

**DEAR FRIENDS: A FEW QUOTES TO PONDER FROM THE MEETUP WEDNESDAY:**

**GRACE**

What is grace? It is a descent of the Overself into the underself's zone of awareness. It is a visitation of power as unexpected and unpredictable as it is welcome and gratifying. It is an unseen hand stretched forth from the world-darkness amid which we grope with unsteady feet. It is the voice of the Overself speaking suddenly out of the cosmic silence with which we are environed. It is like a glorious rainbow of hope which suddenly appears when all seems lost.

More precisely, grace is a mystical energy, an active principle pertaining to the Overself which can produce results in the fields of human thought, feeling and flesh alike on the one hand, or in human karma, circumstances and relations on the other hand. It is the cosmic will, not merely a pious wish or kindly thought, and can perform authentic miracles under its own unknown laws. Such is its dynamic potency that it can confer insight into ultimate reality as easily as it can lift a dying person back to life again ...

*--The Wisdom of the Overself ch.9 Shadows of Evil and Suffering... The Miracle of Grace.*

... We do not get at the Real by our own efforts alone nor does it come to us by its own volition alone. Effort that springs from the self and Grace that springs from beyond it are two things essential to success in this quest. The first we can all provide, but the second only the Overself can provide... --2.9.67 [Essay on Grace --excerpt](#) **sl**

The twofold way is indispensable: on the one hand the way of self-effort, working to overcome the ego, and on the other the way of Grace, through constantly seeking to remember your true identity in the Overself. 23.5.193 **sl**

The limitation of the Long Path is that it is concerned only with thinning down, weakening, and reducing the ego's strength. It is not concerned with totally deflating the ego. Since this can be done only by studying the ego's nature metaphysically, seeing its falsity, and recognizing its illusoriness, which is not even done by the Short Path, then all the endeavours of the Short Path to practise self-identification with the Overself are merely using imagination and suggestion to create a new mental state that, while imitating the Overself's state, does not actually transcend the ego-mind but exists within it still. [So a third phase becomes necessary, the phase of getting rid of the ego altogether; this can be done only by the final dissolving operation of Grace, which the person has to request and to which they have to give their consent. To summarize the entire process, the Long Path leads to the Short Path, and the Short Path leads to the Grace of an unbroken egoless consciousness.](#) 23.5.206 **sl**

**[ANTHONY DAMIANI: Awareness and Faith](#) Ohio 1984 no quote 2 min talk with Judy **sl****

### **DO YOUR PART: REST IS DONE**

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 **sl**

How can person fully express themselves unless they fully develop themselves? The spiritual evolution which requires us to abandon the ego runs parallel to the mental evolution which requires us to perfect it. 8.1.158 **sl**

We need to know the truth, the wisdom-knowledge, but it is not enough. We need to have the living mystic experience, the vital feeling of what I am, but it is not enough. For we need to synthesize the two in a full actual intuitive realization, conferred by the Overself. This is Grace. This is to emerge finally--born again! 25.2.51 **sl**

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**

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.

*Ch17* **sl**

Each thing prays according to the rank it occupies in nature, and sings the praise of the leader of the divine series to which it belongs. A spiritual or rational or physical or sensuous praise. For the heliotrope moves to the extent that it is free to move and in its rotation if we could hear the sound of the air buffeted by its movement, we should be aware that it is a hymn to the divine, such as is within the power of the plant to sing. **Proclus -- Prayer of the Heliotrope:**

## ***Leave a space for Grace: why wait***

**We can't take hold of Overself, it takes hold of us. [CLICK FOR 8 SLIDES](#)**

The Overself is not a goal to be attained but a realization of what already is. It is the inalienable possession of all conscious beings and not of a mere few. No effort is needed to get hold of the Overself, but every effort is needed to get rid of the many impediments to its recognition. **We cannot take hold of it; it takes hold of us.** Therefore the last stage of this quest is an effortless one. We are led, as children by the hand, into the resplendent presence. Our weary strivings come to an abrupt end. Our lips are made shut and wordless. 22.3.9

This identification with the Overself is the real work set us, the real purpose for which human life in the world serves us. All else is merely a comfortable way of escape, a means of keeping us busy so that conscience need not be troubled by the central duty to which we are summoned. 23.1.36

Why go on hoping for a far-off day when peace and truth will be attained? Why not drastically strip off all the illusions of self-identification with ego and recognize that the true identity is already fulfilled? 23.1.32

On the Short Path fix our mind on divine tributes, such as the all-pervading, ever-present, beginning-less and endless nature of the One Life-Power, until we are lifted out of the little ego entirely. 23.1.127

... We have thought our way into this unsatisfactory state; we can unthink our way out of it. We can shift our identification ... in our habitual thinking, in our daily reactions and attitudes, in our response to events and the world. 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

The ego to which he is so attached turns out on enquiry to be none other than the presence of World-Mind within his own heart. If identification is then shifted by constant practice from one to the other, he has achieved the purpose of life. (8:1.127)

... through the understanding of the Short Path he searches knowingly, not wanting another experience since both wanting and experiencing put him out of the essential Self. He thinks and acts as if he is that Self, which puts him back into It. It is a liberation from time-bound thinking, a realization of timeless fact. (23:6.110)

On this Short Path he searches into the meaning of Being, of being himself and of being-in-itself, until he finds its finality. Until this search is completed, he accepts the truth, passed down to him by the Enlightened Ones, that in his inmost essence he is Reality. This leads to

the logical consequence that he should disregard personal feelings which continue from past tendencies, habits, attitudes, and think and act as if he were himself an enlightened one! For now he knows by evidence, study, and reflection that the Overself is behind, and is the very source of, his ego, just as he knows by the experience of feeling during his brief Glimpses. (23:6.109)

Think of yourself as the individual and you are sure to die; think of yourself as the universal and you enter deathlessness, for the universal is always and eternally there. We know no beginning and no ending to the cosmic process. Its being IS: we can say no more. Be that rather than this--that which is as infinite and homeless as space, that which is timeless and unbroken. Take the whole of life as your own being. Do not divorce, do not separate yourself from it. It is the hardest of tasks for it demands that we see our own relative insignificance amid this infinite and vast process. The change that is needed is entirely a mental one. Change your outlook and with it "heaven will be added unto you." 21.5.95

The mind must constantly give itself up to the idea of its own infinity. 23:6.82

Some imaginative minds can make profitable use of the vastness of the ocean or the immensity of space as topics on which to meditate in the advanced stages. 4.4.51

To imagine is to create. That which a person thinks, he becomes. Rightly thinking yourself immortal, you consequently attain immortality. ["Immortal Overself" para 7] DUP

What is in your heart? Ramakrishna's was full of the Divine Mother, as he called God. Before long he found her. Saint Francis of Assisi gave humility highest place in his own. He became the humblest man of his time. Fix an ideal in your heart. That is the first step to finding it. 8.4.180

This practice of picturing oneself as one ought to be, of visualizing the man free from negative qualities and radiant with positive ones that are part of the Quest's ideal, has near-magical results. (23:6.123)

...You are the all-pervading, all transcending reality. Behave accordingly: think, feel and act in harmony with the whole and the actual experience of what I say will dawn upon you in no time. No effort is needed. Have faith and act on it. I Am That Ch 51

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 sl

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

Thinking can put together all sorts of theories and speculations and even discoveries. But only when it dies down and lets the pure quietened mind come to rest in the very essence of consciousness, at peace with itself, with nature, with the world, only then is there a deep sense of utter fulfilment. 24.4.87

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 sl

The Quest will come to an end when we turn away from teachers and teachings and begin to receive instruction from within ourself. Previously all that we got was someone else's idea; now we are acquiring firsthand knowledge. 24.4.69

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 sl

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. Ch 99 sl

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