

# REALITY AND APPEARANCE

## Part C: God's Party



***You are invited to God's Party***  
**Online 4/8/23 meetup Quotes and**  
**Notes**

***Wear your name tag: I Am—  
or any other pointer that inspires you***

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**

If God invited you to a party and said:  
“Everyone in the ballroom tonight will be my  
special guest.”

How would you then treat them all when you  
arrived?

And Indeed...indeed.

Hafiz knows there is no one in this world  
who is not a guest in this sacred party.

--Hafiz *The Gift* “If God invited you...”

When a person comes to their real senses, they will recognize that they have only one problem: "How can I come into awareness of, and oneness with, my true being?" 1:1.130

*NM*: Find your timeless being and your action will bear it testimony. Did you find it?

Q: No, I did not.

*NM*: Then what else have you to do? Surely, this is the most urgent task. Ch.95

The little center of consciousness that is myself rests in and lives by the infinite ocean of consciousness that is God. The first momentary discovery of this relationship constitutes a genuine religious experience, and its expansion into a final, full disclosure constitutes a philosophic one. 25.1.31

The Short Path is, in essence  
the ceaseless practice  
of remembering to stay in the Stillness,  
for this is what we really are  
in our innermost being  
and where we meet the World-Mind.  
*...21.3.97,*

The real Short Path is really the discovery  
that there is no path at all:  
only a being still  
and thus allowing the Overself  
to do the work needed.  
This is the meaning of grace.

[23:5.223](#)



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

Look at the Perfect One  
At the Circle's Center:  
Who Spins and Whirls like a Golden  
Compass,  
Beyond all that is Rational,  
To show this dear world  
That Everything,  
Everything in Existence  
Does point to God.

--Hafiz: *The Compass*

Until it is brought to our attention,  
we may not know that the idol at whose feet  
we are continually worshipping is the ego.  
If we could give to God the same amount of  
remembrance that we give to the ego,  
we could quite soon attain,  
and become established in,  
that enlightenment to which others devote  
lifetimes of arduous effort.

-- 8.4.153

If you could look inside  
and see right now  
what is most important  
to wake up to every day--  
Deeply, deeply. One day at a time.  
If it is be stillness, then *be still*.  
If it is gratefulness, wake up to *praise* and *thank*  
*you*.  
If it is awe... then *Oh my God Awesome*.  
If it is awareness, be *alert awareness*.  
And imagine... how would that change your life?

**THREE PRACTICES FROM RAPHAELS 2009 SEPT**

Philosophy takes its votaries on a holy pilgrimage from ordinary life in the physical senses through mystical life in the sense-freed spirit to a divinized life back in the same senses. [20:4.113](#)

M: Deliberate daily exercise in discrimination between the true and the false and renunciation of the false is meditation. There are many kinds of meditation to begin with, but they all merge finally into one.

Q: Please tell me which road to self-realization is the shortest.

M: No way is short or long, but some people are more in earnest and some are less. *ch 16*

# **MADAME GUYON: everything is a gift of Christ**

When you sit in front of the divine, why do you meditate? If you want sweetness and presence and getting something, that is not the highest meaning. Just sit in front of the divine to give love. Take whatever comes to you as a gift of the divine. Take everything in your life as a gift of the divine. Be grateful. If dryness comes, then take that. If pain comes, take that. Because the sun is shining in everything-- seeing underneath all this is non-separateness. Everything is already reality. Any notion of yourself as other than reality is an illusion.

--P.16

Love is both sunshine for the seed  
and fruit from the tree.

It is a part of the way to self-realization  
and also a result of reaching the goal itself.

--18.1.81

Unless we love the Overself with deep feeling  
and real devotion, we are unlikely to put forth  
the efforts needed to find it and the disciplines  
needed to push aside the obstacles in the way  
to it. 18.1.92



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

...The Short Path is devoted to affirmatives, to the God-power as essence and in manifestation... 23.5.1

After entering on the Short Path, fit themes for meditation will be those which turn us away from the personal ego. We can meditate on the glorious attributes of God, or on the essential perfection of the cosmos, or on the utter serenity of the Overself, for instance. 4.4.65

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. ...  
*Notebooks 28.2.102*

... 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 thoughts and sense-experience, yet all consciousness springs mysteriously out of it. Nevertheless one may enter into its knowledge, may enter into its Void, so soon as we can drop his thoughts, let go sense-experience, but keep our sense of being. Then we may understand what Jesus meant when saying: "He that loseth his life shall find it." ... *Notebooks 28.2.100*:

Q: Are there levels of awareness?

M: There are levels in consciousness, but not in awareness.

Awareness' reflection in the mind is love and understanding.

There are levels of clarity in understanding and intensity in love, but not in Awareness.

The source is simple and single, but its gifts are infinite.

... Realise yourself as the source and not only the reflections. *NISARGADATTA | Am That Ch 80*

Meditation is a way of opening our lives to the richness of experience... not limited to certain times and places. ... In this kind of meditation, we learn to embrace and learn from whatever we experience... We cultivate this awareness in every aspect of our lives... All experiences are potential teachers that we can open to and learn from ... As we learn from our experience, our appreciation of life increases. By learning how to be totally satisfied every moment, our time will never be wasted. *Tarthang Tulku*

This notion that we must wait and wait while we slowly progress out of enslavement into liberation, out of ignorance into knowledge, out of the present limitations into a future union with the Divine, is only true if we let it be so. But we need not. We can shift our identification from the ego to the Overself in our habitual thinking, in our daily reactions and attitudes, in our response to events and the world. We have thought our way into this unsatisfactory state; we can unthink our way out of it. By incessantly remembering what we really are, here and now at this very moment, we set ourselves free. Why wait for what already is? *23.1.1*

During the gap--infinitesimal though it be--  
between two thoughts, the ego vanishes.  
Hence it may truly be said that with each  
thought it reincarnates anew. There is no real  
need to wait for the series of long-lived births  
to be passed through before liberation can be  
achieved. The series of momentary births also  
offers this opportunity, provided a person  
knows how to use it. *23.8.162*





It is in the fullness of the eternal present, the eternal now, that a person can really live happily. For by seeking That which makes him conscious of the present moment, by remembering it as being the essence of his fleeting experience, he completes that experience and fulfills its lofty purpose. (p. 19:30)

It is our innate inertia which keeps us set in habitual outlooks and thus keeps us victims of our own past experience. We copy again every day what we did before, what we thought and felt before.

....We rarely enter the day to gain really fresh experience, think really new thoughts, or assume really different attitudes. We are prisoners of time. This is because we are so ego-bound...

...In letting ourselves become victims of the past by letting it swallow up the present, we lose the tremendous meaning and tremendous opportunity which the present contains. Whereas the Overself speaks to us from tomorrow's intuitive understanding, the ego speaks to us through memory. Its past enslaves us, preventing a new and higher way of viewing life from being born.

...But it is possible to arouse ourselves and to begin viewing life as it unfolds in the Eternal Present, the Now, with wholly fresh eyes. Every morning is like a new reincarnation into this world. It is a fresh chance to be ourselves, not merely echoes of our own past ideological fixations. Let us take it then for what it is and live each moment anew.

... When a master like Jesus tells us to refrain from being anxious about the morrow and to let today's evil be sufficient for today, he speaks out of his own consciousness of living in this Eternal Now. Consequently, he spoke not of periods involving twelve or twenty-four hours, but of pinpoints of a moment. He said to live timelessly, to let the dead past bury itself. He is indeed a Christian, a Christ-self man, who lives cleanly and completely in the present--free, uncontrolled, and unconditioned by what he was, believed, or desired yesterday.

*19.4.171*

**Each Unit Soul** has an inviolable sanctity, in the sense that it's an image of God-- that can't be violated. But that it can be individuated and determined and fulfill a certain potential which is in the Mind of God, I think the conception is extraordinarily beautiful. --*Anthony Damiani class transcript 6ab*



The point that has to be grasped is that it is only through the World Idea that the Soul comes to self-recognition. ... the individual mind is the burning focus in which the ideas get manifested and reveal the world given to it. Without that individual mind that does it, it just is not available. --*Anthony Damiani class transcript*

# Eckhart “Be still and know”

Liszt Dante a 2 min

Liszt Dante b 4 min

Liszt Dante c 3 min