

**Recognition: awareness of, and oneness with, our true being --**

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 remembering your true identity in the Overself. 23.5.193

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

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

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

A valuable practice of the Short Path is to see yourself already enjoying the realization of its goal, already partaking of its glorious rewards. This is a visualizing exercise in which your own face confronts you, a smiling triumphant face, a calm peaceful face. It is to be done as many times every day as you can remember to do it. 23.6.5

It could well be said that the essence of the Short Path is remembering who we are, what we are, and then attending to this memory as often as possible. 23.6.184

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

... By sitting inwardly and outwardly still, we surrender egoistic action and thereby implies that we are willing to surrender the little self to the Overself. We show that we are willing to step aside and let ourself be worked upon, acted through, and guided by a higher power. 23.7.238

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. *PB essay: "The Adventure Of Meditation"*