

Invite a Response

For the object of all this thinking is to awaken within us a mood of soul, a mental atmosphere and even an emotional condition of aspiration towards Truth which will provide an appropriate stage for the entry of illumination. ... *Quest Of The Overself*

...The soul is most certainly there but if we do not turn inwards, and attend to it, then for us it is not there. But really it is always there and the failure to recognize its existence is really the failure to turn attention away from the endless multitude of things and thoughts which continuously extrovert it. This is why meditation, which is the art of introverting attention, is so needful. By means of our own mind, we can discover the soul. The introverted consciousness, turned away from five-sense activity to contemplate itself, first feels the presence and later becomes aware of the divine mind behind it. Therefore, the practice of mental introversion, or meditation, is quite essential on this quest...

What we have most to learn at this stage is, in one sense, easy and simple

Yet in practice, it turns out to be hard and elusive. It is to let go, to cease from striving, to let the will relax, to stop thinking that the Overself is something we must grasp and to let ourself be grasped by it. Moreover, we are not to limit this attitude to the meditation period only, but to bring it into ordinary life briefly several times a day. *Paul Brunton: "The Adventure Of Meditation"*

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.** ... 22:3.9

... 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.

The Overself is already at work even before he begins to seek it. Indeed he has taken to the quest in unconscious obedience to the divine prompting. And that prompting is the first movement of Grace. Even when he believes that he is doing these things for himself, it is really Grace that is opening the heart and enlightening the mind from behind the scenes.

but... PB Continues...

Our initiative pushes on toward the goal, whilst divine Grace draws us to it. Both forces must combine if the process is to be completed and crowned with success. Yet that which originally made the goal attractive and inspired with faith in it and thus gave rise to our efforts, was itself the Grace. In this sense Paul's words, "For by Grace are ye saved through faith, and that not of yourselves," become more intelligible. ...

...Only if a person falls in love with his soul as deeply as he has ever done with another person will he even stand a chance of finding it. Incessant yearning for the higher self, in a spirit of religious devotion, is one of the indispensable aspects of the fourfold integral quest. The note of yearning for this realization must sound through all his prayer and worship, concentration and meditation. ...A merely formal practice of meditation is quite insufficient although not quite useless. For without the yearning the advent of Grace is unlikely, and without Grace there can never be any realization of the Overself.

... 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

Let go thoughts... keep your sense of Being

... It is in the universe and yet the universe is in it too. It never evolves, for it is outside time. It has no shape, for it is outside space. It is beyond man's consciousness, for it is beyond both his thoughts and sense-experience, yet all consciousness springs mysteriously out of it. ...Nevertheless man may enter into its knowledge, may enter into its Void, so soon as he can drop his thoughts, **let go his sense-experience, but keep his sense of being.** Then he may understand what Jesus meant when saying: "He that loseth his life shall find it." 28.2.100

You should dismiss each particular and separate thought continually as it comes into his field of awareness, as the ordinary yogi dismisses it, but affirm also the consciousness of which it is composed.

...not only comprehend the important mystical truth that thinking as an activity is only a habit but also that the Mind which makes it possible is ever present. ... *The aim is self-reflectively to isolate Mind, that which enables us to think, from the images and thoughts which stream forth continuously from it, to achieve a state of understanding consciousness where there is no object of consciousness.*" The Wisdom of the Overself

You should remember the metaphysical tenet that behind all those thoughts which were changing continuously, the consciousness which observed them remained static throughout, unmoved and unaltered, that through all the flow of experienced events and things there was a steady element of awareness. **You should identify yourself with this consciousness and to dis-identify yourself from the accustomed one.** --The Wisdom of the Overself ex 4

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

28.2.99,

By thought, the ego was made; by thought, the ego's power can be unmade. But the thought must be directed toward a higher entity, for the ego's willingness to attack itself is only a pretense. Direct it constantly to the Overself, be mentally devoted to the Overself, and emotionally love the Overself. Can it then refuse to help you? 18.1.77

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

Patanjali says, "This light shines from within only when all the impurities of the heart have been removed 5.8.36

Q: Will meditation help me to reach your state?

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* Ch 16

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. Ch 1

Detach yourself from all that makes your mind restless. Renounce all that disturbs its peace. If you want peace, deserve it.

Q: in what way do I disturb peace?

M: by being a slave to your desires and fears.

Seek a clear mind and a clean heart. All you need is to keep quietly alert, enquiring into the real nature of yourself. This is the only way to peace. Ch 8