



February 2023 Graduate Program Lesson

Exploring Lesson 3 and 4 – I am everywhere and I am all

Introduction

In this month's Graduate Program study, we are going to be looking deeper at lesson 3 and 4 and combining their wisdom into a deeper revelation. Let's review what these lessons show us when fully assimilated:

Lesson 3 shows us that we are not a separate being after all, not a someone looking at the Noumenon/Self and trying to reach it. We are the Self recognising itself and as this knowing deepens we come to see our body and mind are just one of many appearing inside us. We are not a person somewhere in time and space but we are That in which time and space occur and we are everywhere.

Lesson 4 shows us that the Noumenon and phenomena are made of the same "stuff", every object is empty of form and made of Silence/Stillness. The Consciousness and what the Consciousness perceives are one and the same. The Knower and the known are not separate from each other. As we assimilate this deeper we come to see there is only One "substance" that can show up as nothingness AND somethingness, emptiness AND form. As this seeing moves deeper into our hearts we see we are always seeing the emptiness of Being even when we think we are looking at some inner object like a thought or an outer object like a human body.

There are a couple of key things to understand and come to know to have lasting effortless peace, joy and abundance and this is what we will look at in February. We may see that we are not a "someone", a separate person but does it really impact us deeply that this means we MUST be everywhere?

Exercises for this month:

I suggest doing these exercises together as a group and/or with your GP buddy/buddies. Discuss your doubts, challenges and insights with each other. We must look at this again and again until these three facts are obvious:

1-I do exist-this cannot be denied

2-I do not exist somewhere (as a someone, somewhere). I've tried to find the separate being and I cannot find it.

3-If I do exist and I am not existing somewhere then the only other option is that I must be everywhere. I cannot be absent (non-existence) because I know I am here. If I am not an object then I must be pure subjectivity/awareness.

4-If I exist everywhere then there is nothing else except me, everywhere all the time. It is all me. I am all forms and the formless too. All names and nouns are my names.

Just the intention to try to understand these facts and experience them to be true is enough. It must happen!