

I Am: a Human Being: Human *and* Being: Conscious Living Being *(some reflections from Avery)*

I think we should investigate the word human-Being. We can expand it to say: Human **Conscious Living Being**. There is a word in Yiddish that is hard to translate: **MENTCH** = German **MENSCH**. It means: **A Good Human Being**. A heartfelt caring human being.

As human beings we are connected also with the cosmos and with the divine. As Tolle says it: you are an emanation of God, Awareness appearing as person. We are both unique and universal. We are ultimate and intimate.

We are seeds of Buddha. There is a seed of enlightenment at the heart of all of us. We have inherent in us, each of us, a divine name of God. Or as the Platonists call it a divine idea, a ray of divine sun. In PB language, we call this a unit of life. **Anthony calls it: soul and World-Idea.** See/read [Unit of Life 10 slides](#)

It is essentially of the nature of conscious living being to express itself through a burning center of experience. To begin with, seems to be a separate Organism. Vedanta has several metaphors: Consciousness reflected in, limited by, appearing in a filter. A prism. But ultimately we find that the Organism, the filter, the prism, the center of experience and all that it experiences is also an expression of conscious living being. Each of us is deeply a uniqueness of God-- a way that God is unifying itself. And I Am Universal.

The drop visits the ocean, is a part of the ocean, and the ocean is realizing itself in and through the drop.

See/read Eckhart Tolle: [TOLLE on you are universal](#)

As human beings, we are in the process of **grow up and wake up**. I like the motto that **you do your part and the rest is done for you**. You're not walking alone. Do but not overdo. It comes about both through **our own effort and through grace**. Our efforts can help to clear a space to create a state of mind that invites the response of grace. And the fact that we sincerely long for it is **already the expression and response to the grace. It is a circle.**

This motto seems to hold for all the functions of the soul. **Intention without expectation. Love, gratitude Praise the Lord --with nothing in return expected.** Thinking deeply not to figure it out, but **to go beyond thinking, to appreciate the mystery.** In all this, there is luminous inspiration which comes through when the functions are transformed and open to the divine. The clearing out and letting go of the old habits and structures is our part. The transforming is done with our cooperation and our openness. The luminous inspiration is the divine presence--Overself.

As PB says in the note, the most important thing we can ask is *how to come to awareness of and oneness with our true being.* So there is a 2 fold way. Let go of the unreal and remember the real. Let go of the thought that we are a local, limited, finite person only. And recognize and remember the other dimension of conscious living being that is appearing as, in and through the person. And ultimately, the consciousness, the beingness, and the livingness are also the nature of everything that we experience.

In all of this there is an incredible, amazing appreciation of the absolute unbelievable, fabulous mystery and miracle of existence and experience. Imagine if you weren't!

There is the ultimate and there is the Intimate. Infinite and the finite. In some places seems to be a tremendous gap between them. In other places we find that there is a spectrum of conscious living being of Shiva and Shakti that is inseparably connecting and never 0 between the ultimate and the intimate. There is no limit to the accessing and evoking of the depths of consciousness life being. And then, in another way, there is only the one reality. Metaphors are useful here: Remember the Golden Lion. Rays of the Divine Sun shining. The ocean of consciousness waving.

And don't forget that it is the ocean of Conscious-Living-Being that *waves.* That waving is a function of the ocean of Consciousness.

The ultimate states are expressed by several statements. To know without images is to be. Awareness of being is bliss. In the world, but not of it. The natural state of awareness and vibration. An ever-active mind within an ever-still mind. See [a few PB notes on *Where we meet God*](#)