



## **Contemplation Core Teaching**

Contemplation is really the art of living as curiosity itself and can be developed gradually over time. It is really a movement away from knowing things with certainty and moving towards being curious, and then being curiosity itself. Contemplation is really the 15th doorway, with meditation being the first of the 14 from Lesson One of the Dissolving the Ego Course.

Contemplation is Lesson Two and can be used when we feel that we cannot reach the Noumenon by meditation. When a strong trigger comes up or some strong emotion, we may feel that we cannot meditate or connect to the Infinite Self as we would like to. Contemplation is a doorway back into the Infinite Self. Meditation and contemplation should be developed hand in hand until we can always find the Noumenon in our particular experience, no matter what emotion or challenge is going on for us.

Contemplation is another way to give attention to what is real and to bring attention away from what is unreal. It will show us that there is nothing affecting us, even now. As we come back to the question over and over, we'll be coming back to what is real, that place that does not know anything, that is our real nature.

Contemplation will show us that we are already free, we were never unsafe, unloved, or unlovable, and that we do not even need to ever feel limited in any way. Contemplation will help us move from trying to feel safe, lovable or unlimited to the realisation that we've always been completely safe, completely loved, a source of love and always infinite and unlimited.

Contemplation will also show us that Reality, or the Noumenon, is able to experience itself in the shape of any belief. It will take the shape of that belief and the corresponding experience. It will also show us that we can never really fix any problem that arises from illusion, and that the problem is only coming from the attention on the unreal. So contemplation will give us this gift of showing us how powerful our attention is, and allowing us to move beyond any sense of needing to pay attention to phenomena at all. The main reason that we pay attention to phenomena, that our attention drifts away from the Noumenon in meditation, is only because we feel we need to fix the problems that are going on for us. Contemplation will show us that simply taking attention away from the unreal will allow these things to resolve.

### **Procedure for contemplation:**

1. The first step in contemplation is always to look at any negative emotions that are coming up and to begin to use the emotions and hidden beliefs document and to create your own one. Looking at all the key emotions for yourself, what does fear say to you? What do grief and guilt and shame say to you? What does apathy suggest?

Looking at the emotions and knowing the belief behind them makes it easier in those moments, when the emotion is coming up, to go straight to the questioning process. So we find the emotion, we find the story or the belief behind it, and we turn it into a question. Over time, we can learn to be more consistent in our contemplation and begin to allow contemplation to be a way of life.

Eventually, we'll come to realise that there are only two states we ever experience. The first is living as the truth, in which the body feels open and light and free, even if a negative emotion is playing inside it because we are coming from the open space of a question.

2. The second is the state of illusion where the body seems to feel contracted, and there may be a lot of resistance and inertia. This is where we're paying attention to something going on in the illusion. Contemplation helps us to change our thought structure around a particular area of our life or around ourselves, and as such, is always able to help us move into freedom.

This document should be combined with the Lesson Two, 30 day challenge document explaining in great depth what contemplation is and how it works. Over time, a love affair will develop with contemplation where we won't care about finding any particular answer, and we feel our own innate freedom as soon as we even ask a question. In contemplation, we are learning to be the curiosity because curiosity can never be caught and can never suffer. It is the innate, pristine state of the Noumenon, of not knowing anything.