



HELEN HAMILTON

DTE Lesson 3 Helen's Talk and QAs - P1 + P2 – August 1, 2021

Helen:

Namaste and welcome to Lesson Three of the **Dissolving the Ego** course. And before we get started, I just want to remind you again, which I probably will do every time, is that we're learning a new lesson each week, but it doesn't mean that you need to feel overwhelmed. There's no way I'm expecting you to fully master what we've learned in Lesson Two, before we proceed to Lesson Three. And really, these are skills that we'll be practicing and honing throughout the rest of our life. It doesn't mean we're not going to get immediate benefit from what we're learning and what we're diving into here.

And each lesson follows the previous one, literally, of course, but also builds upon the previous one, and by the time we get to Lesson Four, it takes everything into hopefully, a simplicity that makes it easier to continue with.

So right here and right now, we can let go of some ideal future moments in our imagination where we are awakened. And we can recognize right now we are the Noumenon, to whichever degree, we've seen that. And that's always going to be getting clearer, always going to be getting easier to understand and to see. And that we're always going to be getting even more proficient at these four basic foundational skills.

So **Tuning into the Noumenon, Lesson One, 'Finding Out What You Are.'** **Deepening Your Recognition, Lesson Two, which is 'How to Stop Being What You're Not,'** in effect, undoing these causality loops that seem to keep us suffering.

And then today, we're going to look at in **Lesson Three, Shifting Identity Over to the Noumenon, to the Self.** So what does that actually mean? What does it mean, if my

identity is firmly established in and as the Self? And why would we want to do that? What is the purpose, and the reason, the benefit we're going to get from doing this?

2:27

So identity, as far as I'm describing it here, we're shifting it from the belief in being someone, somewhere in time and space, *trying* to get what we want or need, and moving through life and evolving and becoming. And then eventually, someone *trying* to wake up, as someone *trying* to tune into the Noumenon, someone *trying* to transcend these karmic patterns that we've got, these causality loops, and shifting that from a deep knowing that that's what I am, into a deep beyond doubt, conviction. So that there's no question in our hearts that we ARE already where we've been trying to get to.

Because if you can imagine that for a moment, if you knew without a doubt, that's what you are, that no matter what your mind said, or an externalized voice, which isn't really external, as we learned last week, doubt from outside or inside, then these voices will have no effect upon you, your peace will be undisturbed. So our own inner voice of our mind, and the outer voice of other beings, questioning how far we've come in our evolution.

So we're going to work on shifting identity over, so that there is a deeper feeling inside for each one of us, that **I Am That**. And perhaps as we start that process, it will feel... there'll be a sliding scale - there was for me - so some moments I felt more sure than others that I was the Self, some moments I was really, really certain that I wasn't yet, wasn't living as that, wasn't embodying it. And then, as I moved further into my practice 31and my awakening, I never really had an 'aha' moment that changed me forever, there were lots of 'aha' moments 'Oh, I AM That, I can see I've *always* been.'

But what was growing underneath which I'm much more interested in, is being less and less affected by whatever my mind is saying to me, whatever emotions playing whatever is going on in my life, in my external circumstances, in my experience. That is the fruit and the evidence that we're looking for. So when anything can happen inside or outside, and I remain in my equanimity, I respond to the situation, but I don't react out of conditioning, through my thoughts, through my beliefs, etc. And perhaps most importantly, I'm at peace right now, because I know I am already where I'm trying to get to. Where my egoic sense of Self is desperately trying to reach is where we are already looking from. So when we're looking from that place, already of stability, of security, of permanence, of already feeling abundant, then we're not going to be on this roller coaster that most human beings have.

6:03

So if before my identity shifted, if you said something positive to me, I'd be really elated and uplifted. If you said I was really good at this thing, or something like that, I'd have

been really happy and if you'd have said the opposite, I would have been immediately brought down. And the same with my mind, I would have to listen to it. So it's worthwhile shifting identity, for that reason alone, just to be kind of bullet-proof. And perhaps, importantly as well, to be bullet-proof whilst we're still undoing these causality loops. Because as you might have seen, there's stuff going on in all of us that needs to be unraveled. But where we're doing it from, is going to be a whole world of difference.

So am I 'someone' who has all these karmic patterns to undo, all these places in my life, where I'm not embodying my awakening, and I've got a 'to-do' list where I've got to work through all of these areas, and I feel burdened, and I feel like I'm never going to get there, all of that stuff. Or am I already the Self, effortlessly watching this dissolution and unraveling of these egoic energies? And it's a totally different experience, totally different. So it's worthwhile putting the time in to shift identity over.

And one of the huge myths I encountered in my own awakening is that there is no real way to do that on purpose, to make sure identity shifts on purpose. And when I really began to boil this down and look at it, what is it that those great sages have done, that proved to them experientially, that they were already looking from, where they're trying to get to? Or what we're seeking IS what's seeking. You know, that kind of Knowingness with absolute clarity, so if I woke you up at two o'clock in the morning and asked you who you were, you would tell me immediately, I am the Self, it's obvious. So that's the kind of clarity we're looking for. And if you look at every awakened being, they kind of have this no wiggle room for doubt thing going on, don't they.

And that's where we're going to look at how to get to that point. And I'm gonna show you what I did. And then you can do the same. I've said it before, but it's worthwhile saying, again: 'If you do the exact same things that I did, you'll get the exact same results.' And maybe the only challenge we've had is that we haven't quite been clear enough previously, in what awakened beings have done, what do they actually do to shift identity? Because for the rest of your life, you're going to be deepening into the Noumenon. And that'll be a fun experience when your identity has shifted; it will be an exploration, it'll be a discovery. It'll be a wonderful world of awe and mystery and beauty. And for the rest of your life, you're going to be seeing even clearer what you're not, and letting go of stuff; ever further refinement, and ever better experience corresponding to letting go of these causality loops.

And again, that doesn't have to be a chore. You know, people ask, how long did it take me to kind of get past all of my karmic patterns. Say, probably two, three years, something like that. And they go [sighs]. You know, but that two or three years I wasn't suffering. I was watching them unravel AS the Self, and that is so important. Because you're just watching, you're just watching 'Oh, that's not true. I've seen that's not true.' And then I see it again, it's even clearer, that's not true. Therefore I can't listen to

thoughts about that particular thing when my mind suggests a certain way of seeing things.

10:07

So if you want to follow along with these simple exercises we're going to do right now, I would suggest doing these. Once you get the hang of them, they only take a few minutes each day, and you can't do them too many times, and you can't get them wrong. They're just very simple Self-inquiry exercises that we're going to do. And you can either do them after your meditation or before. I think when I was really, really done with suffering, some days, I did this like 100 times, because I'm not saying you have to do that at all. But each time you do these exercises, they leave you in a different place.

10:53

Okay, so what we're going to do is Tune into the Noumenon. So whichever way you do that, whatever is your favorite way of recognizing the Self. So for me, right now, I'm just gonna Listen to the Silence, and I would really urge you all to follow along with me. Okay, and we're going to do this as a group this time, differently than we've done it before. And I want even if you've done the course before, I'd like you to do this with me, especially if you've done it before, we can all get a little complacent with the lessons. I'm doing it myself as I'm talking.

So right now, in that Silence, or the Contextual Field, or the Awareness or whatever, where you tune in, we're gonna actually **look and see if we can find a separate being**. Because the reason we keep going back to our mind, is the belief that we are someone tuning in to the Noumenon, that there are two things and this is the root, the very, very first root of duality, there's a 'me' and the Self. And as we tune into the Noumenon, we want to come to **recognize that it is the Noumenon looking at itself**, this is how we're going to do it. So right now in the Silence, is there a 'you' and Silence or the Field or whichever way you're going to tune in? Actually search through the Silence or the Field. Can you find yourself as a separate being inside that Silence? Can you find yourself as an object as a 'someone' inside the Field?

Now, when I first did this, there was a very strong sense of 'Yes, there seems to be someone here.' And there is a body. There might be thoughts, there might be emotions going on. But does that equal a separate being? You're Awareness, being aware of Awareness or listening to Silence? How big is your Awareness? Can you find a point where your Awareness stops and THE Awareness, the Noumenon starts? Can you actually find it when you look? So we're all looking together, we're tuning in whichever way we do this. (We're ignoring my cat in the background who suddenly wants to say a lot.) And hopefully, we can look and tune in and see what is it that's here when we actually look at the Noumenon? Is there a 'you' and 'it?' So when I looked like this, what I found was that there actually wasn't anyone in the Silence, there was a body, there

were thoughts, this body, thoughts, emotions. But there wasn't actually anyone that I could find as a separate entity. It seemed to be there, I seemed to be there as a separate being. I was really shocked because I just couldn't find that person that seemed to be there.

14:26

And we're not fighting with this 'seems to be' of it. So we're just looking and seeing if we can find a 'someone' AND the Silence because the core assumption is 'I'm tuning into the Noumenon,' 'me, the separate being' tuning into the Self. So I hope we're all doing this together right now. Can you find someone there? And unlike perhaps everything else we've done in our previous experience as a separate being, we are trying to find something and NOT finding it. And actually NOT finding a separate being is not the wrong answer. Usually, if I asked you a question and you can't find the answer, can't tell me, then we might feel, if we were in school, we might feel embarrassed; I should know the answer to this, should be able to find it. Actually, **looking and NOT finding is the correct answer. It seems to be there, you seem to be, don't you, a separate being, you feel separate. Something seems to be there, but is it actually when we look?**

So I'm taking time over this exercise now. But as you start to do this more and more, you're going to be able to do it in 10 seconds. **There's the Silence; is there anyone in it?** And amazingly, when I first did this, 'No, there isn't, there isn't.' Still, and then this is really important. Still, for me right now there **seems** to be a separate being, there seems to be someone here called Helen, who's doing this, running this course and speaking these words and teaching this lesson right now, there **seems** to be. But I've investigated so clearly, again, and again and again, to find out there actually isn't. That it's just this separate **sense** of someone; a **sense**, but not an actual thing. Therefore, as you see this again, and again, and again, you'll stop pushing against the ego, because you'll see there's nothing really there to get rid of. It's just a 'seems to be,' a kind of optical illusion, in the same way that the wave on the ocean surface is not really different than the ocean, it's all water. There **seems** to be someone, but is there really?

So that's the first exercise. And we're going to go through the next one in a moment. But if you have been through that, and you struggled with that exercise, I really want you to put your hand up at the end when I ask for questions. Because I really want to help you. Your question, if you're struggling with it, will be really important and it'll help a lot of beings to come out of this sense of...We're not trying to get rid of anything, there will still be until the body expires, a **sense** of being a separate being. And that **sense** of being someone is a result of having a body and thoughts and emotions and things going on here just in this one place. From here, the world looks different to [how] it looks from another body. And all of that gives the sense of being someone separate, we just need to prove that it's not actually so. We need to prove this again, and again, and again. Because it begins to override this core assumption that I somehow, the beginning of my

existence as a separate being, I somehow arose out of the Self and became this separate being, became this someone, that's been traveling through time and space, and is finally now coming back to the Self, trying to find our way home.

18:24

But as we learned last week through causality, understanding of cause and effect, if I believe that there are two things, a 'me' and the Self, then I'm never going to actually be able to experience being the Self in a stable and permanent way. Because I'll always be trying to get back to it; always be trying to get back home. And the clearer we can see, **I'm already** looking from there. All there is is the Noumenon, is the Silence, the Awareness, the Stillness, when I actually check it out. When I actually look, there isn't anyone here. Therefore there's nothing to be gotten rid of. And I could begin to, as we said in satsang on Thursday evening, celebrate my individuality, how the Self is appearing as me without actually trying to get rid of anything anymore. I won't be at war or conflict or trying to get rid of ego, it will just kind of dissolve into this nice thing.

19:27

So the second exercise we're going to do, and again, **the aim of this exercise is not to get the right answer. It is to ask the right questions.** So huge difference, because you can succeed at that today. And it'll begin to shift your experience today. And how you interact with the mind today will be different. So again, tuning into the Noumenon, whichever way that we do that, I'm just going to use Silence for the sake of this exercise, whichever way fits for you is absolutely fine. And I'm gonna ask you to just check out with me again, do it with me. It's really important you do it with me.

In that Silence, are you using your senses, so your eyes and ears and your hands and your nose and your tongue? Are you using those to hear the Silence, or to recognize Awareness, or to notice the Stillness? Is the Noumenon something you can see with your eyes and hear with your ears? Is it audible? Is it tangible, that you can pick up? Does it have any smell? Does it have any shape or anything, any quality at all that the senses could recognize? So just asking this question, and at some point, you're going to come to whether it's now or in the future, **an understanding that you're not using your senses at all to perceive the Noumenon.** Our senses can see the way the Noumenon is appearing as curtains, and a table and a human body, *appearing as*, not the essential nature of our being.

And then, again, checking out the Silence.

Are you using your mind to recognize the Silence, to hear the Silence? Or to notice the Field? If we zoom out right now and notice the Field, did you do that through a thought process, was it a thinking process? Or was it just a way of shifting your seeing, shifting your focus? Is it a mental exercise, something that mind can do? **Are you using your mind and thought to recognize the Noumenon?**

Again, if you're not sure of this one it's totally okay, there's always lots of people, myself included, that don't get this straightaway. Doesn't mean we're doing it wrong. It just means we're more aware of what the assumptions have been. Our main assumption has been that I'm using my body, my senses, and my mind to tune in to the Noumenon. 'Me' here, this separate being, tuning into 'It.' When we actually start to look, am I using my mind, am I using my senses, am I using any part of my body-mind vehicle to tune in? Perhaps something that we've got quite good at doing, recognizing Silence, Stillness, Beingness, Consciousness. How do you know that you're conscious? Do you think about it? How are you recognizing consciousness?

22:55

Yes, there is a thought that pops up in the mind that says I am conscious. Or I am Aware. Or I can hear Stillness. But before that, when you tune into Silence, isn't there just some kind of Knowing that comes beforehand? And *then*, mind speaks about it. And *then*, mind forms a conclusion about it through thought and that's okay. Just recognizing this step, first and foremost, is **before** the mind. And wherever you're starting with that, whether it's obvious that you're not using your mind, or whether it's totally unclear. All we have to do, I just want to remind you, again, is to get the right questions here, the right questions will pry open this assumption that we've had, that we've been very, very sure of, which we may not have been conscious of. But when I recognized my own assumptions were that 'I was tuning into the Silence from here, tuning into something out there, it was external to me, there were two things me and the Silence,' this is going to break down your ability to believe that.

So the second exercise will conclude with the last question. So,
Am I using my senses? Am I using my mind?

Then the third question:

How am I hearing it then? How am I hearing Silence if it's not audible? If it's not visible, not tangible, how am I hearing it then? What within me is recognizing invisible, intangible formlessness? By whichever name, we give it, whichever doorway. And it's totally, totally okay if you don't know this. It's where we all start from, but to ask the right question is going to begin to undo the assumption that I know how I'm tuning in. I know, here 'me,' this separate being is tuning into it. Can you see the assumption that we've had; I'm the one practicing trying to get somewhere. I'm the one that's working towards the Noumenon.

And as we ask the right questions here in our inquiry, we're going to begin to shift to a whole different level. **The effect of this is really to begin to watch the mind from above.** And the experience from above, as if you were kind of flying over the landscape and an aeroplane sort of cruising at an altitude where you can see everything going on,

but you can't really get involved with it, you just enjoy watching it going on, instead of being someone on the ground actually having to do the hard work.

25:37

So this is the shortcut to awakening, to shift identity. Because it's going to take as long as it takes for ego to dissolve, and karmic cause and effect loops to dissolve, same thing. And you're going to continue to deepen in your seeing what you really are through Lesson One. But we can stop the suffering as soon as we really engage with these exercises. And what's going to happen is, **you're going to begin to recognize that you're not looking AT the Self, that you're looking FROM it.** And there is such a difference in our experience, between those two ways of seeing. Currently, we all start from the assumption that I'm looking AT it, I have to get TO it, or I have to dissolve this separate being to get to it. Or, I have to merge this separate being into it, which was a more popular one of mine for a while; I spent so much time and energy trying to dissolve something that's not actually here. And I found that was impossible. So just doing these two exercises, and they're listed on the lesson plan for today's lesson that will be uploaded with this video, and everything. So refer back to that. You can do it once a day, 10 times a day, as many as you want to. Of course, I'm taking time with them today in the lesson, to explain them. But as we learn these exercises, it can be 10 seconds to tune in, and to see if you can find someone in there, to see again and again, and again, and again, and again and again, there is no separate being here, there's only Silence. What effect is that going to have, as you see that more and more?

Helen 27:31

It's going to allow you to kind of sink into this equanimity, there's nothing to get rid of. There's nothing to be gained. There's nothing to merge into the Self. There's nothing that ever arose out of the Self, namely 'me,' the separate being. There's just the Self. And as we see this over and over again, this is where the doubt starts to go. And this sense of conviction, clarity, absolute certainty begins to build. Every time you do these exercises, you are more certain than you were before. And there is less room for doubt than before. This is how it was for me, there was no pivotal moment where I suddenly knew 'I Am That.' It was a gradual, incremental thing, that once I got the hang of these, the way to look and see, I really went for it. Because it was extraordinarily joyful for me to find that there's nothing to merge or dissolve. The only thing we're dissolving is a certain set of frequencies running through the body-mind vehicle, which we can call ego. The sense of being a separate being remains but without its entanglement in life. It's just a functionality of personality that you can use to interact with everyone else, everything else, and to steer the body-mind vehicle while it's there.

So let's just recap. We're going to continue to tune in, as in Lesson One. And hopefully, you're letting go of trying to 'get somewhere' with that. You just, if today is a very noisy meditation, today is a very noisy meditation. All that means is I had to bring my attention

back a few more times or a lot more times; it doesn't mean anything's going wrong. And if you have a day where you slide into meditation and you're blissed out, and you'll find after 20 minutes, you've been drooling and the alarm clock goes off. That doesn't mean you doing anything different to what you did yesterday. It's just what happens in meditation today.

And then you'll continue to see clearer, where thoughts are being believed, what negative emotions come up in your life, Lesson Two, what you seem to need or want from your external experience. And to begin to undo those from contemplation when you need to.

And then, we're just going to add on these exercises to our meditation and you can do them. If you do them before you go to sleep at night as well, that's great, you'll sleep really much more peacefully. You can even meditate before you go to sleep as well. And these are all just cumulating, **for you to have the same certainty and knowingness that I do, it's not something that's gifted to an awakened being, it is something they've cultivated as a habit.** If we don't do these exercises, we're gonna still be assuming that we're looking AT the Self not up here, because up here, we'll know there's only one, but our body will tell us, our experience will tell us how much we really believe in two. The amount of negative emotion we feel, the amount of lack of abundance we're experiencing in whichever way, whether that's an inner thing like peace, or an outer thing, like time or money, or friendship, then that's showing us how much our body, our cells, right in the core of our being, actually still believes in two.

And you can kind of feel that, can't you? You can get a sense of, in my meditation, I really get that there's only the Silence. And then, when this person shows up, there really seems to be two, I can feel in my body telling me there's two, there's me and this other being. These exercises will really just shift you over to the fun side of awakening, where there's just an effortless unfolding just like a rosebud effortlessly unfolds into a rose, into flower doesn't it? There's nobody pushing it to unfold and to flower and to blossom, it's just happening.

So you can sit back and watch your awakening happen, AS the Self, anything that you need to transcend, or let go of, all of that is going to be so much easier and much more fun when you have seen your identity shifting. And there is a kind of endpoint with identity shifting. So there will be a point where you can't doubt that anymore. And really, however long that takes is really just down to how many times you do these exercises.

32:20

It's not a question of IF awakening, it's a science, it's not a science per se, but it is something that we can break down into what we can actually do to make this happen. So important really to recognize that. There is no chance of IF this is going to happen

for you even *without* these exercises, it's happening for you already. We're just working with the process, so that we can speed that up. Because you're going to let go of all your karmic patterns anyway. Wouldn't it be nicer to do that, while you're just effortlessly watching those unfold from the Silence? Just like we were saying before, the sky isn't worried about where the raindrops are falling out of the clouds, it's not running around trying to organize that. The Self, the Field, the Awareness, isn't really concerned with what's going on, in a personal way, at least, what's arising out of it seemingly. And most of all, and you really come to grasp that you're not actually a separate being, you can celebrate your own individuality, the way the Self is appearing as you, you can begin to celebrate that and love that more. You won't be trying to get rid of anything anymore. And things will disappear that you've been trying to get rid of. Things will come that you've been trying to get.

And you know, it's on an inner level as well. So I'm not just talking about external things, I'm talking about things that you wanted, like peace will come anyway. It's the idea that there's two, there's a 'you' and the Self, that's the first division you and the Self. Well, actually, there is one before that, but we'll look at that next week.

For the purpose of Lesson Three, this idea that you arose out of, emerged out of the Self as a separate being. And ever since then you've been on your own and traveling through time and space, and then trying now to get back to the Self. Can you ever actually achieve that? No wonder that hasn't been working for us. If you've never actually split off from the Self. What if that was the greatest myth of all? And to prove it experientially, by looking and not finding, looking and not finding, looking and not finding a separate being? It's going to begin to change everything for you, how you're handling everything in your awakening will change.

And it's really like just sitting in the driver's seat but sticking on the cruise control and enjoying the scenery as you go, rather than trying to figure out where you're going with the map and taking the wrong turn and having to go back and find nice directions and all of that stuff. Totally different journey, enjoying it from right now, as the Self, there isn't anywhere for me to get back to, that was the greatest lie I've ever told myself. And there is only the Self, but it has been confused about itself. And when it turns up as a human being, it can think about itself, and get all kinds of crazy ideas that get believed and therefore experienced.

35:43

Okay, so I will open up for questions and comments and sharings, I see Sally's hand up there, I will come to you in a moment.

I just want to say, before I start, before I open it up, I really want to hear from you if you struggled with the exercise as well as if you had an amazing breakthrough with them.

Because each person that says I don't get it, is going to help everyone else. So don't feel you can't speak up. If you didn't have amazing clarity on first going through it. I didn't either, it took me a while to get it. Okay, so there we go.

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DTE Lesson 3 - QAs P1

We'll go to Sally first then. Whenever you're ready?

Question 1 - Sally

Okay, my question is about the difference between the mind and consciousness?
Because I feel I have to use my Consciousness. Is that the mind?

Helen

So when you say you have to use your Consciousness, can you just give me a little bit more about that...to using your Consciousness in what way?

Sally

Well, to access the Silence. To access the Awareness? You know, my Consciousness, Is that the mind?

Helen

Well, let's look at that Consciousness. Let's look at it. Something within you knows the Silence is there, right? Something can sense the Silence. And you've called that Consciousness, and that's fine. What is that Consciousness? Can you pin it down what it is? Where is that Consciousness when you look for it? Is it something that you can say 'That's what it is? It looks like that?' Or 'it's here' or 'it's there?' Or is it just more of a sense of something?

Sally

Looks like it's what I am sensing the Awareness with, in.

Helen

And is it different to the Awareness? And again, as I'm asking you these questions, wherever you're at with the answer is absolutely fine. We're just going to look and see if we can just push this a little further along. So I'm using my Consciousness to sense the Awareness. Is there a difference between Consciousness and Awareness when you look in your experience?

Sally: No, no.

Helen

And is Consciousness or Awareness, is it a thing? Is it an object?

Sally

No.

Helen

Does it have a shape?

Sally: No

Helen.

Okay, that's good. You're doing amazingly, by the way; way better than I did when I first did this!

Does that Consciousness have any quality at all? Does it have a color or a size or a shape?

Sally

No. It's the same as the Awareness.

Helen

Yeah. Wonderful! Is there a division between Consciousness and Awareness? Is there a dividing line where my Consciousness stops and I see Awareness? Can we find that when we actually look in our experience?

Sally: No

Helen

Okay, so as you look and do that, you were very quick there, which is great. There isn't really those two things. It seems like - this is a core assumption I was talking about- it seems like I'm using my Consciousness to look at the Awareness over there. Or, the Awareness that is everywhere. But if I actually check out 'is there really Consciousness **and** Awareness,' I can't find two things when I actually look. Can you prove that?

Sally

I'm using my mind to access my Consciousness?

Helen 39:33

How do you know that? I'm asking you a weird question!

Sally

I don't know how I know it. That's what seems to me - that I'm using my mind to access my Consciousness.

Helen 39:45

Okay. So, there's an assumption that we have believed, that seems very real for us; I'm using my mind to tune into Consciousness. So I'm going to give you a question to work with and it's not something you have to answer right now. But as you sit with it for a couple of days, something will open up out of this. So, whichever way of phrasing this that that really works for you is great, but can my mind recognize Consciousness?

Because if we don't ask that question, we're going to be assuming it can. Okay? And with any question, your mind is going to give you answers to it; it's very good at doing that. But I want you to stay with that question until something kind of shifts inside. You know that feeling when you've let go of something and you just feel lighter inside, right? That's what we're looking for. That's when it's an experiential knowing: 'No, my mind cannot recognize Consciousness.'

So we're looking for either an 'aha' moment, or a shift where something is different, I feel different. Somehow, I can't quite believe anymore that I'm using my mind. You might not know how or why; you're just looking for that shift inside. That feeling! All you've got to do to have that shift, is to keep asking this question every now and again with curiosity.

It cannot be hidden from you, because you already are the Self. So just asking this question is going to open up the assumption; we've been experiencing whatever assumptions we've had about this Awakening process. Most of those assumptions, we didn't know were there! So suddenly, we might start to realize 'I really see now that I thought I was using my mind to tune in here.' But when I really look at that and ask that question, something is going to come out of that.

Sally: So mind is mental processes?

Helen

Yeah. What actually is mind? Let's compare it to Consciousness. When I asked you if Consciousness was observable as an object, you said 'no'. Can you see your mind? Can you see your thought process? Can you see your thoughts? Are they objects?

Sally: I see the thoughts are objects, yes!

Helen

And you can check it out like this: Is Consciousness coming and going, in the waking state? Is it stable?

Sally: No.

Helen

Okay, so we can work with this assumption here. Let me ask you another question, then. Why do you say that it's coming and going; why do you say that Consciousness is coming and going?

Sally: No, Consciousness is not coming.

Helen: Oh sorry! I missed that!

Sally: But mental processes are.

Helen: Right

Sally: I see the difference there. Okay, I think it's getting clearer! Thank you!

Helen

Okay. So stick with that question and see what happens. You don't have to do anything to get the answer to this. The question is doing the work. I don't want you to effort with it. Just every now and again, when you're having a cup of tea: 'Hmm. Come on mind', as if your only job is to ask the question, and see what happens.

Excellent. Good to talk to you. Thanks.

Okay, so we have enough hands up there now. So if I could ask for no more hands; I'll take the ones that are up obviously.

Angie, when you're ready.

Question 2 - Angie

Angie 43:46

Hi. When I sit with the inquiry, sitting with Beingness, if the question is, "can I find a separate entity in the Beingness", the one that's asking the question seems to be the only separate entity there. In other words, it's created by the thought "can I find a separate entity?" And Beingness is simply being aware of itself as Beingness. There's nothing else going on.

Helen

That Beingness recognizes Beingness and then a thought pops up about it, yeah?

Angie: Correct. Yeah.

Helen

The thought says I'm recognizing it or whatever. I can't understand this or whatever mind says is happening as an afterthought.

Angie

Yes so within the Beingness itself, there's nothing other than Beingness. And yet this I guess with practice as you say, the conviction comes as no clear "What is my identity in this?" So following on from that, I just want to ask is there any value in tasting Beingness and somehow affirming to yourself that "this is my identity, this is what I am". Or is that just another trick of the mind getting into an affirmation?

Helen 45:34

It depends what you mean by affirmation. So, if I'm affirming 'I Am That' by experience as we were just doing; if I look and can't find anything other than Beingness when I actually check it out, I can't find 'Angie' that's tuning into Beingness, recognizing Beingness, it's only Beingness when I look, then that's the kind of affirmation that's going to really shift my identity or shift your identity over. Mind will talk about that then. Mind will get excited and do the thing that it does. And that's okay, isn't it? If it's only a mind affirmation, it's not going to shift your identity. In fact, it will reinforce the illusion of being someone if it's only mind affirmation. So if we think up here, 'there's only Awareness' or 'I am the Awareness', it's not going to shift our experience. But if that thought comes after the experiential seeing, there isn't anything in the Beingness other than Beingness then, of course, that's okay.

Mind is going to get excited about what you're seeing anyway, right? That's what it does. And then it will doubt and all the rest of it. That's kind of its job and it does it very well. So as long as it's not just a mental affirmation, if it's coming after an experiential one, then that's going to really shift things. Because what's going to start to happen is, if we can see, there's only Beingness. Nothing, no such being, no such separate being called 'Angie' ever arose out of the Beingness. It's going to get clear that nothing ever could. Nothing ever could. There is only the Beingness looking like all of this, which we'll look at in more detail next week when we go through Lesson Four.

But for right now, experiencing it and not finding a separate being, tuning in and not finding anyone doing this work is going to get clearer and clearer a little bit incrementally each time. It must be the Beingness recognizing itself then. At first that may not come with a force of conviction. But that certainty in what you're saying there will become more and more powerful each time. You know, it's going to be a sliding scale as you do that, your Believe-o-Meter so to speak of what you know yourself to be.

Angie: Yes, brilliant. Thank you very much, Helen.

Helen: Good, good. Lovely. Thanks for sharing.

Question 3 - Tom

Tom 48:33

It's been a good course. But I feel ambivalent about it. I can, during my meditation, tune into Stillness. But then there's a comment, 'well, that's not very interesting', or 'it's not fun enough', or 'it's irrelevant, it doesn't solve my financial problems'. I can just tune in to the stillness and it feels Okay, okayish; I think okayish is a good word. So I'm missing out on the peace and joy that you continuously advertise.

Helen 49:23

I'm not I'm not laughing at you there, right. I remember when I first started to hear the silence. it just seemed boring. It really did...

Tom: Well It is a little bit, you know.

Helen 49:36

...Like is this it? Is this what everyone's been saying is so wonderful, well it doesn't feel wonderful, it just feels, it's just silence. There's nothing.

Tom 49:42

Yeah, that's Stillness. I mean, I was sitting on the park and I tune into the Stillness and the trees and I was one with them. And then there was this 'so what?' you know, there's a sort of, there's a little boredom.

Helen 50:02

Yeah, there's a little thought that mind does, which has a huge effect. So mind says, Okay, I did my meditation today, I tuned into the Stillness, and there's this Stillness. And then mind concludes that that's all there is of it. What I've experienced right now, in this moment of stillness, that's it. But what if what you're experiencing right now is a tip of an iceberg, an infinite iceberg, that just goes on forever.

So every time - I don't actively tune in anymore, because it's just become my identity - but every time I experience myself, it's even deeper. So it's a fine line between being content with how we recognize it in this moment. Okay, there's Silence or Stillness, and if it doesn't feel exciting, that's fine. Because it didn't for me. And to a large extent, what's always been here, we've just completely ignored, and even maybe label data as irrelevant, you know; the Spaciousness that everything in this room is appearing in, it's not important to me, it's not helping me, like you said, it's not solving my issues, it's not actually making a difference in my life,

Tom 51:24

It doesn't increase my bank balance, or improve my relationships. So are you saying it's a matter of faith when you say it's the top of the iceberg?

Helen 51:36

Not faith, although I can see why you'd say that. Cultivating a curiosity; I want the whole iceberg. There must be more to me available in this moment. We're not seeking *out there*. We're turning that energy in to, we're not trying to get towards something, rather, turning that energy in to: This is how I'm experiencing Silence or Stillness right now.

What else is there about it? Am I experiencing the fullness of it?

Tom

I assumed that that's all there was to it. Because that's what I experience.

Helen 52:17

You see, there it is. There's the thought, the tiny thought that has a huge effect. As we learned last week, whatever I assume to be true, I'll keep experiencing. So when I came to see this boring silence is only feeling boring because I expected more of it. I know there's more to it, but I can't quite seem to get to it right now. Why is that? Okay, because I'm listening to my mind's assumption that how I've experienced Silence or Stillness in this moment is all there is to it. Then, mind goes: 'So what', 'This is not helping, it's a waste of time, actually; look, the problems are still there, you know, my bank balance is still dangerously unstable, you know, and my peace is still dangerously unstable while I'm tuning in'.

But if we can tune in with a curiosity, 'What really is the Silence? What really is the Stillness?' And this is the part I really want you to get, to hear, I mean - I still have that curiosity now, I cannot assume that I've seen all there is to see about the Self. I am totally open to experience it deeper every single time. And when I really, really got that, it will show itself to me to the maximum that I can experience it in this moment. And if I'm open in the very next moment - open by not assuming 'this is it'; or 'This is it right now, but what else of it can I experience?' So you're starting to dive deeper under the surface layers of the iceberg, you know, underneath into the fullness of it.

Tom

Yeah. I mean, when I went into the Stillness, yesterday, I didn't think whether there's more to experience or less to experience, I was just kind of present.

Helen 54:40

Yeah. That's okay, isn't it, we're switching over because our usual way of doing something is to experience it once; I'll go watch this movie, and then I've seen it, but just as I'm sure you might have experienced with some movies, if you watch it again, there's

details in it that you missed the first time, or plotlines and stuff. And we're developing this curiosity. What if this is how it's appearing right now, the Self? This is how I'm experiencing it right now. And if I can stay open, what else is there to experience about it? Where is it showing itself to me now? Then you can infinitely deepen each time you experience the Self, the Noumenon, it will be even more clear, even more profound, it's like infinite layers of an onion that never ends.

Tom

Yeah. I hadn't thought of it that way. There's just one little additional question. As you may remember, I used to focus on my breathing. Now, I've managed to get into the Stillness, but I'm still conscious of my breathing. So I tell myself off, you know.

Helen 56:08

Just look at it, like we said, as another phenomenon. And what if it never stops? Does it need to stop? Does attention need to stop going to the breathing to succeed in awakening?

Tom

No, because I have succeeded in getting to the Stillness, although my breathing was still there. And I was a little bit aware of it and I sort of give myself bad marks for that, you know.

Helen 56:36

Nope, it's just every now and again, attention will drift back to the body or to some external sound or to some thought or to the breathing, the movement of breathing. It's okay. It's totally okay.

Tom

So, going back to what you said, I can see it as the top of the iceberg, that there is more, and it's just a matter of continuing my meditation.

Helen 57:01

Yeah, with cultivating a curiosity. This is how the Stillness feels for me right now today when I tune in. Is there more I can experience of it? Like if you're stepping into, when you go in the ocean, you first just put your big toe in, and then your foot goes in. And then as you keep going in, you know, you've immersed deeper and deeper in the water; it's a different experience than just putting your toe in.

Tom

Yeah. I guess maybe my mistake is to think 'well, I'm fully into this, I'm fully into the Stillness'. So I imagine I completely follow the iceberg. What you're saying is it's only just the beginning.

Helen 57:51

If you look at it, rather than beginning - it seems that way, but what if it will just be infinitely unfolding for you, just as it still is for me? Then there's more of a relaxation into, there's no end point to that. It's just every time I dive into the Stillness, it's going to feel deeper, richer, fuller, more real than it did last time. Somehow the Self can do that every single time it's getting deeper.

Tom: Yeah. Okay, I'll take that on.

Helen: Wonderful. And there's no mistakes in meditation. No mistakes, Okay.

Tom: I know that theoretically.

Helen 58:30: It's just just being gentle with yourself, isn't it? Wonderful. Okay, thank you.

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DTE Lesson 3 - Pt 2 QAs

Question 4 - Will

Helen: When you're ready, Will.

Will: Hi there, Helen, can you hear me?

Helen: I can. Yes. Great to talk to you.

Will 0:13

It's just a quick thing. And I've been struggling with this, Lesson Three, I think for a long time. And I can't wait to get to the fun part, to be honest. But it's just, you've said this before, about the question about where am I looking from. Yeah. I can see if I zoom out, and that zooming out Satsang you did a while ago, that's been really helpful, but then it becomes a matter that this kind of localized Being is here, with all these thoughts in the body and stuff, is appearing within this here. So if I'm going to focus on that, then it's a matter of just asking that question, because it is actually noticing that from something else, yeah? It's almost like I was just thinking, if I have an itch, or I notice a body sensation, then that's in the body rather than just a localized sensation. And like, then it could be this personality and it's being, it's just like a sort of an itch or a sensation within the Noumenon, yeah?

Helen: Like a movement or a ripple in something.

Will: Is that a line worth pursuing with that?

Helen 1:42

Yeah, yeah. And if you're having a challenge with that, "Where am I looking from?" maybe it's like you said, if I asked that question, "Where am I looking from?", and I'm looking at Awareness or Noumenon or Stillness, and the assumption is that I'm looking from here, it's a local recognition where the looking is happening in one particular place. That's the assumption, isn't it? And if I actually look at what I'm seeing, with my body, with my eyes, and my senses, what am I seeing through them? I'm seeing objects, through those, through the senses, I can perceive objects. But where is the recognition of the Noumenon? Is that a local thing? Is that happening from one place?

Helen 2:38

Does the silence have any edges? And if it doesn't, if I come to see it doesn't can the one recognizing silence be in one place only? So if I'm recognizing what I'm looking at is infinite, can I really only be looking at it from one place? Where would I stand in the infinite to look at the infinite? Could I stand in one place? If we go back to this analogy of the football stadium? Where could I sit in the 70,000 seater stadium, let's say, in an oval shape, and you're sat in one corner of it. Could you see it all at once? You'd have to kind of stand up. You could see it all but not all at once. You could turn right around, couldn't you, and take it all in? Turn your body around. Where could you stand? Is there any way you could stand in there or sit, in this analogy, to kind of see the whole thing at once? Right now, if I look at the space in this room, with my eyes I can't see what's behind me. I could turn around and see what's behind me, but then I won't be able to see what's in front of me. It would not be able to take in the wholeness of it.

Will

No, because the body and the senses, in that sense they're joined. And all that visual data, perceptions, are in one field which is part of the Noumenon. But then I would only be seeing that locally, too. (laughs) I see what you mean. But I still think in the football stadium, I'm kinda stuck.

Helen 4:25

So which way do you tune in? Let's keep this very simple. What's your favorite way to tune in?

Will

Kind of zooming out, so I suppose contextual field, really.

Helen 4:36

And when I ask you, "Where are you looking at the field from? Where are you looking from?", can you tell me? So right now you're looking at the field. We're two bodies

having this conversation. There's a sense that I'm looking at the field from my body, but can you prove that? It "feels like" doesn't it? It really seems like I'm noticing the field from here, this point in time and space. But I just want you right now to look and see if you can actually prove that. Or is it just a feeling? A "seems to be"? Can you prove to me somehow that you're only looking from that body at the field?

Will

No, there's definitely a sensing of that. Yeah.

Helen: It seems like that.

Will: I can see that this is an appearance within that. Yeah.

Helen 5:35

So if you stay with that question, "Where am I looking from?", the looking itself, it'll become clearer, it is not happening in the body-mind. The conversation we're having about it and the thoughts and the epiphanies and the aha-moments about where we're looking from, are happening in the body-mind. Are happening in the appearance. Are happening somewhere. If you have an epiphany, right now, I'm not looking from somewhere, I'm looking from everywhere, when I'm looking at the field. That would happen somewhere that epiphany wouldn't it? Which is what the confusion is. Because the moment we try to interpret what we've just seen, that's happening in one place in a particular mind and body.

But the actual looking, "How am I actually seeing the field?", just staying with that, just staying with it, "How am I actually seeing it?", and "Can I see it from one place? Can I see only from one place? Can this someone see that which is everywhere?", just staying with that question, for me, was just so important at one point, you know. Maybe there's always two kinds of looking going on. There's a local, localized, I have a location here, my body, looking at all of this. At the same time always there's a non-local looking happening. And the non-local looking, the Self, is using this body-mind vehicle to interpret what it's seeing. But the seeing is happening before and outside of the body, before the body.

Will

No, that's really helpful. I'll play that back actually and play around with those questions. They're very helpful. Yeah.

Helen 7:42

Only thing you need to do to get this, right, don't work hard at it. I really want to tell you that. Don't struggle with it. Hopefully shortcut some time there. Just stay with that question if it feels important, and also keep reminding yourself, "It cannot be hidden

from you". If, as we're saying, you are already the Self, you should be able to get this answer. Right? Don't believe that anything can get in the way of this answer, experientially, and knowing I'm not looking from anywhere in particular, when I see the Noumenon. That will come as a knowing as you don't believe that anything can get in the way of that. From the body-mind perspective, there's a lot of things that are hidden from us that we cannot have access to, seeings like this. But as the Self, can this answer that you're searching for, this seeing, can that be hidden or blocked from you?

Will: Okay, that's great. Helen, thanks for that.

Helen: And I'll see you later this month?

Will: Yeah, can't wait. Fantastic. Nice one.

Helen: Good to talk to you. Thanks.

Patty, When you're ready.

Question 5 - Patty 9:05

Hi. I feel like a bag of karmic patterns. And despite that, when we did the exercise, where I can get to for sure, is that when I tune into my Awareness, I'm at nothing. There's nothing. And Sally's question really resonated with me, in that, I'm realizing how identified I am with the mind to help me find that answer. And when it's not happening, a lot of stuff happens in the body. All these patterns come up, like, "I'm not getting it", "I feel like a loser", and that sort of thing. But I'm sure that even talking to you now, that there's something there, but it's nothing, if that makes sense.

Helen 10:22

So when I tune into, or when I'm aware of Awareness, I can see that it's not a thing. Awareness isn't a thing. It doesn't have anything I can point out or grasp. And then I can see, which is so important what you said today. I'm starting to really see how much I've referenced mind and thought about tuning in. Every time I've meditated, I've somehow had the assumption that my mind is making me do that or helping me do that. So just to see that in itself is so big, huge. Because the moment we see what we have been believing, we're starting to come out of that assumption, that belief. So the very fact you're even hearing lesson three means you're coming out of this. Everyone else on the planet is assuming that they're looking from the body-mind only. So they wouldn't even think to question that, because it feels so true. And that's okay. That's where they're at.

The very fact that you're starting to see that "Well, I even think I'm looking at the Noumenon through my mind", means you're starting to come out of that. Can you get a

sense of it? Something is opening there. And just to allow a little bit of space for curiosity - "Is that so, actually?"; "actually, am I using my mind here or not?"; "can mind recognize That, which is not a thing?".

You know, when I looked at what my mind is, it's a thinking machine that compares things, compares one thing to another. Usually, it tries to do that with the Noumenon but it can't really, because Noumenon is not a thing. Mind can only talk about it, it can't actually directly experience the Noumenon. It can only think about it, and that's not the same. Just like if you wanted to go to China, and I gave you a book about China, and we watched a Chinese movie and we had a Chinese takeaway. It's not the same thing as actually going on vacation to China.

So mind is talking about, thinking about, and reading a book about the Self. But it can't actually recognize It, in itself. And the only thing that's been holding us back, is that we haven't recognized the assumptions that we've had. So I said in Lesson One, the ego is just a bunch of assumptions that we're going to undo. And here's one of them, that I'm using my mind, or my body or some thing here, to recognize "That which is not a thing", "That which is everywhere."

Patty 13:15

Yeah, I'm getting a sense that, that I've been wrong. Like it's almost like I feel something's happening here right now. Yeah, I've been wrong.

Helen 13:34

And when you're ready for admitting that, when I actually finally admitted I've been totally wrong in that...I had all these assumptions about how I was even tuning in. And even my tuning in was perpetuating the sense of separateness in the end, because I believed I was doing it from here, only here, through my body, in my mind and my senses. So that's why I said in the exercise, it's just asking the questions. It's not about the answers. It's about asking the questions. Because then, you're opening the gap wider and wider for some seeing or spontaneous insight to come. And your body will begin to respond to that too. We will feel lighter. And actually, being wrong, in the end, is wonderful. You know, it was wonderful. Mind hates it, of course.

Patty 14:22

I'm getting a sense that being wrong...on the other side of that, is freedom. I'm just getting this sense.

Helen 14:30

Yeah. And that's all that's ever been going on in our awakening. It's seeing the next assumption we believe to be true, checking it out, recognizing it's not true. The moment

we recognize it's not true, the truth comes rushing in, in that space that we've opened up. It's continuously trying to get in, but we've had this "I know. This is how it is", here.

The core assumption that we've had, that we perhaps didn't know...I was tuning into listening to silence for two years, and then still feeling separate to it. Why is that? That's where Lesson Three came out of. It's not that there isn't a dissolution happening of that separation. And when I looked, it was because I was believing this - "I'm tuning in from here". And your words really touched me. I've so really believed, and that's just been the core thing, that everything I've ever experienced - whether it's going food shopping, or having my kids or recognizing the silence - all was being done from the assumption that it's happening here, and only here.

<Patty laughing>

Helen 15:39

Why are you laughing? Are we getting somewhere?

Patty

<laughing> Thank you.

Helen 15:45

Just keep dancing with that, right? Just keep entertaining that "I want to see it clearer and clearer. I could feel something happening, and I want to see it clearer."

Patty 15:52

Yeah. Thank you very much. Thank you.

Helen 15:56

Good. Lovely to talk to you.

Helen 16:00

Julie, when you're ready.

Question 5 - Julie 16:07

My question is, when I go about walking and living....let's say I'm in the car: And I can see 'Oh, look! Julie's afraid in the car.' I can just be there and view, 'oh, this contraction in the body or I don't feel afraid as I was before; it's really less. But I can still see that. And, let's say I do an activity, and I'm like, Ah! This is hard work! I don't connect with listening to the Silence. But always the Peace; it has always been there; It's always there! But it's just a phenomenon.

Helen:
Is it though?

Julie: I don't know. I'm confused!

Helen 17:17

And there's the assumption. It's a phenomenon, and something within us hasn't even thought about questioning that. And then, as we look at what we're believing.... if this isn't a phenomenon, the Peace, the Silence, the Stillness.....

Julie 17:37

No, the Peace is not a phenomenon. Everything else is!

Helen

Alright. Okay, I'm with you.

Julie

Okay, it's just... a thought is passing. I'm not reacting like I used to, because, yesterday I had a hard day with cycling, it was very hard. And usually I would say, 'Oh, that's too hard'. Oh, look, it's just there right now; it's an experience. The Peace is there, but I'm not sure if it's correct or not. And if it's the mind still making it something.

Helen 18:17

So if you're still feeling any kind of negative emotion at any point, there's still a basic sense of separation there. And I mean me and the Self. And like you say, it's better than it was; even if it's only frustration or impatience or something, there's still a sense of two things. And that is such a subtle assumption that we go back into.

So doing these exercises that we've done today, will help to really reinforce that there seems to be a Julie that's afraid in the car, but there really isn't, and then your experience will change. Actually, all negative emotion comes from the sense of separation, not necessarily from other beings, but the sense of, I'm separate to the Self; there's a Peace **and** me; there's a Silence **and** me. And the intensity, and the lower frequency of that emotion is showing us just how separate we actually feel.

So if I'm just irritated a little bit, the core assumption of separateness is there but it's not really troubling me. If I'm deeply in a lot of pain, my mind will be saying 'I'm in pain because of this thing, or that person.' But really, all suffering is a symptom of separation. So, noticing where it's going on in your life and recognizing here is where I tend to believe more in myself as a person. Yeah?

Julie 19:57

Okay. I find it easy to just see that everything is just Being; like nature, people, even things. And sometimes I look at people and they all feel separate and it feels like a game. Is it normal? It feels like it's another dimension?

Helen 20:36

We'll look at this next week in more detail. But really, if I come to see that I'm not separate from the Self; never have been. If the myth of my creation as a separate being is a myth, then it's going to become clearer and clearer that neither is anyone else or anything else. Right? If that's the concept, if I'm not separate, if there isn't an edge to my Being, then is there really anyone else or anything else? If there's only Silence here or Beingness, or Consciousness when I look, it must be the same for every other being.

You can even do this; you can look at someone and go 'what really are they?' Like you ask yourself 'what really am I?' You can look at someone else 'what really are they?'. Have a bit of fun with it, and you'll come right back to the Stillness and the Beingness eventually, with that question. They're just Emptiness looking like 'someone-ness'. And you start to get a sense of that, right?

There's a whole different dimension right here, that I can experience right now where nothing feels separate inside me. I can look at anything or anyone and it doesn't feel separate; it still **seems** separate, when I use my senses; it still seems like that body's moving over there and that sound is over there and this person's over here; all of that.

When I look through the senses, and the mind, everything still **seems** separate. When I look from the Consciousness itself, it's clearer and clearer that there isn't any other thing.

Julie 22:11

So it's okay to continue to just let that be?

Helen 22:15

You'll have a hard time stopping it right? Something's getting really curious; something really wants to go with it!

Julie 22:22

At the same time, there's a little bit of sense of guilt; everyone else must be like I was before, suffering, thinking it's hard. I'm feeling like I'm leaving?

Helen 22:38

There really was that sense for me: I'm starting to see everything and everyone very differently to how they do. And mind said, 'you know, you're not going to be able to help

anyone else or anything; you really shouldn't leave the human level of Consciousness,' - that everyday way that we see ourselves as human beings. But really extraordinary things happen to everyone around you when you perceive from that place.

Julie: That's what I sense too.

Helen 23:12

Yeah. And as much as you might feel mind's trying to make you feel guilty you won't be able to stop it. Something is just so curious, like 'what is that, where nothing is separate? What really is that?' It was like, every now and again I'd just feel something was opening, and I was experiencing very differently. And then that just started to happen more and more. And the experience was just, 'I'm just here' and that here was everywhere and everything; all these thoughts about other beings and things began to diminish.

Julie 23:53

It feels like, because there's only one Being, when you're at peace, other Beings want to help you. Everyone's like 'you need this, do you want that?'

Helen 24:13

There's just a flow to the manifestation then; there's a way that it wants to go that's beautiful.

Julie 24:19

Yeah, okay. Is it possible that it's been going on many years without a shift? Like there was something in me, I don't know what it is, that there is more to life, there's a purpose, I have to find the purpose....

Helen 24:38

Self has been waking up; nothing's going to stop it!

Meanwhile, Ego's been trying to find something and that's just going on, but at the end here, it starts to really speed up doesn't it? Something is really changing; something is really starting to be different about my experience. It's been happening for a long time!

Julie 25:03

Before the realization that 'I'm not my thoughts', for me, it was a turning like, oh, 'I'm not my thoughts!'

Helen 25:12

And my experience was that I was seeking something. I didn't know what it was for a long time! I stumbled across some teaching on Awakening; 'Oh, that's what I'm looking

for!' But I didn't know up until then that there gotta be something more than this! There's got to be please; I can't live like this anymore!

Julie 25:33

Okay. And the tuning into the Silence; I'm doing it a lot because I have trouble with it. And when I do that, weird thoughts! I bring back to Silence and the thoughts that are there, they make no sense at all.

Helen: It's totally okay. It's totally okay.

Julie: They're like, What are these?

Helen 26:05

They're random thoughts. And there never has been any order to them really; just the sense that they were **my** thoughts, kept us trying to sort them out. But wherever your mind goes, in any moment is just wherever it's going, isn't it? And it's doing its best right now to distract you: 'don't look at the silence; listen to me! Listen to me! I give you all these weird and wonderful thoughts!'

Julie

It's like a dream, even! What are these thoughts? They're not logical. They're sometimes things that I don't know about. Or it's like a movie!

Helen 26:42

Sometimes it's a fun movie. Sometimes it's a horror show. Sometimes it's a comedy. Sometimes it's a tragedy. But it's just a movie!

Julie: I'll keep practicing this, just because it's so bizarre.

Helen: Wonderful, good to talk to you. Thank you!

And last but not least is Mary. Sorry, you've had to wait a while there.

Question 7 - Mary

Mary: Hello, Helen. Hi. Nice to meet you.

Helen: Nice to meet you, too.

Mary 27:11

I'll make my question quick. And maybe it's just a terminology question, but I think I understand Beingness a bit better if I think of it in terms of the Noticer, or the Observer

who notices my thoughts and feelings without any opinion. Is it the same thing? Is that okay?

Helen 27:35

Yeah, something just knows. I've also called it the Knower. Something knows what your mind is thinking. Something knows how your body's feeling. And it's just watching, isn't it?

Mary: Yeah. Is that the Noumenon?

Helen 27:52 Yeah. Also known as Mary. Yeah, it's important, rather than the actual name just to find your way into it experientially. There's something here that knows, that's watching, that's observing. And it's not observing in the way that ego is, that mind's kind of watching and commentating and judging all that.

Mary 28:16

I was struggling a bit. And then when you mentioned earlier, you mentioned the concept of looking from above, and then suddenly I thought 'Oh, is this the Noticer, the Observer that I have been conscious of for a long time that I kind of was thinking they were different things. So, then suddenly I felt okay. Now, I understand. Thank you.

Helen 28:42

Yeah, good. Just paying attention to that is going to give such huge benefits. It's always been there. But we haven't ever really put so much attention on it, have we? It's because it's just always been there.

Mary: Yeah, I want to thank you.

Helen: Good to talk to you. Lovely. Thank you.

Helen: Okay, so we will leave it there for today.

So just to recap: Just continue to tune in to meditate in Lesson One. Where you can't seem to bring attention back to the Noumenon, then is the time for contemplation, finding out what question we need to ask. And then just adding to that these exercises, and you can't do them too much. And as you get really good with them, they'll take just a few seconds each. Once you've sure that you're not using your senses or your mind to recognize the Self, you don't even need to ask those questions. How am I recognizing it then? And just that is so important. It's going to begin to shift your experience.

And we want to just stress one more thing again, I've said it before, but it is so important. The questions are more important. The inquiry is about questioning. It's not about getting the 'aha' moment right now as we're doing the exercise that may or may not happen, but the questions are doing such amazing, magical, wonderful work inside you, as maybe you can begin to feel. And you can actually reach a place where you don't care about the answer that the question is just so much more fun. How am I recognizing this then? Because when you're asking that from an open place of curiosity, you can't be assuming anything or believing anything in that moment, and you'll feel free. You'll feel open, you'll feel liberated right then.

So just keeping it simple, please don't work too hard with this course. We're just learning new ways to go through our practice and our life. And it's happening already, it cannot be stopped. So I hope that gives you some encouragement.

And the next Q&A session is this Thursday at 7pm, UK time. Hopefully there'll be no deliveries coming that day. We'll see.

So thank you very much. Namaste.

Group: Thanks Helen.

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