

GRACE... and DOING NON-DOING

Fate provides us with difficulties from which it is often not possible to escape. But what *must* be borne may be borne in either of two ways. We may adjust our thinking so that the lessons of the experience are well learnt. Or we may drop it, for we need not carry the burden of anxiety, and remember the story of the man in the railway carriage who kept his trunk on his shoulders instead of putting it down and letting the train carry it. So put your "trunk" of trouble down and let the Overself carry it. *Perspectives 24 . 35 SL6*

"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 SL16

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 SL17*

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 SL 20*

It is the unique contribution of the Short Path that it takes advantage of the Overself's ever-present offer of Grace. 23.1.134 SL 27

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 consciousness in itself, then only can you rest in the Great Silence. 24.4.78 SL 61

The principle which makes union with the Overself possible is always the same, albeit on different levels. Whether it appears as humility in prayer, passivity to intuition, stillness in meditation, or serenity despite untoward circumstances, these attitudes temporarily weaken the ego and lessen its domination. They temporarily silence the ego and give the Overself the opportunity to touch us or work through us. So long as the ego dominates us, we are outside the reach of the Overself and separated from its help. 22.5.3

It is the unique contribution of the Short Path that it takes advantage of the Overself's ever-present offer of Grace. 23.1.134 75

TIME and TIMELESS

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 SL 64

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 sl

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. 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 66

SOME NOTES FROM 11/06

... 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 you should seek to identify with the universal and infinite power, to forget that you are an individual. [23.6.49 35](#)

WORDS TO REMEMBER THE DIVINE BY:

Find the words to *Remember and Recognize* you are divine... that are luminous for you.

“Remember who you are. Remember what you are.” [OMKARA: Remember](#)

[AD: Extraordinarily Beautiful](#) **Inviolable Sanctity, and individuated.**

Not a finite limited person seeking Overself... “All we need is Awareness of it”, but it *is* Aw, and I Am that awareness appearing as a person. Overself is who/what you are. My I Am is God’s Is, is God Is. Moonlight is Sunlight... In dual approach I say “oh lord help me.” When I realize that I AM that Self, that divine ray of God... then it is nondual..... and it is yourself...

Rest in the simple fact that God is. [23.5.222](#)

Marinate, permeate, assimilate. Conscious recognition *and Remember*, participation, alignment. **Absorption!**