



DTE Aug 2021 QA 4 - P1_P2

Helen 0:02

So Namaste. Welcome to this Q and A Session 4 and the final session for this course. I was just saying before the recording started that we have a lot more questions than we have time for. A lot of questions and challenges came in, very last minute, last night. So I will do my best to get through as many...I've got 12 here today that we will go through.

If your question isn't answered, and you are in the Graduate Program, I would urge you to put it forward tomorrow. There's still a fraction of time if you want to get a Graduate Program submission in for tomorrow's Graduate Program, if you don't get your question answered here today.

And just to remind you, that these recordings will be available to watch again and to download until the next course starts in November. So, if you want to keep this, you can download them. And I would advise you to watch them again and again, all of the lessons and everything, just to help it sink in. So we have the lovely Shirley who is going to be reading today. So whenever you're ready, Shirley?

Helen 1:24

It's going to be one of those days! Friday the 13th! Yes, yeah. Let's not do a session on Friday the 13th again!

Question 1 - Shirley 1:34

Okay, here goes!

Namaste, Helen! My marriage is stronger and more harmonious now because of your pointings and I have so much gratitude for that. Thank you so much! Our homework was to identify what triggers our egoic sense of Self. And I must say, it's our single adult daughter: her lifestyle, her lack of income, her refusal to vaccinate against COVID, all continue to concern us. She called the other night crying, and it's so hard not to worry about her. We need your help to manage this dominant fear in our lives, dear Helen. Sending much love!

Helen 2:11

Okay. So, wherever we feel a certain way about a situation- as we learned in Lesson two- we have a prevailing belief about something, it's going to keep manifesting that way, it can't be any different. And that's why we're looking at, in Lesson two, how we think and feel about something. And as we examine how we think and feel about something, the story behind it, the story that's going on underneath, then the situation itself has to begin to change as a reflection. So if I'm standing in front of the mirror and I move to the left, the reflection has to move instantaneously along with me; it can't act independently of myself.

Helen 3:00

So with this situation with your daughter, I would suggest looking at how you feel about it- not about her, not about what she's doing or not doing- although that's the way the mind is trying to organize itself, and that's understandable. But how do you feel about this situation in general? Do you feel that there isn't anything you can do to change this? Do you feel that no matter what you've tried, it hasn't made a difference? What is it with the whole subject of your daughter and the way that she is? What is it that you think and feel; this idea behind it?

And if you look at it, take a little distance back from it if you can, how do I feel about this situation in general? And there's probably something there that feels disempowered, feels unable to make any change, out of control. Because the idea that this Being is separate to me, outside of me, then this situation is outside of my control. And I'm just throwing out ideas here from my own experience with my own children. But it's not true that you don't have any control over this. You don't have any control in the way that mind says because we could say things, we could do things, we can guide or we can encourage. But with the belief in separation there, those ideas, those actions, those ways of guiding, are going to be limited in their effectiveness.

So when we look at what the idea is behind it, how do you feel about the whole thing, actually? And it'll be something that's been there for a while, but it's really showing up

now.....that you're starting to see that you're not really separate to anything, and that the rest of your life, as you said- which is wonderful- is starting to come into alignment; in marriage especially, it's wonderful.

So how do you feel about this situation? And as you see that story behind it, 'there's nothing I can do about this; I'm feeling disempowered, I can't get what I want here, I'm powerless.' What is it around this situation? And if you can't get the story directly, look at the emotion; what is the emotion that comes up here? Of course, you're going to worry about or have some concern for a child. That's natural as a parent, isn't it?

But that will be alleviated to a large extent, when we recognize that there is something we can do. Or there is something we can be spiritually when we're not holding on to this story, and it stops reflecting as the situations in our lives. Your daughter will have the same idea, as you come up with the same story when you do this investigation inside. So as you question it, 'is this true, actually?' then you're going to begin to see a difference in your outer world. So have a look at that; see what the story is, and go from there, same as any other causality loop. But it'll be a subtle feeling because it's probably been going on a long time. And you're just so used to feeling this way, in this situation, that we're not conscious that this is how we feel about it. And therefore this is the experience we keep creating. Both your daughter and yourself are creating this loop, going round and round over and over again.

Helen 6:41
Thanks, Shirley?

Question 2 6:45

Hi Helen. There was a situation in my life two years ago that still puzzles me. My best friend of 15 years suddenly refused to speak to me anymore. It appears that I did something to offend him. But he point blank refused to explain why he was so angry and what I had done wrong. All my attempts to reach out to him have been completely ignored. It is interesting that this event happened just a month or so after I had attended a Rupert Spira retreat in New York. So I wonder if there was some energetic shift that was taking place in me that caused this to happen. I seem to have experienced several endings in the last few years. This friendship, plus my boyfriend of 10 years left South Africa to return to the UK. I was quite fine about this ending as I felt we had done all our time together. And my part time job fell away when COVID came along.

I've been hoping for a while that all these endings would mean that a nice new chapter of my life would open up. But I feel stuck in a holding position with nothing happening at all. And I'm starting to feel despondent that the best part of my life is over. I'm 60. While

I generally feel quite content and peaceful and delight in all the free time that I have to pursue my love of painting, crafts and spiritual seeking, I feel like I don't have a purpose anymore, and sometimes feel a bit lonely. I would love to leave troubled South Africa and move to the UK and I have a British passport. But finances are against me and I have an adult dependent son to take care of. I am frustrated that the period between the ending of the old chapter and the beginning of the new chapter is taking so long and that I'm running out of time. Any advice would be appreciated.

Helen 8:32

Okay, so firstly with the friend. It must be coming up now as you've pointed to there being some deeper seeing inside at this retreat event. And then whatever you're thinking and feeling then is more and more out of alignment with what you've seen to be true. So how do you think and feel specifically about this particular person not contacting you back or not getting the closure on it that you want? That will be the causality loop; some sense that perhaps they're cutting you out or they're being too harsh or something or whatever it is that comes up when you think about this. That belief will be mirroring back to you really what's going on inside you. The situation is mirroring back what's going on inside you. So again, I would urge you to have a look at that. Go back to Lesson Two.

But overall, in a general way, you've talked about this new beginning and this old and the gap in between, as if we're in a holding pattern in our life. So manifestation of our life is always getting better or should be in the natural state. We should always be experiencing more of everything in a state of peace, love, and joy etc and outside time, money, friendship; abundance in all ways that it can come, more than enough of everything. And if that isn't occurring, for whatever reason, at some point someplace in our life or all of our life, there is some idea that we're holding on to that's limiting the expression of manifestation. Manifestation is always going to be expanding. That's all it can do unless a thought is dampening down a belief, is dampening down the manifestation.

So you mentioned frustration and you mentioned despondency, I think, in the thing that you sent in. So they're two big, flashing neon signs for me of how you feel about your life in general. So it's easy for us to say, (I did it myself), "I feel this way, nothing's changing, I feel despondent, I feel frustrated". For me, I felt very angry. There was a lot of things coming up. Because this new period in my life isn't starting; "when is it going to start, it's going to be too late soon, I feel that I'm just stuck". And I think you mentioned that as well. So it's easy to hold on to that feeling and feel justified in holding on to that feeling. Because look at my life, it's not moving forward in the way that I want it to. But if you look at Lesson Two again, you can see that my life isn't moving forward because as

an effect of, as an echo, is a reflection of the fact that I'm still holding these attitudes about it.

So if you see Lesson Two, what's happening in my life is a reflection of what's happening inside me, my dominant ideas about it. So challenge these ideas that you've got around this area, around your life. Why can't you have what you want today, this week, moving forward, getting better for the rest of your life, as is the natural state of a human being when they're not believing any ideas at all? Can you see that you feel justified in feeling this way because of what's happening in your life. But you have to flip that 180 now. You have to say that this has been happening in my life because I've had these beliefs inside me that I didn't realize were there. And even if I did realize they were there later, I might not have realized that my holding onto them is actually what's perpetuating this situation.

So the frustration, despondency, feeling stuck, that's all shouting at me a sense of powerlessness to have what you want, powerless to change, to get what you want in your life, to get what you want as your life. And if you really examine that, you'll see that the only evidence you've got for feeling this way is your experience that's kept on happening again and again, same, same, same, same, same, same, over and over again, experience. If our experience in any area of our life is not changing, it's because of some belief that's being reflected. If it's not getting better, there's some belief in our life. If it's getting worse, there's some belief again, so have a look and see what the idea is.

How do you feel about your life? If I asked you now, 'why can't you have what you want?' Why is there even a holding pattern? What would be the voice of mind? What would mind say if the answer to that question? And there will be the stories that are holding this situation in place. Why can't my life turn around today, right now? What does mind say in response to that? There's a story; 'well, it's been this way for so long, there's nothing I can do about it, it's going to take time, it's out of my control'. All of these beliefs seem true from the usual human perspective of separation, but you're being asked to go beyond even these ideas now that they're only true in separation. They don't affect you anymore, although they keep showing up in your life to say, 'hey, look at me'.

Your birthright, all of our birthright, is peace, joy, abundance and everything everywhere that wants to come to us is inner wealth and outer 'more than enoughness', in every way, not just one way but every way. I'd urge you to really get excited by that. Why can't you have that if you are the Self? If you are Infinite Being already, why can't you

have that? Why isn't it coming? There must be some idea that 'you can't have it, you can't get it, it's too late', something like that.

Whatever your experience is will be directly mirroring what you're feeling inside. So, back to Lesson Two again. Have a look at how you feel, what the prevailing stories around this are and then really question those. They felt true but am I still going to give my allegiance to them? Because if I do, I'm going to keep experiencing it. And there is only now. It doesn't take any time for change to begin to occur when you really get this. Our life is always reflecting back to us what we're feeling inside, not up here but how we feel in a certain way. What are our dominant attitudes around these situations? So hope that helps.

Question 3 - Shirley 15:59

I still remember my bad past, there is a strong desire that people who have hurt me should be punished, just like I have been hurt for my bad deeds. It had been like this for a long time. I can't feel love for others, or myself because of this. I am stuck here for a long time. What can I do about this? If nothing can be done, pray for me and send me your blessings.

Helen 16:24

Can you just read that one more time for me please?

Shirley 16:27

(reads question 3 again)

Helen 16:53

Thank you. So I'm always praying for everyone, 24/7, continuously broadcasting blessings, and all of that just by the nature of my being. So that is always given and could never not be.

But I want you to recognize that the last few questions that you have asked me have been similar in their nature. And you ask me a question, and I give you the answer. But if the same type of question is coming - and again, there's no judgment here - it must be because the answer is not being assimilated inside. So I'm going to give you an answer to this question, but I'd also like you to look at why this same question, why the answer to it is not being absorbed. Okay? So this idea that we should be or could be punished for our actions, as others; you said that there's a desire, I think, to punish others for things that have been done to you, as you feel you've been punished in the past, or maybe still are. And I really want you to challenge the fundamental idea behind this. So the idea here that's causing the issue is the sense that we can **choose our actions**,

and that we have choice over our thoughts, our words and our actions. And we *do* have some choice in a way but not in that way. Nobody chooses their actions, they only choose their energy field. And that choice for most of us is totally unconscious.

So, if I am operating from a level of hate, real extreme anger, hate. Or, let's say I'm coming to my life from a place of shame, self loathing, self hatred, then my thoughts, and therefore my actions and my words, are going to come out of that energy field of self loathing, of hate, or hate for others. Whatever energy field we're holding on to, whatever belief we're holding on to, is going to dictate our actions and our words. And **it is simply not true that we can choose any other action that is outside of that energy field**. So theoretically, I can say, Okay, I really feel that I hate myself. There's so much Self loathing and anger - as they used to be for me - and I could theoretically say right, I'm going to choose a more compassionate loving thought for myself. And as much as I want to believe that that's possible, it literally isn't. I might be able to form that thought in my head, but it will feel so bad inside me because it will feel untrue. If I was to tell myself that I wasn't worth even having any love in my life, or happiness, that would feel true and feel better, ironically. So you have to come to challenge the idea that people are choosing their actions; their actions are limited.

So, if I am coming from guilt, then it's going to be hard for me to get anything else in my life, experience anything else other than experiences that fortify and mirror back to me my need to feel guilty about something or someone or myself or whatever. The same comes, whether it's hatred, anger, despondency, despair, blame, whatever emotion we could come up with. The same also goes for love, joy, bliss, all of that; that energy field is going to spawn a certain level of actions, words and consequences, that also are going to be very hard to challenge; it's going to be very hard for me to experience anything at all when I'm coming from a loving energy field that makes me feel bad. So it works both ways. But there is No choice, in the way that our mind would like to say. There's only a choice of our energy field, which is dictated by what stories we're holding on to. So you're holding on to this story that people can choose here. The only freewill that we have is what energy level we're coming from, what level of consciousness we're coming from. And it's only a choice for Us Now, in this class. For the average person out there in the world, it is not a choice yet, because they don't know what we're learning about here.

They're taught to think and feel a certain way about a certain person, about themselves, about life, about the government, about everything. And it's very hard for them to see that that way of thinking and feeling is creating the experience. They won't see that, perhaps they're many lifetimes away from seeing that. So they cannot be blamed in that way, and should not be punished in that way, for actions. And I'm not saying of course

that anyone could commit a crime and get away with that, I don't mean that at all. Sometimes we have to remove individuals from society to protect other individuals, but spiritually blaming other people for their actions is not going to help us advance. Understanding is always going to help us advance. So I want you to really question this. If it's really important to you, that you find peace and happiness and you know it is, then we must really question what we've been unwilling to question. And here is this core idea, that people can choose, and therefore should be punished.

If I chose to hurt you on purpose, then there could be a call for blame and some punishment in that way, couldn't there? But if my actions are coming out of some unconscious energy field that I don't even know I'm subscribed to, because it's just been there forever, and that's what the world seems to agree with, and my experiences keep encouraging me to think and feel the same way. If I'm trapped in the web of my own projections, and don't know I'm trapped - most of us in this class are aware of where we're still trapped; most people in the world don't know, and are many lifetimes away from finding that out - then we have to re-examine how we think and feel about it. And our own best protection is to examine our unconscious ideas, and then our experience will change. So I really want you to hear that. I really want you to get that. I really would like you to see that there is some resistance to accepting this answer from me. You've asked this question three or four times in a different way. And again, I'm not judging. I'm just trying to help you see that something won't hear this answer inside. So you have my blessings, absolutely, all my encouragement. And everything can change for you. Absolutely. Thanks, Shirley.

Question 4 - Shirley 24:26

Hello, Helen, I feel blessed to have found you. I have a quick question about decision making. You provided answers around the subject in your other Q and A's. However, I just wanted to clarify. As we continue our practice to tune into the Self and contemplate ego's worries, we do need to make decisions in life. What I struggle with, is when I'm making a decision, have I analyzed the situation enough to make the better decision? Am I doing enough to do the best for any situation? For example, raising my children, teaching them, or a financial decision. How can we be comfortable that the decisions we are making are what they should be? I appreciate wholeheartedly all of your teachings. Thank you.

Helen 25:15

Firstly, let's examine this idea, which is hugely popular in human culture - plagued me for a long time - that my analysis of a situation is leading to a decision. That the longer I think about something and analyze it, the decision process is coming from that analysis. Therefore, if my analysis is flawed, in some way, my logical thought process, then my

decision will be impaired or flawed. And it's simply not true. There might be many thoughts leading up sequentially in our mind, to the decision thought, at some point a decision thought pops in, "Right, this is what we'll do", or some variation on that theme, or the body just takes action, does something. But what if all of those thoughts before had nothing to do with the decision thought at all. And that may be a very unpopular idea for our mind. But it is nonetheless true.

But hopefully, when you get that, it kind of helps you relax a little bit. I'm not saying that you can't logically or shouldn't logically think something through because that's very helpful sometimes - just to look at whatever options we might not have seen. But each decision thought is going to come out the energy field that you're holding around the situation. So instead of this absolute, that mind would like - again, mind would like to, ego wants to, divide things into two, and pick one. So when it comes to decisions, it says there's a right decision, and there's a wrong decision and I want to make sure I've got the right one. But what if the right decision was the highest decision energetically, vibrationally, that you're able to make in that moment?

Then, if we can recognize, the highest thought you can have in any moment is based, is limited, only by the energy fields, the levels of consciousness that you're holding in your life. So just like I was saying before, if I am taking responsibility for my unconscious ideas, and challenging those, especially, let's say around our children, we might have many ideas around our children that we have to push through as I did, then my decision making process is going to be spontaneously happening at a higher and higher level as I challenge these ideas. Manifestation, you as a human being, what's arising seemingly out the Self, is always the highest in any possible moment.

So the decision that you make in any moment is going to be the best one you could have made in any moment. Challenging ideas, seeing deeper, all of that, in the very next moment there will be an even better decision. That doesn't mean that this one was wrong. If you just kind of let go of this idea that there's an absolute, where there's a right and a wrong and really, it's more of a continuum. If you look back at your life 10 years ago, you can look back and say, you know, "I made decisions then that I wouldn't do now".

And let's fast forward 10 years into the future, there might be decisions then, that you would make 10 years from today, that you have no capability even of recognizing right now, and coming into your thought process now and so on - 20 years, 30 years. So manifestation is always the highest it can be in this moment. And it's limited only by - manifestation, including the thought process which is a decision that's going to come - is only limited by what we're thinking and feeling. When we're not holding any stories in

this area, especially in any area of our life or at all or which is available now, we're willing to question any ideas, any stories that we have, then we're going to be free in this moment. So it doesn't mean we have to get rid of all the stories now to make the best decision. We have to be willing to question them. And that is always in our control.

So I hope that helps you to relax around it because there is no right or wrong decision. There's only a succession of ever better decisions arising out of an ever higher level of consciousness, energy field, whatever we want to call it, less and less thoughts, limiting the manifestation in our life. So, as long as you're doing your best that you can, in this moment to question any causality loops, about your children, for example, as you brought up, then you can rest assured that you're making the best decision possible in any moment that anyone could in that situation. That really, really helped me relax a bit when I figured that out. So I hope it does for you, too.

Question 5 - Shirley 30:34

Helen, I seem to not get contemplation. I think I now understand that we don't enter into it from Stillness, but from the mind. Since you have mentioned that we are using the mind to transcend the mind, do I understand correctly, that the contemplative process could extend over days or even longer? And that we just keep coming back to it and back to it? Do I understand that each session need not end in stillness, but we keep going in additional sessions until there is only stillness? With some inquiries, I seem to default immediately to stillness. Am I not trying hard enough? Or is this simply another belief I hold? Since the process might take time, would it be better to avoid a second question until the first one is fully answered? Thank you. I'm very grateful.

Helen 31:29

Oh, there's about 10 questions in there, let me do my best. First of all, it's very common to feel that you haven't quite got to grips with contemplation for a while. And that's normal. It's okay. It was the same for me, because it's very different to how we're taught to deal with situations, or with issues coming up, isn't it? So it's totally okay. And you're right. We're starting from the mind. Because the reason to contemplate is that my mind is saying something about this situation - about myself or the world or my awakening - that I can't seem to get beyond. I can't seem to come back to stillness. Attention goes to this idea, this thought in the mind, so we are using mind to come back to ask the question. If mind is going to be thinking anyway, then we might as well give it an intelligent thought to ask. And the most intelligent thought we can form is, "Is this actually true? Am I still going to hold on to this?"

So we're starting from mind, coming back to Stillness. And I would try most times to come back to stillness with the question if you can. But perhaps more important than

that, is to check the reflection, the manifestation, the thing that has triggered the contemplation in the first place. When the idea is no longer believed at all, then the situation will either stop happening completely - whether that's in our life, our body, our finances, our relationships, wherever - or, it will be reflecting the opposite. So whatever triggered the contemplation in the first place, is probably some lack of something, something that we are missing out on - lack of health, wellbeing, finances, time, energy, lack of peace in a relationship - whatever it is showing up as. And when the idea is no longer being believed at all, then the manifestation will have done a 180 completely to the opposite of how it was. And that's the best signpost to look for. And that is, in fact, why we have a human body and this worldly experience. It's so we can see where we're fooling ourselves, where we're still believing some idea and where we're not.

So most times, you come back to stillness, and that's a good sign. The other sign is, as I've just said, the manifestation changing. The third sign - and I suggest keep on going with a question every time it pops up until these three signs [are there] - coming back to stillness; the manifestation is completely different than when you started asking the question (and so much so that you're having fun watching it turn around now, when you ask the question); and, there's been some kind of experiential shift inside where you feel lighter about the whole situation. You just feel differently, feel more open, free, something like that.

If you're asking a question, and you're immediately coming back to stillness, it's probably because that question doesn't have a lot of play for you right now. That there's no belief really in the way of that thing. You only need to question when you can't come back to stillness by yourself spontaneously, like Lesson One. And you can have multiple questions going on at once. That's absolutely fine. But just be careful of mind's idea to make a to-do list out of "all these 25 questions I need to contemplate with", as I did. Maybe look for a more general question, you know, like, "is it really true I'm affected by mind?" "Is it really true I've ever been limited?" Whichever question is going to be most direct to undoing those. So hope that kind of helps, too. It sounds to me like you have got a grasp on it. It doesn't sound like you don't get it at all. So hope that gives you some encouragement. Sounds like you're doing really, really well. Thank you, Shirley.

Question 6 - 35:28

Dearest Helen, I'm writing today struggling with a causality loop of 'I am not safe'. The following are some past dealings I have with my neighbor who lives across from me. Mostly, he sits in his chair on the curb that looks into my front room window. He has been verbally abusive, physically threatened me, peeped in my windows, taken videos of me, etc. I took action and called the police several times. They have talked to him, however, they can do nothing unless he physically hurts me. The police called him a

bully and say rarely do bullies hurt people - they are cowards. That could be true. However, I feel like I live next to a stalker and want to move. I've had relief from contemplation inquiry, and even a Seeing from asking, 'What is the essence of this being?' Seeing he is not separate to me and he is also the Self. Having said that, I also recognize my attention goes to negative emotions and thoughts when I see him as separate to me. Might there be another subtler loop playing out here? I feel so many other areas of my life have gotten better and better, more wonderful. Can I reframe this? Thank you for any light and insight you can shed on the sticky sticky causality loop of 'Is it true I'm not safe?' Much gratitude and love.

Helen 36:52

So it sounds like you've done a lot of work on this, and that is great. And I want to go with this idea that there is something more subtle underneath. It seems to me that what is occurring right now is you've examined a lot of this and there might just be one or two very subtle ideas underneath here. So when you take action to try to protect yourself, for example, going to the police, you're told that they can't do anything in this particular situation, unless something physical were to happen, as you said. So if you look at how you feel about that, in particular, how do you feel about a situation that's been going on for a while? You've done what you can in this situation, and still, nothing is changing, in particular, *here*. So to me, that suggests there's an idea that you can't get what you want here, or that you are blocked from it. So rather than it being about feeling safe here, there's something more subtle underneath here, I feel, that you can't get what you want, that you're limited in your ability to get what you want.

And of course, what you want here is to feel safe, to be able to look out your window and look at the birds and feel good, rather than actually seeing this particular person. So I'd encourage you to look into this idea, 'I can't get what I want'. For me, 'I can't get what I want' blocked up the Solar Plexus. 'I don't deserve it', 'I'm not good enough', unworthiness, blocked up the Sacral Chakra; and 'I'm not safe', snarled up the Root Chakra. But in Reality, they're all three interplaying in a situation. So I might try really hard to get what I want. But because I can't get what I want, I feel unsafe, because I can't gather to me what I need to feel safe. And because I can't feel safe, I start to blame myself: 'Why can't I solve this?' Therefore, I'm not good enough, and I start to feel unworthy. Because I don't feel good enough, then I don't think I'm ever going to reach freedom, where the situation will change, liberation, where my life will look like I want it to, therefore... and around and around we go.

So there's most likely in any situation these three core beliefs playing. And I think the one here that's really causing the issue now is this feeling disempowered, limited, I can't get what I want. If you are the infinite Self, then you are obviously the person asking this

question. You are your neighbor across the road, you are the police. You are everyone else and *everything* else. So there can't really be any reason - knowing the Truth - why this doesn't change, why the situation doesn't resolve, unless we have some idea, some slight hint of separation, that there are authorities outside of me that could help me but can't yet, or something like that. So look at where you feel disempowered. Where do you feel limited here? Where do you feel stuck? What's the idea around the whole situation? Having done what you can, it's not changing. Why isn't it changing? What's the core idea underneath there? Is it that it's outside of your control? That there's too many other beings and too many other moving parts in this manifestational thing, for it to have any effect, your contemplation? If so, is that true?

Because you are all the people involved in this situation. You're asking the question from one body-mind vehicle, but the effect is going to encompass everyone involved in it. Because there's one voice asking the question; it's only one body-mind vehicle, but there's only One of us here. So it has to change when we find the right story underneath. My gut feeling here is it's 'I can't get what I want' here. So even if the police couldn't do anything about it, if you really question this, maybe you just won't be home when he is, maybe he'll go away for a month on holiday, maybe you'll move house, who knows? But the situation will resolve so that you're not in this particular situation anymore. So many things could happen in that situation that we can't see right now. But those possibilities are possibilities we don't have access to while this belief is in play. So that's my feeling. Have a look at that one and see what comes up around that. Lovely, thank you.

Question 7 - Shirley 41:38

Dear Helen, I'm loving your teachings and thank you so much! I am a 60 year-old woman and I was in my early twenties when I was drawn to yoga and meditation. At a vipassana 10-day retreat, I started having strong vibrational pulsating in my genitals and orgasmic rushes up the spine, all through my body. It was pleasant and powerful and also unbidden as I was wanting to be a good student.

Over the years, I kept denying these energies and yet did not develop the spiritual peace and clarity which I had sought. I had a partner for a couple of years and it was lovely to share these energies with him in lovemaking. At this time, though, I am single, and I find myself back as when I was in my twenties where I'm not wanting these energies, if they are encouraging phenomenal experiences and going to detract from the practices you are offering.

While in intimate relationship, it seems to serve a higher purpose as it's transformative and interconnecting. But exploring it on my own I question if it seems to be about being

hedonistic and overindulgent. I also don't want to deny myself and wait for another Being to come into my life...experienced for the grounded contentedness which this energy also brings. Last week you talked of 'half-half' manifestations, and that's what my last relationship seemed to amount to- that we connected deeply with much healing through this expensive energy yet over and over his strong destructive traumatic patterns would take over. I would so value your guidance in this exploration. Blessings!

Helen 43:15

Okay. So, whenever we have any shift at all, there's going to be more energy in the system, isn't there? And more lifeforce allowed to flow down through the chakra system. And wherever we have some idea that is closing up or restricting the flow of one chakra, we will feel an excess of energy in the one below it. So if it's been expressing itself as energy in a sexual way, or sexual energies, sexual desire, all of that, then I would suggest looking at the chakra above, which is usually the Solar Plexus and the Sacral Chakra; have a look at the 'I can't get what I want,' and also 'unworthiness', and just see if there's some of that there in this area. Because the energy wants to flow, it will start to come down from the Crown Chakra and clear through each chakra in sequence; sometimes out of sequence.

But for this particular thing, I really want you to question; there's a real subtle idea here that you might not have noticed. Remember we said a little while ago, Ego wants to divide things into two categories; that's what it's always trying to do, and compare which one is best. So here, there's an idea that I can either use this energy for intimacy either with myself or some other Being in a relationship- as you said before. Then that brings its own benefits... this grounded connectedness, as you said- one of the most amazing experiences you can have with another human being is in that openness. Or, (either/or... 'duality'), I can use it to help my Awakening. I need it to go up to the Crown Chakra and if I'm expending it here in the Root or Sacral, then I'm going to miss that chance.

And it makes sense to mind, of course, we might not see it or believe in this, but I really want you to question that. Why can you have both? You obviously want a committed, loving relationship where you can express this kind of energy, as you've experienced before, and that is fine; it's absolutely fine. But it's unlikely to happen if we're believing it's got to be one or the other. Then mind's going to say, 'Okay, I can either have this loving, committed relationship, or I can have Awakening; one or the other.' Because of the 'either/or-ness' of the way that mind thinks.

But the energy supply in the body, the lifeforce, may seem limited right now. But that is only limited by our ideas. And the amount of lifeforce we have in the body is really only

due to 'supply and demand.' The more energy I need and use, the more will be produced, the more will flow through. So as you really work through this idea that you have to choose, why not both? And in fact, I'd like to go one further than that, which may seem a little bit strange: why can't you have this loving ecstatic energy in all of the chakras?

You know how it feels in the root chakra in a sexual way! In the Sacral Chakra, when it's open, there can be an intimacy with all of life, and a bliss and an ecstasy.

In the Solar Plexus, there can be this excessive energy, where there's just a complete feeling of being at home in your life, always heading towards a higher manifestation.

Totally in sync with everyone else.

In the Heart Chakra, overflow of love, compassion, all of that for Self and others. And there's just this complete compassion that embraces everything; transforms everything.

Throat Chakra, feeling safe to be you; enjoying being you; having a blast being you, whatever that means for you in your life. Just having the time of your life.

Third Eye Chakra, seeing everything clearly, a deep and rich interconnectedness of all life, not being afraid to see anything, enjoying seeing everything.

And of course the Crown Chakra, seeing the Oneness of all; recognizing there is no separation, recognizing there's no separation between me and God, me and the Self. All of that! So, it's sporadically showing up in one chakra, but this idea is limiting; it's the foot on the hose-pipe, isn't it here?

We've used this analogy before: of Awakening, realization of Self turns on the tap; the water wants to flow down the chakra system, down the hose-pipe. Wherever we've got a belief that we're holding onto, it's going to be like a foot standing and impeding the flow. And here is the foot on the hose-pipe, 'I can't have both; I can't have everything I want.' So why not? I just really challenge-and anyone that feels really a pull with this-why not all of it?

And really, the fullest Awakened state is an overflow, an excess, an abundance of energy in **all** the system, not just one or the other. And that may take some time to stabilize as a permanent thing. But you can begin to experience it right now, just by letting go of this idea! Why can't you have the Awakening you want and the most amazing human life too? What if that's our birthright?

What is this idea that it's one or the other? And it's a very popular idea that sexual energies when they're expanded are limiting our Awakening. And I really don't subscribe to it. I did! I really did! And I really experienced that until I transcended it, but I don't anymore. I don't subscribe to that idea. What can limit you at all and wouldn't it be fun to

push through this idea- to have everything you want! And why not! And why not!
Sooner rather than later!

You can see the 'either/or-ness' of the way that you phrased it? Again, of course, I'm not judging; it's just my role to point out where you might still be functioning from Ego, which is trying to pick the best one. Of course it picks the best one, which is Awakening! I don't want to miss Awakening! But going beyond 'either/or, the Self just says 'yes, yes!' to everything I can experience. That's what I came for, that's what I have this body for! That's what I have relationships for, all of the above, right?

I want everything that I could dream of and more that I can't even imagine yet! It might sound like it's too much to imagine. But it is what's trying to come, just from your very powerful desire for it. So I hope that helps you to push beyond that idea. And I really hope you have fun with that!

Question 8 50:43

Dear Helen, sitting with a strong flare up of extreme physical symptoms from my very long term chronic health condition, I recognize a very dark and dense energy that accompanies it; hopelessness, despair and profound sadness are the emotions. And yet I cannot identify having those thoughts running through my mind consciously. I have no doubt that I brought these karmic patterns into this life, as I felt them as a young child and didn't want to live and stopped eating. I'm tearful as I write this as something in me just wants to give up. There's too much suffering and difficulty reflected as these life conditions. Yet I can recognize the silence that envelopes this and the hope of freedom that this brings. I don't really have a question because I know I'm doing my very best, but I just need a heart hug and some words of hope and encouragement. Thank you so very, very much for your being here, Helen, you are myself reaching out the hand of compassion within the dream.

Helen 51:51

So you absolutely have that heart hug always. It is just always, always there and I can't turn that off. So anytime you need it, just think of me or any of your favorite teachers, and you will have that encouragement and hope that you need.

But really, also, this root feeling is now showing itself that's reflecting as this flare up, isn't it? Can you see this sense of despondency and all of that, that 'I'm just never going to be free of this; I'm just never going to have what I want; never going to be able to get what I want'. Whether you want physical health and well-being which of course we do here in this situation, but also peace, unlimited peace, want to be free of suffering, whatever it is that you want in that moment when those things are occurring; want to

feel connected; want feel like I did before this flared up or something like that, then this despondency is showing you this deep feeling, isn't it? 'You can't have that.' 'That is not going to happen for you'. Or some variation on that theme. Can you see that?

And I just want to encourage you as well to say you are doing the best you can and I totally agree with that. And you're all doing amazing, always. If you would judge yourself more as how I would see you than how you would see you, then things would change immediately. And that can start right now. As you said, 'I am doing the best I can do'. And these things have been going on so long, that these ideas, the despondency, all of that despair is saying to you, it's not conscious here.

If I could have recognized that I don't feel safe, then I perhaps could have done something about it quicker. But I didn't. Because the idea is running through the brain, but it's been running so long and so often that something inside doesn't pay any attention anymore, not conscious even of having that thought. Because it's so believed. That's what unconscious means. It's so believed and accepted as true that it doesn't even register on my conscious radar. I only know I'm believing that idea because of the resulting neurotransmitter and hormonal cascade which floods the body with some negative emotion, which we'll call a negative emotion in that case, fear or despondency.

So I'll only know that I'm having that idea because of the emotion and the situation that is being reflected. And the situation around that is a reflection of it with this particular flare up in the body. So that's why we look at the emotion and trace it back to the story behind it because we're not conscious of them. The unconscious mind has no power over us in that way. It is just a collection of thoughts that we no longer examine, and wouldn't even think to examine, because they seem so very, very true, don't they? As you said, we've come into this lifetime with them. Once we recognize that, we can access the unconscious mind, the thoughts, the beliefs that are holding us back by checking out the emotions that we're feeling in any situation, or our prevailing attitude towards a situation, disempowerment, hopelessness, or something like that, despair here, isn't there.

So the shortcut is that you could spend forever trying to get to the bottom of the belief, or you could just trace it straight back from the idea that it's reflecting. The emotional system is feedback, real time feedback on whatever idea we're buying in that moment. The intensity of the emotion is directly proportional to the intensity of the belief of that idea. The amount of belief that we give something is really only an idea. It's really only showing us....if it's in a file in our mind, 'Never Question Again because these are so True'. You know, we all have these beliefs in this filing cabinet and the label on the front

of this folder where all these beliefs are is: 'True, Do Not Question, No More Need to Question'. So that's the only thing that's keeping them in place.

Because they feel so true, we don't question them. Because we don't question them, they feel so true. We keep experiencing them around and around it goes. So when you really get that deeper, it gets much easier to see that just because I felt this way and I had this emotion all of my life, it doesn't mean that it's ever been true for me. I've just experienced it as if it were true all this time, and who knows how many lifetimes in the past as well.

You're doing amazing, all of you, absolutely amazing. And I hope that helps you to feel a bit more lifted and a bit more encouraged. Thank you.

Question 9 57:18

I had a health scare this past week, they found two lumps on my thyroid. There was a six day wait after the biopsy, due to a long weekend. So I sat with the discomfort of not knowing. My dominant thought was, I hope it's cancer. Weird, one might say, but it was a lot like a 'get out of jail free' card, releasing me from the belief that I need to work for the next two years in a highly demanding business so that I can retire with very basic comforts. Now that I wouldn't apparently live to an old age, I could see myself resigning and doing what I want, which is just to be at home, walking in nature, and having no pressure; just to Be.

I also feel extremely frustrated now at the Dissolving the Ego course. What are we doing here? If there are no other beings, nothing to do? And from what I'm hearing from a lot of teachers is that it's not up to the Separate Self. So aren't we just wasting our time chasing an unobtainable carrot? We pretend, through all these practices, that it's achievable, but only God can wake up to itself. Bottom line is that life sucks for me. What is it all worth if my heart can't sing? I'm tired of it all. I want freedom.

Helen 58:43

Okay, so it *is* true that it's not up to the Separate Self, awakening - whether it happens or not, is not up to the separate Self. And yes, many teachers say that. But for me, that's only half the story, because it can leave us feeling disempowered: 'Well, what am I doing here, then? Why am I doing all of this, if nothing is going to change? If I'm not even in control of this process - Awakening?' I remember feeling that way myself. And well, I actually did quiz Awakening, which is quite funny now looking back. Or I thought I did, of course, but you know, the Self was in the driving seat all the time. So the other half of that story, which is very important to imbibe, is **it's not up to the Separate Self, because there *isn't* one. There *is* only the Self**. And as you said, it's up to God if I awaken or not, it's up to the Self. It's up to the Noumenon if I Awaken or not.

And the good news is that you are already the Noumenon. And I know I say these things over and over again, but for a reason. Because if there is no separate Self, then my awakening is not an *IF*. It's not an *IF*, it's not a possibility, it's not Something that may, might, could, should happen. All of those words need to disappear from your vocabulary inside when you're thinking about Awakening. Because if there is no separate Self to get in the way and mess it up, not choose it, resist it, and there is *only* the Self, and the Self is in control, and the Self is *infinitely* powerful, *then there is no If*; there's no *If*; it's not an *If*. I'm going to keep saying that because it is so very important that you get that. There's no *IF*! you are awakening Now, more and more each day, clearer and clearer each day.

But if the dominant idea you're holding around this Awakening process is that you're disempowered, and it's not even up to you, then you're going to keep experiencing nothing changing, nothing happening. And it's not just Awakening that you want. You want to be free of your job, the responsibilities, all of that that come with it. So much so that you would even welcome cancer as a way out of this situation. So instead, look at what you actually want. Why do you want to be free of your job? You mentioned responsibility; there must be some sense of burden there. I'm not saying you should learn to love your job or anything. I'm just saying, Look at what you really want. And of course, you want to be free of your job, and you want to Awaken. But *Why* do you want those things? Why would you enjoy sitting in nature? Or, if we were sitting together, you and me having a cup of tea and just chatting, you'd feel differently wouldn't you? Why would that be? It's because you *feel different* in those situations.

In some situations you feel bad, in some you feel good, and what you *really* want, and even why we want awakening... If we really drill down deep into this, Why do we want awakening, enlightenment, all of that? It's so that we feel good. And we feel better each day than we did before. And we feel good in a permanent, stable way that's unbreakable. So why not start from there? 'What I really want is to feel good!'. Because that's achievable now, right now. And question why that can't happen for you. Why can't you have that? Why can't you feel the way that you think you'd feel when you're awakened? Or when you've quit your job, or while you're at work, or while you're unenlightened? **because it's only the ideas that are getting in the way of that.** And that seems to be the theme of today. But, **when I really looked at why I even wanted Awakening, it was because of the way it would make me feel.** And then it showed me there was this idea that I can't feel that way *Now*. And of course, therefore, I kept experiencing that through causality.

So have a look at that. **It's not true that you have no control of this Awakening process. You have no control as a Separate Being. But you have infinite control as the Self.** You are absolutely driving this Awakening. And the only thing that's limiting it is what you think is possible here. So what does it mean, if the separate Self isn't in control here? What does that mean? For me this question went from despair to ecstasy, when I really took it inside. It means there's nobody to mess this up. It means that the Self cannot be limited from seeing the beliefs that are holding back and letting them go. It means that it's absolutely got to happen and must be happening right now, right now.

So don't stop at the halfway point here. The Separate Self is impotent in the awakening process, because there really isn't one, it's just a collection of ideas. But that is good news. It means that the Self has been in the driving seat all along. The ego has sat in the backseat with its hands over its eyes imagining it's driving our life. And it never was, it was always in the backseat. The Self has always been navigating, whether we're aware of that or not; it's the only thing that's changing, the only thing. And that should give you an enormous sense of encouragement and possibility. Most of all, I want you to get rid of this 'If'. Because if you believe in 'If' :'*If* this awakening happens', then what we're *actually* believing is that it might *not* happen. If I believe it might not happen, guess what I'm going to keep experiencing? And if I change that to 'It's happening!, It's got to happen! It must be happening right now!' Guess what I'm going to experience? Totally different.

So I hope that helps.

Question 10 - Shirley 1:05:05

My gratitude to you is without measure. Thank you so much for offering this course. My question is about a lawsuit in which my spouse and I are defendants. We're being sued for a large amount of money. Because of court delays, and now because of COVID, it's been going on for nearly five years with projections of a court date next year or later. This ongoing antagonism has caused a lot of fear and anger for us. How can we use the techniques of contemplation to dissipate this attack and the background of everything going on in our lives? We are grateful for any help you can offer.

Helen 1:05:47

So you mentioned fear and anger here. So to me, if those are the dominant emotions around this situation, then that will be the stories that are controlling the manifestation - limiting the manifestation. So there are several outcomes to what may happen here. So this lawsuit may resolve quickly in your favor, it may resolve quickly against you, it may resolve very, very slowly in your favor, it may resolve very, very slowly and go against you. All of that. There could be lots of things. A person could withdraw their lawsuit. There are infinite possibilities here of what could happen. What's going to control that is

the dominant beliefs around the situation. So of course, we are programmed to feel that there are authority figures outside of us that have control over us. We believe this in many, many areas.

First of all, we might believe that God is the ultimate authority figure that's going to come and punish us, you know, in our unworthiness or something, and that's been a very popular myth. But if you look at the other authority, what it represents - authority - it's obviously our parents, first of all, teachers at school, and there are many other worldly institutions and things like that. So the government, the courts, the police, anybody in a position seemingly having power over us, to make a decision that's going to affect our lives, is going to be treated, you know...inside, there's going to be a fear around that, that what I want, may not happen here in this situation. Because there is something outside of me that has control, power, authority over me.

Can you see that's at the crux of this? Fear. What if that's not true? Because you are the person who is filing the lawsuit against you. You are everyone involved in the courts, everything in - literally everything! Every moving part in this whole thing over all these years, five years I think you said, is also you. So for my own self, I had to look at these particular areas as well...there was still a tendency to believe that certain government institutions and bodies, and all of that, have power over me - to affect my life. And of course, it seems that way doesn't it? Seems that way. But again, what happens in our life is only affected by a reflection of our belief.

So I really urge you to question and to challenge the ideas behind "I'm not safe", and "I can't get what I want", "fear and anger", "this is not fair", "this should not be occurring". What are the ideas behind the fear and the anger? And the more that you question these ideas, the more possibilities - there's a whole range of possibilities of how this could play out. The lower possibilities will be the ones that you don't like at all. And then there's a whole spectrum isn't there - and the possibilities that can manifest out of this, and how long it takes? The ones at the top are going to be ones that really please you at the end. You know, the sense of "everything worked out fine", or something like that. Or "that went exactly the way I wanted it to". What's going to determine which one of those manifests is the idea that we're holding on to - nothing else at all because you are infinite.

So what's the ideas behind this? Is it just that you're completely powerless to make this resolve well because COVID's getting in the way? The courts are getting in the way? This other being has their opinion of me and they're doing this lawsuit? What are the ideas around it? And what can you do to challenge those? Is there really anything - and of course I'm saying, you know, courts, police, government, all don't have power over us

but we still will respect the laws, we still will do what we need to do. It's not like we're going to say, "I don't even need to bother with this". You still go through the process and respect the world and the way the world plays out, but not anymore inside believing that anyone can have power over your experience. It's only our thoughts that are affecting our experience, ideas that we haven't challenged here.

There's probably some subtle idea that there's two or three organizations, people, bodies, whatever, you know, governmental bodies, organizations, that have some ability to control your life here. And is that still true for you? Are you still going to hold on to the idea? So hope that helps. It can seem in these areas as if you're completely out of control. And that is how it seems to mind isn't it? But if you really are infinite, then is that true? What will happen? What will change then, if you begin to embrace that inside? So I hope that one helps.

We will take a five minute break now. We'll come back at quarter past because for the last two questions. And then we should have some time for two or three questions if there's any live on the session today. Okay, so thank you.

Part 2 - Questions and Answers

Helen 0:02

Okay, whenever you're ready, thank you.

Question 11 - Shirley 0:05

My question is about Lesson Four. The body-mind vehicle has the desire for a relationship. I'm separated 10 years and saw my marriage fall apart in the most chaotic and hurtful way. It seemed like I was responsible. I had been contemplating, "is it true I cannot get what I want?" And, "is it true I'm not good enough?"

I'm feeling peace and little stress these days. Occasionally, a thought pops up that causes anxiety in the body for a few seconds. And I immediately question the belief, which seems to be energizing it.

My life out there looks good. It's fun and enjoyable. I am curious, more than anything, why I haven't attracted to me, another, more expanded relationship. I asked myself, "is it true that the intimacy and fun I desire is not already here?" I want to see it with the eyes of Reality. Then after last Sunday, I thought that any relationship I think I desire doesn't exist. Is it pointless, entertaining any desire? Let it be. To be honest, I have intimacy and fun, but not an expanded version in the way I'd like. I guess there's more to be seen, and some belief is in the way. So I'm confused, some clarity is needed. As always, I love the way you express what's needed to be heard - simple, yet direct.

Helen 1:31

Okay, so when we come to see that there aren't any other beings, we can begin to see. As we start to see there really aren't any other beings, we can begin to see that if I desire a relationship with another being, that desire is valid, of course, but it must be covering a deeper desire. So we can drill down into (as I was talking about before the break), what do I want a relationship for? And you've really wonderfully pointed to that, I think - intimacy, and I can't remember the other words you use, but you probably started to point to. What would you feel if you had the relationship that you wanted right now? How differently would you feel than you feel right now? And really, the answer to that question is what you actually want.

So we can work with desire. Desire isn't wrong at all. But as we awaken more, as we see clearer, it's going to be easier to go to the root of what we want. So do I really want more money? Or do I want security and a sense of freedom, or feeling empowered, that might come with that? Do I really want a loving relationship, or a romantic relationship with someone? Or do I want the intimacy, the joy, the sense of expansion that might

come with that? And our mind resists asking this kind of question, that “what do I really want?” Why do I want this thing, this person, this situation, this...fill-in-the-blank? Because it thinks it's either-or. Mind says, “if I really admit that what I actually want is to feel the way I will feel when this thing happens, then I'll just be feeling ecstatically blissful, sit at home by myself, with nobody in my life, and my life will be empty and I won't get the relationship that I want.”

But actually, we're much more likely to get the thing that we want in the external way, and it has to happen more and more likely, as we begin to feel the way that we've been asking this relationship to make us feel. Because of the cause and effect, **‘out there’ is going to, *can only*, mirror, what I'm thinking and feeling ‘in here’**. As I'm feeling more intimate with all of life with myself, with everything and everyone, recognizing clearer and clearer there is no separation, I'm going to begin to feel the way I want to feel all the time no matter what.

And it's possible to feel peace, joy, bliss, all the time, no matter what our life looks like right now. First, it will be sporadic. Those feelings will happen sporadically. But then, life has to begin to give you situations and events and people and relationships that agree with the way you're feeling most of the time. And as we begin to not be demanding subtly, things out of our life, and feeling how we would want to feel anyway...and I'm not just saying “law of attraction”, or, “I'll pretend to be grateful for this thing that hasn't shown up yet”, because that's never worked for me.

But as the recognition of the Self, of what I really really am, gets deeper and deeper into me, I'm going to begin to feel the absence of separation. Means, I'll recognize I'm utterly Safe, utterly free, have always been, could never not be; that there is nothing outside of me that can hurt me, control me, affect me, damage me. And as you realize those things, how do you think you're going to start to feel in a predominant way? And that's really what we all want first. So we're just putting it the right way around, with the cart before the horse.

So you really get that we think that “this situation has to make me feel the way I want to feel inside, or has to enhance how I feel”, but it can only reflect how you feel. The deeper you dive into your own awakening, deeper and deeper, then the better you're going to feel anyway. And your life has to begin to correspond to that, to reflect that. It has to. If I'm wanting a relationship to feel a certain way, help me feel a certain way, then I'm really sort of stating, without realizing, that “I don't feel that way right now, and I *can't* feel that way right now, until the relationship happens.”

We might not be conscious that that's what we're broadcasting, but nonetheless, that *is* what we are broadcasting vibrationally. So whatever you want to feel out of a relationship, start with that. What do I really want? And keep going back with that question until you get to a set of feelings. How do you want to feel every day? When you get out of bed every morning, how do you want to feel? Do you want to feel inspired? You want to feel intimacy with all of creation? Want to feel alive? Want to feel joyful? Free, abundant, passionate, purposeful? What is it that you want to feel? Get clear on that - and this is good advice for everyone; I've done it myself - and then, allow life to give you all the ways, not just a relationship but all the ways - and I do mean all the ways - all of them that can agree and reflect what you're feeling inside that. You just have to flip it 180 so that we go for the feeling first, recognizing the mind doesn't want to ask this question "what do I really want?", because it thinks it then won't get the relationship. It thinks it would either get the feeling, or the relationship.

But what if that's not true? What if the relationship can't really happen until I feel the way I want to feel? And what if I really only don't *feel* the way I want to *feel*? Because I believe it's not possible for me to feel that way right now, what if that one thought is just cascading down through our whole life and the whole manifestation, and affecting how we experience and what we can draw into our life and who we can draw into our life? Why can't you feel how you want to feel now? And always and permanently?

What happens when you really play with that, is that firstly, you're going to feel a whole lot better, and everyday, better, and better and better. And then, your life is going to begin to agree with that. Instead of disagreeing with how you want to feel. It's got no choice otherwise. So I'd urge you to have a look at that. And hopefully that really helps. It's not one or the other. Can you see? Mind again says, "one or the other", "the emotion or the relationship". And the Self says "Yes, all of the above. Thanks very much. I'll tick all the boxes."

Thanks, Shirley.

Question 12a - 8:38

Question 12 is in two parts. The first part: In Lesson Four, you speak about the Myth of Creation, that Manifestation has happened, arisen out of the Silence, that a whole universe was created out of the Self.

But then you say, 'I'm here watching these shapes come and go'. The universe itself is a shape that the Noumenon is molding itself into for a time and it's constantly in motion.

When you say how shapes are coming and going, molded by the Noumenon, isn't that, in itself, Manifestation or Creation? So how has this whole universe been formed? If there is no creation, it's all emptiness and appearance. Maya?

I'm still having an issue understanding the myth of creation, that manifestation, the whole universe was created out of the Self. Why must creation mean that the Noumenon is not infinite? Can't the unmanifest infinite still manifest the infinite out of itself in billions of appearances, without seeming duality? I see this in nature: all the miraculous awesome variety of flowers, animals and birds. Can you help me see this clearer please?

Helen 10:02

So the myth of creation is that something was created from something else. So there's a separation right there. That first of all, there was only the Self, and then this universe was created out of it. So then there are two things for want of a better... there isn't really an appropriate word there. Boy, I wish there was. So then we have this whole universe, one thing over here and the Self here. And that's where all suffering begins. Because there's this initial artificial division that really doesn't exist. So creation, the idea of creating, if you create something you make something, don't you? If I said to you, 'draw a picture of a flower', you create a picture of a flower that didn't exist before. I asked you to do it. So suddenly, something is made and now there is an extra thing.

So here's the idea of creation that most of us believe in, that there are actually two things manifest and unmanifest. They're different to and separate from each other. And hence, duality, the idea of duality, at least is born, as you said there.

Helen 11:16

So there's nothing wrong with ***the appearance*** of all of this; **only if you believe that it is different to our essential nature.** So if I don't believe in the duality of it, if I can recognize the wave is not separate to the ocean, and that it wasn't as if the ocean made a wave - you can't say that the ocean made a wave. There *seems* to be a wave on the surface, of course, and there *seems* to be something different. But is there really anything other than the water? Not so much. **So the only thing we're trying to get past is this idea that there are two: that the manifest and unmanifest are two things, and there's a dividing line somewhere in the middle. Because it's just not so.** And then, you won't feel divided inside and you'll be able to enjoy the appearance of this more easily. As you've recognized, everything is just appearing, coming and going; ***appearing*** to be and actually being there are not the same thing. So we can live in this world of appearances, without fearing any ending of anything, because it's not actually been made and is going to disappear. It looks like this body's been made and it's going

to be here for a certain amount of time, and at some point it will go. But is that really what's occurring? Is it just going to move out of our visual spectrum when it dies?

So creation also comes with the idea of destruction, which is what brings fear to most of us: endings, beginnings and endings, where something started, and something will end. Is that really so? So just checking this out, that we've really understood the difference between *appearing* to be. The nothingness appearing to be something but never actually turning *into* something. That's the myth right there, isn't it? And it's totally okay that it takes a while - or there might be some confusion around this - it did for me too. As long as we're seeing them as two different things: Self and the world, unmanifest and manifest as two different things, two actual separate things, we'll have a core division inside us and we'll be suffering.

And, perhaps most importantly for Lesson Four, our experience will be very different with our eyes open than with eyes closed. Eyes closed, vast, vast emptiness, nothing but infinite consciousness - 'Ah! that feels so good!' Open my eyes, and there's a whole world of beings out there, and things and all that stuff, my own body, other bodies and things that are going on in these objects that I think are here. So what's the fruit of seeing that this isn't really a body? Out there isn't a world full of things. It's not being able to believe anymore in this idea that forms are actually formed out of the Self.

There's nothing formed out of the Self, it's only the Self *looking like*. And then I won't be able to believe my body is aging, I won't be able to believe my body is dying, my body is failing, my body is deteriorating, because I'll know what it actually is. I won't be able to fear endings, I won't believe in beginnings, either. All of that time sequence is going to go away in my Consciousness then.

So all you need to make sure to really get this is that there's no belief in the two-ness of it, that they're not actually two, although they will seem to always be. And you want to get to the point where you have the same experience with your eyes open all the time, as when your eyes are closed, in your deepest, deepest place in meditation that you can go to right now, or Self-inquiry. That's what you want to experience with your eyes open too, isn't it? And there's only one idea in the way of that. And that is that with my eyes open, what I'm seeing is different than what I'm seeing with my eyes closed - The infinite space of consciousness. So I believe in a world, an inner world of unmanifest Awareness, and then outer world of manifested stuff, 'stuffness', and just that one idea is responsible for all human suffering. All of it, all other ideas hang on that one idea.

So why should your experience be any different with your eyes open? Of course, some of us meditate with our eyes open - it's just really a metaphor, believing in these two different states. Why should you feel any different when you're at work, or when you're

with your parents or your kids, than when you're sitting in deep meditation? That's what Lesson Four is really trying to uproot, this idea. So I hope that helps, but please do ask if you need more help with that one. Is there a second part to that?

Question 12b - Shirley 16:27

Yes, there is and final question.

My second question pertains to the primordial sound of **Om**, the original vibration. Yogananda said, '**OM**, is the all-pervading sound emanating from God in His aspect as Creator, the voice of all things in creation, testifying to the Divine Presence in every atom.' And the Bible says, 'In the beginning was the Word, and the Word was with God, and the Word was God.' The vibration **OM** brings us right back to Stillness, Silence. So can you clarify this too please? When I sit in Stillness, Silence, Emptiness, there actually is no universe, no manifestation; it all seems to be a dream. Then I open my eyes, and everything appears to be so real. I appreciate your explanation of these. Thank you, dear Helen.

Helen 17:32

Okay, so this is what I was saying previously: when I open my eyes all this seems to be so real. This is pointing back to some belief in this initial division still. So is it that the word **OM** or if I'm chanting **OM**, is it that that's bringing me back to the Emptiness? What is actually occurring?

If we were to sit and chant some mantras together, we'd end up probably at some point in utter Emptiness, Bliss, Peace and all of that. Is it the chanting of the mantra that does that? Or is it that while we're doing that, we're not holding on to the idea that this is a world created out of the Self, and that my experience is different when I'm sitting in meditation, and then when I'm moving about in the world. What if you just didn't pick that one idea up when you got out of...When you get off your meditation seat, you didn't believe that anything should be different than when you were sitting in it; anything in your experience? That one idea; If you didn't take that idea with you into your day, into your experience, into your world, how different would that be then?

So meditation, Self-inquiry, contemplation, mantra, yoga, asanas, anything you can do like that, are all ways to stop thinking certain thoughts; back to the Emptiness of Being as fast as possible. And that happens when we are hearing a particular sound, or admiring a sunset, or looking at a scene in nature. Naturally, we stop thinking and we start appreciating **what is**; and really that's the only thing that we're getting to hear consciously, so that we can do that effortlessly, consciously all the time.

So, anything that arises seems to arise out of the Self, even the word **OM**, even the

vibration **OM** is non-different than the Self. So, energy can vibrate, Stillness begins to vibrate, we call it energy; there's still no difference. The word vibration is a synonym for Emptiness in the final resting place of our discernment. Energy and vibration are all synonyms for the Self, Emptiness, Nothingness. Vibration is also completely insubstantial, isn't it? Insubstantial! Anything made of Emptiness cannot be anything other than Emptiness. If I was to try to make you a cup of coffee, and all I had in my house was tea bags - not the best analogy - but I'm not going to be able to make coffee! I might call it coffee, but it's still going to be tea isn't it? And it's going to taste like tea. And now I want a cup of tea!

Anyway, I hope that helps. Because if you recognize this one idea that's in the way here; that any other word than Self, or Noumenon, or any of those 14 words we have for the doorways, is actually something different...so 'carrot' actually is a carrot, or 'house' is a house or 'brick' or 'planet', or 'human body', or whatever words...'universe'. Those are only labels for the way the Self is showing up; they're not actual things. They represent an **appearance** rather than an actual thing.

So it's not anything that we're doing that's bringing us back to the Stillness; it's the letting go of any particular thought. And if we're chanting, or contemplating; if we're meditating, bringing attention back as in Lesson One, then we're going to not be able to believe any thoughts at all in that moment. The moment we're not believing any thoughts, we're open and free, we experience freedom. The moment we go back to believing any thoughts, even this first thought: that there are two things...there is the Godhead and then there is Creation. Maybe the Creator, is this one idea, isn't it? What is Brahma the Creator? Is it some mythical figure? Or is it this one idea that manifest and unmanifest is different? Could it be that one idea that seems to sustain all of the illusion only? And of course along with the Creator comes the Destroyer and everything like that. The whole cycle! I hope that helps.

Again, best just to gently put the intention out there to want to get that and not try hard with it. If you try hard around that, the mind will do its thing, right? Okay, so thank you, Shirley, very much for your help again!

Live Questions

We'll take two questions, maybe three if they're quick. So if anyone wants to ask a question, feel free to raise your hand.

Helen 22:50

Okay, Julie, when you're ready.

Julie 22:50

Yes, I'll make it quick. I spoke yesterday to a spiritual teacher that I meet one on one every few months well, every month, because everything goes fast! Yesterday I came up with this idea/belief that Consciousness is inherently good. And it came to surface that I had this belief that I needed to be good, myself, my idea of a separate Self hanging on to 'it has to be good'...because there's no point, it's meaningless. And then she said, 'why'd you say that?' 'It just is' And well, it has this innocence. And then, 'Well, is innocence good?' And then I was like, 'Oh, well, it permits everything, so it might not be that good'. If innocence is just okay with everything: ugliness and beauty and everything is beauty. And it made me go into a spiral of fear because I start thinking there's just nothing (crying). And I went into a crazy thought about, 'There is no way out! Even if I die, it's not going to reveal anything'.

Helen 24:49

Let's look at this initial seeing that you had first. So you had this epiphany or something that the nature of Consciousness, the nature of the Self is inherently good. That by its nature, it can't be destructive, that it's always allowing. Allowing what is, and not trying to *control* in the way that human beings do. It's just kind of allowing and open, innocent in... that word has so many vibrational attachments for all of us. But for me, what innocent means to me now, when I sit with that word, is ***innocent of intent***. It's not got any *intention* about what seems to be arising out of it. It's open, it doesn't have any sense that this action is better than that action, that this one is worse than that. And there's a huge goodness in that, because if I can no longer choose to discern better and worse, good and bad, in that way, then the possibility that can manifest out of that is going to be higher than if I'm believing in the two, good and bad, better/worse, in the duality of it.

So, innocent in *that* way. Probably what's happened is that some - and it's really just what I'm sensing from you - is the word 'innocent' has triggered some vulnerability inside, some fear. Because the word innocent is the Self, its openness, expansiveness, freedom, no template from which to create anything, just total freedom. The highest possibility that will manifest is always what manifests; the highest option that's available for any of us in any moment is always what's showing up.

Julie 27:06

In fact I was afraid of going back, like the thought process there was a realization that there was always the highest possibility showing. And then I thought, 'then this means I won't go back to suffering'. And then this means that there's still a 'me' thinking that it can go back.

Helen 27:31

Could it be something before that? Not that there's a 'me' that could go back, that maybe there needs to be a deeper seeing here of what manifestation, what Reality is. So if something is infinite, like the Self, then what's controlling what shows up in this moment - how it appears to be in the manifestation - is always moving towards more. So if we're believing some idea that's limiting the manifestation, we're going to get more and more of that, bigger and bigger thing of that, more and more fear, in this case. If we're not believing any idea at all, then what's going to show up is going to get better and better each moment. It's going to be constantly improving, more abundance of all kinds. So, if you really start to spend some time looking at that, **Manifestation cannot go backwards, because it wouldn't be infinite, then**; it can never show up the same way, again.

Julie 28:32

That's what I meant. And I think the misunderstanding was, yeah, perfection in that sense, that if I have fear, I will have more fear, and I can entertain more fear, and it doesn't matter to the Self. It's accepting it. And if I have goodness and love, then it can show more of that, because it has no opinion.

Helen 28:56

Yeah. But to *do* that, to continue that expansion into more and more goodness, and openness, and all those things we're talking about, we have to then see any of our ideas as a human being that are in the way of that - any of our vibrations we're holding on to that are in the way of that. And as a human being, we totally believe it's possible to slide backwards. And we might even feel that we're experiencing that: 'Well, I had this beautiful seeing and now I'm just sat here in fear; What on earth is going on?' 'I really feel I've gone backwards.' But could it be *because* of this beautiful seeing, this idea is now coming up for me to look at. It's no longer and it wasn't true ever, and it is now completely no longer palatable for me that I could be diminished in any way at all, or lose the ground that I've gained there.

Julie 29:50

So it's coming up to be questioned?

Helen 29:53

Always, always, always, and you can begin to recognize, like we were saying before we even started the recording this morning, the moment I have a deeper seeing, there's going to be something inside me that is no longer in agreement with that deeper seeing, or never was - some idea. So I can begin to expect that something might come up because of that. But if I'm not holding that as, 'Okay, I've slid backwards, now I've lost

that beautiful thing I saw yesterday' or whenever it was, then we're going to be able to transcend this idea that comes up in seconds. Every time the wave... you know when the tide's coming in, the wave goes up the beach, and then recedes back a little bit. But the next wave goes even further up, recedes back a little bit. And it's always like that.

Julie 30:49

The idea came because there's a friend who shows up in my Awareness, and she had a blissful state that lasted a year. I had that blissful state that lasted like two months, something like that.

Helen 31:05

Why did that end? that blissful state?

Julie 31:07

The mind started questioning.

Helen 31:10

Or is it that it had to be an experience until you question these ideas that are coming up right now, right now? **How could you ever have permanent stable, effortless Bliss with this idea that you can slide backwards?** Can you see that? If that idea is still in my consciousness, I'm going to have to experience it, losing this place of...

Julie 31:37

What happened was that I discovered that I was not my thought. And then I entered a state of bliss for a few months until some thoughts came back.

Helen 31:49

But again, not as punishment for losing something beautiful or not being good enough, only to allow you to stay there permanently. And it is so important to remind yourself of that.

Julie 32:04

Yeah, that for myself, since showing up in this now. But this friend that I spoke with - that is probably me again (laughs) - she said she had this blissful state for a year and the next 10 years she lost it slowly. And I don't want to do that.

Helen 32:28

Yeah, what's the point of doing all this, then, if we can just lose it even after a year? I met someone who had been like that for 10 years and then lost it, and was living in hell. And it was *all* because of one idea. One idea! And the moment that idea is examined...

but that's not a one time process. There's going to be a deeper seeing, which comes with a deeper way of living, a more beautiful way of living and feeling. And then there's going to be an idea that needs to be looked at. If you just kind of expect that - I mean, don't go searching for it, it'll show itself - then you won't be blindsided by when it happens. And you won't go into the attitude of 'I've done something wrong here'. Temporarily, while I'm aware there's an idea that needs to be questioned, I'll begin to feel a diminishment in my peace. Temporarily, in my joy and my bliss. The moment that begins to happen, 'Oh! There must be something now that's no longer fitting inside me.' What is it? The moment I open up like that, and that can happen in five seconds.

Julie 33:33

And what is not fitting right now in me is the idea that I could lose it, that something bad could occur.

Helen 33:41

And haven't you experienced that? You've experienced that. Here's the question, then. **Can you lose it if you are it? Can you lose it if you are it, the Self? Can you lose it if you never gained it? If you're only coming to see what you have always been?**

Julie 34:03

Yeah, that's where I was yesterday.

Helen 34:08

So until this came up now, you were doomed to go back to it being only an experience that ends; feeling that way. Now that you're seeing this, this is the idea that's been perpetuating this experience: I got it, I lost it. I got it, I lost it. However long I got it for, even if it's 10 years, I'm still going to have to lose it, if that idea is in place. So, Can I actually lose it? If I gave you Awakening and said, 'Here you are, hold on to that'. At some point, you could drop it or lose it or put it down somewhere. But if it *is* you already and you're only coming to see, only looking in the mirror, seeing what you are, does this idea make any sense anymore? The only reason it seems to make any sense now is because you've had that experience. The only reason you've had that experience is because this idea was in there.

Julie 35:04

Yeah. The same thing happened with work. I feel really good about work and I'm not feeling overwhelmed like I used to, because I know it's just Me playing with myself, with other people, seeming-people working. And then I do come back, 'Oh my god, I'm going to be overwhelmed!' It oscillates.

Helen 35:28

The main thing is your attitude, to maintain an attitude of **'Each seeing is going to take me to a higher level of peace, love and joy'**. And then whatever I need to throw out, to stay there permanently, is going to come up. There's nothing going wrong. It's nothing I've done wrong. And while it's coming up, I might just feel a little less than wonderful. But that will only last as long as I resist asking what the idea is. And here, it's showing itself very clearly, this idea that you need to look at. But it got me too! Got it, lost it. Got it, lost it. Five years or more. Until I figured this one out, so...Wonderful. Lovely.

Helen 36:18

Sergio?

Sergio 36:20

Hi Helen. My question pertains to authority figures. Yesterday happened an incident at work. I went into my boss's office, and she somewhat just laughed at me like saying, "Oh you are bothering me, because I'm so busy doing this". And I felt diminished or unwanted for being on her team. And then, I left her office and all these things from past experiences or issues of work, the mind brought them up, like a tsunami, "Oh, you see, you shouldn't be here". You know, on and on and on. I was like, "So I thought all those past experiences were already healed".

And so even when I went to bed last night, I was feeling somewhat uncomfortable with the recurring thoughts of like, "she being my boss", or "probably she doesn't like me anymore", or "I'm not worth it to be here on her team" and on and on. And even as I woke up this morning, there was, again, the thoughts and the ideas of previous experiences. I was wondering how to really work out a way or ...well, my doubts came out, "See, you didn't heal those past experiences". So how to work with that? I wrote, you know, a question that "My work, is there anything separate to me, or from me?", but I just would like to hear on what I'm going through right now. Because I do know I want to be there but.... (laughs)

Helen 38:32

If you've questioned, you know, as I know, you have, "If it's true that you're not good enough", and all of that, "That you shouldn't be there, that you're not the right one for the job", and all that stuff that mind says, and you've come to the conclusion several times that that's just not true. That you're always doing the best that you can, you know, that you're inherently worthy just by existing, and that you're always getting better at everything, as you see clearer as well - you know, perfection, breeding evermore perfection and all of that, then you can begin to sort of move through a situation like happened with, "You know, well, maybe that's just her opinion. Maybe she's just in a bad

mood today. Maybe it's got nothing to do with me. Maybe I was just the person that she ended up sort of venting it on, so to speak”.

Mind is going to look for why this happened, you know, but maybe now it's just, “This is really nothing to do with me. What she thinks and feels about me is really nothing to do with me. I've examined my own self inside and found nothing other than the Self over and over again”. And maybe there is just some idea in there that “I need to really reference what she says because she is an authority figure”. Of course, you know, if she asked you “Please, can you do this for me?” you would listen and you know, that type of thing. But do you still need to give validation to her best and worst opinions of you, given that you can't really control those? Tomorrow, she might, or Monday, she might say, “You just did an amazing job today, I'm so glad you're here”. And you'd be like, “Oh!” You know.

But do you need to be kind of deflated and inflated every time? You know, so just to recognize that tendency to still reference somebody else's opinion of you as valid, rather than your own? More valid than your own? In that situation, we do tend to do that with authority figures like that. And our co-workers, our bosses, our teachers, our parents, you know, our siblings and things like that, you know. We reference those, and we give them power over us that they really don't have, to make us feel good or bad, depending on what they think and feel about us at any particular moment, that maybe you've got no control over that.

Maybe she just had a really bad day. And someone just did the same thing to her and she's just passing it down the line? Do you need to carry it with you? Or can you just kind of, it's just what she thinks and feels. And if my inner seeing, if I've come to the conclusion that there's nothing wrong with me at all, then this can just bounce off me when it happens. But there's just a small idea “This person's opinion of me is really relevant”. Of course, you know, I'm not saying that, if she said some criticism of you, you might want to look and examine, “Well, I'm not doing my job incorrectly”. And if I come to the conclusion, “No, I'm not. I'm doing a great job. Doing the best I can”....

Sergio 41:55

It was more like my coming into her office, it wasn't at the right time, because she was preparing something else for her boss. And I guess I took it personally - what she was saying, in the way that she said to me.

Helen 42:17

Why did you take that personally that time? It was only because there's some idea inside, like you say, that she's a separate being to you and that her opinion, all of that has some relevance still there?

Sergio 42:35

Yeah, it was definitely because I felt that I was separate, that I was not welcome at that moment. My reaction was also like, "Okay, well good night I'm leaving, all the best of luck in your meeting tomorrow morning". You know, so my way of reacting was in a bit cranky or "Yes I'm displeased that you don't want me here". Yeah.

Helen 43:06

So you can hopefully in the future, just leave the room. But also leave those thoughts and stuff behind when you leave the room as well. **It doesn't matter what anyone else thinks of you except for what you think of you.** That's the only thing that's going to determine your experience with these other beings anyway. You know and it's probably just a teensy little bit of unworthiness popping up. But if you've seen that that's not true, then just brush it off. Doesn't matter, does it? So she's in a bad mood, or it's bad timing. So what. You did the best you could, didn't you? Could you have known before you walked in that room that it was bad timing?

Sergio: No. I wasn't aware.

Helen: And if you did know you wouldn't have gone in. So...

Sergio: Absolutely. (laughs)

Helen: So what can you do about it? Nothing. What do you need to do about it? Nothing. Two minutes later, after you're gone back out the room she's probably feeling really guilty about the way she spoke to you anyway. You know, so it's just one of those situations, isn't it, where it only matters if it matters to you, so to speak. How you're holding it inside. And you know, **my opinion of you, your worst enemy's opinion of you - I'm not saying you have any enemies, but just for the sake of explanation - they shouldn't have the power to lift you up, or pull you down in the end. These are only reflections of how I think or feel about myself.**

Sergio 45:00

Okay, I'll work on that. I'm contemplating on what I think of myself in that matter.

Helen 45:10

Do I have to reference anything outside of myself for my own self-esteem? My own sense of worth and all of that? Did I even do anything wrong there? Did you do anything wrong in that situation?

Sergio: I don't think so, no.

Helen: No! Well good. So whatever happened out of that, you know that it was as good as it could be in that moment. And that's okay, isn't it?

Sergio: Oh, yeah, absolutely.

Helen: If you've done the work spiritually, it doesn't have to be anything other than "Well, she was in a bit of a mood. I'll come back later". You know, "I'll go have a coffee and come back". (laughs)

Sergio 45:59

Alright, okay. Yeah, my concern was more mostly on the thing that how the mind was able to bring up all of these past stories from, almost three years ago, two and a half years ago. Like, "Oh you see?", trying to build up into this tiny situation, to make a huge issue of that.

Helen 46:26

So, mind will dredge all that stuff up and say "See it's still happening, because you haven't done enough work", something spiritually, or something... that you're not where you want to be yet. But it doesn't mean anything other than that was just what happened. Those words were said in that room and then you came out, then there's nothing for mind to latch on to there, is there? "I know I'm always doing the best I can in any moment. So whatever happened, happened". And if mind starts trying to suggest these things - that you've got further to go, more work to do, then you really won't listen to that. Then it will be "That's just what happened. This person was just grumpy with me today or something".

Sergio: Right. Okay. Okay. Thank you very much.

Helen 47:21

Elaine, did you want to ask a question? I saw your hand up, but if not, that's okay.

Elaine 47:32

I think that if I play this back, the question has been answered over and over again.

Helen 47:39

It doesn't mean you can't ask it again. Those are the ones we DO need to ask again, and again.

Elaine 47:47

I just reached this block. And I unmuted myself because I think I found myself getting angry. This block, is a fear. It's an anxiety or fear, of holding on to self-identity. All the aspects of self-identity that are there, and my fear is just like holding them back. And they're peeking all the time over things. They're that thing behind you. And I'm saying "No, I need you. I *might* need you. I might need you. Stay where you are." And that's just causing this block, this shut-off during meditation. And it's mirroring in my life; I backed my new car into a tree. It's got quite a nasty gash in it now.

Helen 48:50

So it's a unique and individual car now!

Elaine 48:54

Yeah, it's just mirror...it just responded. And I thought, "I'm in that situation". And I'm trying to think of what question to ask. Where do I go, in my body, or to? Because everything is saying no.

Helen 49:26

Explain this 'no' to me a bit more. Tell me more about the 'no.'

Elaine 49:30

Okay. It sounds like a toddler, saying, 'No!'

Helen 49:37

I've had so many spiritual tantrums, you know. I was so good at them, so good at them.

Elaine 49:43

I'm just not going there anymore. And I think somebody has brought this up in a different way. What is this anyway? This is just more stuff. Am I just replacing one set of stuff with another set of stuff, and giving it some sort of spiritual title?

Helen 50:17

So what's the feeling overall here? What's the feeling overall, is there a sense that you are just never going to be able to let go of identity or something? If you had to sum it up in a sentence, what would it be? How do you feel about your awakening right now at this moment?

Elaine 50:30

I'm scared of losing my identity.

Helen 50:39

Okay because you might need it, right?

Elaine 50:44

Yeah, I might need it. It's all in there, and I just might need it.

Helen 50:49

So, okay, that's good. We can work with that. So this 'all-or-nothingness' of the mind is looking at either "I completely lose my identity as a separate being, and I'm free", or "I don't lose my identity, and I'm trapped". And I really, really, really want to be free. But I also really, really feel I might need some of that stuff. Right? It's valuable, it's useful.

So I feel like I've been asked to do something that I can't do totally, and I remember that very, very clearly. But maybe all you're going to lose is your ability to **only** identify. Maybe that's all that's going to actually go. Mind likes to try and make it this an apocalyptic thing, where I'm either going to be free or not. And that's total annihilation of all self-identity. But maybe that small self, separate self-identity becomes more like a reference library that I can use when I need to interact with someone who still feels as separate. Right now we're using our personalities or identities to have this conversation, because if we just sat here in silence, that'd be nice, but this wouldn't get resolved in the same way. So we can use the "identity-as-a-separate-being" as a functionality. It becomes more like a software program. Right? A program that you run when you need it, rather than your only go-to resource. So you don't lose it in that way. It just becomes an optional choice where to function from. Can you see that?

Elaine 52:46

Yes. I did slightly entertain that thought at one point. Yeah...

Helen 53:00

I want to poke at one deeper idea as well, because until the deeper idea is seen, it's going to go around the same loop again. So having said what I just said, there's still one idea underneath that, and that is, "I am the one that has to let go of identity". Can you see that idea, really strong, that "I've got to do it. I've got to choose it." Or, "I'm the one resisting it. I'm the one that's got to surrender. I'm the one that's got to choose in any moment, whether it's to contemplate an idea or agree with it, and therefore experience it."

Can you see that sense? So recognizing that, what if that's not true? What if you already are The Silence? And even just theoretically. Let's entertain that even if you haven't experientially gone there. Is that so, then? Is this really so hard for me because I'm giving myself an impossible job? Is that why you're struggling to let go?

It's because you're the one already standing back over here. So if you're the one standing back here, trying to do a job that is somebody else's job, what is it that's letting go of identity? Isn't it attention? More and more attention is wanting to come back to look at you, the Self, the Silence, and less and less to go after the thoughts and experience them. Is that anything to do with you? Maybe, having this horrendous trouble trying to let go is because of this wrong idea that it is your work to do in the first place. Can you see that? How that would fundamentally change your awakening, when you really grasp that.

"I think I have to do this. Even this greatest spiritual work, this most noble work of all, I'm going to experience having to let go and not being able to, having to let go and not being able to put it down. And then it sets itself back to me again. It's like, wherever I go, there's just these ideas. But actually, instead, if this isn't my work, if I'm already free, and I want to come here to see that clearer and clearer, then I'll begin to experience that more and more. There's a fundamental difference there, isn't there? This is why I really wanted you to put your hand up and say, "yes, this is really...I could feel this disturbance in the Force, you know. Can you see that there is one idea that is giving you all this trouble?"

Elaine 55:46

Yes. Yes, Yes, I do. Because sometimes when I kind of slip up, it's like slipping off that radius. That's when this thing comes back. It's like, it's got a rubber ring around, it pops up and says, whoa...

Helen 56:09

Because you want to experience freedom so badly, so intensely, it really seems to make sense to hold on to this one idea. This idea seems so important. And it is such a popular spiritual myth, that "I'm the one that's got to let go". I stood at the edge of that cliff. So many times, I could not jump off. I jumped off and then climbed back up again. I'm clinging on the edge of this. I'm not letting go. I can't, because I'm a mother, because I'm a sister. And because I'm this, that and the other. And I'm going to need those ideas, that personality and all of that, of course. But all from this one idea that "I've got to do a...". No wonder you can't do it. No wonder, you've got to utterly fail at letting go. When it's not even your work anyway.

Helen 57:01

You know, you've changed everything for me when I saw it. I'm already free, and already free. I have completely experienced being bound over and over again, because of this idea that I've got to get to freedom. I'm the one that's got to do this work. But what if that is fundamentally not true, nor has it ever been? I've only got to see again and again and again. I'm already free. Anytime I'm feeling anything other than peace, love and joy. It's because I've picked up this idea again, there's some more work for me to do. And then it spirals horrendously down. What's from that, isn't it? Yeah, no way. Yeah. Yeah. Yeah. I should just be lazy, retired. Well, kind of spiritually lazy, like, most important question for me for a while was is this really my job? Yeah. Is this really my job? And boy, did I buy it up for such a long time? You know, but just actually, before I set off on this journey, let me see if this is actually mine to make. And what actually is really letting go is really attention, nothing to do with me. I'm just watching clearer and clearer it's seeing have always been free. And then I might have much more of a chance in any moment of recognizing minds trying to sell me something here. That isn't my job. It thinks it's my job. really does. Right?

But nobody has ever succeeded in letting go. Ever. Nobody. They've only come to recognize that it was never their work in the first place. And that's like, my goes, Yeah, but you just sidestep the whole thing. They never really solve the problem. It's like, well, do we want freedom? Or do we want to be problem solvers for the rest of our life? And I obviously know you want freedom. But that one idea? All of this from that one idea, isn't it? Yeah. Yeah. So maybe just to remind yourself of that, is this my issue? Actually, it's my job. You know, however, you can remind yourself of that. And you start to laugh then sometimes when you know when you're about to go into that place again. Yeah, I know. I've got such a burden. I totally get this alone, because I just totally, totally made it my life's mission to awake and I was going to make sure no matter what, and it seemed totally irresponsible to just go well, do I even need to work up actually, you know, my boss all this before then if that's the only question I'm going to sit with now. Well, to get to that question. Actually, all of this has been to get to that point.

Where, what if I'm already free and numbers kind of, in my mind, I'm imagining I'm not but actually, if I really look and see, it's just not at all like I think human beings are weird and wonderful creatures on know what we we do to ourselves we unknowingly Of course, you know, but yeah, whatever you can do to remind yourself of that. And stay in that simplicity. Because my does a whole the whole to do list of things that you need to get through before you're free. You've got to get let go of this emotion. You've got to forgive that person. You've got to forgive yourself. You've got to learn to love yourself. You know, all of that will happen as a byproduct by itself as you kind of Stay. Stay before that. Which is why lesson one is focused on the Noumenon which is already free, isn't

it? It's not it's not trying to get there. We all fall for it. Of course we all do. So I'm so glad you've asked this because I brought this up because it will help so many beings. What a good way to finish it. Wonderful.

Thank you. You're smiling and laughing now. So oh, yeah. Yeah. Good. Good. Anytime anything different. You've picked some idea of that isn't yours? Yeah. Yeah. Just be unemployed now. Originally, unemployed, spiritually unemployed. Yeah. Yeah. lazy. Like he said, in a good way. Yeah. Nothing to do with me this, this is not my issue. I'm not stepping Yes. I'm not gonna go there. If you go there, come back as quick as you can. Lovely, thank you. Thank. Thanks, Colin. So we will leave it there now for for this course. And I would encourage you all to keep watching, keep going. There's nothing can stop us. We were just saying, and maybe it's even simpler than we think it is. Which really, really helped. When I figured that out is what you're saying. It's all my love and blessings to you and encouragement for you to experience. The greatest freedom of all put in a permanent stable way as we've been talking about today.

Thank you. I must stay