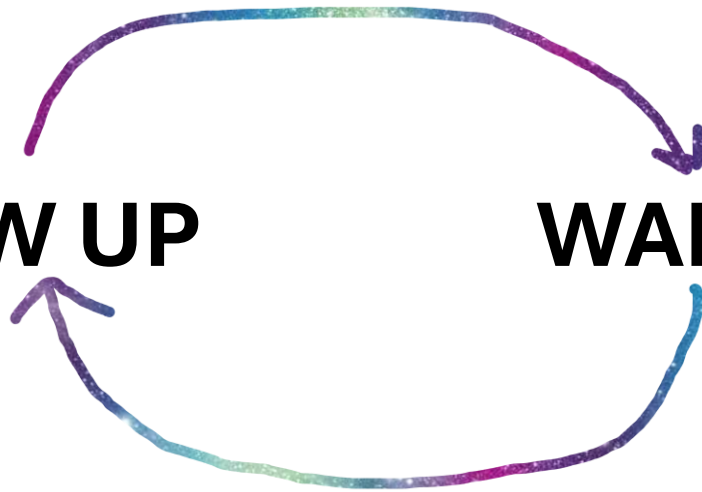


## → **GROW UP and WAKE UP**

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*

**GROW UP**

**WAKE UP**



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

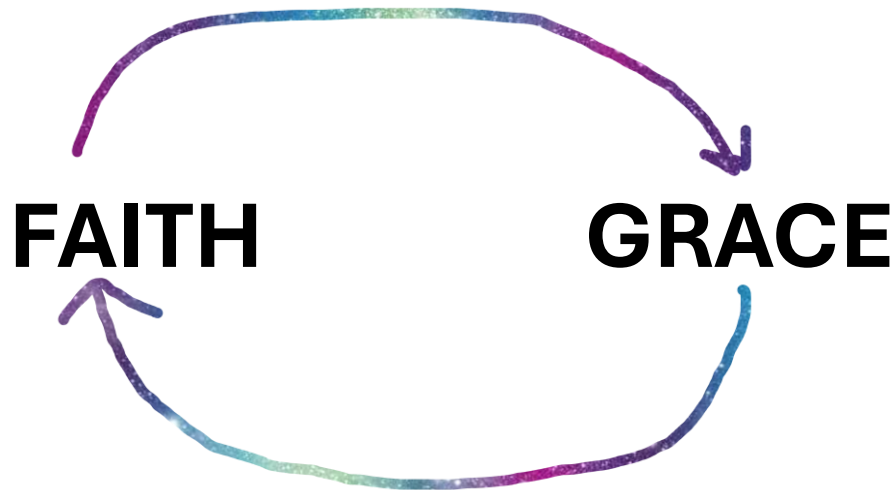
## *Grace --excerpt from PB essay*

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

# Make a space for Grace

Do your part: the rest is done for you.

Your doing is *already* Grace.



... The very fact you have consciously begun the quest is itself a manifestation of Grace, ... You are not really walking alone. The very love which has awakened within you for the Overself is a reflection of the love which is being shown towards you.

... Thus the very search upon which you have embarked, the studies you are making, and the meditations you are practicing are all inspired by the Overself from the beginning and sustained by it to the end. The Overself is already at work even before you begin to seek it. Indeed you have taken to the quest in unconscious obedience to the divine prompting. And that prompting is the first movement of Grace.

2.9.67

... What is needed to call down Grace is, first, a humility that is utter and complete, deeply earnest and absolutely sincere, secondly, an offering of self to the Overself, a dedication of earthly being to spiritual essence, and, thirdly, a daily practice of devotional exercise. The practices will eventually yield experiences, the aspirations will eventually bring assistance.

--2.9.67

**Essay on Grace --excerpt**  
*(PB Notebooks 2.9.67)*

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*



The purpose of the reading and inquiry is to  
“awaken a mood of soul, a mental atmosphere,  
even an emotional condition of aspiration  
towards Truth”

that will invite a response

“provide an appropriate stage for the entry of  
illumination. ...” *Quest Of The Overself*

# 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.**

Consciousness appearing as the person seeks itself. This is its quest. But when it learns and comprehends that it is itself the object of that quest, the person stops not only seeking outside himself but even engaging in the quest itself. Henceforth lets themselves be moved by the Overself's flow. 23.1.3

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*

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.

8.4.153

*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

*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*



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*

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*

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*