



## **30 Day Challenge Lesson 1 Contemplation**

(Please note this document is to be used in conjunction with May 2024 GP Lesson Plan)

### **Day 1 – Let's Just Begin**

One of the most important things to do with any 30 day challenge is to begin! We do not have to know how to contemplate or even what it is. Perhaps we will find out as we actually do it rather than knowing beforehand. If we try to figure it all out before we start, we may feel discouraged and never start. Contemplation never felt natural or easy to me until a while after I had begun. I felt like I was doing it all wrong. Over time it just started to feel more natural and easier and then eventually it felt good and I enjoyed it.

Today lets us decide on our question and simply sit for 10 minutes asking the question “Is it really true \_\_\_\_\_”. Let's be open to ALL answers, whether physical body sensations, thoughts, emotions and sounds or events in our outer environment. We simply keep coming gently back to our question.

### **Day 2 – Nobody Find This Easy At First**

Our mind is always going to resist anything that is new to us and especially when that is a specific spiritual practice that we are learning. Mind always tries to keep things the same because it is trying to keep us safe and it thinks that change is bad. If we accept that we will have resistance at first to the contemplation we can just notice that resistance when we ask our question.

Today we will ask our question for 10 minutes and just be with all the answers while bringing attention back to the question every so often. If we find ourselves lost in thoughts at any point, simply bringing attention back to the question by repeating it is enough.

### **Day 3 It Is The Willingness To Question That Is Doing The Work**

When we begin to contemplate any question, we may still feel like we are the doer of actions and the chooser/decider. All this comes from the idea we are a separate person. We can simplify our contemplation practice and make it much more relaxing when we realise that what happens in the actual contemplation is nowhere near as important as the willingness to question the belief. The willingness to challenge this belief, rather than just going along with it and experiencing it over and over is what is doing the heavy lifting here. You are the Infinite Self and whenever you decide you are finished with experiencing this belief you will come out of it. You are already coming out of it because you committed to a question and this challenge!

Let's not be so concerned with whether we feel each contemplation session is successful or unsuccessful or if any big shift or epiphanies happened. Contemplation ALWAYS works and it will work for you too. In my contemplation I learned that contemplation was already successful for me before I even sat down to do it. It was my willingness to question the thought that was the success. You already have that willingness too so this is success!

As you sit to contemplate your question for the usual 10 minutes try to see you are successful in contemplation because you are willing to do it.

## **Day 4 We Cannot Look For Results During Our Contemplation Sessions**

As we begin to see more clearly who we really are, we may begin to notice our obsession with looking for phenomenal evidence that our awakening is succeeding. We may look for shifts, epiphanies, peace, joy and bliss as being evidence of our awakening deepening. We may also view the persistence of fear, doubts, negative emotions and lack of abundance as evidence we are failing in our awakening. No phenomenal changes can tell you who you are or give you any evidence of your success or failure because you are That in which all phenomena appear.

The same holds true for our newly developing habit of contemplation also. We cannot look for evidence during our contemplation sessions of our success or failure. Contemplative questioning allows all kinds of energies to move that have been stuck in place in our body and mind by the belief in this idea. As we question its truth, we are open and allowing all energies to move. As such we may notice more doubts, fear, resistance etc in the first few days or weeks as everything can finally come to the surface and leave. When we believe a thought, we hold onto all the energies that it produces in the body. It is like a river that was not able to flow and the dam is finally removed.

As we sit to do our ten-minute contemplation today, we can let go of needing to have any breakthroughs or epiphanies and we can forgive any resistance to any emotions arising. The epiphanies, resistance, emotions, contractions in the body are ALL just answers that we treat equally. There are no right or wrong answers.

## **Day 5 It's Too Much Effort To Contemplate!**

When they begin to use contemplation, many people tell me they do not like it because it feels like an effort and as if they are having to engage the mind. It is important to see that the dislike is NOT of contemplation but really of the sense of having to learn how to do it and the belief that we are the doer of actions. If we believe we are doing this contemplation then we will feel worried we may do it wrongly. There is no separate self that is doing this. It is only emerging from the Self as another way to help it recognise Itself.

In simple terms, all we are responsible for is to ask the question a few times during the contemplation session. Sit back and relax and watch all the answers coming up. You will see mental answers, emotional answers, sensations in the body and events in your "outer" world coming as answers. You are just watching the answers like watching a movie. All answers are equal. Just come back to the question when you want or need to. That sense of effort is just another answer, as is the mind thinking it has to figure this out and do it right.

Enjoy whatever happens and whatever answers come today as you sit for your usual ten minutes to ask the question.

## **Day 6 Contemplation Not Working?**

Does it seem like your contemplation isn't working? Let's remember that our contemplation ALWAYS works but we may not be aware of exactly how it works. There are two reasons why we feel that it is isn't working:

1. We are looking for some phenomenal change as evidence of it working. If we have been feeling fear (for example) and are asking "Is it really true I am not safe?" as our question each day, we may be expecting fear to disappear and when it doesn't go, we feel contemplation isn't working. Contemplation will help us to see that we are never unsafe, that we are the One who is beyond being affected by fear or even wanting it to go. When we do not care if fear is still here, we will see our contemplation is always working. Contemplation always brings us back to the Silence that is never suffering at all.
2. Sometimes our contemplation works by showing the real belief that is holding us back, rather than the one we think. Let's suppose we have been trying to transcend fear for years and finally come to contemplation and ask "Is it really true I am not safe?" but nothing seems to shift for us. We may feel frustrated, angry, unworthy or stuck because we cannot get rid of the fear. Our contemplation IS working though because it is showing us, through our experience in contemplation, that we still believe we can be blocked, stuck or unable to get what we want! Our experience is always reflecting what we believe to be true. If we believe we cannot get what we want, we will not be able to experience successful spiritual practice such as contemplation!

Let's enjoy our usual ten minute contemplative asking of our question. It doesn't really matter what answers come and go. Some answers feel good and some do not. They are all equally valid though and are allowed to simply be.

## **Day 7 We Are Not Looking For A Final Answer**

There is no end goal to contemplation and it is something we will begin to enjoy just because it allows us to not suffer. The first time I questioned a belief in this way I felt lighter, open and freer. I realised I could not suffer whilst asking ANY question openly. I began to love how contemplation feels. I began to enjoy questioning.

As I realised that the experience of questioning was everything I was looking for (freedom, lightness, openness, absence of suffering and not knowing anything) I felt the need to achieve something, get somewhere or get rid of something from my contemplation diminishing. At some point it disappeared altogether and I do not know (or care) when. The seeker disappeared. The one that needed a final answer dissolved.

What would a final answer look like anyway? If we take our running example of fear and questioning "Is it really true I am not safe?" perhaps we may imagine a final answer being the absence of any fear, a big epiphany that we are safe and always have been or some other event which will come and go. Perhaps the final answer is that we stop looking for a final answer! Perhaps the disappearance of any entity that needs to get something out of contemplation and simply relaxing and enjoying the quiet bliss that comes from not being sure of anything is enough. It was for me!

Today let us sit for our usual ten minutes of contemplation and just watch whatever happens. Come back to the question every few minutes if you need to.

## **Day 7 We Are Just Watching The Question And All Answers**

Sometimes people tell me that contemplation seems confusing and difficult to do. When we feel this way it is usually because we think we have to achieve something or realise something with our contemplation. It is good to remember that simply asking the question from an open place of wanting to see what is actually true always works.

All we are really doing is asking our question and being open to see all the answers that come. Just asking and seeing. Just asking and seeing. Asking is really only a way to be open and be the Self. Just asking is enough. Whatever answers happen simply happen and we do not need to manage them (nor could we).

As we sit to do our usual ten minutes of contemplation today, let's remember to just sit and watch all the answers that come with equanimity. There are no right or wrong, good or bad answers. There are simply answers.

## **Day 8 Why Do I Need To Include The Dog Barking As An Answer?**

Some of the ways we do our spiritual practice in these teachings may seem to be very weird or different. One of the strangest things people find about contemplation is that we include everything that happens after we ask the question as an answer. If we ask our question and the dog barks, the phone rings or we sneeze, these are all answers and are just as valid as any thoughts, epiphanies or emotional answers. If we ask the question and we hear a bird singing, a door closing or feel the wind on our face, these are all as important as mental and emotional answers.

We do not exclude any answer. When we are open to all answers, whether phenomenal or non-phenomenal (the Self/Noumenon) then we are being the Self consciously. When we are being our real Self, which is open to everything and treats all phenomena the same, we will experience freedom.

As we sit to contemplate today, we can simply notice the mind's tendency to give some answers more importance and to not value some answers at all. Mind will sort them according to its idea of how useful they are. A dog barking or an itch on your foot does not seem important to the mind. Treat all answers with equal importance today and you are free of the mind.

## **Day 9 The Power Of Not Knowing**

When we ask a question, we are stating that we do not know or that we are coming from a place of not knowing. To question the truth of any belief is only possible when we are not sure it is true. If we really believed we were not safe (100% belief) we would be lost in our experiences of this belief showing up in our lives, as our lives.

To even want to question means we are starting to see the cycle we have been stuck in. We believe the thought so we experience it as our life. As we experience this belief, we give it even more importance and so even more attention goes to the belief. And around we go. Now that you are willing to question it, you must be coming out of it.

Simply not knowing if anything is actually true (and wanting to find out rather than believe it is) is a superpower that you have access to as the Self. As you sit to contemplate today for the usual ten minutes, let us enjoy the deepening ability to be open to see what is actually true.

## **Day 10 All Answers Are Equal**

Today we will bring a deeper understanding of why we treat all answers as equal when contemplating. When we give a type of answer the label “special” then we are going to favour it with our attention and we will be very likely to forget our question and fixate on the “special” answers. Whether we realise it or not, we all think that thought/mental and emotional answers are special and we favour them above the Silence/Stillness/Presence.

Just stop now and notice how many times in your life you have been lost in thoughts for minutes, hours, days or even years compared to how many times you have got lost in the Awareness/Consciousness/Noumenon. As shocking as it may be to recognise our fixation or obsession with phenomena (even when we think we love the Self more), once we realise then we can let go of blaming ourselves (Which is only another way of favouring a phenomenal response to something) and simply allow all answers to be equal.

As we sit to contemplate our question today, let's begin to notice when we are treating some answers as more important than others. Does a thought that says “yes! You really are not safe!” have any more relevance than the sound of music coming from your daughter's bedroom or the cars passing by outside? Is the itch on your face really less useful as an answer than a contraction in your gut? Isn't this just a habit of thinking that we can change? The Self treats all phenomena equally, always.

## **Day 11 Even The Silence Is Not The Right Answer. There Is No Right (Or Wrong) Answer**

One thing you may notice as you continue your daily practice of contemplation is that something inside of you is looking for the right answer. There may be a sense that finding the right answer will solve the problem that drew you to contemplate your question. In our practice we are seeing there is no right or final answer (and no wrong ones either). All answers are simply allowed to appear and disappear and are treated equally. As we learn in lesson 2 of the Dissolving the Ego Course, whatever we believe we will keep experiencing. A belief is just a thought that has been given a lot of attention due to seeming special and important. We have thought that thoughts are the right answer.

Even if the Noumenon seemed to suddenly make itself known to us when we ask the question, this is not the right answer either. There is no right or wrong answer. Our real Being can and may appear much more obviously to us as Silence, Stillness, a sense of a great Spaciousness in which all phenomenal answers are appearing or as the Contextual Field. This will happen more often as you deepen your practice of contemplation but let us be clear-even the Noumenon by any name is not the right answer. It is a better feeling answer in our body (just as fear feels worse) but it is not the right answer.

As we sit today to contemplate, let us remember that ALL answers are just answers. Some we will enjoy more and some less but they are all just happening in the open space of the question.

## **Day 12 When Asking A Question We Are Being The Self**

Amazing as it may seem, when we are asking a question in contemplation we are really living as the Infinite Self. The Self is the unknown and cannot be known by the mind. When we ask a question openly from a curious place we are literally being that curiosity and the “not-knowing-ness”. Attention stays in an open stance and just watches all the answers and the question appearing and disappearing. We are not working hard to find answers but simply watching what answers happen when we ask the question. This is the freedom to let all phenomena move and change however they want to. Answers come and go and we remain simply watching and reminding ourselves of the question every now and again.

As we contemplate our question today, let’s notice how nice and relaxing it feels to just be that place in which the question and answers arise. We will just come back to the question whenever we want or need to.

## **Day 13 Get The Popcorn Out!**

What was the last great movie you watched? Did you enjoy it? Can we come to our contemplation in this same manner? Let’s sit down today and watch the movie called “my contemplation answers” play on the screen of our Awareness. Let’s simply watch the question and answers with our (metaphorical) feet up and some popcorn.

Today as we sit to contemplate, let’s encourage that sense of just allowing the contemplation to occur. Whether we have a huge epiphany or a lot of shame followed by a barrage of thoughts, we can simply notice “oh yes here is another emotional answer” and “Oh there is another mental answer” and “outside I hear the answer of a car horn honking”. They are all just actors in your movie today!

## **Day 14 This Open Stance Of Questioning Will Become A Habit**

All that is really happening here is that we are building a new habit to stay with one question long enough to realise the untruth of the belief. We do not have to find any particular answer or make anything happen in our contemplation. Perhaps we will not ever feel successful in our contemplation during the actual sessions and it does not matter that we do. Success is measured by changes overall over the 30 days.

Over time, as I developed consistency, I saw that simply being with a question for 30 days had allowed me to break the habit of attention going to the thought. By challenging the belief for 30 days, new pathways had formed in my brain and the old ones had atrophied and died. “I am not safe” could no longer be thought (and therefore felt as fear) and “I AM safe” became the new very fashionable thought. Later still the thought began to appear “I have always been safe” and finally I also watched “I don’t know anything” begin to appear and bliss came with it as it became a lived experience.

All these answers of thoughts just happened as I watched and simply kept asking. Even the question will be seen to be happening spontaneously eventually but for now just keep asking openly and you will feel free right now. Enjoy your freedom today in your contemplation. Anytime you feel less free, simply notice you are favouring one type of answer and open back up to all answers with the question.

## **Day 15 Just Keep Coming Back To The Question**

That's it! Contemplation is just gently favouring the question over all answers. Answers are not wrong; they are just not actually that useful or relevant to you, the Non-dual Self. Mind may ask "Why is the answer of feeling safe not the right answer?" If we have a right answer, we will also have to keep experiencing its opposite, the wrong answer of feeling unsafe. You are beyond right and wrong, safe or unsafe. You are That Place in which lack of safety is not even conceivable.

Could living as the Infinite Self simply be living in the open not-knowingness of your question? Yes! I found it to be exquisitely beautiful to simply live as and from the question (after my initial resistance and looking for the right answer had fallen away) and now I live as the Unknown all the time. You can too right now if you embrace the open simplicity of the question itself.

As you sit to contemplate today, see if you can relax into it a little more as you recognise the question is doing the work of transcending this belief for you. Questioning IS the spiritual practice and all else will happen by itself.

## **Day 16 We Do Not Know That Anything Is True!**

The simple Truth that we are coming to recognise more is only that nothing that we think is true. Thoughts occur to one body and mind only, and they can never see the Totality of the Self. Thoughts are not wrong but merely limited in their capacity to describe Reality. It is like asking someone who lives in a country to describe a foreign place they have never been to.

Any belief we have is simply a thought that has been given a lot of attention, and then our experience seems to agree with the belief (and our emotional state agrees, too). If we are radically honest though, do we have any proof that the belief is true at all? We only think it is true because we keep experiencing it, but as we learn in lesson two of the Dissolving the Ego Course, all experiences are only a reflection of our beliefs. Because of this, we must discount our experiences as evidence of the truth of any thought, and without the experiences, do we have any proof of the validity and truth of any thought or belief?

As we sit to contemplate today, let us remember we have no proof of the truth of any thought at all. Questioning through contemplation to find out if a particular belief is actually true is the only sensible thing to do then AND is also the only way to find out its truth or falsehood.

## **Day 17 We Will Have A Lot Of Phenomenal Answers At First**

When we first begin to contemplate a question, we may notice a LOT of phenomenal answers at first. We may experience lots of thought answers, some emotional answers and maybe physical sensations like contractions or tension in the body. It may seem like the Noumenon is obscured, or that we cannot even hear the answer of Silence or Stillness at all. As the days go by, we may notice the Silence appearing as an answer much later into our contemplation. At some point, we will notice less phenomenal answers seem to have to come before we notice the Noumenon (but let's remember that the Noumenon is still not the "right" answer but only a nicer feeling answer).

We may even begin to notice the Noumenon answer is obvious after asking the question only once or twice. Enjoy this progression, but let us remember that all answers are as valid as each other. The goal is not to get to the point where we are only able to experience the Silence as an

answer and where we experience no phenomenal answers at all, although this may happen sometimes. There is no goal except to gently favour the question.

Let's contemplate today as usual and simply notice the phenomenal answers are in plentiful supply, and it does not matter. It only reflects our previous habit of favouring phenomena over that in which they appear. It will change over time as we treat all answers equally.

## **Day 18 When We Are Openly Questioning We Cannot Suffer**

As we begin to contemplate, it may seem that we are doing this to get to some end goal where we are free of whatever belief (and corresponding emotion) brought us to the question. As we continue to contemplate each day, we may find our motivation for questioning is changing. As we ask an open question from a curious place, we will find that we are unable to suffer. Suffering always comes from our resistance to what is happening. When asking a question open to all the answers, we experience everything without pushing against it.

No matter what arises as an answer that we would normally push away and label unwanted, we can simply allow the answer and come back to the question which stops us suffering. Even if we notice some mental answers that are thoughts judging other beings, and we feel shame and resistance, we can simply say we received three answers at once. We received mental answers, an energetic answer of resistance and an emotional answer of shame. Let's contrast that with what would normally happen: we would notice the mental answers and see them as just another answer, but then perhaps we would give the resistance and the shame some special meaning. Attention would probably go to the resistance and shame and fixate on them, and we would forget our question and begin to spiral downwards, feeling worse and worse as we go.

As we sit to contemplate today, let's notice and celebrate our inability to suffer when we are asking a question this way. Freedom from suffering is available immediately this way.

## **Day 19 Contracting Attention Around One Answer IS Suffering**

As we continue developing our new habit of contemplation each day, it will become more obvious that the only reason we ever suffer is because our attention has gone to one thing and stays there. When we pay attention to an object (such as a thought or an emotion), it costs us a lot of energy to temporarily ignore the rest of the whole Reality/Self, and this lowers our frequency and energy levels in the body significantly. Suffering is really only how we feel when we are "running on empty" because we are paying attention to one object only.

In our contemplation, we are learning to keep our attention open to all answers and to notice quickly when attention has closed around or fixated on one thing. We also guard against this by simply coming back to the question often. When we fixate on one answer only, we suffer. Human beings usually live their whole lives experiencing only the mental answers (and resulting emotional reflections). Suffering is really only an absence of sufficient free life force. More than enough life force feels like peace, joy, bliss and abundance.

Today as you sit to contemplate your question, can you see that you are not only challenging this belief but also living as the Self? When you question with curiosity, you are living free right now and allowing abundance of all kinds.



## **Day 20 The Question Changed! Should I Go With It Or Stay With The Original One?**

Sometimes in the middle of our contemplation we may notice a question spontaneously wants to change. Should we go with the new question or stay with the old one? How do we decide? The question will change for two reasons only, and the first one is that resistance is creeping in, and the mind is trying to change to a question that feels safer or is going to keep things the same in our life. When this happens, the new question will probably feel lower in energy/frequency, less important and may even bring physical contractions in the body. This is our body's way of saying "No. This is not the right question, go back to the first one".

The second reason the question may change is because we have done so well with our willingness to challenge this belief that we have been able to allow some energies to move and be released during this process. When this happens, we may notice an even more direct or relevant question coming, and we will most likely feel excited about the new question. The new question will have a higher energy and feel more important than the original one. We should go with the new question if it feels better than the first one. We should stay with our original question when the new one feels worse than the first one.

As we sit today to contemplate, let us remember it is the willingness to question this belief that is doing the work here, and we need not worry too much about the actual contemplation session itself.

## **Day 21 Just Keep On Keeping On!**

At this point in our 30 day challenge, we may not be feeling the initial excitement we had when we began. Perhaps we also aren't fully experiencing the joy of contemplation as yet. What do we do when we lose motivation or miss a day? What do we do to get back on track?

When we realise we have lost that curious, excited feeling, we can discuss it with our buddies or ask for help in the WhatsApp community. Everyone is still at the effect of our old habits of inconsistency. We have built very strong habits of being inconsistent without realising. The good news is that we are already at 21 days out of 30 to build a new habit which is replacing the old one. For a short while, we will be experiencing the old habits weakening through lack of use and interest. We will also be experiencing our new habits becoming stronger and more effective. Let's not judge ourselves at all here. It's awesome to me that you are here and doing this!

As we sit to contemplate today, let us remember that which matters most: our intention and commitment to developing consistent habits of contemplation is what matters most, and everything else happens by itself.

## **Day 22 Resistance Is Not Personal But A Human Experience**

On my own journey, I experienced resistance to every new thing I began to do. In my life and spiritual awakening there was (and still is) resistance to anything new. It does not affect me now or stop me being consistent with anything I do because I have seen it is not "my resistance". Have you ever met anyone that never had any resistance? I haven't!

Perhaps the problem is not the resistance we feel, but rather our tendency to make it our fault that we are resisting something. What if resistance is simply an energy that is a kind of inertia to

change because of older habits that we have formed unconsciously? Can we still blame ourselves here if every single human being feels resistance to changing something or doing something different?

Today as we sit to contemplate, resist sitting or sit but feel grumpy about doing it, we can hold a new attitude. Let's remember it's just an energy, and it cannot stop us from progressing unless we make it "my resistance" or "my problem". Resistance just IS. The powerful mantra I used at times like this may help and it goes like this: "So what?" So what if you feel resistance? It's no big deal! You resisted practice today- so what? It only means something if you say it does!

## **Day 23 We Are Really Just Forgetting What We Know**

In contemplation, we are really just consciously choosing to forget what we think we know. We have all cultivated a web of thoughts around us that help us define ourselves, others, the world and our awakening. These thoughts were once accepted and very rarely challenged at all and may even be given the status of being absolutely true inside us. Consider how often you have believed the thought "I am not good enough" over the years compared to how many times you have asked if this is really true.

The willingness to contemplate the truth or falsehood of some idea we have should be celebrated because it means that we are not holding onto it as much. We are willing to begin deconstruction of this web of thoughts built around us that keep us suffering. Contemplation is an amazing way to forget what we once knew.

What can you forget today about yourself? What have you been so sure of about others, the world or your awakening? Whatever you are sure of, you will keep experiencing! An awakened being has forgotten everything and is willing to live as the unknown Self they are.

As you sit to contemplate today, try to remember you are not just looking out of the window at paradise (as the separate self does) but are actually opening the door and stepping outside into freedom, paradise and all that you could ever want.

## **Day 24 We Only Suffer From What We Are Sure Of**

Today we will continue to explore yesterday's theme. When we are certain of something, we experience it completely as we learn in Lesson 2 of the Dissolving the Ego course. Consider how much fear we have felt because on some level we have been absolutely certain that we are not safe, that people will not accept us if they know us fully, etc.

Even when we meet an awakened being or our buddy who tells us over and over that we are already the Self, we are loveable, perfect and whole, how often do we sweep that aside the moment we leave a class or Satsang? We are SO convinced of what we think and feel that we override what the awakened being, teacher, buddy and world are telling us. Perhaps we do not say "that is not true" to the teacher or buddy verbally, but soon afterwards there is a forgetting of what was heard and an allegiance to the old way of seeing ourselves. This allegiance is simply a habit of particular ways of thinking that we are now challenging with our contemplation.

As you do your contemplation today, it helps to remember that what we know has never been true, but it has felt familiar and has given us an illusion of safety. Let's celebrate that we are willing to live free right now as we question all that we were certain of.

## **Day 25 My Contemplation Is Still Not Working!**

**(feeling contemplation isn't working, that we cannot do it or feeling stuck)**

Do you feel you are not getting it? Are you stuck or in resistance to contemplation still? That is very normal! What matters to me is you are still here, still reading even on day 25. That matters to me more than feeling blocked because I know the willingness to question is the most important thing we can develop, and you already have that.

Can you be stuck if you are the Infinite Being? Can you be blocked by anything if you are everything? Can you fail at contemplation when it is only being yourself anyway? Open and curious questioning is what the Self is. You cannot fail at being yourself.

Today as you sit to contemplate, try to recognise how awesome it is that you are on day 25 of 30!

## **Day 26 The Question No Longer Makes Any Sense To Me!**

Sometimes in our contemplation, we can suddenly feel that the question no longer makes sense to us. We may notice this as a feeling that the question is no longer relevant or exciting to us. At a certain point, we will have challenged this belief consistently enough that the energy of belief has gone from our system, and the question no longer resonates with us. In my own experience this happened several times.

How do we know when we have finished needing a certain question? What signs should we look for before we stop questioning? Here are my recommendations, and I would urge you to make sure both are happening before stopping the question.

1. When we are no longer feeling the negative emotion that prompted us to challenge the belief. (Yes, it is absolutely possible to live without fear, guilt, shame, anger, etc.)
2. The outer world experience in our body, relationships, finances or work that was a reflection of this belief has totally reversed itself. If we were feeling fear, and this was reflecting as a health condition, let's make sure it is healing before we let go of the question.

As you sit to contemplate today, notice if you can enjoy the practice of contemplation and feeling open to all answers. We need not try to get to an end point with our practice but only to a point of always enjoying it.

## **Day 27 Become The Questioning And You Are Always Free**

When you fall in love with contemplation, you will find that you do not care so much about getting an end result or even when you can drop the questioning. Over time, I found that I was falling in love with this very simple way of being the Self. I wasn't asking the question anymore after a while, I was watching the question and answers arise (or I saw that was what has always been happening). Later still, I saw that I had become the question; it was with me through the whole day and kept popping into my mind spontaneously.

The question was like a safety net. As it kept coming and coming into my mind, I found that I could not get lost for very long at all in the belief anymore. The longest I could remain believing

the thought was diminishing by the hour as some momentum of asking the question was building by itself inside me. Somehow, the question was killing my ability to suffer, and I was simply living as the real Self more and more often.

Finally, I realised I had somehow become the questioning. The questions had brought me to a place where nothing seemed appealing to believe anymore. This was questioning as a way of life, rather than sitting down to do it as a formal practice (although it still happened like this too). I'm fairly certain that if I could see my own aura clearly, it would look like a question mark! This way of living protected me from any further suffering, and I forgot how to suffer and identify with thoughts.

Today, as you sit down to contemplate, you can know that you have already begun this, and soon you will be totally unable to suffer from believing any thoughts at all!

## **Day 28 There Is No Evidence That Any Thought Is True!**

As the days tick by in this 30 day challenge, it may be becoming clearer that the only reason we have suffered is because we have not been able or willing to challenge a particular belief. We have been unwilling to ask if it is true because we kept experiencing it as our lives. As we begin to see that our beliefs reflect as our experience, we see that our experiences (and therefore our life story) is not so reliable as evidence that a belief is true. If I were to ask someone why they are so sure they are unworthy of good things in life, awakening and happiness, they might point to their life and a long history of being treated badly by people, not being who they wanted or needed to be in any moment, missing out on opportunities, etc. All these experiences, though, are only a reflection of what we have thought is true. When we really come to understand that any and all of our experiences happened only to the imaginary separate being who thinks it is not good enough, we can finally move beyond it.

No experience (no matter how often it has happened) is ever good evidence of what is true for you. Experience is the physical playing out of beliefs in the world. All experience is untrue because it has happened to our separate sense of self, and it has a beginning and an ending. Today as you sit to contemplate, let's remember that all evidence you may have that the belief is true must now be discarded!

## **Day 29 The Belief, The Emotion And The Experience Are All The Same Vibration**

When we have a problem in our lives, we usually try to change the outer experience we are having without looking at the emotion and belief behind it. The experience may go away temporarily but must come back eventually. When we begin to see what is actually occurring, we can finally resolve it permanently. A thought has been given so much attention that it builds a pathway in the brain, and we think about it a lot. When we think a thought often enough, the body experiences the frequency of this thought, and this is what we call fear, guilt, anger or any other emotion. Eventually the emotion will also show up as an event or experience we keep having (or many experiences in different areas of our life).

It is important to realise that the thoughts don't cause the emotion, and the emotion doesn't cause the outer experience in our body, relationships, finances, etc. The thought (such as "I am not safe"), the fear and the experience in our world are the same thing appearing 3 different ways. The same vibration can show up as a thought, an emotion and an experience. We can only solve this by bringing attention away from the thought by challenging if it is true. We cannot

believe a thought (which is only putting attention on it) when we are questioning if it is really true.

As you sit to contemplate today, try to remember that you are transcending this belief just by asking if it is true. If you do not question it, you will experience it as true.

## **Day 30 Contemplation Is Liberation Unfolding Right Now**

As we move through this final day of our challenge, let's come back to the simple and beautiful power of contemplation. When you are asking if a belief is really true, you are not able to believe that thought. Believing a thought is only putting lots of attention on it.

Even more delightful is the realisation that whilst questioning any thought, we cannot believe all thoughts! When we are open to see what is actually true, we cannot experience any illusion! This is amazing news and frees us right now in this moment. We are already free, of course, but in this simple way of contemplation, we can consciously enjoy our freedom right now.

As you sit to contemplate today, congratulate yourself for doing this for 30 days (or as many as you could do!) and enjoy your conscious freedom right now! Could liberation be this simple and simply a habit we can get into? Yes!