

# WHOLE HEARTED:

Where the heart goes, there soon or late the other faculties will follow. This is why it is so important to let the Overself take possession of the heart by its total surrender in, and to, the Stillness. 24.4.90

**Start where you Are: what is in your heart?  
Longing eros, aspiration.**

If you investigate the matter deeply enough and widely enough, you will find that happiness eludes nearly all despite the fact that they are forever seeking it. The fortunate and successful few are those who have stopped seeking with the ego alone and allow the search to be directed inwardly by the higher self. They alone can find a happiness unblemished by defects or deficiencies, a Supreme Good which is not a further source of pain and sorrow but an endless source of satisfaction and peace.

*24.1.74*

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

When thinking comes naturally to its rest, either because we have felt our way through intense reverence to the higher power or because we have apprehended the truth by the subtlest and sharpest perception, then stillness is born. It would be an error to continue either the feeling or the thinking beyond this time. The utter stillness must take their place, and we must humbly yield to it. At such a moment, the ego is withdrawn; the knowing intuition, the great Peace, alone remains. 24.4.88

PB quote 8.4.153 read:

Until it is brought to your attention, you may not know that the idol at whose feet you are continually worshipping is the ego. If you could give to God the same amount of remembrance that you give to the ego, you could quite soon attain, and become established in, that enlightenment to which others devote lifetimes of arduous effort.

***Q: What does it mean to remember God?***

***Paul: Forget yourself.***

... The deeper way of *Wu Wei* is to lose the ego by doing nothing to seek truth or to improve oneself; adopting no practice; following no path. 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

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... 23.5.222

The real Short Path is really the discovery that there is no path at all: only a being still and thus letting the Overself do the work needed. This is the meaning of grace.

*23.5.223*



*Find something that really inspires you...*

Hafiz, Why carry  
a whole load of books  
Upon your back  
Climbing this mountain,  
When tonight,  
Just a few thoughts of God  
Will light the holy fire.

*-- Hafiz*

## *Nisargadatta I Am That*

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*

M: Meditation will help you to find your bonds, loosen them, untie them and cast your moorings. When you are no longer attached to anything, you have done your share. The rest will be done for you.

Q: By whom?

M: By the same power that brought you so far, that prompted your heart to desire truth and your mind to seek it. It is the same power that keeps you alive. You may call it Life or the Supreme.

*--I Am That Ch17*

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*

# **SURRENDER**

We who honour philosophy so highly cannot afford to be other than honest with ourselves. We have to acknowledge that the end of all our striving is surrender. No human being can do other than this--an utterly humble prostration, where we dissolve, lose the ego, lose ourselves--the rest is paradox and mystery. *20.5.11*

**ANTHONY DAMIANI: Awareness and**  
**Faith** *Ohio 1984 no quote 2 min talk with*  
*Judy*