

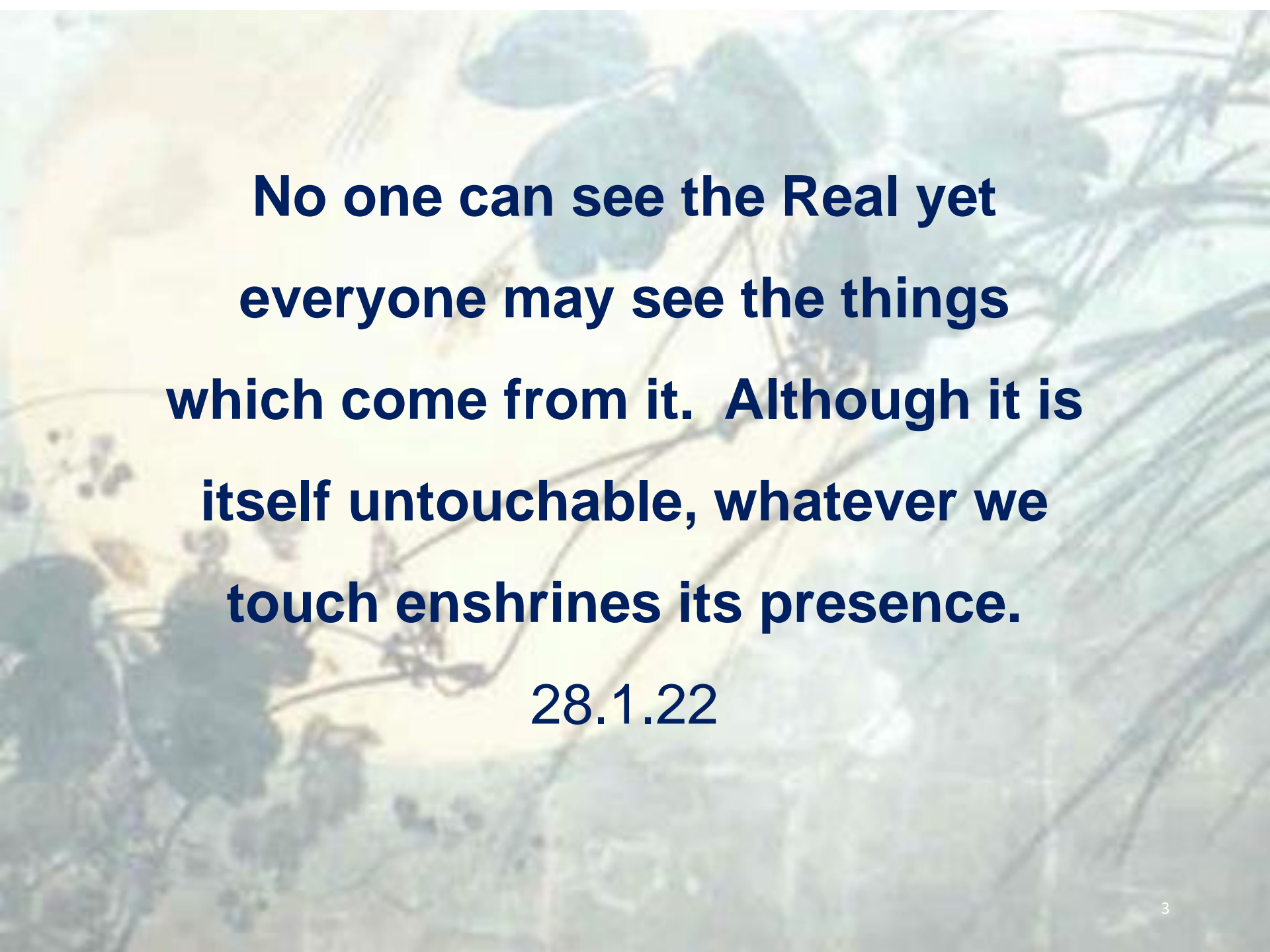
REALITY AND APPEARANCE

Complementarity and Nonduality





To practise the Short Path
is to be aware of the miracle entailed
in every moment of living. 23.1.115



**No one can see the Real yet
everyone may see the things
which come from it. Although it is
itself untouchable, whatever we
touch enshrines its presence.**

28.1.22



**When you look at anything,
it is the ultimate you see,
but you imagine that you see
a cloud or a tree.**

--I Am That



The Universe
is actually the
Unconditioned
revealing itself
as if it were
the
Conditioned.

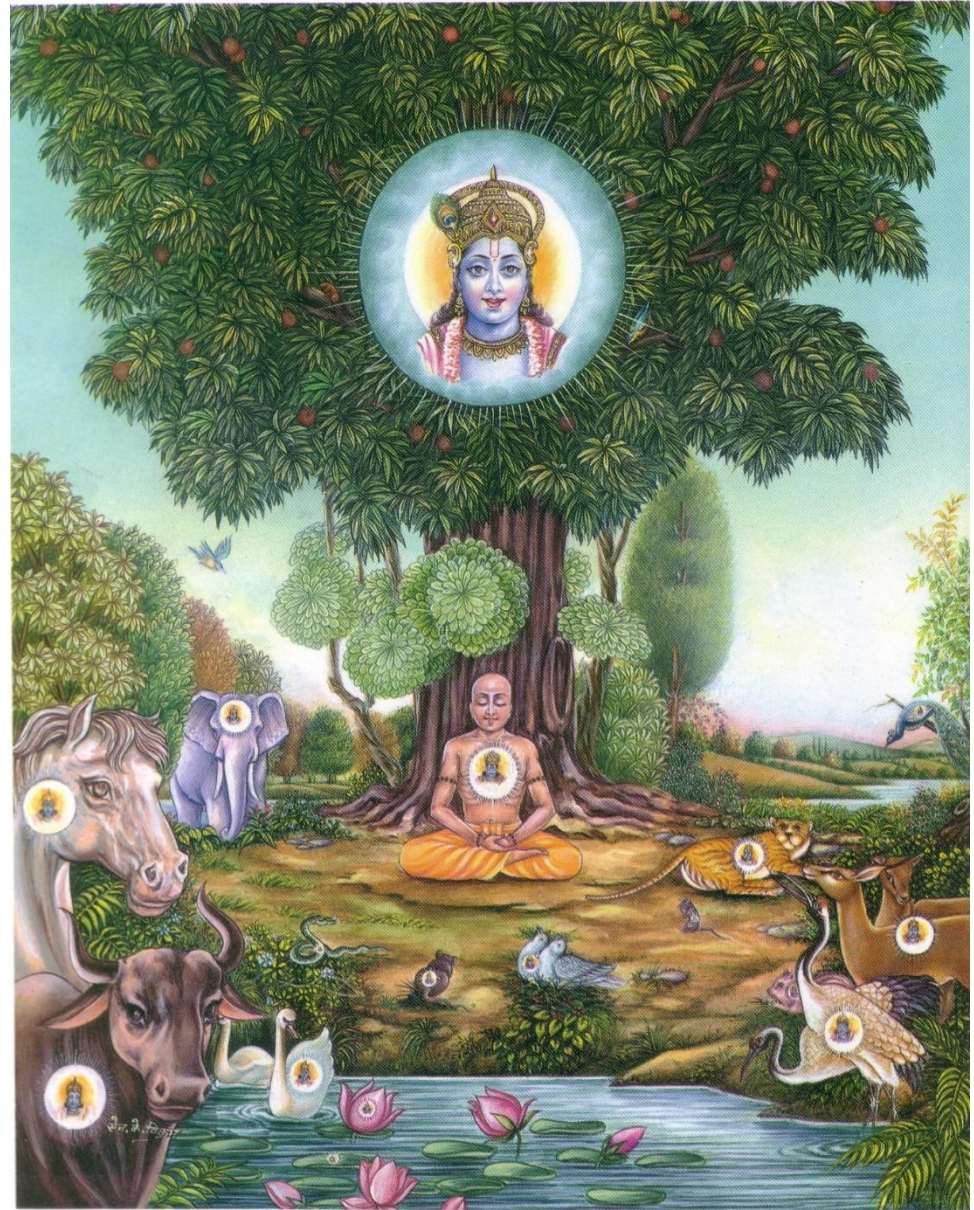
--26.1.196

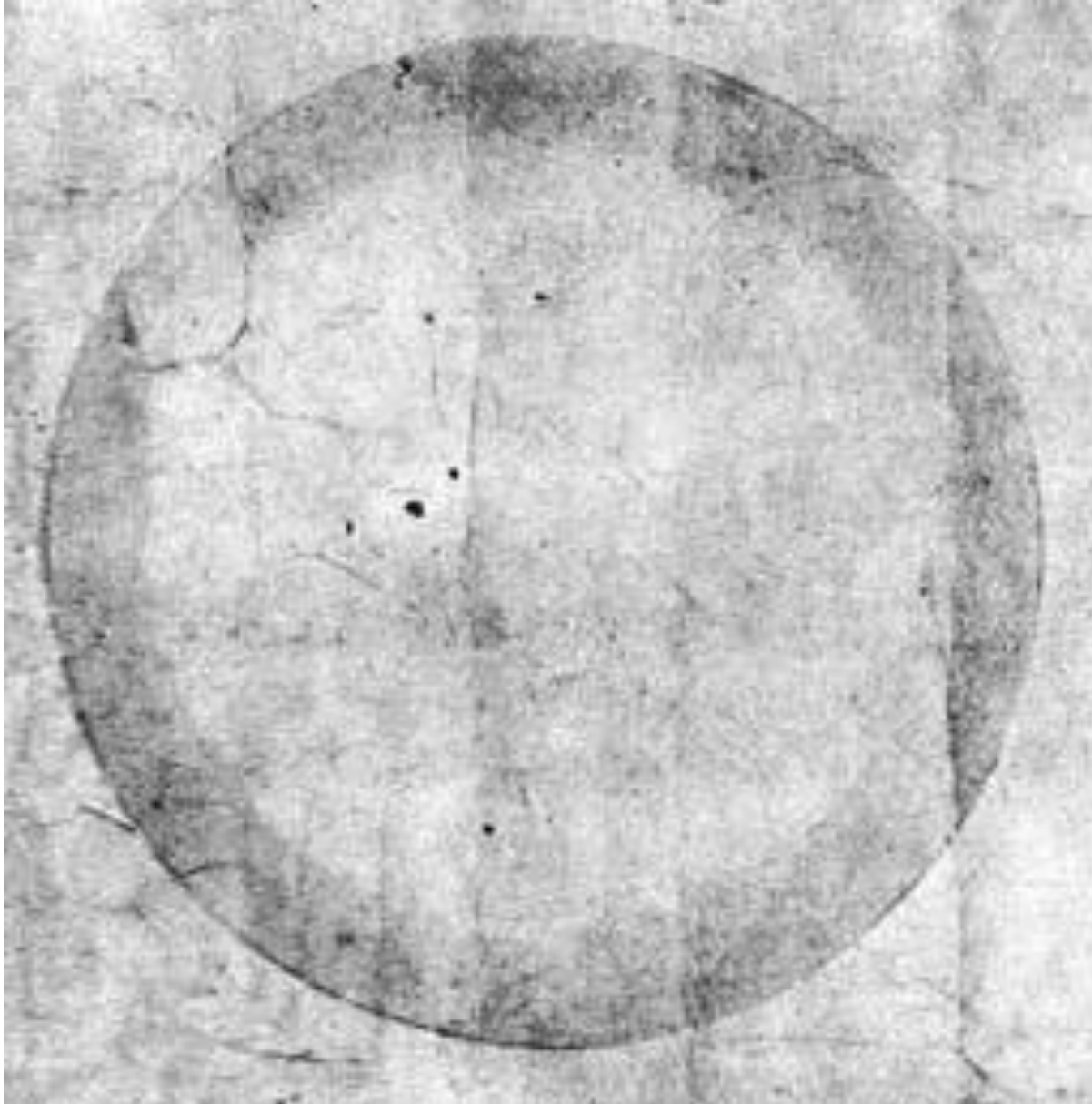


We can not ever know the Divine which is Transcendent but we can acknowledge that it IS. We may however know the Divine which is Immanent, recognize, perceive, and feel its presence.

25.1.120

That which is at the heart of all existence--the world's and yours--must be real, if anything can be. The world may be an illusion, your ego a fiction, but the ultimate essence cannot be either. Reality must be here or nowhere. [28:1.15](#)





It is
always
there,
the only
reality in
a mind-
made
world.

28.1.17



An ever-
active Mind
within an
ever-still
Mind--that is
the real truth,
not only
about God
but also
about man.
25.1.9



The cosmic order is divine intelligence expressed, equilibrium sought through contrasts and complementaries, the One Base multiplying itself in countless forms, the Supreme will established according to higher laws. ...



... The World-Mind is hidden deep within our individual minds. The World-Idea begets all our knowledge. ...



Whoever
seeks aright
finds the
sacred
stillness inside
and the sacred
activity in the
universe.
26.1.220



We come to see the whole cosmos as a manifestation of the Supreme Being. It follows that involuntarily, spontaneously, you bring yourself--mind and body, heart and will--into harmony with this view. 26.1.222

The cosmos is neither a phantom to be disdained nor an illusion to be dismissed. It is a remote expression in time and space and individuality of that which is timeless spaceless and infinite. If it is not the Reality in its ultimate sense, it is an emanation of the Reality. Hence it shares in some way the life of its source. To find that point of sharing is the true object of incarnation for all creatures within the cosmos. 26.1.179

The ego self is the creature born out of our own doing and thinking, slowly changing and growing. The Overself is the image of God, perfect, finished, and changeless. What we have to do, if we are to fulfil ourselves, is to let the one shine through the other.

--The Notebooks of Paul Brunton 8.1.7

The ego to which he is so attached turns out on enquiry to be none other than the presence of World-Mind within his own heart. If identification is then shifted by constant practice from one to the other, he has achieved the purpose of life.

--8.1.127

The momentary pause in every heartbeat is a link with the still centre of the Overself. Where the rhythm of activity comes to an end--be it a person's heart or an entire planet--its infinite and eternal cause is there. All this vast universal activity is but a function of the silent, still Void. --19.5.26

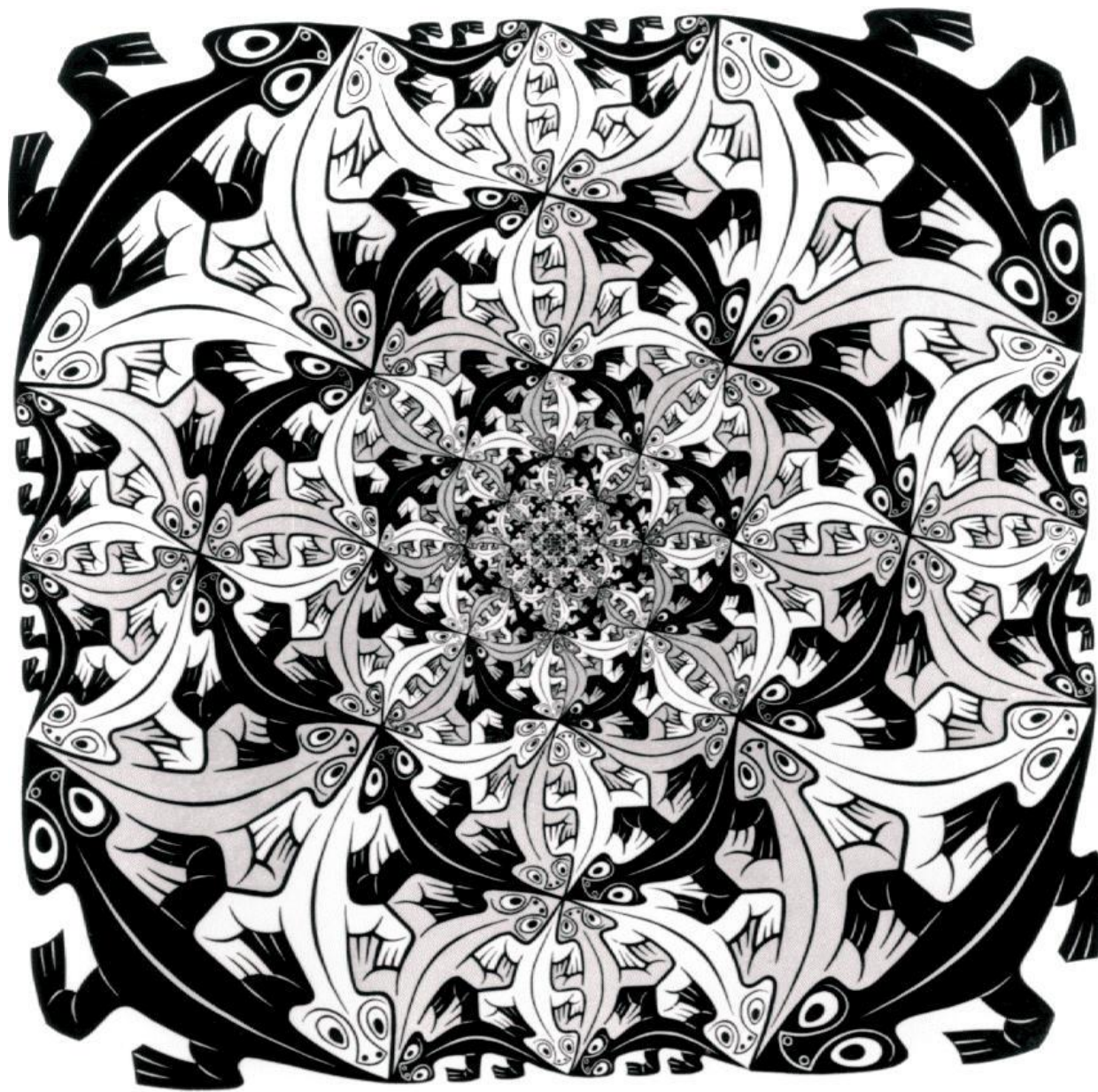
The Infinite cannot be set against the finite as though they were a pair of opposites.

...The Infinite includes and contains within itself all possible finites.



The practical import of this truth is that Mind can be experienced not only in the Void but also in the world. The Reality is not only to be discovered as it is but also beneath its phenomenal disguises. 20.4.124

The uniqueness of each person, their difference from every other person, may be metaphysically explained as due to the effort of Infinite Mind to express itself infinitely within the finite limitation of time and space, form and appearance. *25.1.157*



The mind
must
constantly
give itself
up to the
idea of its
own
infinity.
82

When the masculine and feminine temperaments within us are united, completed, and balanced, ...are brought together inside the person and knowledge and reverence encircle them both, then wisdom begins to dawn in the soul. The ineffable reality and the mentalist universe are then understood to be non-different from one another.

25.2.120

Heart Sutra

Here, oh Sariputra, form is emptiness and emptiness is form.

Form does not differ from emptiness, emptiness does not differ from form.

Whatever is form, that is emptiness, whatever is emptiness, that is form.

The same is true of feeling, conception, volition, and divisible-consciousness.

FaTsang Golden Lion

The lion represents the appearance, cosmos ... parts of the lion the various phenomena of the cosmos.

At the end of each of infinite hairs, there are infinite lion forms, each having an infinity of hairs, at the end of each...a lion

The gold represents such-ness or is-ness or Being-ness.



Paradoxically, the infinite forms are 0 and the Gold is ∞

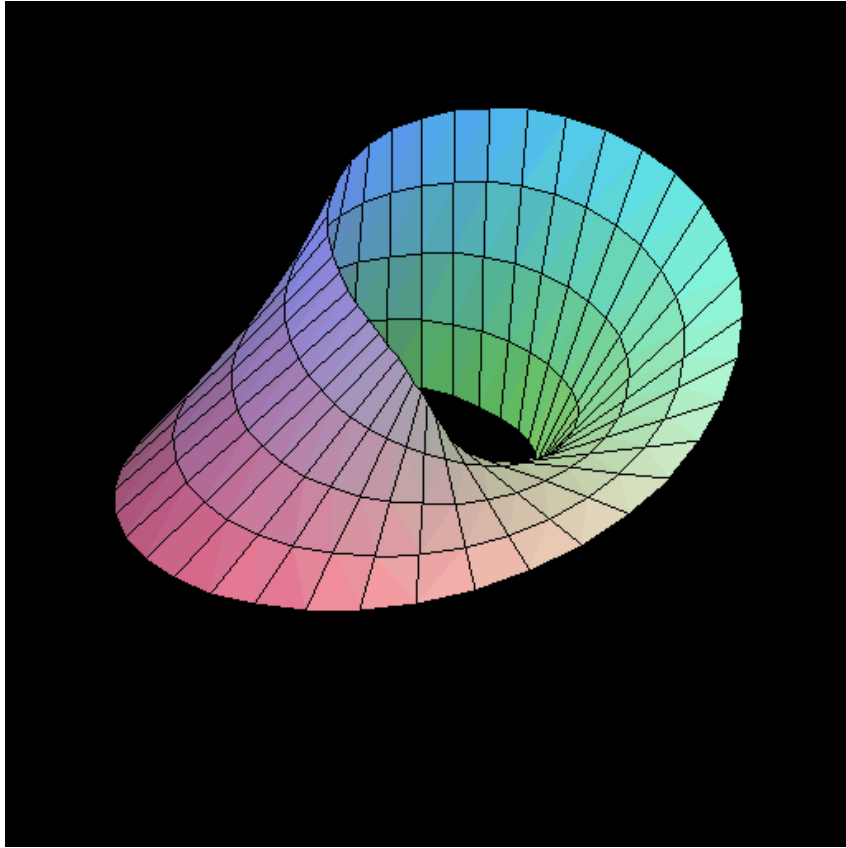


When duality is blended with, and within, unity it is the true *jivanmukta* realization. The One is then experienced as the Two but known to be really the One.
(P) 25.2.123

Continuity

Real and Appearance

Love and Wisdom



...When we recognize that **the Real is continuous with its Appearance** and that the latter is indeed the very incarnation of it, when we understand that the vast universe is a presentation by the Mind to the Mind, the tendency to scorn the flesh and desert the world itself deserts us.

The Wisdom of the Overself



The Real and its expression through the World-Idea are, after all, not two irrevocably separate things but an unbroken unity. ... *The Wisdom of the Overself*

The Real is continuous with its appearance. (PB The Wisdom of the Overself)

Continuous means not separate from, and not Identical with: Great Mystery.

“... Love says: 'I am everything'. Wisdom says: 'I am nothing. ' Between the two my life flows.” I Am That ch 57

Wisdom finds: “I Am none of this”

Disentangle Reality from Appearance

Wisdom disidentifies from local limited person and contents... to get un-con-fused

Un-veiling. Removes filters that conceal the Infinite.

“Let go of the unreal and the real will swiftly... **sl 48**”

No *what*. Just *IS*. I Am That, not this

Consciousness and Contents... recognizes

formless consciousness --

ET on Consciousness itself audio

Love sees: I am all of this.” Re-membered:

Love heals the sense of separation...of I and reality...“of being a local limited person ...forms

“Feeling the oneness with all things is Love

Love, recognizes all as expression of Divine-- an expression of Love. And this applies to the whole spectrum of divided line or undivided mind. ∞

NM: in Love there is not even one, how can there be two...

[**Listen to Rajaji Audio \(jnana and bhakti\)**](#)

Between these we LIVE:

Recognizing and Remembering Spirit

Re-cognize: if you do not know God, will not see anywhere. If you know, recognize... everywhere

Form can in-spire when it is no longer Opaque, but translucent and open to In-spiration— Spirit. It shines through the forms...

We are not separate from Real... and we are not identical.

“ Reality must be here, or nowhere”



Change the current of your desire from taking to giving. The passion for giving, for sharing, will naturally wash the idea of an external world out of your mind, and of giving as well. Only the pure radiance of love will remain, beyond giving and receiving. I AM THAT p. 336-337



“Be still and know that I am God” is the key to the enigma of truth, for it sums up the whole of the Short Path. Paradox is the final revelation. For this is “non-doing.” Rather is it a “letting-be,” a non-interference by your egoistic will, a silencing of all the mental agitation and effort.
23.5.202

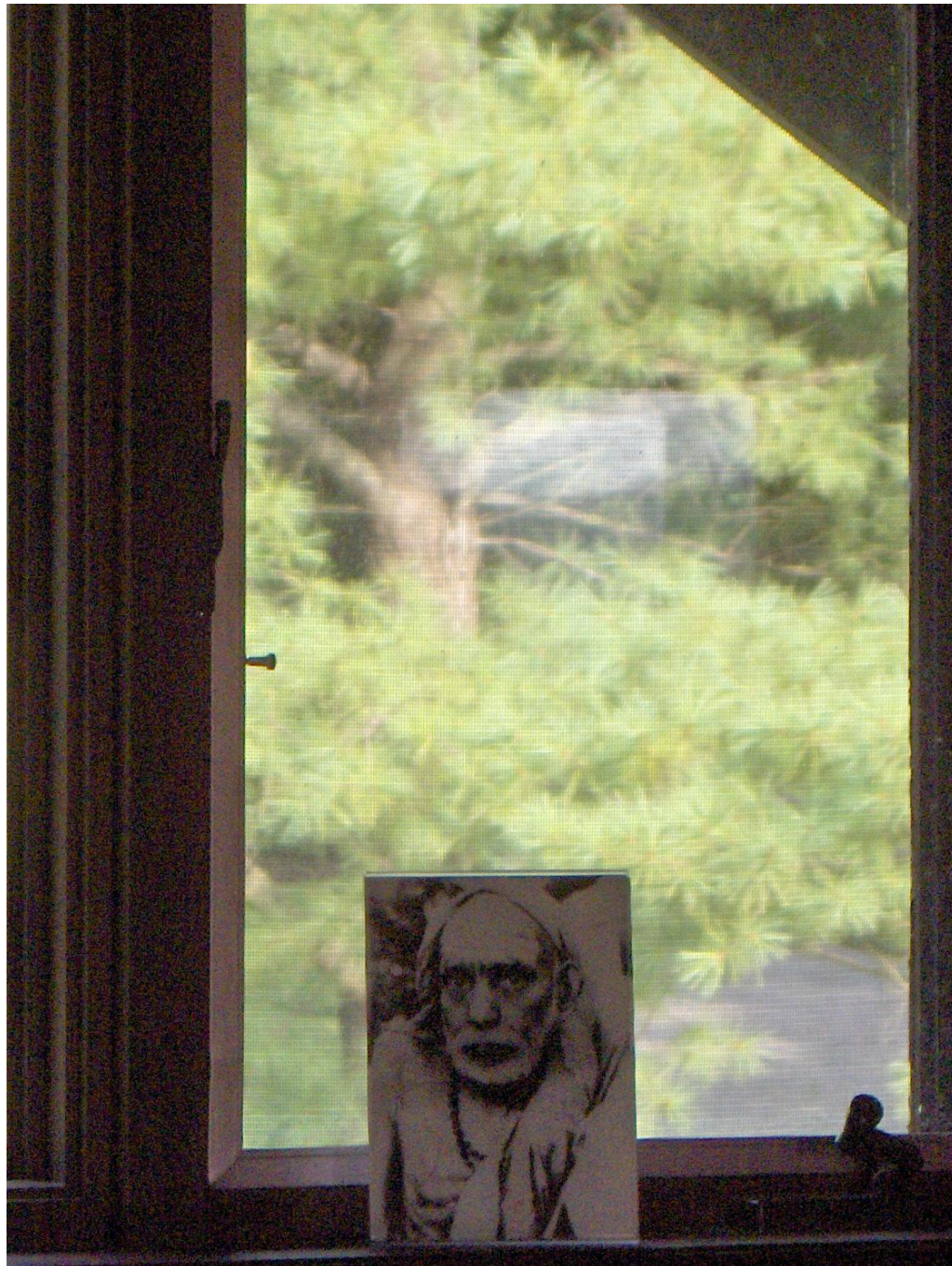
It could well be said that the essence of the Short Path is remembering who he is, what he is, and then attending to this memory as often as possible. 23.6.184





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

No amount of exaggerated homage to a guru can take the place of remembering the Real. 23.6.156



Why we don't recognize Reality: Four Simples

So intimate can't see it : *so step back and just be it.* AD: by being that awareness. St. Francis.
ET: you are that Awareness disguised as a person.

So pervasive we take for granted: *so praise and appreciation... gratitude... 26.1.179, 196*

So formless you can't grasp it: *or figure it out.*
It is not a "what" ... just That, Is-ness.

Too Good to be True: *So say yes to what is.* **As It Is. Good Enough! Blessings to all Beings. Smile**

SO INTIMATE can't see it:

so step back and just be it.

*St Francis... you are what is looking. Be still,
and know that I Am God Consciousness...*

*ET: you are that Awareness disguised as a
person. I AM That ch.1*

04 Anthony How do you know -1970 Lauren

ANTHONY: Being That Awareness

ET on Consciousness itself **audio**

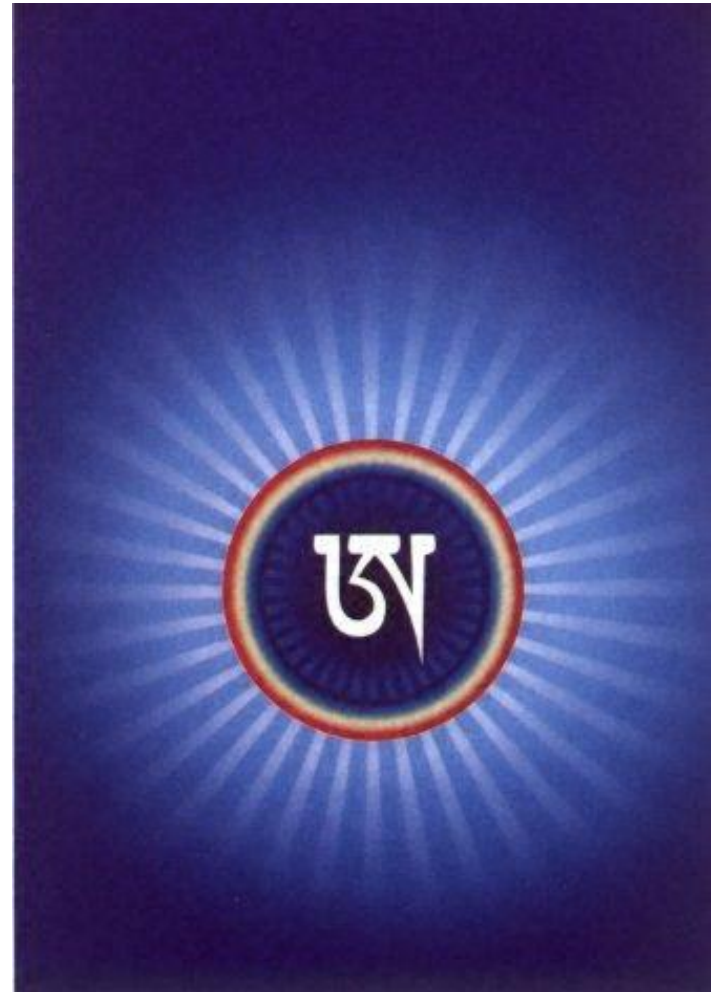
Harding: on having no head

Awareness is the very nature of one's being: it is the Self. P. 390

Tibetan **A** = primordial awareness = *rigpa*.

5 lights = openness (*sunya*);

Rays = spontaneous presence (*rolpa*).





**you are
that
awareness
disguised
as a
person**

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. *Ch 99*

“Be still and know that I am God” is the key to the enigma of truth, for it sums up the whole of the Short Path. Paradox is the final revelation. For this is “non-doing.” Rather is it a “letting-be,” a non-interference by your egoistic will, a silencing of all the mental agitation and effort. 23.5.202

So pervasive we take for granted: ***so praise
appreciation... gratitude... sl 6, sl 15***

There is an eternal, ever-present One Life beyond the myriad forms of life that are subject to birth and death... I often call it Being.

Being is your very presence, and it is immediately accessible to you as the feeling of your own presence. So it is only a small step from the word Being to the experience of Being. --*ET Omega*

Reality is Present– is Presence: to sl. **16-22**

That which is at the heart of all existence--the world's and yours--must be real, if anything can be. The world may be an illusion, your ego a fiction, but the ultimate essence cannot be either. Reality must be here or nowhere.

28.1.15 = **sl8**

> **Hafiz Golden Compass and two more**

Hafiz “The Golden Compass”

What we need to grasp is that although our apprehension of the Real is gradual, the Real is nonetheless with us at every moment in all its radiant totality. Modern science has filled our heads with the false notion that reality is in a state of evolution, whereas it is only our mental concept of reality which is in a state of evolution. *28.2.110* **go to sl 16-22**

There is a sense of the sacred presence within and without of which you are an inseparable part, and yet a presence which is vast... It shines through the life forms, but is also found in the formless stillness. The acknowledgment of that, one could call gratitude—and gratitude is really in a deeper or wider sense: acknowledging the sacredness of the present moment. Not grateful to something or someone, it is a state of consciousness: appreciation of the beauty and sacredness of life. *Eckhart Tolle Omega 2012*

Q: How can I aspire to such heights, small and limited as I am?

M: realize yourself as the ocean of consciousness in which all happens. This is not difficult. A little of attentiveness, of close observation of oneself, and you will see that no event is outside consciousness.

I Am That Ch 65

The beingness in being, the awareness in consciousness, the interest in every experience -- that is not describable, yet perfectly accessible, for there is nothing else. *Ch 44*

So Formless You Can't "Get It"... so

By this simple act of unlearning all that you know--all that you have acquired by thinking, by remembrance, by measurements, by comparison, and by judgement--when you return to the mere emptying of the consciousness of its contents of thoughts and ideas, and when you come to the pure consciousness in itself, then only can you rest in the Great Silence. 24.4.78

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 "

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 realization 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

If you ask why you can find no trace of God's presence in yourself, I answer that you are full of evidence, not merely traces. God is present in you as consciousness, the state of being aware; as thought, the capacity to think; as activity, the power to move; and as stillness, the condition of ego, emotion, intellect, and body which finally and clearly reveals what these other things simply point to. "Be still, and know that I am God" is a statement of being whose truth can be tested by experiment and whose value can be demonstrated by experience. 22:3.409

We get involved in these ideas and are unable to get behind them to experience the stillness of the Self. This cannot be done by force, for that creates resistance. This can be achieved only by **alert passivity**, by relaxing the mind by not thinking of anything in particular, and yet not losing awareness.

--*Doctrine of Recognition* Intro by Jaideva Singh, 29

ALL GOOD: *So say yes to what is.*

Say Yes to Isness

Surrender, one could say, is the inner transition from resistance to acceptance, from “no” to “yes.”

When you say “yes” to what is, you become aligned with the power and intelligence of Life itself. Only then can you become an agent for positive change in the world. P.43
ET

Acceptance is not condoning: it is simply to say and see what is. This is how these humans behave. No matter how you judge it, you cannot argue with Isness. You agree and accept the isness. Then you can work with the content, try to change, compassion, etc. but now you do it from the starting point of isness, calm, dimension of IS... Come to an inner acceptance of the isness of life right now. Tolle/Oprah 10

We discover that Consciousness, the very nature of mind under all its aspects, the very essence of be-ing under the personal selfhood, is where man and God finally meet. We know that God indisputably exists, not because some religious dogma avers it but because our own experience proves it. 25.1.39

What you sense in yourself as consciousness, the presence, emanates from the source of all life which we can call God. So you are an emanation of God.
Tolle 2002.

THREE QUESTIONS

CONSCIOUSNESS and RECOGNITION 4p

Has Essence Of The Short Path

a few more PB notes on Recognizing and

Allowing **1P**

Be still and know has the prayer

The first question is also the final one; it is quite short, quite simple, and yet it is also the most important question which anyone could ever ask, whether of himself or of others. This question is: "What is consciousness?" Whoever traces the answer through all its levels will find himself in the end in the very presence of the universal consciousness otherwise called God. 19.3.32

If you ask what reality is, in philosophy's view, the answer must be consciousness. If you further ask what your work in this life is, the answer must be to become conscious of consciousness as such. But because, ordinarily, consciousness never discloses itself to him but only its varying states, you can accomplish this work only by adopting extraordinary means. You will have to steel the feelings and still the mind. In short, you will have to deny yourself. 20.3.155

If the real Self must have been present and been witness to our peaceful enjoyment of deep slumber--otherwise we would not have known that we had had such enjoyment--so must it likewise have been present and been witness to our rambling imaginations in dream-filled sleep and to our physical activities in waking. This leads to a tremendous but inescapable conclusion. We are as near to, or as much in, the real Self, the Overself, at every moment of every day as we ever shall be. All we need is awareness of it. 22.3.25

a few PB notes on *Where we meet God* from last meetups

NM a few quotes for 0301

TOLLE on you are universal = audio
ET on Consciousness itself

04 Anthony How do you know -1970 Lauren **file**