Already and always. You are not local, limited, finite person, but Overself.

The world is neither an illusion nor a dream but is analogically *like* both. It is true that the mystics or yogis do experience it as such. This is a step forward toward liberation but must not be mistaken for liberation itself. When they pass upward to the higher or philosophic stage they will discover that all is Mind, whether the latter be creatively active or latently passive; that the world is, in its essential stuff, this Mind although its particular forms are transient and mortal; and that therefore there is no real difference between earthly experience and divine experience. Those who are wedded to forms, that is, appearances, set up such a difference and posit spirit and matter, *nirvana* and *samsara*, Brahman and Maya, and so forth, as antithetic opposites, but those who have developed insight perceive the essential stuff of everything even while they perceive its forms; hence they see all as *One*. It is as if a dreamer were to know that he was dreaming and thus understand that all the dream scenes and figures were nothing but one and the same stuff--his mind--while not losing his dream experience. 21.3.24



Every person you encounter is God in disguise; God is hiding within each person. When you remove the filters of your mind, God is right there in front of you.

SL