



DTE - July 2021 - Lesson 4 - P1 and P2

Helen's Talk

Okay, so Namasté. Welcome to Lesson Four of the **Dissolving the Ego** course. And I'm gonna do my best to get through this without having the giggles.

And I just want to start really by emphasizing what I've said, perhaps the beginning of each of these lessons. And that is that it is not something you have to master, it's four lessons over four weeks, and that can be a lot coming at you. So the moment you start to apply what you're learning, you'll begin to get benefit from it. But really, we're looking at skills that we can use for the rest of our life, and the rest of our awakening, which is really always going to be deepening, there is no end point in terms of the deepening. There is an end point in that, you get to a point where you can no longer really think in terms of separation anymore, where the habit is changed over. So there's an endpoint in that way, where the seeing has become so clear that you can't really go backwards from that.

But the deepening will continue forever. And that gets more and more fun as you do it. And less than less sensible. So if you feel overwhelmed at this point, then it's kind of normal, it's not to worry. You have a lot of time after the course is finished, to go over the recordings again and I would suggest doing that. I will say this a little bit more at the end of this lesson as well. But just relax. Take in what you can from each lesson, and listen to them, watch them again, as and when you can. And it will continue to unfold inside you, the understanding of it.

Just to recap, in Lesson One, we focused on the fundamental lesson, which is the basis of all the rest of the course, which is learning to access what is Real, to tune into the Self, the Noumenon, the Awareness by whatever name we're calling it. And just because you might still be being distracted by thoughts very often or emotions, doesn't mean you're not getting anywhere in your awakening; that happens for everyone. And there is no point where that suddenly stops happening, per se, where attention doesn't wander.

There is a point where you just don't give you any relevance. It doesn't matter because as we're going to look at today, whether our attention is on thoughts, emotions, experiences, manifestation, or even the unmanifest Awareness that we are, Noumenon it's really the same thing. So eventually, wherever we place our attention, we're looking at the Noumenon, even if it looks like something else.

So Lesson Two, then, took us into how to work with our karmic patterns. What do we do, when some situation, some emotion, some way of thinking happens again in our life? And why do sometimes these become more intense, the deeper we've seen what we are, we really looked at this cause and effect thinking, and began to undo the idea that the experience we're having is a reflection of.

And then in Lesson Three, last week, we looked at how to come to see directly through the exercises that we did that we're looking *from* the place we've been trying to get to already. And maybe you can see to whatever extent already, that you can see that looking, **realizing you're looking from the Self already** and have always been is just going to kind of end the struggle and the journey and the suffering, it's going to completely shortcut that. And any remaining karmic patterns, assumptions that need to dissolve in the ego will do so while you're watching and relaxing as the Self. So nothing to worry about there.

Then today, to put the icing on the cake, we're going to look at the first and really the last duality that we believe in the first place, where we believe in opposites, where we believe in two-ness. And this is, even before we might have thought of ourselves to be a separate being, even after we've transcended that separateness, we might still have a sense that the world that we're seeing with our eyes, touching with our hands, what we're experiencing through our senses, the manifestation is different to and separate from the unmanifest Self. So the world I experience in meditation, the Silence, the depth of Silence, the Awareness, Consciousness, Beingness really does feel and seem to be different to and separate from the objects, the furniture in this room and my body as well. They seem to be two, don't they?

Helen 4:55

One seems solid, visible, audible, the other seems intangible, invisible, inaudible. And this is really where the first division occurs. Our mind would like to imagine that what we experience as the Noumenon is at one end of a set of opposites. And manifestation is something that's happened, arisen out of the Silence, that things have actually arisen out of the Silence. So this is the first myth of creation, that there was a whole universe created out of the Self.

Now, this sounds really deep and abstract, we're going to really look at why it's essential to come to know this. If I can come to recognize that whatever I'm looking at and experiencing whoever I'm talking to, whatever I'm eating, whatever sounds I'm hearing, whatever I experience at all, ever, is not different to this exact same nothingness, emptiness, Consciousness looking like something, then the first thing that will happen is I will not feel divided anymore, I'll no longer be believing in two-ness. Manifest versus unmanifest – it's simply not true that they are opposites. You could say at best that they are a sliding scale, at one end, there is the complete unmanifest consciousness that we notice when we tune in, the Silence, it isn't tangible at all, you can't pick it up, you can't actually move it anywhere, you can't see it with your eyes. Awareness, you can't tune in that way.

And then there are some extraordinarily subtle objects that are objects, nonetheless. We've talked about this humming noise, this vibration that some people notice when they begin to tune in. Sounds, experiences and even the waking state that we're using right now to do this class is a phenomenon, because it's going to go at the end of the day. And then, there are more and more tangible objects like thoughts, become more perceptible to us, emotions.

So as the energy of the frequency slows down, it becomes more and more perceptible to us in our senses, and eventually, the slowest vibration of all is this visible, tangible world. So why are we convinced then, that they're just simply two opposites, and it isn't in fact, a continuous spectrum which is more real. And we're going to look at that, because if we can come to really destroy this myth that something was created out of the Self, then wherever our attention is, wherever it is, whether it's on phenomena or the Noumenon, we're going to feel the same, we're going to be having the same experience. **There aren't any phenomena in Reality. If the Noumenon is infinite, if there is only one Being and that Being is everywhere, experiencing itself as all of this, then there can be no phenomena possible in that. There is only the appearance of phenomena.**

So if we take the analogy of the sky, and a clear blue sky, which we don't have here

today, there is in that sky already, water vapor in the sky, which is invisible to our eyes, we can't see it. And then suddenly, that water vapor becomes visible, and we say a cloud has formed in the sky.

Helen 8:47

But has it really? Has something actually occurred, or has it just started to vibrate at a different rate where we can see it with our eyes? So our senses pick up a certain set of vibrations; a visible spectrum. The visible spectrum is perceptible to our eyes, there is another spectrum that's perceptible to the ears, auditory. And we know for a fact there are sounds that human beings can't hear that animals can. There are things that we can see. Animals can see things that we can't, if you have experience of that. There's also things like ultraviolet and infrared which we know to exist and yet are outside of our visible spectrum. So we can't really divide our experience anymore into such simplistic absolute terms as tangible or intangible. Our mind would like to do that.

But if we come to see that manifestation is really a spectrum of which our physical body is vibrating at the slowest rate, not worse, just slowest. The slower something vibrates, the more solid it's going to feel. And if we can see that whatever we can touch and we call solid, it's actually solid only because it's vibrating at a similar rate to our human body. So I can wave my hand through the air here and it passes right through because the air in the room is vibrating at a much higher frequency out of my visible spectrum, I can't see the air I know it's here. I can see my hand because it's vibrating at a slower rate. So whatever we're calling solid and tangible, is really only a relative set of vibrations.

So there's the ocean of the Silence, that's infinite. And at some point, that silence starts to vibrate. And whatever it vibrates as, we call manifestation. And begins to look like something, so there's nothingness, emptiness, Silence begins to look like something. It hasn't actually ever turned *into* something. So this looks like a body. This looks like a laptop. It looks like a house. But is it really what it looks like it is, because then there would be two, there would be duality.

And of course, all of this, to me still looks like it would look to you but with a deep understanding that it's not actually what it looks like, there will be no fear. If I know that this isn't really a body, that it is actually made of Silence looking like a human being, that I won't fear the ending of the body, because I won't even really believe in the body. Of course, still take care of it, do what we can to look after it. But if it's only an appearance, it's only a passing cloud, so to speak, then we're not going to be fearing the ending of believing that anything different is going to happen to me, when this body goes. My experience will be the same whether the body's here or not, I'm just here, watching

these shapes come and go over time. The universe itself is a shape that the Noumenon is molding itself into for a time and then it will begin to...it's constantly in motion.

So the appearance of manifestation is not the actual same as something having happened, nothing ever arose out of the Self. There is nothing that is really solid by itself only in comparison to something else. There is nothing liquid by itself, only in comparison to something else. And there is nothing gaseous, only in comparison to something else. And the only difference is the rate of vibration. And scientists have proved this now, with the equipment.

So right now, as I said in this room there is air in this room, hopefully, luckily. And in the air, there is water vapor, which is here right now. But it's intangible and I can't see it. If I was to cool down, the temperature in this room, we slow down the vibration, eventually, liquid water would start to run down the windows, and it would become perceivable to me with my senses. And if we cool down the room even more, eventually that water would freeze and it would become solid. So it's the same H₂O molecules. Only difference is the rate of their vibration relative to my senses, relative to my body.

Helen 13:51

So why am I telling you all of this? What's the purpose of it? And how can we make it simple? That's really to come to see that **while I have a human body, and senses to perceive through, there will seem to be these two opposites: manifestation and unmanifest, form and Formless.** But if you can come to see that even the form isn't really what it looks like and there really is no division between form and Formless. There only **appears** to be so while my body's here. And that if I don't use my senses right now or my mind, what do I experience? The Formlessness. When I tune in, I experience the Formlessness, it's everywhere, it's infinite, it has no edges, only a thing can have an edge. So when I open my eyes, where's that infinite Self gone, where's the Silence gone? Where is the Consciousness that I was sensing a moment before, with my eyes closed? It's right here, **appearing** as this gas and solid and liquid, **appearing** to be something, but never actually having become anything.

So if we can recognize that what we're looking at is no different to where we're looking from. So what we're looking at looks like a sofa, looks like a human body, it looks like a thought, looks like an emotion. But it actually, in fact, is not different to the Silence. That there is no opposite of Silence and sound, there is no Stillness and movement, there is no Consciousness and unconsciousness, it's even appearing as unconsciousness. Then, this is going to bring the state that we're beginning to experience, conditioned state for want of a better word in our meditation into our waking state.

And eventually, it's possible, as a human being, to move throughout your entire existence and experience the same thing as you're experiencing in deep meditation. So your eyes are open, your ears are hearing, your mouth is speaking. But there is nothing inside you that's labeling things anymore. The names and the labels that we give to things obscure our perception of what they really are. So wherever we begin to think about something or someone, we're going to begin to feel really separate to them, that they actually arose out of the Self, that they actually are a real separate being outside of me. And I'll begin to fear these objects outside of me that I can't control, I'll begin to feel unsafe.

Most of all, I'll begin to fear the unmanifest Silence or God, or whatever we're calling the Noumenon. Most of us have an unconscious fear of it, I know I did. That it is some all-powerful thing that is going to come and squash our ego. But if we can apply what I've been saying, we come to see that our egoic sense of Self is made of exactly the same stuff. It's all Formless Silence, looking like, appearing to be, but not actually, those things. Nothing is ever created, or destroyed, ever, and could never be, because then there would be two substances, for want of a better phrase, that which is Formless and that which is form. What if they are exactly the same?

What if the very next thing your eyes touch upon, wherever your senses take you, whatever you experience, you knew it to be the Buddha in disguise, you knew it to be Krishna playing a different role. How would your life be then? How would your experience be then? Would you still be able to fear things, to want things, to push them away? Would you be able to resist? And most of all, would you be able to feel separate to anything at all, if you tuned your focus to the Essence of something, rather than what it's appearing as.

So here is where Lesson Four and Lesson One join together brilliantly, if I'm looking at something, what it looks like, noticing its characteristics, looking at the phenomenal aspect of it, I'm going to really be convinced that there is a whole world full of separate beings, and separate objects out there of which my body is moving around inside them all. If instead, I tune into the Essence of everything, then I'll experience everything as my own Self, I'll experience that it's harmless, that it cannot hurt me. That it's not a threat to me, that I don't need to defend myself and guard myself. And we have all experienced those thoughts, haven't we? Been hurt by things because we were sure they were outside of us and separate to us.

So how do we go about doing this in a practical way? I always want to bring things back to a very practical, simple way. Well, basically wherever we really, really want something, or where we really, really *don't* want something. Wherever we feel any

negative emotion. Wherever we feel our attention goes back to phenomena rather than the Noumenon, wherever we have a challenge with another being or beings, this is where our focus is on; what we think that thing or that being is. So I could spend time thinking about you. And I could try to get to know you that way couldn't I? I could try to find out things about you and really have a mental picture of your life, the way you are and stuff. But I would never really know you. Because I'm only knowing about the way you're appearing. **You are infinite Silence appearing as you.** And so to get to know someone really, or something, we can ask, focus on what that thing or that being really is.

So wherever we're having a challenge, we can recognize that we're focusing on what we **think** that thing is. So if I need money, I'll be thinking about it, and it will seem a real thing that's outside of me, and it will seem very elusive. If I recognize what the essence of that money really is, that it's not separate to me, my very insistence that the thing I need is *outside of me, separate to me* has put up an energetic barrier. And it's stating very powerfully that it's not 'here,' right now, it's 'out there.' It's not in my experience, I need it, it's 'there,' not 'here,' I want it, it's 'there,' not 'here.'

And we're doing that with so many things, **even awakening, 'I want it and it's not here right now.'** So if the Essence of everything is the same, you can begin to ask, whatever we're having a challenge with this particular being that you're challenged with, [a] particular situation: **What really is this?** Just as we sit down and ask about ourselves, what really am I? *What am I actually, Who am I? Where am I?* Whichever question you can ask about this particular being, or **this thing that we want or need, 'What really, is it? What actually is it made of?'** And as we can use this as a contemplative question. Of course, our mind will give us lots and lots of answers about that being, that thing, all of our memories about it, they will talk. But again, if you notice that that is focusing on the *appearance, what the Self has appeared as*, and rather than the Essence, you can bring it back to the simplicity.

22:36

Again, as it says in Lesson One, we focus on the Noumenon because that is just one thing that is everywhere. My experience will be constant, no matter what I seem to be encountering, my experience inside will have this equanimity, contentment, unbreakable peace, that *whatever seems to be in front of me is not what it looks like.* And the major – well, there's many major benefits – but one of the major benefits of really imbibing Lesson Four, nothing is what it looks like. That might be terrifying to the mind, but it brings a complete intimacy with life, a deep, deep, deep and abiding love for what is because what is, is the Self. We all love the Self, the Noumenon, so much, otherwise

we wouldn't be in the course like this, our devotion is pure. We only need to now see that all of this too is the Self showing up, it's not different.

Helen 23:38

There's no such word as difference really in reality, because that's two-ness. It's only **appearing** to be dressed up like something: Emptiness, Nothingness, Formlessness does a really good job of appearing to be something and someone. And we get so caught up in what the Essence is looking like, as that being. And we forget to experience the Essence of that being. When we experience the Essence of that being, that being will also change right in front of us. Because whatever I think and feel about a particular person, I'm going to keep experiencing. So if I'm coming to a relationship based on memories of what's happened in the past, I'll be projecting onto them. And it's impossible for me to have a different experience with that being while I'm coming from projection because I'll keep experiencing what I believe to be true. If instead, just silently while I'm with them or before, I can spend some time thinking, pondering what really is this being; what are they actually? And the answer that's going to come from that question will be deep Silence and Stillness. And you can literally watch someone change, not the physical appearance, but the way they are interacting with you. In that moment, it can change everything.

When you begin to perceive the Essence of everything, just like you're perceiving the Essence of your own Self. What is the Essence of your own body? What actually is it? On the surface it's cells and tissues and blood and bone, and muscles and all of that. What is it made of? What's the Essence of it? Was it ever really created? Will it ever really be destroyed? Not in the way that we think. Then where we believe that this is a real object that I'm living in, this is my house that I'm living in for this time. And when the house goes, I will be homeless. But if we can come to see the body is not different than the Formless Noumenon, we're not going to have that sense; there'll be no fear of any ending or change. What if the body was more like a set of binoculars that we're looking through? And then when we finished, we gently put that down. And we can get some more if we want to or not.

So just very simply making a note for the homework for this lesson, is to begin to assimilate what we're saying here today, having a look at what you really struggle with in your life, what is it you want, or need, or want or need to get rid of? And can you see that you're still focusing on what that thing looks like? There's no difference, in the end, between fear and bliss. There's no difference in the end, between a lot of something or not a lot of something, it is the same Essential Formlessness showing up, appearing to be all of this. How does it appear to be all of this? Why does it appear to be all of this? I have no clue.

But from the Self, it is a beautiful parade of shapes, ever more beautiful shapes. And as you see the essence of these things, as you come to see the Self everywhere, see God everywhere. And moving away from wanting to think about it less and less and more and more just directly experiencing what this thing is. And there's a constant openness and intimacy with life that protects you from any harm, and gives you a wonderful sense of awe. And it really does become very, very childlike from that place, not childish, but childlike, where we're open, where we're curious, where it's an ongoing, wonderful show.

The whole universe is created, [the] appearance of the universe just for you, for you to experience all of this, this is all for you, all of it. It's all these shapes moving and changing, each shape better than the last because that's all it can do, it can never go back to be less than it was, it's always got to be more. And it's creating all of these shapes. And then dissolving them and creating more, constantly changing itself into something even more wonderful. And this will be your life, how it's appearing as your life is going to keep expanding, over and over more and more every day, more delightful, more open, more free, more awe-inspiring, more beautiful, more joy, more peace, more presence, more contentment, more more more of everything, only from focusing on the Essence, rather than what it looks like.

Helen 28:44

So this is the full circle, we're not just going to be focusing on the Noumenon in our meditation, although that is the place we all have to start, you can begin to throughout the rest of the waking state, look at certain things and ask what they really are. I mean, is there really such a thing as metal or rubber or wood? **What really are all of those things** when you really explore? And as you keep going back through the layers of the answers, well, it's red, it's metal, it's this shape. It's atoms, it's molecules, it's vibration, and then stay with the question even further. You'll always come back to Emptiness. You can experience everything as Emptiness, as Formlessness.

Can you imagine if your whole waking state was lived as if you were in deep sleep? Meaning, your eyes are open, you're enjoying everything you're moving around and experiencing. But the one that's constantly analyzing and labeling and judging and projecting and all of that, is asleep, just gone forever. What if your default setting becomes to experience what everything actually is, rather than what we think it is? How would your experience change then? And how would it be to be absolutely bulletproof to any suffering at all, anything you could ever come across for the rest of your physical existence and beyond, could be seen to be you in a different disguise; your own Self. And there is a beautiful safety and security in that, that there really is nothing to hurt

you. There is no other, or else, there is no such thing. Not even manifestation and unmanifest.

So it's well worth putting the time in, to begin to experience this, it may seem really out there and deep and all of that stuff. Or it may seem really obvious, but **it's just a simple shift from noticing what something looks like to noticing, paying attention to the Essence of that thing, what the Essential nature of it is.**

Next time you meet someone, see if you can become more curious. Because you probably don't want to ask them, '*what are you made of,*' because they'll look at you kind of funny, but you can inside, open up and '**What is this person really?**' and it will reveal itself to be the Self. And any thoughts and feelings about that being will begin to melt away and change to your default setting will be to experience the silence constantly.

If we look at what seems to go wrong in meditation, our attention goes to Noumenon. And then it seems to be dragged away to a phenomenon over and over again. Some thoughts, some emotion, some object. We bring it back to the Noumenon, it goes back to another object at some point. What if you knew deeply that all of those objects are exactly the same, that thoughts are completely Formless? They are totally empty of substance. If you knew that, if you'd looked at it again and again, as we're pointing to in Lesson Four, could you still struggle with your mind in the same way? Is your mind even a real thing, then? I never really got my mind to be silent, I just lost interest in it. It was just another shape that the Self was making. And it really was nothing to do with me in the end, because everything it was saying, wasn't relevant to me anymore. And if I could find it now, it would probably still be talking away, but there isn't any relevance, per se, because it's talking, it's just making...it's just shapes that are coming out of the Noumenon. Just like the wave arising from the ocean's surface is really no different to the ocean. There is no such thing as wave and ocean, is there really?

Helen 33:03

We can use those terms conceptually, of course. But is there really any difference? Can the wave exist without the ocean? No, then it really isn't different to it. Can anything really arise out of the Self, if the Self is infinite? No, because then there would be the Self and all these infinite number of forms. And by default, then, the Self would no longer be infinite, there will be something other than it. The very moment there is something other than the Self, it cannot be infinite anymore. You don't have infinite plus something else, it just doesn't work that way. So again, bringing it back very simply. Perhaps if you want to just jot down a few things you seem to struggle with where attention goes in meditation, and is drawn away from the Noumenon, then asking,

‘What really is this thing? What really is this being?’ Staying with that question, until you come back to a beautiful silence to the same Formlessness that you experienced in your meditation. And as you do this more and more and more, what you experience during the waking state is going to be exactly the same as if you're in deep, deep meditation. You can't do this for very long at all, before your mind begins to fall silent. Because when you're no longer interested in thinking about things so much, and you're more interested in experiencing what they actually are, having seen that the more I think about something, the more it's going to seem separate and real and outside of me. We're not dismissing this universe and our life and our experience because everything is not real as a phenomenon, but it is the Noumenon therefore it's all equally worthy, equally valuable, equally deserving of our respect.

So, it's not an anti-life message, it's a *‘Let's fall back in love with life, what everything really is.’* We can begin to experience our family, our colleagues at work, everything as the Self, nobody else will know that you're feeling utter peace. But you'll just be walking around with a silent mind, an empty head, just experiencing, just enjoying, without constantly trying to analyze what to do next, how to get to where we want to be, from this misunderstanding that there really is a world of objects out there.

Phenomena aren't real, they're not the opposite of the Noumenon; the Noumenon has no opposite. They seem to be and they will still seem to be real, even after you've realized this. And that's the fun of all this; we can play in this universe that seems to be so, with these bodies that we've got, can experience whatever we want to experience. And that experience is gonna get more and more beautiful as we deeply imbibe Lesson Four.

And, as I said, just before I open it up for questions, Lesson One has everything in it that you need Lesson Two, Three and Four are really just to help that process and to speed it up. But if you feel a particular pull to lesson four, go for it, absolutely go for it, because it is the same thing, really I'm saying anyway.

Focus on the Essence, rather than the appearance, Focus on the Essence, rather than the appearance.



Questions and Answers - P1

Okay, so if anybody would like to ask a question or to share something, feel free to raise your hand.

Okay, we'll start with Ron when you're ready?

Ron 37:00

Yeah, Helen, I've got two questions. How are you?

Helen: Very good thanks!

Ron

The first one is: Is there this space where I can prefer something to be different but without attachment, wanting, rejecting or resistance, trying to change or manipulate-going to your water, H2O analogy. My experience of H2O at lower vibration is cold and not particularly as pleasant, or at certain ranges of the higher vibration of steam or boiling is not that pleasant. I prefer it at 80 degrees Fahrenheit and 25 degrees Centigrade. So is there space there for that?

Helen 37:52

Yeah. And you could say your preference is what's going to sculpt the appearance, it's going to sculpt it. If I know that when I get what I want, it's no different to, really in essence, what I'm experiencing right now, then I'm gonna let go of trying to push so hard to get it. And it's much more likely to happen then. And it is our preference, our desire that sculpting the manifestation, the appearance, like the hands on the potter's wheel. We're sculpting it through what we want.

But if we realize that manifestation is more like a recycling project, rather than things being made out of nothing, then we're going realize it's much easier to get what we want than we might have believed. The gentle preference, the desire, it's much more likely to show up. And maybe we've said before- but just in case not- desire is a sign that manifestation is already going that way anyway. Desire doesn't cause the manifestation it's just how we help sculpt it, so it's perfectly fine to have a preference or a desire. In fact, you can't really **not** have them, can you? You go through life, you're experiencing what you don't want. And you're going to become clear on what you do want. So that's going to shape the manifestation.

Ron 39:17

Okay, thank you. And my second question is, in a way are we just being lived by the Self?

Helen 39:28

Kind of, but it never sits right with me completely 100%, because it emphasizes two, that the Self is living Me. Or we could say the Self is living as Me, experiencing what it's like to be someone, somewhere. Maybe that's what you meant by the statement. But it's experiencing itself in every way it can. And as a human being it has a whole infinite range of ways to experience itself just as a human being, like it does with anything else; a cat or a dog or a mountain or something. So it's using every possible which way it can to experience every single experience as possible as a human being, just to see what that's like, really, in a way.

Ron 40:17

Well, what the Ego essence of this tries to do, is claim responsibility for these actions that have taken place.

Helen 40:32

But those actions are more coming out of whichever energy field we're living in. So we only ever really have responsibility for whichever dominant energy we have. So, if I'm coming to one area of my life always feeling guilty, it's going to be very hard for me to have any very different actions coming out of that. So we are responsible in a way, but we can't choose our actions, our words or thoughts directly; we can only choose which energy field we're coming from; coming from a very low energy field, we're going to have actions that are congruent with that energy field.

So it's kind of right in a way, isn't it? Ego- there is a choice, a responsibility, but not in the way that it thinks. It's easy to say, 'okay, I should have said or done something more loving'. But if we're feeling shame or guilt, it's going to be very hard to do that. Our actions are going to be more in line with that.

Ron 41:31 Thank you!

Helen 41:33 Good! Good to talk to you!

Okay, Marcus, when you're ready?

Marcus 41:38

Yes. Yes, I'm ready. Hi, hello,

Helen 41:40

how you doing?

Marcus 41:41

I want to share an experience. It's like when I touch things, and I close my eyes, I get the experience that the boundaries of the body go away. So it's like space or Awareness touch something, and it's curious about it - 'What is this feeling?' or 'What is it?' Maybe it's No thing? And then I go into the Silence too, and I could experience this even more. And one other thing I recognized was when there is less judging of things, you can see the beauty in everything. Even bread crumbs on my plate, even these things, I could see the beauty in it.

Helen 42:52

It's a work of art, right? It's a work of art right there in front of you.

Marcus 42:53

Yes, but even though I am very interested in the arts fields and in art, I recognize that when I don't judge that, this is very beautiful, I have even more contact to the artwork.

Helen 43:12

Yeah, absolutely. If my hand was to touch your shoulder now, for example, if I think I'm touching a human body, I'm going to have a very different experience, than if I am curious to see what that actually is, if I'm open. And the kind of contemplative questioning we've been developing through the course, actually becomes a more continuous thing where I'm just open to really see, I'm open and letting go of assumptions. So we really begin to experience even things that we're sure are solid, like the body, we can have a very different experience - like what this body is really made of, what it *actually* is. And you begin to sense that. Not that you suddenly get on the scales, and it says 0.0, you know, because there's still a relative world, but you really recognize the body is Emptiness, there's nothing substantial about it at all.

Even the scientists are telling us now that if they look at an atom, what a molecule or an atom really is, it's just empty space mostly. Every now and again, an electron or a proton floating around somewhere. Vast, vast, empty space, with occasional particles appearing in it. So you begin to experience that, don't you? that it's just not actually what it looks. It still looks like that thing when I use my senses and it always will, just as it does to me now, but there's a deeper Knowing underneath that, that it's not at all what we think it is. And it becomes very beautiful then, like you said. Even if I go to empty the rubbish and I take the lid off the bin, and there's all this stuff that everyone else would say is rubbish; it's a beautiful sculpture right there, that will never be repeated again.

And you can begin to experience even what the world calls mundane and boring and ordinary, it really is not at all like that, when we have the eyes to see, so to speak.

Marcus 45:25

Yes. And another point is the topic of relaxation. I recognize that when my body goes into the Silence and I'm closing my eyes, and then there's relaxation in the whole body, and even in the feet; I could touch more the ground, the earth, beneath my feet - it's a relaxing into the ground.

Helen 45:59

Absolutely. Again, if I believe this is a body, a thing, then I'm going to be limited as to what I can experience through the body. But the body is capable of so much more than we give it credit for. We're experiencing what we *think* about the body rather than the *actual* body itself. So naturally there's a relaxation, just because it costs us a lot of energy to focus on phenomena. And it has been doing for so long. We're just so used to paying... that's why it's called paying attention because it costs us energy. And as we start to bring attention back to the Silence, it relaxes the body, it relaxes the mind, and you can begin to have a much deeper experience of Reality. And without even holding on to the idea that I'm separate to what my feet are touching. As my feet touch the floor, if I think this is a body, and that's the wooden floor, then I'm going to have a different experience of it. Everything begins to change in a wonderful way, then.

Marcus 47:05

Yes, I also recognize the taste of a meal.

Helen 47:12

I remember the first time I ate chocolate, after I'd really got this, it was just the most amazing thing. And whatever it was - food, colours, everything - it was like almost starting all over again. Like I've never experienced any of this without my thoughts diminishing my experience of it. And what's it like to experience all of this without any idea in the way; and the taste and the flavors and the smells and everything is just so much more vivid and alive and real. And that just gets more and more intense as you go along. It's like somebody's just turned the colour up on my experience or something. Sounds like you're well on your way.

Good. Lovely. Okay, so we'll take the questions, the hands that we've got up now, but if I could ask for no more after that.

So, Videhya when you're ready, please.

Videhya 48:19

I've been experiencing something really beautiful. My sister's been in touch, which we haven't really had much relationship. And I'm hearing from this place... listening to her, I recognize she's such that aspect of myself that I'd been hiding behind. She tells me part of her life. I can hear the anger, but I can hear the maturity and the love and the gentleness and really just reflecting of, "What is this?" You know? But just been so touched by that recognition that and questioning, "Why did I keep my distance for the 35 years I've known her," and I recognize the anger that she can express and the honesty she's always expressed when you, know, saw her, really was something I couldn't express and hide behind.

So now I can just be in that place and listen without needing to hide from it. And then when I hear her gentleness and maturity and passion about other things, I recognize I've not known that part in myself. Now people might say something but I thought it was so wonderful that life appears as that to show me that aspect of myself. So is it like, that the consciousness it's like we have an aspect of our own consciousness that appears as another body? I mean, I don't know?

Helen 50:12

The thing is reflecting to us, isn't it, certain aspects of our own individual being. Not separate, but individual. Yeah. And they'll be showing us things we need to look at within ourselves that perhaps we haven't embraced, or haven't understood fully. Maybe things we're trying to get rid of about ourselves, or trying to develop inside ourselves more, you think, something like that.

Videhya: Yeah, yeah. And just love it. Really coming from that place of just loving and appreciation and excitement and compassion for what she went through. So yeah, it's so nice that it's really like that upgrade of a relationship that I've never, never thought would be possible, because we were, like, so different. Then I recognize there's no difference whatsoever. It's just been a hidden aspect of myself that I couldn't look at.

Helen: Relationship is a vehicle for the ever deepening expression of what we are, and therefore can always be deepening. They tend to be static, because we're experiencing our thoughts about that being, and they're experiencing their thoughts about us. As you move deeper into your experience, and you begin to see what they are too, then it can be the springboard, the relationship, for this beautiful thing. Whatever type of relationship it is. So it's not really surprising that this is starting to happen now. You can't really want to see what you are without having an effect on everyone else as well, because they are you. It's an intimacy developing with life, with everything, isn't it? It's a springboard for more love and understanding and compassion.

Videhya: Thank you! Thank you! Thank you!

Helen 52:04

Thank you. Thank you. Good to hear from you.

Helen 52:08

Julie. Hi

Julie 52:11

Hi. I have a question regarding that lesson. I find it quite easy when I'm with people, because I can instantly observe the energy, because people they speak (laughs). And being and observing *them*, or the Self, is easier for me. And with nature, I get the sense of everything is just being; there's is an aliveness in the trees. But it's more difficult with animals, and I don't know why. And things, I get the sense of some kind of an aliveness, a personality, you know, like things almost have a life of their own. But it's quite subdued. It's much easier when I'm around people, to observe that we are One. Anything about that? That could deepen?

Helen 53:42

Wherever we are struggling to see the essence of something, whether it's an animal or..., Why do we have an easier time in nature? It's because we're not having very many thoughts about that tree. We're just kind of watching it in appreciation or openness, where it's kind of hard to think about it when you are just enjoying the tree, or whatever we might be looking at - an ocean or a sunset or something. Naturally, we don't have many thoughts about that thing: nature. So we can begin to recognize, Okay, if *that* is what is bringing this deep sense of aliveness and peace, and everything just being, as you were saying, then it must be that when I'm *not* noticing that - whether I'm looking at another being or animals, as you said - then I must have a lot of ideas going on somewhere about that, that my thoughts about the thing are making it seem separate.

So even just the sense that I'm separate, even if I don't have any other argument with this thing or this being, I'm going to feel diminished, I'm going to miss out on that beauty and that aliveness and that vibrancy and that Oneness. Simply because I'm believing in two-ness in that moment somehow. So it's however I'm thinking about that thing. I've noticed it with my cats, right. If I sit and start to think about them, they just wander away, they don't want to be near me. The moment I drop it, they come back again. They can sense it, you know, there's some kind of energy there. So, just looking at what are you still thinking about? And why? as a general thing. When I looked at what my mind was still active about, what was it actively thinking about, and those things were the things I

was still believing were separate to me, outside of me, to some degree. And that in itself is enough now to diminish your joy and your peace, isn't it? in that moment?

Julie 55:48

Yes, it is. For example, I have a dog, and I have all these thoughts about my dog - she's very active, she needs a lot of things, she needs to walk a lot. And this brings a separation. And, like you said, when I'm at peace and calm, there's some unity and she'll just come and lay down.

Helen 56:16

And of course, we love and care for them, but it's not necessarily true that we have to think about all the things we need to do to look after them; the body, your body will just do them from the Silence, and perhaps do them even more effectively, and joyfully. It's easy to get caught in the thinking process around that, but it's not the thoughts that are causing your actions. It's not like, 'Okay, I need to brush my cat, I haven't in a while, because there's too much fur'. It's just going to happen anyway. And Mind says the Thought caused it, but it's going to happen much more joyfully from the Silence. And that's really how they're experiencing *us*, isn't it? the animals. So it just makes more sense to reciprocate that.

Julie 57:06

Yeah. And do you know why this Body Mind was always focused on phenomena all my life?

Helen 57:15

It's just habit. It's what we're all trained to do from the very first moment, to focus on the first object. 'Ooh look at this thing I've got!' (looking at hand), suddenly I've got this thing to play with. And then we're focusing on phenomena and using our Mind all the time after that; we are never taught at school how to recognize what's not a phenomenon.

Julie 57:38

And it just happened? Because, at first, when it happened to me, to realize that I was aware, I thought everyone would realize that, when I told them but...

Helen 57: 48

Me too! It was quite a shock that it didn't really work that way, you know. It's just a force of habit. And when that habit becomes too painful, the Self will stop doing it. But until it's really too painful, it will keep the force and momentum of that habit, just enough to kind of keep us asleep at the wheel, so to speak.

Julie 58:14

So it's kind of a slowing it down?

Helen 58:17

Yeah, a combination of looking at phenomena becoming too painful, and also falling more and more in love with Tuning into what isn't a phenomenon, and how that feels when you do that. And then, of course, wanting to take that out into your world, as we've been talking about today - What's it like to be like that all the time? effortlessly, you know? And that switchover is occurring anyway. The Self is just so done with looking at life that way. I'm just done with it!

Julie 58:50

Thank you.

Helen 58:51

Good, good. Good to talk to you. Okay, Gabriel.

Helen 58:59

Hey, hi, how are you doing? Helen, can you hear me? I can. Yes. Good, good.

Gabriel. 59:05

You have taught so many useful and precious things through these lessons to us. I don't know if it's a kind of laziness that is happening here, or just resistance. That's why I wanted to check with you. Because sometimes I just want to spend my day, just sitting, and I don't even want to close my eyes or ask any questions. I just want to let everything just be, and there is a curiosity to just leave everything as it is.

Helen 59:45

That's what the silence is doing, isn't it? The Silence, the Stillness, the Awareness, and the Contextual Field is not at all trying to get involved in what's appearing in it. It's just like, "let's just let everything be exactly as it is". And it feels so nice. It feels so good.

Gabriel 1:00:05

Exactly. And it feels fun as well, but I was like, "how is it fun if I'm not doing anything? if I'm not changing anything?" And I'm just curious that there is a curiosity to just stay like that and see how it goes. But it's not even waiting. It's just an enjoying of that. And I was like, "But Helen taught so many things, and I should meditate more. And I should do more."

Helen 1:00:35

This is meditation isn't this? Just being. Just being Beingness, right? You're just here, I'm just here. And I thought I had to manage my entire life, my experience, and now I'm seeing I don't have to. And then when I just kind of sit back metaphorically, and just be the Self, that everything I wanted to change begins to change anyway, by itself. Because it was only my holding on tightly that was stopping that process. Manifestation is always changing for the better.

It doesn't always look like we're in the middle of some old thing breaking down and turning into something new. It looks like something's going wrong. But as you relax more, and see that any change that's happening is ultimately for my good, then there's not really any need to get involved in that way, is there? You just do more watching this movie, and it's getting better and better, the longer you watch it. This never ends, this movie is just getting better. Each scene is even better than the last one. And you just sat there with your popcorn going, "Wow! this is getting really good!" It's not a tragedy anymore, or a horror movie anymore. It's more of an adventure. It's exciting. And you can kind of feel that inside. Something just doesn't want to do all that efforting anymore.

Gabriel 1:01:56

Exactly. And I'm not saying that you are teaching us effortful things. It's just there is no intention or will, to do anything, and I'm just gonna follow it.

Helen 1:02:10

If you need to contemplate something, the question will arise by itself, out of the silence. Even that, we're not really doing. It's just happening, isn't it? Contemplation, meditation, Self-inquiry...effortlessness is the Self. I'm just here, just experiencing, and everything else sorts itself out. And what you're saying is indicating that you have really imbibed it and you're starting to live it. Everything gets done in your life, right? Your body will move and do what it needs to do when it has to.

Gabriel 1:02:46

And all that started when I asked myself what being *really* means. This question came up and I was like, "Okay, I'm listening to satsangs, and I mentally know what that is. But what does being really mean?"

And that question kind of stopped something. There was a feeling of stopping when I started this question. And I'm just following this stuff.

Helen 1:03:13

And as you relax into that more, you find that your body has more energy, more vitality, is more relaxed. And when it does need to do something, it gets it done amazingly,

efficiently and in half the time. And you just go, “Wow! I didn’t know I could do this. This is really kind of cool!” When you can clean the whole house in half an hour, you will think how did that happen. Rather than taking me all day to motivate myself to do it, and then being grumpy all the way through.

So you can just see a deepening like that. Beingness is effortlessly just being. It’s not doing anything the body and mind are doing. And that’s their forte, that’s their role. And you just get clear in what you’re doing, which is absolutely nothing. You’re just here for the ride - to enjoy the show.

Gabriel 1:04:03

Yeah. So it’s a good laziness, then.

Helen 1:04:07

Absolutely. There is a line in the Ashtavakra Gita, which I never really understood until later. And it says that “nobody is lazier than the master because he can’t even be bothered to blink”. I really started to get that it’s spiritual. You might be attending satsang, or asking a contemplated question, but it’s just happening out of the Silence, happening out of your Beingness. There isn’t so much ‘someone’, trying to contemplate “I would really do this”.

Gabriel 1:04:42

Thank you for this confirmation.

Helen 1:04:43 Good. Good. Good to hear you like it.

Okay, Sally, let me stop the recording and start again.

===== **Part 2**=====

Helen 0:00

Here we go. Whenever you’re ready, Sally, thank you, just so the files don’t get too long.

Sally 0:07

Okay, so something you said prompted me towards the end of your lesson. I understand that I am the Silence and that I experience everything. I can experience everything in my ordinary life from that. I don’t do that but I could. I understand that. But what if something bad happens like a car accident and affects my physical body? And if that’s all part of the Noumenon, how does that appear to be nothing? I mean, I would say it’s an experience that maybe I was meant to experience. But I’m just wondering about that.

Helen 0:44

Could you just explain a little bit more? Could you just rephrase your question for me in a different way, if you can?

Sally 0:53

Well, no, I've written it several times in different ways.

Helen 0:57

Ok, read it to me again, read it one more time.

Sally 1:00

So I get the message that I'm the Silence and that I can experience the Silence. But if I get involved....you said something about everything that you talk about when you're in the Silence, everything is good and wonderful and things like that. But if a car accident happens or if you're about to get into a car accident, you know, that's going to happen, that's going to be an experience. So how does that, I mean...how does that... you're going to experience that in the Noumenon?

Helen 1:37

So even if that were to happen, does that necessarily have to be a bad experience?

Sally 1:45

For that person?

Helen 1:46

Now, that may sound like a crazy question to ask. But if we begin to see everything from and as the Silence, there's an understanding that whatever is occurring in our experience is happening for our own growth, is happening for our own expansion in manifestation. And let's take the worst case scenario. I have this accident and I end up leaving my body. Is that necessarily and does that have to be seen as a bad thing? Most people would agree that that's a terrible thing and a really, really unwanted thing.

But if you can imagine for a second going through that process of leaving the body without any fear at all, already having a deep seeing and understanding of what you really are, that you're not limited by a body at all, that it's just a pair of binoculars in a way that you're looking through and you're now just putting them down, that you're still right here, then it's possible to go through that without any fear at all.

Even if the body goes through a lot of intense physical pain in those moments, there's still something that is not affected by that at all. And there would be a kind of a sense of

this is what's supposed to be happening right now. This might not be the way that I expected it to go, but this is what's happening right now.

Manifestation is always moving towards more; it is expanding always. So whatever comes next has to be better than before, even in this situation. So if I was to leave the body, it must be because it's the only way to have more joy than I'm having right now and more fun or more peace or whatever.

It may seem unbelievable or even strange that we could go through something like that without any fear. But it's absolutely possible. I was through something similar. I obviously didn't leave my body. But it was a very strange thing to watch it happen. And there's just no fear. It's kind of 'let's see what happens now', you know, it's either going to go one way or the other. But it is possible to live without fear at all. That's not to say that your foot doesn't go on the brake and you don't try to stop it happening. You're not just going to go 'okay, that's, you know, fair enough'. You want to try to preserve life in the body while you've got it. But it's not experienced the same. It's used for growth, no matter what's occurring. That growth continues after the body is gone. It's not just like it stops once the body has disappeared. We're always learning. You can go through anything without any suffering, anything at all. Suffering is not necessarily the same as physical pain, is it, or emotional pain?

Sally 4:43

So that the Noumenon isn't going through our system alerting me that an accident is going to happen?

Helen 4:53

Sometimes, depending on how far you go with your Awakening, sometimes you'll know. There's been times when I got a strong sense 'don't turn down that road'. I never found out why but I just listened and didn't go down that way. Who knows what would have happened if? 'Or don't go there today'. Or sometimes I go to go there today and it's a flat tire. Okay, obviously, I'm not supposed to go there today or something. So it will but not in the kind of necessarily "speaking to us way", but a strong urge or impulse of what is the right thing to do at that moment. You cannot ignore it. It's very strong, very strong.

Sally 5:34

Okay, thank you.

Helen 5:36

Does that help to kind of get it?

Sally 5:37

Yes. Basically, everything happens to our highest and best good.

Helen 5:42

Even that would be the highest and best good.

Sally 5:47

Follow this path and keep going.

Helen 5:52

As you do deepen in your seeing though, anything that would cause harm to the body is less and less likely to happen, apart from the eventual end, whatever brings the body to an end. So less and less of that occurs as you realize that you are safe and have always been. That literally reflects as your life in a very real way. So thank you.

And Angie, when you're ready?

Angie 6:27

Oh, here I am. Hi, Helen! A comment on...I can't see you actually!...

Helen 6:38

Oh! Can you see me now?

Angie 6:40

Yes. Hi. A comment on the lesson you've just given us. You've suggested that we ask the question, 'what is the Essence of the source of the appearance we're seeing.'

I immediately have a bit of reaction to that; it feels like 'oh, gosh, I've got to get into questioning again!' And it feels a bit like hard work. I would prefer to just make the statement to myself: 'Everything is consciousness.' Because if I do that, it's like it irons out all the separation. And there's Silence.

So I put that to you. Because I know the ego is better tackled by questions than statements, but there's something in me that wants to play and be creative with what I'm learning from you. Because I have literally spent decades...I mean, I started meditating 45 years ago, and I've been through countless teachers and practices. And I've stuck doggedly to, word for word, everything they've said. And it's just felt like hard work a lot of the time, because I haven't made it **mine**. I haven't had the confidence to grasp the very essence of what is being said and then make it mine. Anyway, my question is: 'everything is Consciousness'- that brings me to Silence.

Helen 8:27

It's absolutely helpful to have that kind of reminder! And really, we only need to question where we're experiencing other than that. So if I'm having an argument with a particular Being, or a conflict, and I'm really feeling my state drop – I begin to feel diminished or begin to feel constricted, negative emotion – I can really sense that I feel separate to this Being. Why do I feel separate to this Being? Because I really believe they're an actual thing that's been created out of the Self, different to me.

So, if it's enough for a simple reminder- there was a point where I went around everywhere imagining everyone to be Shiva, because I found it really hard to disrespect them then – and boy, did Shiva ever have some good disguises going on sometimes – And I only really had to question where the habit had reversed, to begin to think about that Being. And you could tell because immediately you start to suffer again; you feel terrible inside. Your body will tell you immediately, whether you focused on the Essence, or the appearance.

So if it's enough for you, to keep you kind of in that nice quiet Silence, to just remind yourself of that, that's great. There will be times when life gives you a reminder of where the habit is not set there yet; where we go back to thinking about other Beings and things. And it can be something very, very subtle, like if I have a disease, I may think of that disease as something real and outside of me and give it some kind of thought process and feel negative emotions around it. It doesn't have to be something literally out there; it can be an emotion in here that we really are giving Reality to. And of course, I'm not saying avoid the emotion; feel it! But if you come to know what everything is, you'll experience it very differently.

So just noticing in your life where you're not paying attention to the Essence, and your body will be telling you that. And absolutely right what you've said, taking anything I say, and holding it up against your own inner guidance, and making it yours. As long as you're doing that, you're going to feel better aren't you? There's no difference between me and you; I'm not a teacher, you're not a student. It's just that this body-mind vehicle has been reflecting this a bit longer, maybe it's a little clearer and can shortcut the process, that's all!

We use the word 'teacher' don't we? We need to use certain words, but that urge to **make it your own** will become stronger until you honor it. Because, maybe at first, with so many thoughts pulling us in so many directions, we do need to absolutely listen, and start to put it into practice, the best we can, what we're learning. But, if I suggest a certain question, and a certain other question feels more relevant, great! What you hear from outside from me is going to be coming up clearer inside in the way that it works for

you. So that's what you're sensing, isn't it? Beginning to respect your own authority as the Self.

Angie 11:45

Absolutely! I've spent my entire life bowing down to an external authority. And just having no trust for myself; but I've reached an age and a life experience, to be really quite 'arsy' about it! and I just think...when am I going to trust myself?'

Helen 12:05

That's a good thing. Because you're never going to feel how you want to feel until you trust your own wisdom. Never! No matter how many beautiful Beings you're surrounded by, you're still going to be giving them the seeming external authority, the power over you! And no authentic teacher should ever ask that, in my opinion, at least; it should be take it and use what's helpful to you, and the rest of it, discard. And as part of that process, you're going to become more and more aligned, able to feel what the best way for you is.

You know, that strong – we were just saying, with Sally – a strong sense that this is the right thing to do; that you can't ignore.

Angie 12:51

Exactly! I'm feeling for the first time ever, an excitement and an enthusiasm for this inquiry and this exploration. This is about **Me**, it's not following a set of instructions that person says, that I don't resonate with, but I'm doggedly...

Helen 13:13

It's an alive thing isn't it Awakening? It's alive and it's never the same. This course is never the same twice; It's always different. Every time we do it, it's different! And it's always going to be what's right for you in this moment. And that's what's going to be best, isn't it?

Angie 13:30

I want to thank you, Helen, because you give us permission to do that; your teachings are so powerful. But you're also handing over power all the time back to us!

Helen 13:41

Always trying to give it back! I really don't want it! Please take it!

Angie 13:45

That's quite rare. I've been around a lot of teachers, and it's 'this is the way it is!'

Helen 13:56

There isn't a 'one size fits all' way. And I really learned that on my own pathway. It's only pointing out some ways that might work and then...all we're really learning in all four lessons is openness and curiosity. Really! That's the essence of all these lessons. If you really get that it becomes really, really simple. Just to challenge the next thought that's in the way of my happiness. Whenever that appears to be. So...

Angie 14:23

Fabulous! Thank you so much Helen!

Helen 14:25

Thank you. Lovely.

Okay, so I'm going to hand it over to Claire. She's going to do some very important announcements to help you get the most out of the course moving forward. Before I do that, just in case it's not on the announcements, I'm going to remind you that the last Q&A session is Friday, not Thursday, Friday morning UK time 11am. It's my daughter's birthday on Thursday. So we'll be out and about doing that. And so Friday instead of Thursday just for this last session. So Claire whenever you're ready, if you're happy to and then I'll finish, say a few more things before we finish.

Claire - Announcements 15:10

Thanks, Helen, that was on the list, I'll do it again, all right. And I thought I won't be able to announce; my Internet's being a bit unstable, I thought I was gonna lose it, right.

I hope everyone's enjoyed the class, I always get something new out of the course every time and new, new, new, new, new things. So I can't think of the word.

The Nuggets that come via email, continue for a few more days. click through on your emails every day. So that'll be great.

As Helen said, the Questions can be sent up to Thursday evening, because the **last Q&A session is on Friday, at 11am, UK time**. We do recommend and as I said, I've got more from this course, aside from the previous ones, highly recommended that you repeat the course. And we will send you an email after the course with all the information you need. And please read it, it's got all sorts of other little nuggets of information that are very useful.

And if you wish to continue to study the course lessons in detail, as part of that email, you'll be invited to join the **Graduate Program**. Helen will explain further after, when I

finish speaking. If you join the Graduate Program, you'll receive an email from us and an email from a company called Weebly, our website within 48 hours with instructions on how to log in, please read the email. Please also check your spam and junk folder if you don't receive the email to join within 48 hours.

We're no longer offering the previous option of joining the course again with a donation. I'm so sorry about that. And thanks to everybody for making this course as it is, thanks to everybody who helps run it in the background and keeps us all fairly well on track. So thanks, Helen, again. Thank you, everybody.

Helen 16:53

Thank you, Claire. Lovely.

So yeah, the **Graduate Program** is not a way to replace the course. But if you feel and it's totally up to everyone if they feel they want to continue studying deeper or not. It's just a way, the Graduate Program that we meet once a month. And then there's a live Q&A session later. And we spend each month studying one of the lessons of the course in more detail. And it's really just a way to keep engaged in the teaching, the course will run again in three months. But if that isn't soon enough for you, then see if you feel a pull to join the Graduate Program.

There are also **Sangha Meetups** that meet just for the Graduate Program as well, totally optional. And if you feel it is enough for you just to stay and digest what you've learned as well, that's absolutely fine.

I would suggest starting again, next week maybe, with Lesson One, taking your time, **rewatching and listening** because you will hear different things each time you imbibe the material, it will get deeper. And really that's all you need to do is to expose yourself to the material as often as you can, and do your best to apply it and it's going to become easier and easier.

The **recordings** of all these sessions will be available until the next course starts in November. And before then, if you want to you can download them from the page so that you can keep them and then you're not limited to how much time you've got with them. So everything that you need will be in that email.

Everything that you need to wake up has been in these four lessons. And again, we're only facilitating what's already occurring, I really want you to remember that it's already happening for you, it cannot *not* be occurring because you are already the Self. And all that is occurring is that **the Self is beginning to recognize itself clearer.** And

as that happens, it gets faster and faster towards the end, more epiphanies and breakthroughs and things like that.

So I deeply encourage you to stay engaged in the **Sangha Meetups** as well. Most of those continue even while the cost isn't running. And they'll discuss different lessons and you can bring forth things that you have issues with, challenges with, share it with other beings, I would really urge you to develop friendships in this group, and discuss the lessons so that they deepen within you. As you discuss it, you're helping each other as well.

And most of all, I want you to **believe in yourself** as much as you can. There is not a single person on this course that cannot achieve lasting and permanent peace. And that kind of joy and playfulness and curiosity we've been talking about today. There is no reason that I see why you cannot realize this fully. The only limitations are in your own mind. And if you choose to question those, you will be no longer at the effect of them.

When I look at you, I already see the Buddha, I don't see a student or a seeker. And I really hope you will start to see yourself that way to whatever has happened for me and other awakened beings is happening for you. It's not an 'if' it's not an 'if.' There's no such thing as 'if.' If the infinite Self wants to wake up, it will. And it's gathering to itself, the information and the resources it needs to do that, and the community and the support.

So I really hope that you will **believe in yourself as much as I believe in you**. And you'll start to see such amazing benefits from that. And I highly encourage you to go through the course again, if it feels right for you, or through the Graduate Program, whichever you feel aligned to.

I just want to finish and wrap up today by saying a huge, huge, **huge thank you to all the beings**, I know Claire mentioned it as well. But there are so many beings working behind the scenes to make this all possible. And anybody only ever sees me. But there are people answering emails, running Sanghas, there are people doing transcriptions, there are people translating, there are people doing all kinds of things, running the Facebook group, answering questions, I've probably forgotten so many beings that I really wanted to mention. But I want to say thank you to all of those for giving their time, and their love and their energy to help other beings get a deeper experience from the course and my eternal gratitude for that.

So you have everything you need inside you right now. Nothing can stop you ever.

And it's my sincere wish and prayer and blessing that you wake up fully and completely and come to see with as much clarity as you want, what you really, really are. And then, if just a few of us do that, we can begin to make such a difference on this planet, to begin to turn things around. And boy, do we need that right now! So please, please believe in yourself. Thank you. Namasté.

Thank you so much Helen. Thank you everyone. Thank you so much Helen. Love you.

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