

EFFORT and NO EFFORT

Q: Is there no need of effort then?

M: When effort is needed, effort will appear. When effortlessness becomes essential, it will assert itself. You need not push life about. Just flow with it and give yourself completely to the task of the present moment, which is the dying now to the now. For living is dying.

Without death life cannot be.

Get hold of the main thing that the world and the self are one and perfect. Only your attitude is faulty and needs readjustment.

... Don't be afraid, don't resist, don't delay. Be what you are. There is nothing to be afraid of. Trust and try. Experiment honestly. Give your real being a chance to shape your life. You will not regret. *I Am That* ch 33

Someone said that PB has a quote something like: if you don't know what to do, but something comes to you, you should do it. And if nothing comes to you, don't do anything.

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 he lets himself be moved by the Overself's flow. 23.1.3

The difference in attitude and teaching between these two schools of thought is tremendous. One says that nothing else is needed than the finding of the real Self, for that will automatically wash out all faults and shortcomings. The other says that only by eliminating those faults and shortcomings can the real Self be found. Zen Buddhism and Ramana Maharshi belong to the first school, and Martinus to the second one. 23.5.9

Thus the Supreme as containing no otherness is ever present with us; we with it when we put otherness away. It is not that the Supreme reaches out to us seeking our communion: we reach towards the Supreme; it is we that become present. We are always before it: but we do not always look: thus a choir, singing set in due order about the conductor, may turn away from that centre to which all should attend: let it but face aright and it sings with beauty, present effectively. We are ever before the Supreme- cut off is utter dissolution; we can no longer be- but we do not always attend: when we look, our Term is attained; this is rest; this is the end of singing ill; effectively before Him, we lift a choral song full of God. -- Plotinus Enneads 6.9.8