



HELEN HAMILTON

— northern guru —

Dissolving The Ego Course

Lesson 4 Study Sheet – Dissolving Duality and Becoming the One.

Key points from lesson 4

- Remember what it means to be the Noumenon—you are infinite, everywhere, all powerful, all knowing, effortless and there is nothing other or separate to you. You are all there is. There is no need to be scared of this—it is only what you have always been. Power is gentle and soft not forceful. You are simply going to be using this power consciously to help yourself and others. (See “Now that you are formless” book for more help here)
- Recognise areas of your life where your thinking is as a finite/separate/limited being and choose the unlimited/infinite thoughts instead. Make a decision to live as the Noumenon because it is what is true AND it will benefit yourself and all of humanity.
- Whatever arises out of the Silence must be the Silence. Whatever is noticed by the awareness must be the awareness. There is only the one. All this “out here” is the Self also. There is only the Self. Question deeply until this becomes your truth and your experience. There is no “silence vs sound”, “awareness vs unaware”, stillness vs movement” etc, no manifest vs unmanifest. Notice all the opposites you used to feel were true and recognise these must be the One showing up to appear as different things.
- Investigate until you come to see clearly that the manifestation/world/universe is not an actual thing. No process happened and nothing “arises out of the Self”. There is only the Noumenon and no phenomenon ever existed. Look deeply until this is your truth also. There are no objects at all! There are no phenomena at all! All that ever existed is the Noumenon. (See “Reality Check” book to help you confirm this)
- Continue to notice the Self and notice where you seem to get pulled out of it. Commit to finding a way back in and around the thoughts. You can simply train attention to automatically look for the Self when it goes back to thoughts. This is just a habit to form and it can be done easily when you are committed to the process. Commit to dissolving your ability to focus only on thoughts. When you focus on the Self thoughts can just come and go and will diminish.

Homework for Lesson 4

Use the recorded audio session of the lesson to help you. Listen to it again and again during the week. Ask for help if you need it. This is your course and your time with me.

1. Continue to apply what you have learnt in the previous lessons and to spend more and more time each day as the Noumenon. Just the intention to look for the Noumenon is immensely powerful and is changing everything for you.
2. Try to come to see that just because all this manifestation appears to be lots of different things does not mean it is actually that. Spend some time contemplating the difference of appearance and ACTUAL difference. List where you still see objects are real such as money, soul mate etc. Recognise you do not actually want that thing but what you think it will give you. You cannot receive or give anything.
3. Look for what things you have held separate to you and recognise what you really want to feel is love, acceptance, respect, approval etc. Recognise those feelings are available now when living in and AS the Noumenon. Learn to let go of what you want in order to get it.
4. Tell me which areas of the course you still find challenging to apply and where you are struggling. Notice which emotions seem to pull attention still or which thoughts seem to trouble you. Just becoming aware of these areas is beginning to tip the balance in your favour.

Copyright © 2018 by Helen Hamilton

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the author, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law.