



Dissolving The Ego

Lesson 2 Study Sheet – Deepening Your Recognition.

Key points from lesson 2

1 – We will look at “causality” or “cause and effect” to begin to undo the key beliefs that keep our ego functioning. We can come to understand that in fact you are everywhere and not somewhere. All of ego’s ideas are based on the false assumption that you are only somewhere, a “someone”, one body and mind. We will come to see there is no “in here” or “out there” and no other beings except you. All that you see “out there” is only a reflection of what is needing to be seen within you.

Our egoic sense of self is sustained by trying to fix or heal “out there” and this will never work because it is like trying to change our reflection in a mirror.

2 – We will begin to notice the Noumenon is always there, question if it is really ever gone or what happens when you seem to lose it. Attention is what is going to thoughts but the Self never goes. We will learn to discriminate between attention and the Noumenon recognising itself. Begin to break down the firmly held belief that the Noumenon is coming and going and we can only access it sometimes.

3 – We will begin to notice that the Noumenon is formless, effortless and stable. It does not need anything at all or want anything. There is nothing for it to want or need. All is appearing inside it and nothing is happening to it. Any and all wants, needs and intentions are from the egoic sense of self. All thoughts that mind has are based on the idea you are a separate being moving around inside the world of other beings.

Homework for Lesson 2

Use the recorded audio session of the lesson to help you. Listen to it again and again during the week.

Listen to the section about causality and try to see where you are still trying to change “out there” or the reflection. Recognise that the cause and the effect are the same. Recognise the false ideas that “I want” or “I need” are NOT true for the Noumenon. Look at your life and your spiritual pathway and see where you are still believing in causality.

List some examples of when you seemed to lose the Self or couldn't notice or feel it. Describe what you did to find your way back in or tune back in. Describe which ways worked and which didn't. As a reminder here is the list of ways to tune in again. Practice finding a way back in until you feel confident that most of them time (or all of it) you can tune back in by simply adjusting the method.

Continue to spend time in meditation/tuning into the Noumenon as often as possible. Challenge yourself to tune into the Noumenon in places where you wouldn't normally try to or feel you are able to.

Please do ask for help if you need it.

Helen

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