

CONSCIOUSNESS: SIMPLE AND PROFOUND

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

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?**" For it is to lead to this final question that other questions and problems have staged the road of the whole life. ... 1.1.130 (*dup*)

If there is anything worth studying by a human being, after the necessary preliminary studies of how to exist and survive in this world healthily and wisely, it is the study of man's own consciousness--not a cataloguing of the numerous thoughts that play within it, but a deep investigation of its nature in itself, its own unadulterated pure self. 1.1.81

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 dup earlier*

See also 25.1.31, 25.1.39 earlier...

If you ask what reality is, in philosophy's view, the answer must be consciousness. If you further ask what person's 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, you can accomplish this work only by adopting extraordinary means. You will have to steel the feelings and still the mind. In short, you will have to deny yourself. *20.3.155 dup earlier*

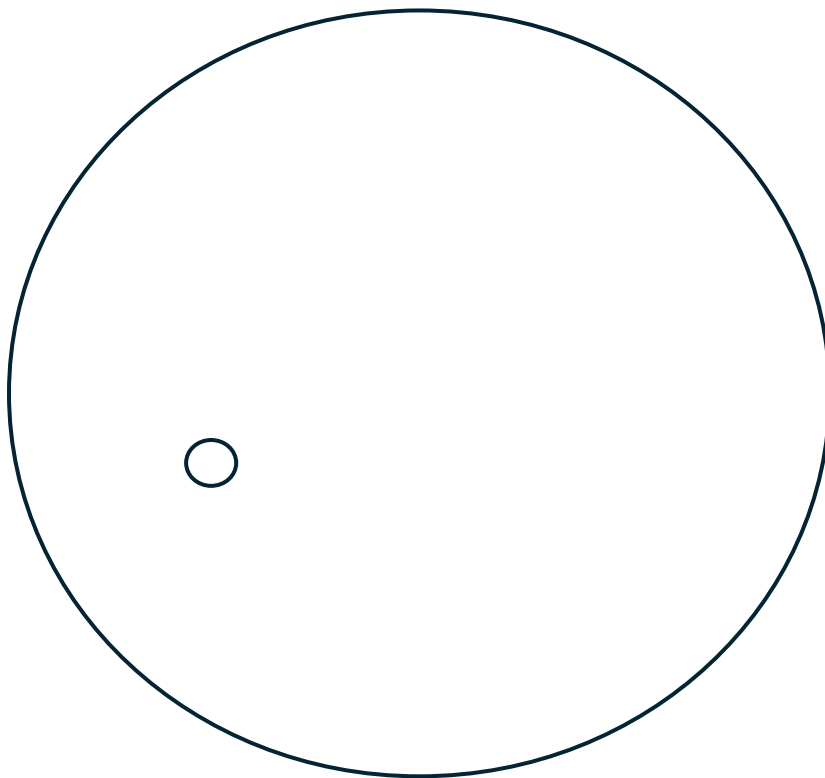
AD Consciousness Deepens...

1/27/84

1984 0323 Columbus Levels: Water Analogy
audio/text 1 min

Where We Meet

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*



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

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

But Mind is Vast Mystery. Appreciate the Mystery

AD Audio/text: 4 min on the One 3/12/82)
simplicity of the one unfathomable 1 min
after all the greatest joy that a human being
can have is to try to fathom the unfathomable