



HELEN HAMILTON

DTE Jul21 Lesson 2 P2 - QAs

Okay, Angie, when you're ready.

Question 4 - Angie 0:04

Hi. I've been questioning all week, 'Is it true I need to feel safe in this moment?' because safety and intense fear are the karmic patterns here, and it's shown up in a body that's been very sick for many years, and my partner's suicide. And enormous fear has been coming up, I mean, real panic attacks. But I remembered what you have said. So I just sat with it, and sat with it, and sat with it.

Helen 0:48

And just to interrupt you there, if you're asking the question, when you're asking the question, you can't suppress the emotion. So there might be a lot of the emotion come up, but you don't have to feel it all at once. If you get to the point where you've had enough, it's okay to consciously go put the telly on or something. Take a break. If you're consciously distracting yourself, that's not the same as avoiding. So sometimes when the emotion comes up, it can be really, really strong, especially fear or anger or something. So do as much as you can, when you've got time. If you need to take a break, it's totally okay, you're not going to undo what you've done with the questioning.

Angie

That's good to hear that because...

Helen 1:33

Sometimes you need a break, you know.

Angie

You know, I have all the time in the world, so I can get quite intense about this. And I really, really want to be free. And also, the fear itself affects my body and my nervous system in not a very good way. So thanks for that.

Helen 1:53

You can also ask, 'Is it really true I can be overwhelmed by this? Or 'Is it really true it's too much for me?', because sometimes those ideas are playing strongly when there's a strong emotion. You can see that the experience I'm having is reflecting what I believe is possible, you know. So sometimes it helps just to keep that in mind, doesn't it? You know, when you're contemplating. Sorry, I interrupted you again.

Angie

No, that's fine. At some point, I listened to another video of yours where you were talking about contemplation, and you suggested that we could also ask, 'Is it true I know anything?' And that seems to cover all bases. Because again, this overwhelm is playing, it's almost like I don't even know what to ask anymore. And I had, for the rest of that day, my consciousness just completely expanded and I could not even think of the problem. Contraction appears to come back, but I also remember that, 'is it true that I even know that that's a bad thing?'

Helen 3:10

Yeah.

Angie

So I'm now practicing, 'Is it true that I know anything?' because that seems to be, it just kind of embraces the whole package: this bodily appearance, the emotions. And another two words that I'm repeating to myself to sort of open the doorway again, is 'everything' and 'no thing'. So again, I'm not pushing away unpleasant emotion, or the daily illness, being alone, struggle. There's just this expanded open spaciousness that I'm returning to. I just wanted to share that and just bounce it off you in a way because...

Helen 4:01

Perfect.

Angie

It's just amazing. I mean, this is amazing, and it's scary. And, and, and there's nothing wrong with any of it.

Helen 4:09

You can see, hopefully, that only what you think you know is going to hurt you. Yeah, only what you think you know; this is why in Zen they have beginner's mind, where we go right back to the start where we don't know anything at all. And that is now a permanently stable, effortless thing for me, I don't assume anything. But from doing exactly what you're doing right now. I can't assume anything. If mind offers me something now, it's automatically looked at like, Is that true? Really? You know, is that useful? Is it true? So there's really only these two states, one is closed and assuming, the other is open and free already in that experience. And you can see that there is a place where even when the worst thing is happening to the body - of course we still look after the body and care for it - but I'm not affected by it in the same way. The body is just held and loved in that spaciousness, that is the real me.

Helen 5:09

And most of these things clear up anyway in that spaciousness. And the only thing I have any control over ever is whether I'm believing a thought right now, or not. And if you can just come back to the emptiness of being more and more, where you don't know anything at all, and there isn't anything to know there. And when you can't seem to do that, you can ask the question, and it brings you back. It's a doorway, isn't it, to come back to that silence. That's wonderful.

Helen 5:39

And as you notice, from time to time, the body will still go back into its old, familiar response, and there'll be this period of opening up and closing, and opening up and closing, just out of sheer habit. This is how I respond to life, you know, the body's kind of learned that mechanism, muscle memory, or whatever we want to call it. And the associated emotion that goes with that. So we're just kind of reconditioning that process; by lack of use of those thought pathways, they atrophy. And the new thought pathways of the question become well traveled. When you leave a woodland path, and you don't walk through it for a while, it just becomes overgrown, and you start walking through a new one that you've cut out a path through; it's all that we're doing here. And at first the emotion may not feel any less, but you'll be experiencing it differently; and of course the illness in the body. And then they will begin to resolve too, because your body is not then being forced to live through the effect of these ideas that we've had for so long.

Angie Wow.

Helen Wonderful.

Angie Thank you so much.

Helen So good to hear, so good. I look forward to seeing where that goes.

Angie I'll keep you posted.

Helen Wonderful. Lovely. Okay, Julie.

Question 5 - Julie 7:19

Thank you for this, this morning. It couldn't be better for me to hear this today. I'm traveling with my partner. So we're like 24/7 together.

Helen 7:32

Interesting and challenging at the same time.

Julie

Yeah. And we're on vacation, so everything's great. Because, when you're on vacation, it's easy. There's old towers and people like...it's kind of surreal. Because I feel this oneness, so everyone is so nice. And I can see, there's energy on the beach, everyone happy. But aside of that, the part with my partner being together all the time...This

morning made me realize that I have a sense of guilt, of being responsible for someone else to be happy. So it helped a lot what was mentioned before, and I'm gonna rewatch the question and answer.

Julie

What's showing up in my experience right now is that, because I've let go a lot, every time I go into a tiny separation, my partner reacts very strongly. And I get this loop of fear, like, if I don't do everything that he wants, now I'm enslaved...enslaved to always being at peace. Because if one tiny thing comes up, it blows up. And I have this difficulty of...I see him as another person again. It's like we're just the two of us, so [I feel like] I am everyone, except, my husband. So it feels contracting.

Helen 9:28

So let's look at the experience. Let's see if we can get to the belief underneath it. So when someone else reacts a certain way, I feel I have to do something, to make them feel better. Or, to do something or say something, or be something or someone even. We've learned to do that, haven't we? Here's who I am in this relationship, and I'm someone else in that relationship. And because we can't control directly how people behave and what they do, we feel out of control. And there's the fear [that] at any moment he could do or say something that will disturb my good feelings, not maybe on purpose or anything, just [that], something happens and I'm back in that place where I'm trying to fix things and mend things and all of that.

Helen 10:29

So if you look at the way you feel in that moment, can you see that you feel out of control? That you feel disempowered? You feel at the effect of someone else. And that feeling is so alien to the Noumenon, to the Self, that it produces a real strong response inside, that I'm not free in this moment; something or someone else is having an effect over me. You feel that playing?

Julie: Yes, yes.

Helen 11:07

So that might be the best question for you. Something like, "is it really true, I can be disempowered?" Or, "is it true [that] I'm out of control?" Because if we're not questioning it, we're going to keep experiencing it over and over again.

Julie Yeah. Okay.

Helen 11:29

Does one of those feel alive to you, the question? Does one of them feel relevant?

Julie

Yes. And, "Is it true that I know anything?" Because I start to have this assumption...I start to feel guilty, because I think that...

Helen 11:46

...it's this thing I did that's made him that way. And we don't really know that, do we? We don't really have any idea of that.

Julie

And it's sometimes, [a feeling of] lack of autonomy. I start to see [that] it's a reflection of my lack of autonomy. And because I feel I'm getting more autonomous, in the past few months, with this awakening, how come it doesn't show there? It should.

Helen 12:20

Well, it comes down to authenticity. When I'm believing something that's not true for me now, still, then it's going to show up as something happening that's not true, [like] "not autonomous", in a reflection, in some way. And usually in a lot of ways, right? So. inauthenticity now, is really where I'm believing something still, that is no longer true for me, because you've been waking up and doing so well; because your identity (as we're going to look at next week more) is shifting to who you know yourself to be – from being a separate being to knowing ever clearer, that you are the Self. Then anytime I believe a thought really, I'm being inauthentic in a way, and I will lose my autonomy and it will show up immediately in some big way.

Julie

Okay, yeah, it's fast.

Helen 13:16

And as a separate being, we've had so many thoughts about stuff and they didn't really show up too much. As the Self, if I play with one thought, poof, there it is in my life straightaway, you know? So just finding out what the question is that's relevant for you, and then staying with that when it comes up. And you don't have to wait till it's triggered. We can do this anytime. We can do it when it we're calm too, as long as we do it when a new situation is happening, if we can remember. Can't always remember in that moment, but soon after, we ask the question.

Julie

Okay. And traveling brings up some emotion. When you walk at night in a neighborhood you don't know...and I can stay with the small contraction and just say "it's okay", and welcome that.

Helen 14:13

It's again this feeling of being out of control, isn't it? I can't control whether I'm safe or not. And whether I'm happy or not, whether I'm peaceful or not. It's out of my hands. And that feeling now for you is so alien, that belief, isn't it? Even though there is something or someone else that can affect you. That's what it ultimately comes down to.

Julie Okay, thank you.

Helen 14:39

Good to talk to you. Okay, Videhya.

Question 6 - Videhya 14:45

Namaste, Helen. Yeah, seems to be interesting experiences that come up. From absolute oneness, silence and sound, absolutely no difference whatsoever. You know, hearing the voices, instruments definitely, it was just all myself, absolutely cannot see through. And, when my eyes were open, I could look at the space between the same objects and things like that, there's still just this beautiful sense of oneness.

Videhya

And, then after, it was still there. We're having a meal, and things like that, it's just beautiful. And then a lady made an announcement about something. I still just watch the space in the room and watched if I had no resistance to anything. And then we gave them a lift home. And the two people were talking and quite into what would be called a judgement about a culture and things like that, or what shouldn't be happening. And I was watching again, myself looking at how they can be seemingly in appearance of the two, and what is this really showing. But I just really stayed in my Being with it, and then afterwards, there wasn't really a resistance, but there would have been a preferring. As if this wasn't the way. But something in me just had this thought about, "Can you see the other side"? And within a few minutes it started talking about, you know, "It would be really good. They need to also be looking at this". (laughing) And it just was completely like this. So yeah, so that was all that was the recognition.

And then this other thing that happens in my life that just keeps coming up. And as I was listening to everyone's questions today and your answers, I'm getting the sense that there's a part of this, when I go into the separation, there's this, "somebody's in trouble", or obviously, it's a reflection of I'm not safe, and I need to protect the other. You know, incidences sort of happen where, I really looked at it and I thought, wow, this is pretty horrific and what had happened. And, it really was enough, I could see that you really had to play out to really try to grab my attention to just, pull me into this separation.

But what I recognized when I went into the separation was I come down really quite hard that we've got to "stop this", you know, "This, lady's just not listening. And she's not respecting the rules". And you know, as a result of that, with the animals, another animal was badly injured. So it was almost like my mind starts to go into, I go, "We've got to do this, and this, and this has to stop". But at the same time when all that happens, nothing happens! It's like, I just get on with life. And then a thought might arise again. That is a bit of energy that gets pulled there. And then nothing! And it's like, "Am I learning"? I did have a question that said, "What is it? I'm not safe"? But also, "What are you trying to protect"? There was something else yeah, I can't remember the other one right now. But yeah, it just seems to keep going to this place.

Helen 19:29

Is there any negative emotion when it comes up, this?

Videhya

Um, no. Not now, other than "It's got to stop." You know, mainly because I think what it feels like is, you know, people can get into trouble or I can get into trouble. So it stems from something like that.

Helen 19:53

You said there's a surge of energy when it happens inside you.

Videhya

Yeah, maybe a little bit of, I wouldn't say a strong anger now, I'd say more of an annoyance.

Helen 20:11

It's probably then that you felt moved to say or do something about the situation and haven't in the past due to some fear or some unworthiness or something, inhibiting your actions. But now, there's a real sense that this is the time for this to change now. You know, that kind of feeling inside. Quite often that kind of action can come with this rush of energy, Not a negative energy, just a kind of, " It's time to move and do something here". Some action needs to occur, or something needs to be said that perhaps we wouldn't have before.

Videhya

Yeah, because that is showing up. Yeah, that was another thing in family as well. You know, something arose like that. And I just spoke up, and there was no fear, no emotion in it just, "Oh, what have I done wrong now"? That almost, it was quite okay. My dad express what he felt, did something. I didn't tell them something. And he was a bit surprised that this event, and he would have wished I could say who was going to come and something like that. And it was like, "What difference does it make"?

But it actually really made me look at that I'm the other body as well. And that not everybody is seeing through my perception. So that was something else that come up and was, you know, recognizing, "Well, even though it's all myself, but there's still the appearance of other bodies that has a perception or appearance of a perception". I don't know. So that thing I did, come now, it was compassion and wondering whether, yeah, is it more compassion for myself and I can speak up?

Helen 22:05

Yeah, more compassion for yourself, definitely. And a total or diminishing ability to disrespect yourself and what you want to need in that moment. But also deeper compassion for everyone else. And for the egoic perspective that other people still have. The way they see things as you said, it just, you can understand why they would feel and think that way. You wouldn't choose that for yourself anymore. But you can understand it clearer. Can't you, why people act a certain way, out of fear or guilt or whatever it is that we're motivated by, whatever story we're believing. The deeper understanding of "This story is running this person's life actually". And their actions are

very limited from that place. But also a recognition of what you want to need and what you feel you have to do in that moment.

Videhya

Yeah, yeah. Well, that means its only a simple explanation. It was great. I was just getting some wood in and Savitur , said, "Can you come and have a look at this on the computer"? And I just went, "No, I'll do that later". You know, "I want to do this". but it will come through really powerful for me! You know, I just looked at him like, "No, I want to do that later". There was no annoyance or anything. It was a real clear, "This is what I want to do".

Helen 23:34

It will soften even more, so that you can say, "Now's not the right time, actually. I'll do it in a little while. Thanks". So you can still say what you need. It comes out in a very loving way. You can't do or say anything then that's gonna hurt anyone else or anything or yourself as well. You know. So wonderful. Just love, isn't it? Love emerging.

Videhya

Yeah, maybe that's why the question is arising, "How else can I say this?" in a lot of different areas? And I think what's happening is that question. I mean, I did say it gentle, that, it was just clear.

Helen 24:12

When I first started being able to say what I needed in any moment, it just came out like this verbal episode, let's just call it, where it wasn't always as respectful to others as it could be. But it softened eventually to be able to speak up for myself and also have others hear that in a way that they're receptive as well. You know, so you're not putting them on edge.

Videhya

Yeah, that's good. That'll happen more and more. Thank you.

Helen 24:50

Okay, Melissa, did you want to ask? I think she has had to go by looks of it.

Okay, so we will leave it there for today.

Helen 25:12

Lovely. So just to finish quickly. The homework then for this week is to look at the causality loops playing in your life. You can either do that from looking at where you're experiencing what you don't want, whatever negative emotion you feel on a regular basis, or a one off basis, if it just pops up. Wherever we're feeling a negative emotion or a contraction in our body, or an experience of what we don't want, we will be thinking in terms of cause and effect somewhere.

Helen

So if you need help with this, you can send questions in as well. The next Q & A session is Thursday again, but this time, it is 11a.m. UK time.

So dig out those causality loops and start questioning. Just pick the biggest one, the biggest emotion that's happening in your life right now. And as you dissolve that, you're gonna start to feel stronger, better, clearer and all of that. You can start to feel freer, you'll have a lot more energy back to look at the next one then. You don't have to do it all in one week.

Helen 26:24

And as some people have been suggesting, we can also look for a general idea. **'Is it really true I know anything? Is it really true for me there are any other beings? Is it really true I've ever been separate? Is it really true I'm not already free?'** is a powerful one.

So these general questions as well, will help sometimes; we'll have to focus the question on a particular story. But the question is also a way to come back to the Noumenon. So please watch the contemplation video. Even if you've seen it before, watch it again. And you'll probably understand on a different level now.

So thank you.
Namasté.

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