



Glossary (excerpts) for Graduate Students

The words/terms and excerpts included here are to help clarify their intended meanings in this teaching, as different traditions can vary in the meanings they give to the same words.

The source for the excerpts within parenthesis marks is shown at the end of each one. Those ending with the letters 'GP' means the excerpt is from the '*Graduate Program Text Resources and Summaries from Oct 2020 forward*' which can be found in the Graduate Program Resources. This way, the source for any excerpt can be explored in more depth. Untranscribed talks and Q and A sessions in the resources can also be checked for more on the same topics.

- **Abundance**

(More than enough of everything. So, more than enough peace, more than enough energy, more than enough well-being, more than enough happiness, joy, more than enough love, more than enough resources in an outer way, time, money, friendships, everything that we could want and everything that we could want in more than enough; so, not just right now I have a lot of peace, but it might run out later. More than enough and never able to run out of it. – Sept 2021 GP)

- **Asking for help**

(Just **ask inside** yourself silently, you don't have to say it out loud, just ask for help with this. Whatever help is available to release a heavy emotion, just to have it taken. You don't have to do this all by yourself. – Aug 2021 GP)

- **Attachment**

(All things we wish to get rid of, such as **attachments** and all else, is simply us showing up in the manifest form. – Dec 2020 GP)

- **Attention** - See Dissolving the Ego Course Lessons

(You could say that **attention** is the faculty of awareness when it is looking through a human body. – DTE Q&A 1 12/1/2023)

(It is not possible to keep your **attention** on the Noumenon 100% of the waking state! We only need to bring **attention** to it a little more and it will become clearer that the Noumenon is always here. No enlightened being ever managed to keep **attention** on the Noumenon 100% of the time. – Mar 2022 GP)

- **Awakeness** - see **Noumenon** – tuning in to **awakeness** is tuning into the Noumenon.

- **Awakening/Enlightenment/Realisation**

(. . . not a goal, as we cannot become what we already are – The body, mind and life are in time and space and will always be evolving and changing into something “more” and this is ok. We only need to see we have already arrived, never left home and are already finished. Then we can watch joyfully the ever-deepening state of **realisation** appear as the life of our dreams. - July 21 GP)

(Awakening is really a letting go of all we believe and think to be true and as such we will also have to let go eventually of what we think Reality is and what we think we are. *Dissolving the Ego* book, Introduction)

- **Aware of awareness** - noticing awareness is there

- **Awareness** – see **Noumenon**

(Whatever I am aware of shows me that there is **Awareness** right here. – July 2022 GP)

- **Beingness** - see **Noumenon**

- **Body**

(Our **body** is a diagnostic tool to help us firstly by recognising any physical issues we have not wanted to see as emotions or beliefs. The severity of the physical issue indicates how far out of alignment the belief and the emotion is with what we have seen to be true. As we work backwards to the belief, we will see the **body** beginning to reflect the truth of our being more, firstly as better thoughts and emotions and then as physical healing. We should not stop our contemplation until we see the **body** is no longer reflecting these beliefs back to us. The **body** reflects what we think and feel about everything – not just what we think about the **body**! This includes how we feel about ourselves, the world, God, the **body** itself, our relationships, politics, finances, etc.

Sometimes the issue will seem to only be showing up physically and we may not be aware of remembering any negative emotions to help us. In these cases, we can use a basic working knowledge of the chakra system and/or Louise Hay's work as a basis for understanding the thought forms or beliefs our **body** is showing us if we cannot find an emotion that is playing. We must come to understand that we may not believe these thoughts logically or rationally but if our **body** is showing us something, we have to admit that our egoic sense of self still believes this to some degree. We can accept this without judgement because we have not been responsible for picking up these beliefs in the first place. None of us had any choice which beliefs we brought into this lifetime. They came from previous lifetimes as unfulfilled desires and from our experiences and conditioning in this lifetime. This allows us to release judgement and blame of ourselves.

Whether we use meditation, contemplation, self-inquiry, conscious imagining or the statement process we are relying on the **body's** feedback to help guide our practice. The feedback we

get from the **body** will give us real-time knowledge of whether we are transcending patterns or not, in this moment. The better our **body** feels, the more abundance of energy, well-being, joy and peace it will experience. Our **body** must be our first diagnostic tool for evidence of how we are actually doing.

Your **body** is your best friend and ally in the awakening process and you need nothing else once you see how to work with it – Dec 2021 GP)

(When it comes to the body it's helpful sometimes to look at Louise Hays work to point to the belief behind the pain. It's not always so obvious with the body issues. Have you looked this up? When we see the belief we don't need to use the affirmation she provides as this will just keep us in duality, but we can contemplate the belief then. GP Whatsapp 28/1/2023)

- Causality Loop/Unconscious Loop/Karmic Pattern

(What manifests is influenced by what has already shown up in form. If the manifestation agrees with what is already in form (due to the current prevailing ideas and thoughts in that area) it is known as "fate". "destiny" or "**karma**". The appearance of forms will continue to appear the same as higher expressions will be impossible due to limited perception. Further manifestation occurs on default based on what is observed to already exist and we get more of the same. Creation/manifestation occur on an **unconscious loop**.

If what shows up is not aligned with what is already in form, then it is called spontaneous" or "miraculous". This is where no thought forms or ideas limit the manifestation and what appears is automatically the highest expression or appearance possible in any moment. It is possible to completely stop creating by default in this moment and allow all highest manifestations possible to become the new default.

The highest manifestation possible in any moment immediately increases upon "choosing it". The highest possibility is always increasing and is infinite. **Karmic patterns** and miracles are two views on the same process. – Getting to Know the One GP)

(. . . whatever we are believing (or are convinced of) we will continue to experience it. We can come to see that we are experiencing it BECAUSE we believe in it and not the other way around. When we get stuck in a loop we call this a **causality loop**. The loop goes like this: I see the effect happening "out there" in my life and I feel and think a certain way about it "in here". But because I feel and think a certain way this keeps reflecting as the effect "out there". The only way out of any **causality loop** is to question the cause/belief and see if it is true. – July 2021 GP)

- **Cause and effect** – See Dissolving the Ego Course Lessons

(**Cause and effect** are the same thing. Thoughts, emotions and experience are one thing. The Self can show up as the same vibration appearing 4 different ways. – Apr 2022 GP)

- Chakra System/Crown Chakra

(The body will experience the process where: first we realize what we are, and that deepens and deepens and that opens the **crown chakra**. And then it will work its way down through the **chakra system**, which has the effect of literally flushing the body out of any toxins and things that are less than healthy . . . so, emotional, mental, physical – stuff like that. They will bring

the body into alignment with the Self. So, Awakening is happening on different levels, like you say; after a big or repeated Seeing of what you really are, it begins to want to flow through the pipe quite fast and out into your life and transform relationships, as you've been seeing happening. And the best thing you can do at that point is just get out of the way of the process; just to recognize this is my body starting to come into alignment with the Knowing that I've seen. – Aug 2021 GP)

(Day 14 Nugget Of Wisdom - The 7 Causality Loops

There are seven basic causality loops we may be stuck in and we can see these affecting each chakra. When we see which ones we are subtly playing out we can begin to come out of them by questioning them. We are already the Self but to live as that consciously we have to allow that light, love and wisdom to pervade the chakra and energy system. Fear blocks each chakra and stops the flow of the Self recognition pervading and reflecting in our life. We will look at each one in turn and each one of us has one, two or many of these based on our karmic patterns. It flows downwards from Crown to Root so we must start by seeing what we are.

Crown Chakra - Here the belief that we are separate to the Self/Divine/Noumenon pervades us and we fear the Self/God/Awareness and may imagine some final moment where we have to disappear, die or merge into that One Being. That causality loop here is a feeling of it not being safe to merge with and in the One/Self/God. We can never solve this problem and feel safe enough to merge because we are ALREADY what we are trying to merge into. We may feel sadness, grief, depression or apathy.

Third Eye Chakra - Here the belief is that it is not safe to see everything clearly and we may fear spirits, supernatural/siddhic abilities or be scared of anything we cannot see or explain logically. We may hide in reason, logic and rational thought. We do not see that we are already seeing God/Self everywhere we look. We may feel a lot of fear.

Throat Chakra - Here the belief is that it is not safe to express ourselves. We may have a deep-seated feeling that who we are is not good enough and that if we be our authentic self that people won't like us or will reject us. We may become social chameleons or people pleasers and lose touch with who we are and what we want. We do not see that effortless abundance is our natural state and we may have a deep distrust of life. We may be unable to speak up for ourselves. We may feel shame, guilt or unworthiness.

Heart Chakra - Here we feel it is not safe for us to be open, innocent and unguarded and we may fear judgement, rejection and being hurt. We may close our hearts off to love and feel it is a dangerous thing to do to try to get love. We may only know how to love conditionally and feel deep down that the love of God/Self is judgement rather than love. We may not know how to love ourselves or let others love us unconditionally and we may even reject this due to feeling unworthy of it. We may reject the love of the Self. We may feel lonely, sad or vulnerable.

Solar Plexus Chakra - Here the belief is that it is not safe to have power and that we will be corrupted by it. We may deeply feel we cannot get what we want, and we may feel angry all the time under the surface. We may try to control others and our world without realising it in an attempt to feel safer. We may not know how to allow others to help us and even may perceive that as a weakness for us to overcome. We may not be able to see that power is not dangerous and it is not something we have but something we ARE. We may feel anger, frustration or even rage.

Sacral Chakra - We may fear intimacy with other beings, emotional, mental or physical intimacy and we may struggle to connect with anyone. We may feel it's safer to be alone and we may feel deeply affected by other beings - being positively lifted up when in contact with some beings and drained by others. We may not be able to see that we ARE those beings and there really is only One of us. We may feel fear and safer when alone.

Root Chakra - We may feel life is not safe and that we are in danger. We may be unable to keep control of our finances and anything else that helps us feel stable and grounded. We may not feel we know what our place is in this world and we may even try to escape by many methods. We will feel a lot of fear and have a general distrust of life and other beings. We may struggle with anxiety in all kinds of situations. We will not be able to see that there is nothing other than us to hurt us and we may see potential danger everywhere. We may feel fear and anger.

With each one of these we can deal with it and open up the chakra system by seeing it is just fear. We can ask "is it really true I am not safe?" or a more specific question for each chakra based around fear.

If all this is too complicated just discard it as it is only to help explain more clearly how the root feeling is that of feeling separate to other beings and things and then we experience fear in many ways. You do not need to know any of this to transcend it all and it's just for curious minds :) DTE Course 22/1/23)

- **Conscious of consciousness** – consciousness noticing itself

- **Conscious imagining/using feelings** – one of the tools in our toolkit

(**Conscious Imagining** is really just a way of getting your attention off of what you're experiencing. So, I'm watching my current experience, and it isn't what I want, and I feel bad. How do I break that cycle, that causality loop of looking at what is and **feeling** bad about what is and therefore getting more of that? Because I am vibrating, 'This isn't how it should be.' And therefore, it can't take the shape of what I want, what I want it to be. So **conscious imagining** is literally using your imagination in a conscious way, imagining if I can imagine something that's opposite of this situation that makes me feel good. I can do that. Most of us, if we're looking at something that feels bad, we can't just flip it on its head and feel good about whatever. So, if I don't have enough money, I could sit there in my imagination, imagine having more than enough but that might make me feel worse inside, because I don't really believe I can have that yet or, 'I'm not worthy of it. Or I feel unsafe and having more than enough of it would make me feel safer. I can't get it yet.'

So, **Conscious Imagining** is going to any place in your imagination. It can be something that you've really just experienced two minutes ago. It could be something you experienced 10 years ago. It could be something you're looking forward to in the future. It could be something that could never actually occur; like I'm sitting imagining that I'm flying to a distant planet and, when I get there, I'm going to meet Krishna and the Buddha and we're all going to have a cup of tea. This is one of my **conscious imaginings**, conscious ramblings.

So, it could be something that can't even actually occur. It doesn't matter. It just has to feel good when you imagine it. And you can get so good at living in your imagination that you're actually quite surprised when you kind of open your eyes again and see the experience out there is different. So, it's intentionally putting your focus on what feels good to imagine, taking

your attention off of looking at what feels bad that's going on in your experience right now. Of course, you can't ignore the circumstances, you have to take whatever action is needed. But it's our thoughts that linger on that situation that perpetuate our karmic stories, our core beliefs; we want to nip that in the bud. I might have to look at a situation that I don't like. But I don't have to think about it, endlessly analyse it, berate myself, beat myself up over it again and again.

There are more details on the Extra Classes and Resources page for this. And if you feel a resonance with this one, check that out. Ideally, we would use all of these tools in different amounts at different times. And it's just a way for you to bring your attention to something that's going to feel better, because if what we're thinking or **feeling** inside is going to be reflected as our experience outside. As we learned in Lesson Two, there is no inside and outside of the glass. What I'm thinking or **feeling** inside is going to show up for me outside. And, more and more, as I work through these stories, then the better I can feel inside. – Sept. 2021 GP)

(Q. It was noted that **conscious imagining** eventually results in a state of peace. I find I am already usually in a state of peace, the silence and stillness before and beyond the body-mind. Yet there are still some issues which seem could benefit from attention and improvement, such as physical illnesses of others or of myself, relationships which are not in full harmony or certain world situations. While doing this **conscious imagining** process, I have found it more natural to align this ever-present feeling and vision of peace to these situations and any concern I had been feeling about them. The outcome of this may or may not result in the situation changing but, invariably, it does result in my being more at peace about it. Could you please comment on this approach?

Helen: The usual major reason we want to change some situation in our life is because either our self or some other being is unhappy because of that. So, as we learn in Lesson 2, if we flip that the other way around. If I can come to a place where I am at least peaceful and hopefully more joyful, that is the thing that we want anyway. We think that the situation out there needs to change so we can feel differently in here. And it's never going to work that way around, is it? So, bringing that peaceful feeling into that situation that's going on in your life, that's great, absolutely great. If you can do that, fantastic. If you can feel peaceful about what's happening, absolutely. For me, that didn't always work because I tended to look at what was going on in my life and there was a lot of resistance to it. Sometimes I could just let that go and go, 'Ok, this is how it is right now.' For me, I found it was helpful to **imagine** the outcome of that situation, how I would like it to change because, in doing so – we can call it **conscious imagining** or whatever we want to call it – in doing that, I stopped resisting in here. I stopped wishing it was different. I was already living the experience I wanted to live inside and at that time I wasn't in resistance to what is. So, in doing the statement process, **conscious imagining**, meditation, contemplation, self-inquiry, we are not in resistance to what's happening in this moment. So, whichever way you get to that place, and as you say, **conscious imagining** brings you back to peace anyway when you follow it through. Because all you really want is to feel better. And, we've had this idea that something out there has to change before we can feel better. Yeah. It's never going to work that way around. It's always going to work the other way around. So, whichever way you bring peace to a situation, either internally or you **consciously imagine** something to be different, the bottom line is you want to come back to peace, joy, love, the highest feeling that you can access in that moment as you are going about your life. And then, if the situation is going to change, it will. If not, you will be peaceful anyway, right? But even the recognition that all I am really wanting anyway is for this internal 'noise' to stop and for there to be peace. So, you are *always* in control of that – always.

Because 'in here' is 'out there', you are much more likely to see what you want anyway. ...It definitely sounds like what you are doing is absolutely fine. GP Q&A Part 1 24/11/2022)

- **Consciousness** - see **Noumenon**

- **Contemplation** (and **Feeling**) – one of the tools in our toolkit - See Dissolving the Ego Course Lessons

(. . . if you know, when you're experiencing something, if you know what you're thinking and **feeling**, and you can do that from the emotion; what's the emotion and what's the story behind the emotion? And is this actually true? I'm going to directly challenge the assumption that what my core story is inside, I'm going to challenge the fact that they're true. There's fear, so something inside me feels that I'm not safe, but I can challenge that. Again, it's a way to get your attention off of your current experience and bring it back to the natural state, the Noumenon. Most of us hold onto this lower frequency and don't close the gap because we keep agreeing with these thoughts here, and we keep agreeing with these thoughts here, because we're watching our experience. We're looking at what's happening in our life and our mind suggests this particular way of thinking and **feeling** about it. So, we keep agreeing because, look, my experience is still happening. And you need to short circuit that, Okay, I'm going choose what I think and feel, I can always choose when I want to think and feel. Nothing out there has to change first, before I can do that. In fact, it CAN'T change first until I do that.

Whichever one of these Five Ways/tools, you get your attention off of what is currently in your experience and bring it back to the core place inside and your experience can begin to change.

Contemplation is just to directly challenge the assumption that we are currently experiencing. If you don't challenge it, or get your attention off of it, somehow, you'll keep experiencing it. Because attention is going to keep going to whatever you're experiencing, and therefore going to keep agreeing. So not enough of something happens and we're go into self-blame about it, or whatever we're thinking and **feeling**. And the fact that it's happening again, we say 'See, I'm not good enough, I should have fixed this by now. This thing should have stopped occurring in my life, in my awakening, in my relationships, in my whatever.' And we sustain the whole cycle and around we go again. So, tuning back into the Noumenon or **contemplating**, 'Is this really true?' until the experience has stopped happening or turned into the opposite more than enough of that thing that you were trying to get. Or whatever experience you're having, it's turned to the opposite. – Sept 2021 GP)

(**Contemplation** is a non-local event! It is not someone, somewhere **contemplating**. It is the Self **contemplating** and it is happening in no particular location.

Contemplation is happening in all places at once. A body mind is used to formulate the question and the answers are noticed in and around that one body/mind only (usually) because we think we are a separate being. All spiritual practice you do is happening everywhere all the time and the results of it are noticed everywhere at all times. All manifestation is affected by your breakthroughs. All reality is always affected by your efforts. It can be no other way. To the degree you understand you are not in any location but are in fact everywhere, you can see the MASSIVE POTENTIAL for global shifts possible as we begin to realise the power of our practice.

When we realise that even now, we are still identifying as a body/mind and let go of that we can make a HUGE shift experientially. There is nobody **contemplating**, there is just **contemplation** happening and the effects ripple out across all space and time instantaneously.

(Even "ripple out" suggests it has a location and spreads out, but I cannot find any better words right now) You cannot contemplate anything at all without it affecting everyone in a positive way (to the degree they are open to change), see? There is no person **contemplating** that will begin to affect other beings. There is only the One Supreme Self **contemplating** everywhere and the results immediately affect all of us.

Understanding this - how can we say **contemplation** does not work for me? We can only begin to realise "I may be limiting the effects of **contemplation** on this body/mind, as I am still thinking mostly as a separate being".

This is why when you sit alone and **contemplate**, meditate or inquire, you can see change happening all around you – and if you are willing to see it more than you are willing to listen to the news – and all over the world. It must be so. It can be no other way. There is no separate person/being that resists, blocks or does not understand this. – Regarding Spiritual Practice GP)

- **Contextual field** – see **Noumenon**

- **Crown chakra** – see **Chakra system**

- **Deep sleep**

(The sense of self fits the category of "object" more than subjective awareness because it disappears completely in deep meditation, in **deep sleep**, when unconscious or under anaesthetic.

What we have come to call "me" is really an object that is coming and going every night and day and disappears each time we are not thinking about anything. – Jan 2021 GP)

- **Desire**

(There is no such thing as a personal **desire**. All **desire** is affecting all humanity at all times because there is only one of us. So, incredible as it may seem, by allowing yourself to work on your own **desires** you are changing the planet and the fate of humanity. All **desires** are "global" **desires** of all humanity. You have **desires** because you are here for a reason. You feel moved about whatever moves you because you are here to bring about change in the way we operate as human beings. Your life purpose begins with this inner work of seeing what moves and affects you and identifying what **desires** springs from it. – Oct 2021 GP)

- **Dissolving The Ego Course Lessons**

All of my teachings are based around what we learn in the Dissolving the ego course (DTE). Each lesson is described in brief below, with the main essence of the lesson as the focus. Please refer to the main study sheets for a fuller description of each lesson.

Lesson One Learning to recognise the Self

Lesson one asks us to focus on the Infinite Self (or Noumenon) by whichever doorway we find appealing as often as possible, at least 20 minutes per day. Bringing attention to what is real and what we really are allow the false separate sense of self to begin to dissolve. There is nothing other to be done than to focus on what is real because you cannot get rid of something unreal that does not exist! All the four lessons are different ways to focus on the real Self.

This is meditation-putting attention or focus upon the Self.

Lesson Two Deepening Your Recognition

This lesson asks us to look at where there seems to be a cause and a separate effect in our lives and to see the cause and the effect are the same thing, showing up two different ways. Our mind will say that we feel a certain way because of something happening in our body, life or world. In lesson 2 we see that the external event, emotion and the belief are the same thing showing up different ways.

This is contemplation – questioning the truth of the belief curiously and then seeing the emotion and external manifestation change to reflect the letting go of believing.

Lesson Three Switching Identity to the Self

In lesson three we question the core belief that we are a separate being by trying to find that separate being. When we fail to find a separate self, it begins to lose its apparent reality and we lose our fixation on it. We give the illusory sense of separateness validity, attention and therefore a seeming reality because we (the Infinite Self) think it exists. When we do not find a separate self, we find the Noumenon in its place and we then inquire how we are recognising it. Over time we come to see that we are looking at the Noumenon, FROM the Noumenon and there never was anything else.

This is self-inquiry -inquiring deeply and trying to actually experience what we really are rather than simply assuming we are what we seem to be (a separate person).

Lesson Four Dissolving Duality and Becoming The One

In lesson four we contemplate on the essence of all forms to come to realise there is only formlessness, showing up as intangibility or tangibility. We realise that there is not two (form and formless) and therefore duality does not exist. Duality will always seem to exist and we only need to be clear it does not and we will not suffer. This is living from the unknown, where we have no assumptions about anything, we can use words and concepts, names and labels but they have no meaning and feel light and empty. When we do not know what something is, we experience its essence which is the Self and we will feel peaceful. When we assume we know what something is, or we really believe in its name, we experience the name and we suffer.

This is contemplation on essence, focus, samadhi or coming to know something by being it. Lesson four is the culmination of an ability to focus deeply on something long enough to realise it and be it, a prized yogic skill.

Why are the lessons in this order?

The first thing we need to do is to begin to realise what is actual real about us. By experiencing what is real, the Noumenon, we begin to allow more power and focus to be able to let go of old ideas. This is true even if we still think we are separate to the Self/Noumenon because thoughts/beliefs have very little power compared to the Self. We are so powerful that whatever we put attention on seems very real and so we cannot focus on the egoic sense of self and expect it to go away. Even if we pay it attention to try to dissolve it, we only strengthen it. The

only way forward then is to bring attention away from it and towards the Self. This is lesson One.

Only when we have begun to bring attention to what is real, the Self, will we then have the clarity and increasing power of the Self to see clearer that there is no cause and effect. We can begin to see that there is no cause for our negative emotions outside of us. Then we can see that we are angry because we believe we are powerless or blocked etc. We see we feel scared because we feel we are a separate being. Only once lesson one is in place can we hope to dissolve duality because as a separate being, cause and effect seem real and different to each other. We cannot let go of beliefs when we feel these beliefs are who we are and that they are true.

Once we have begun to assimilate lesson two, we will have more focus and power to keep attention on one thing for as long as is needed. This is what we learn in lesson two and we call it contemplation. Soon we will see that all these beliefs depend on one other idea, that we are a separate being, moving around in the world and subject to birth and death. Once we have cleared away a few of the branches (beliefs like unworthiness) we will be able to see the trunk of the tree of separation and inquire into that to chop at the root. Usually, we cannot focus attention enough to transcend the idea of separation because attention is pulled all over the place by mind due to all the ideas still being believed. Once we are clearer, we can directly question this core idea of separation. This is lesson three-questioning the core idea behind all suffering. Finally, when we have freed up most our energy and focus by removing (or beginning to remove) the belief in separation, we will be able to focus on the final or first duality of form vs formlessness, creator vs created. They are not actually two but seem to be and to transcend this fully we need to have mastered the art of open questioning or contemplation on one point for long enough to break through into seeing it. If we are at all trying to find that out, making any effort at all or have much unworthiness still we will feel our focus pulled away. Samadhi is the ability to stay open and focus on one thing (or focused on Nothingness/Self) long enough to come to know something by being it. To transcend this final duality, we need to have fallen in love with questioning and that questions or openness are more important than any answer. Lesson four allows us to live in deep Samadhi/awakened state, at first it will be sporadic and only during deep meditation, but then progressively more and more present during the waking state and eventually continuously and effortlessly.

- **Dreams** – see also **Imagination/Illusion**

(If there's someone that you have a difficulty with in your life; what do you really actually know about them if we don't reference memory, we don't reference mind? Mind will be telling you lots of opinions that you should have in that moment about this being and trying to pre-empt what you should do to resolve this problem. But this problem is never going to go away because it's based on **imagination**. You're having a **dream** that there's another being there and trying to solve the problem in the **dream**. Even if you had to reach a solution in that **dream**, it is still inside the **dream** and it's not actually real. It will perpetuate the **dream**, the sense of **illusion**, that there is a separate being outside of me. – Jan 2021 GP)

(It's never going to be ever any easier than it is right now to come out of **illusion**. And actually, this way, it's extraordinarily simple. Just to see that everything we think we're seeing and experiencing is **imagination**. And to want to find out what it really, really is – that I've been totally making all of this up. And, as the Self, when I play with **imagination** as the Noumenon, when I play with **imagination**, whatever I **imagine**, I experience as extraordinarily real, because my infinite power is fuelling this **imagination**. So, everything I **imagine** to be there will

really, really, really, really, really seem to be there. And there's no way to come to the end of that **dream**, that **imagination**, except to admit that none of it is what we think it really is – May 2021 GP)

- Ego

(A bunch of assumptions and thoughts contracted into the illusion of a separate self. – DTE 8/1/23)

(The **egoic** sense of separate self is simply a collection of conditionally loving thoughts. We can begin to undo this by developing unconditional love. Conditional love is not bad or wrong but simply conditional. – Feb 2021 GP)

(The egoic sense of self is simply an energetic mass of beliefs, conditioning and habits of thought that have taken on a life of their own with the investment of our belief. – **Dissolving the Ego** book, Chapter 2)

- Emotions

(. . . a negative **emotion** is a desire that you do not feel can manifest. This is true whether it is a “personal” desire for you or your family OR a desire for global change in humanity as a whole. When you feel bad about something it is because it has stimulated a desire for change, and you have a low energy vibration about it (you DON'T believe it can happen). When you feel good about something it is because you have a desire for change, and you DO believe it can happen. – Oct 2021 GP)

- Emptiness

(. . . what all forms are in disguise – May 2021 GP)

- Enlightenment/Awakening/Realisation

(Not a goal, as we cannot become what we already are – The body, mind and life are in time and space and will always be evolving and changing into something “more” and this is ok. We only need to see we have already arrived, never left home and are already finished. Then we can watch joyfully the ever-deepening state of **realisation** appear as the life of our dreams. - July 21 GP)

- Experiences

(When we look as the Self we see something totally different than when we look with/through ego. Looking as ego/separate being, we **experience** our thoughts about what we see. Looking as the Self we **experience** what we see in its fullness.

To define what we are would only be happening at the level of thought and it would automatically exclude something from that definition.

The very moment I know what I am, then I create the opposite in my **experience**, and I must **experience** it over and over. If I know I am formless then I will keep having **experiences** of being a particular form. If I know I am a form I will keep having **experiences** of being formless (what the world calls death, birth and life). The very moment I know I am both form and formless I must keep having wild swings in my **experience** of being form and formless. I will **experience** the small, contracted state of being a human being only, and then massive

expansion back to being infinite and everywhere. I will keep switching back [and forth] from one to the other in an endless cycle of expansion and contraction **experiences**.

If I know that formlessness is real, and forms are unreal, then I am still seeing two items there and will have to continue to **experience** in dualistic ways and suffer. I can only come to see that form and formless are the same thing and that both words are synonyms for Reality. – Mar 2021 GP)

(What we're thinking or feeling inside is going to be reflected as our **experience** outside, as we learned in Lesson Two, there is no inside and outside of the glass. What I'm thinking or feeling inside is going to show up for me outside. – Sept 2021 GP)

(None of us had any choice which beliefs we brought into this lifetime. They came from previous lifetimes as unfulfilled desires and from our **experiences** and conditioning in this lifetime. This allows us to release judgement and blame of ourselves. – Dec 2021 GP)

(We will feel more peaceful, too, because we won't be in resistance to thoughts, emotions and **experiences** as much, because we will see they are actually an essential aid to our meditation. – Mar 2022 GP)

- **Feelings** – see also **Conscious Imagining, Contemplation, Statement Process, Thoughts/Thinking and Vibrations**

(It is important to notice that the Wholeness that you are is the formless you that you have been noticing, but also all the forms that appear in you too. We cannot discount the manifestations as being unreal or not important because they are arising out of you. We can begin to see that every thought, **feeling**, opinion, and experience is also us and must be included in our definition of what we are. We must be mature enough to see that all that arises inside us IS us. I do not mean only the **feelings** and thoughts that happen inside your body, but inside all bodies . . . and in fact inside the you that is everywhere. What does that exclude then as “not you”? Nothing at all. It is all you, every last bit of it is you. All of creation is you, showing up as various appearances inside you. All that ever was, is and will be is you showing up in various different forms. All that will ever be born, live and die for the rest of eternity is you also. – Dec 2020 GP)

- **Formless** - not just absence of form, but also what is the essence of and contains form

- **Formless = form** – one of the tools in our toolkit - See Dissolving the Ego Course Lessons

(. . . **form and formless** are the same thing, and both words are synonyms for Reality. Form is the formlessness appearing to be a shape. Formlessness IS the essence of all forms. – March 2021 GP)

(. . . to remember that whatever you're thinking about – it's really the essence of Lesson Four – whatever I'm feeling bad about is non-existent. So, when I'm suffering, it will be because I'm thinking about something, or someone that doesn't really exist in Reality that is not existing, separate to me, outside of me. So, I'm thinking about myself, and my lack of progress spiritually, and I feel really bad. And we can remember there isn't a separate being actually to make any progress. So just to remember, is number five, remind yourself that what you're currently thinking about doesn't exist in Reality in the way that we think it does. And the being that we're thinking about, or beings, doesn't exist in the way that we think they do. They're not separate to us, outside of us or different to us. As you do that, it will begin to nullify your ability

to think about other things. And once we come to recognize there isn't anything other than us, than the one Noumenon, then most of our suffering will fall away just in that. – Sept 2021 GP)

(The Formlessness can recognise Itself OR it can look at an object. Objects/phenomena cannot notice the Formlessness. – May 2022 GP)

(To reach permanent and stable peace we must come to a deep understanding that **form and formless** are one. That means an experiential understanding that everything we see, feel or experience is none other than the formless Silence appearing to be something.

We can begin to celebrate the appearance of form as non-different from the formlessness to find peace.

If the appearance of **forms AND formless** is dependent on having a human body, then it cannot be permanent and not the ultimate truth. Only that way of perceiving that remains permanently is ultimately real. – Oct 2022 GP)

- **Forms and Names** (and **Labels**) - See Dissolving the Ego Course Lessons

(And when you see from and as the Self, there is nothing else to see. I was determined to see what the sages see, and how they see the world. How do they see the world? What are they actually seeing, and how do they feel when they see it? When they see the Self everywhere?

And really, there's just a deep, unshakeable peace, of knowing that there is nothing out there to hurt you. And nothing in here to hurt you. All **names and forms** are meaningless from here. You're just experiencing your Self everywhere. And you can still have the **names and forms** up here, so that you can have a conversation with someone – they're not gone. But you're not seeing from that place first and foremost. It's like a hall of mirrors. The egoic sense of Self is projecting stuff all everywhere, what it thinks is going on, it's projecting out there, it thinks there's a whole world of other beings out there, and there absolutely isn't. And it's totally beautiful to live when you see clearly. – May 2021 GP)

(. . . the fiction of the mind - the **names, labels**, judgements and other commentary of mind about what we are seeing/experiencing. We can also begin to notice that the whole mind stream is simply "talking about what is, was and will be" and it is all based on fiction that is not true. – Feb 2022 GP)

- **Four Lessons** - See Dissolving the Ego Course Lessons

- **Frequency** – See **Vibration**

- **I am/I amness** – see **Noumenon**

- **Identity**

(We are already the Self, already home. How will we know when **identity** is shifting to a knowing that "I am That"? This may not happen in the way we think it will. As we come to know deeper that we are the Self already, this will be shown to us by a peace that does not come and go but is more and more noticeable in the background of whatever emotions, thoughts and experiences are happening. Eventually peace will be in the foreground and thoughts recede into the background.

We must directly challenge the idea that we are someone, somewhere and come to see that we are already the Pure Awareness. - Jan 2022 GP)

(You are the Infinite Self already and when it wants to wake up nothing can stop it. – Sept 2022 GP)

- **Imagination** – see also **dreams/illusions** - our infinite power creating **dreams/mirage**

(. . . everything that appears as not me – May 2021 GP)

- **Immanent/immanence** - within, indwelling, inherent

- **Insentient/Sentient** – Lacking or having consciousness and ability to perceive sensations

(There can be no imperfections or wrong manifestation in the totality but only the appearance of it due to human perception and limited expression. All then is of equal value and worth. All is equally Divine. The expression of Infinite Intelligence is always unlimited but human perception may say “**sentient**” or “**insentient**” due to the complexity of the appearance. There is only **Sentience** appearing as all this and it is always pure and unblemished. – Getting to Know the One GP)

(To know what it is to be formless is really to accept there is nothing outside of you, different to you or separate to you. It may look as though you are just a human being living in a world populated by countless beings and **insentient** things, but this cannot be so. It really is a choice now of where you want to live from. You must either choose to live as that infinite being that you are OR continue imagining yourself to be small and limited and here only for a short time. – Jan 2021 GP)

- **Inspiration** – divine revelation from within

- **Intention** – a goal, aim or purpose, especially as to where we wish to focus attention

(. . . **intentionally** putting your focus on what feels good to imagine, taking your attention off of looking at what feels bad that's going on in your experience right now. Of course, you can't ignore the circumstances, you have to take whatever action is needed. But it's our thoughts that linger on that situation that perpetuate our karmic stories, our core beliefs; we want to nip that in the bud. I might have to look at a situation that I don't like. But I don't have to think about it, endlessly analyse it, berate myself, beat myself up over it again and again. – Conscious Imagining Sept 2021 GP)

- **Intuition** – instinctive or experiential understanding not requiring conscious reasoning

- **Karma/Karmic pattern** – also see **Causality Loop, Vibration** and **Manifestation**

(**Karmic patterns** exist on many levels at once. First as a thought form and then as an emotion and then as a physical issue in the body somewhere. This physical issue in the body can be extremely mild tension in the muscles right through to a physical illness or disease. The more we are willing to look at these **patterns of thought and emotional forms**, we have no reason to make them show up as disease or illness or pain. - Dec 2021 GP)

(**Karmic patterns** are always made up of an assumed cause and an assumed effect. Each **pattern** is made up of a subconscious belief, conscious thoughts about the **pattern**, emotions and an experience in our body, relationships, career, finances or some other part of our life. The same vibration shows up as a thought, an emotion and an experience.

We must come to see the cause and the effect are the SAME thing and so believing in cause and effect only perpetuates our suffering. The Self is all there is. There is nothing else. – Apr 2022 GP)

(In Lesson 3 we begin to see we cannot find this separate being and that we are in fact limitless and everywhere. We do not have a location. As we see this, we begin to drop the idea of “my **karmic pattern**” and “my body” etc. The “inside” will be seen as a vibration/dimension/layer that is everywhere and the “outside” is the physical reality that we know.

*Simply put there is only ONE **karmic pattern** being experienced in all bodies at the same time.*

What if the only thing that was holding the **karmic pattern** in place was the unwillingness to share about it and therefore open up to help, thereby keeping us in the vibration of a separate person with “my **karmic patterns**”?

As we come to see this **pattern** is not “mine” but everybody’s then we can relax and open more. We may not even need to share or talk about it once we are willing to. It will often just go on its own then. We can begin to see that the unworthiness, fear or anger we feel in any moment is being felt by all the people around us and that we can help all of them by working on this within ourselves. We are not powerless to help others and we can make a difference in the lives of our loved ones just by seeing this. – August 2022 GP)

- **Knower** – see **Noumenon**

- **Lessons** - See Dissolving the Ego Course Lessons

- **Linear time**

(I exist always and forever Now. Now is unbroken and continuous and never started or can stop. There are no beginnings or endings and **linear time** is an illusion based upon the mis-perception of objects or forms as real and independent things. – Getting to Know the One GP)

(Causality and duality are the same thing. Duality collapses when causality is seen through.

Cause and effect rely on **linear time**, space and a separate being to exist in order to continue. Causality relies on before and after, now and then, me and other. What happens if there is only now? Causality relies upon the cause coming before the effect.

(past, present and future). What happens if there is only one? Causality relies upon the cause and effect being two. (Subject and object of perception) When the cause and effect are seen to be the same thing both must disappear. – Jan 2021 GP)

- **Manifest/Manifestation**

(What **manifests** is influenced by what has already shown up in form. If the **manifestation** agrees with what is already in form (due to the current prevailing ideas and thoughts in that area) it is known as “fate”. “destiny” or “karma”. The appearance of forms will continue to appear the same as higher expressions will be impossible due to limited perception. Further **manifestation** occurs on default based on what is observed to already exist and we get more of the same. Creation/**manifestation** occur on an unconscious loop.

If what shows up is not aligned with what is already in form, then it is called spontaneous” or “miraculous”. This is where no thought forms or ideas limit the **manifestation** and what appears is automatically the highest expression or appearance possible in any moment. It is possible to completely stop creating by default in this moment and allow all highest **manifestations** possible to become the new default.

The highest **manifestation** possible in any moment immediately increases upon “choosing it”. The highest possibility is always increasing and is infinite. Karmic patterns and miracles are two views on the same process.

Manifestation of forms is only an optical illusion – Getting to Know the One GP)

(Why focus on the unmanifest Noumenon? Because the **manifest** is only perceivable with a body and senses and is temporary and is not really so. Why do we feel the **manifest** world is real? Tendency to focus on the shapes and concepts labelled with the shapes rather than essence.

The body, the world and the universe are a concept appearing in your mind only. – Oct 2020 GP)

(It is important to notice that the Wholeness that you are is the formless you that you have been noticing, but also all the forms that appear in you too. We cannot discount the **manifestations** as being unreal or not important because they are arising out of you. We can begin to see that every thought, feeling, opinion, and experience is also us and must be included in our definition of what we are. We must be mature enough to see that all that arises inside us IS us. I do not mean only the feelings and thoughts that happen inside your body, but inside all bodies . . . and in fact inside the you that is everywhere. What does that exclude then as “not you”? Nothing at all. It is all you, every last bit of it is you.

All of creation is you, showing up as various appearances inside you. All that ever was, is and will be is you showing up in various different forms. All that will ever be born, live and die for the rest of eternity is you also. – Dec 2020 GP)

(There are no objects; **manifestations** have never truly occurred as something independent to the Self. – Mar 2021 GP)

(As the Self as the Noumenon, when you look out on the world, it's just a world of shapes. It is a world of reflections, everything that we perceive, everything that I experience is all a reflection, it's harmless. It's powerless to have any effect upon me, no matter what I experience, nothing can happen to me, that is outside of my control, nothing is going to hurt me there is nothing else out there. **Manifestation**, all this world, all of the forms that we could ever imagine – subtle forms, thoughts, emotions, experiences, relationships, and gross tangible forms, like my body, the house across the street, everything that we could ever come across – when I look at all of that, I see nothing. I see nothingness. I see emptiness, *disguising* itself as all of that and therefore, whatever I feel, or think or experience or see or encounter with my senses, it is innocuous, it is harmless. All of this is nothingness at all, it is nothing, it is empty. There is no substance in any substance. It's all completely empty, formlessness looking like a form, appearing to be a 'something,' just like this body for a time, appearing to be tangible, and all of that. There's just me everywhere. And some places, I'm invisible, some places I'm visible and tangible. And there's never anything I could ever encounter, that would be other than that.

You have to come to see that **manifestation** is not an actual thing, there was no creation, or creator; there is not really. There are only places where you are visible and tangible, and other places where you're invisible and intangible. But you're looking at the same thing, whether it looks visible, as a gross thing – so, this laptop I'm using, tangible thing, the incense smoke in subtle form – or are completely intangible to the human senses. Those terms, tangible and intangible, depend upon human senses, they're meaningless without them, there is only you.

In Reality, there are no objects at all and only APPEAR to be. **Manifestation** is an appearance and no actual creation occurred. Nothing will be destroyed or comes to an end. – May 2021 GP)

(Lesson Four is fundamentally working on this assumption that we have, that the **manifestation** of all of this is actually different to and separate from the Formless **unmanifest** Noumenon, that we tune into in Lesson One. And, maybe theoretically, at least, you can see that if you knew on a deep level – a real deep knowing – that all of this is not different to yourself, neither is your body, it is all THE Self, it is all the Noumenon, it is all completely harmless. And that we are only ever experiencing our thoughts about what we think that thing is. And that nothing is really separate to us, that that would bring a deep and abiding contentment, peace, happiness, and an end to any possible suffering.

This thing is wanted and welcomed. This thing is pushed away and rejected because I don't want it. And if I come to see that these two things are the same, then I won't mind so much whatever is occurring in my life right now. There'll be a peace anyway. And then the **manifestation** is free to appear to change into – appear to, not actually – into what I do want. – Aug 2021 GP)

(Each human being, our body and mind is vibrating. The Stillness, the Silence, the Noumenon, the Beingness, the Consciousness, whatever we're calling it, doesn't vibrate, it's completely still. But when it begins to move, like ripples on the surface of a still pond, then that's when we see **manifestation**; things becoming visible, tangible, and audible to us. And there's various stages in between that; there's things that we can perceive internally, like emotions, and thoughts, they're not visible with our eyes, all of that. – Sept 2021 GP)

(When you feel negative emotions about anything it is because you have a desire that you do not feel can **manifest**. This is true whether it is a “personal” desire for you or your family OR a desire for global change in humanity as a whole.

When you feel bad about something it is because it has stimulated a desire for change, and you have a low energy vibration about it (you DON'T believe it can happen). When you feel good about something it is because you have a desire for change, and you DO believe it can happen. **Manifestation** unfolds and expands through desire. – Nov 2021 GP)

- **Me**

(. . . what everything is in disguise – May 2021 GP)

- **Meditation** – one of the tools in our toolkit

(In its purest essence **meditation** is ultimate simplicity and can be continued throughout our day in a more informal way. – Mar 2022 GP)

(**Meditation** doesn't mean that you are going to walk away from a situation, sit down and close your eyes, it means the best you can, you're going to access the Noumenon, you're

going to tune in like we do in Lesson One with your eyes open in the middle of that situation, as best you can.

So, if there's fear there inside for me, can I let that fear be there and listen to the Silence that's surrounding and supporting that fear? Can I recognize there's a Stillness in the midst of all these crazy thoughts and emotions going on inside? So, can I tune into the Noumenon? And then I'm allowing my experience to be as it is, I'm not trying to alter my experience. All of these five are ways – tools – to allow your experience to be as it is; it's simply a way of not fighting with what is. And when you stop fighting with what is your current experience, it will change. It changes. It's actually appearing how it is right now experienced because we've been fighting against it, because we've had this lower frequency of, 'This is not how it should be. I'm not how I should be.'

So, if you can, in that moment, tune back in to the Noumenon. And you may not feel as peaceful as you do when you're sitting down in **meditation** with your eyes closed, but you might find that you can't suffer when you do that, you can't resist the fear, or the shame or the guilt or whatever is going on in your experience.

So, that's the first and most simple way. And like this, **meditation** becomes something that we're doing more and more constantly throughout the day – or that we're BEING. We're BEING **meditation**. **Meditation**, tuning into the Noumenon, is really just recognizing and being that more and more consciously, and more and more of the time, that which is not in resistance to whatever we're experiencing. So, the contextual field in which my body and my thoughts are appearing, the Silence, the Stillness, the sense of Hereness, or the Nowness of this moment, it is not pushing against whatever I'm experiencing, it's also not trying to hold on to a positive experience. It doesn't push against negative, 'this should go away,' and it doesn't grab a hold of positive either. – Sept 2021 GP)

(This is a simple practice of “no-practice”. This is a non-doing practice which means that we are not trying to get anywhere, to achieve any particular state or become something other than we already are. On the contrary, we will begin to tune in to what we already are. Our True Being is Silent, Still, Aware, Awake, - *Dissolving the Ego* book, Chapter 4)

- **Memory**

(. . . where we access our whole world of separation – May 2021 GP)

- **Mind** – see also **Phenomena/Objects**

(We can begin to notice that the whole **mind** stream is simply “talking about what is, was and will be” and it is all based on fiction that is not true - the names, labels, judgements and other commentary of **mind** about what we are seeing/experiencing. **Mind** is talking about its collected thoughts of the object/person and not about the object itself. – Feb 2022 GP)

(The **mind** is a sequence of thoughts passing by that gives a sense of continuity during the waking state. – May 2022 GP)

- **Myth of creation**

(There's a real strong belief in the human consciousness that I really want you to challenge inside yourself. That to realize this whole **myth of creation** is a **myth** is going to be very, very difficult for you to do.

What if that one idea is holding you back?

What if that one **myth** is actually the only thing that stops a mass awakening happening on this planet right now?

Do you believe that inside yourself, can you feel the sense that this is... 'Whoa, this is going to where the sages live, this is too far out of my reach, I'm not going to be able to fully digest and live from Lesson Four'?

You know, there's just... 'It's not possible for a person like me'; some feeling like that. And I know it, because I've lived it myself, I didn't believe it was possible. How can I be like Ramana, who is just completely silent? There's just nothing going on in the mind at all. Nothing to think about. And no entity thinking 'I this'. I want you to really challenge that.

The fact that you're hearing these words means you have the capability right now to overcome this and live from and as the fullness of Lesson Four, which is actually the simplest, there is only me everywhere, there could never be anything else. When you really get that there seems to be lots of other things and lots of other beings, but there really isn't and never could be.

Then it's the simplest part of realization, much simpler than recognizing you're not a separate being, so much simpler. But it has a lot of 'ooh and ahh' about it, you know, in the way that we view these beings that have achieved this, recognized this, that we tend to put it out of our reach.

So just want to caution you, not to buy into that. There is absolutely no difference between what you can realize and what the Buddha did. And I hope you really take that on board. – Aug 2021 GP)

- **Non-duality**

("Through the Grace of God alone, the desire for **non-duality** arises in wise men to save them from great fear". Avadhuta Gita, Nov 2020 GP)

- **Noticing**

(Confirm that when we perceive formlessness, it is a non-local event. This means that there isn't a "me" separate to the formlessness that is **noticing** it. We can begin to see this by looking at where we are **noticing** the formlessness from.

All you have to do is to want to see. You do not need to try hard here. Just let the answers come whenever they come. It is enough to be really curious as to how you are **noticing** the Noumenon and from where.

*The Formlessness can recognise Itself OR it can look at an object. Objects/phenomena cannot **notice** the Formlessness.* – May 2022 GP)

- **Noumenon** - See Dissolving the Ego Course Lessons

(. . . the formless Self, that which is not a phenomenon, that which is not coming and going. DTE 8/1/23)

(The **noumenon** is something which exists outside of AND is undetectable by the human senses. It is not something that can be experienced by us as something that comes and goes because it is not a perceptible by our five senses. It is most certainly NOT the opposite to

phenomena. . . . There isn't any phenomena because they simply appear to exist inside the noumenon. The **noumenon** is all pervading so all phenomena are made out of it and ARE it. The **noumenon** has no opposite. It is one and is beyond all duality. The **noumenon** and phenomena are the same One and only appear to be different. - March 2021 GP)

(. . . there are many names given to what you are, such as Silence, Stillness, Being, Pure Awareness and many more. These are all names for That which has no name and is in no need of a name. It cannot be described in words, yet we must use some label for It so that we may point towards It in this text.

We use the word "Noumenon" most often because it has very little (if any) previous meaning to most people. – ***Dissolving the Ego*** book, Introduction)

(The Noumenon is Silent, Infinite, Still, Peaceful, Invisible, Intangible and beyond time and space and yet all things appear in It. - ***Dissolving the Ego*** book, Chapter 1)

"NO -U-ME-NON" . another way to see there is no me or you as separate beings.

- **Nowness of this moment** – see **Noumenon**

(The contextual field in which my body and my thoughts are appearing, the Silence, the Stillness, the sense of Hereness, or the **Nowness of this moment**, it is not pushing against whatever I'm experiencing, it's also not trying to hold onto a positive experience. It doesn't push against negative, 'this should go away,' and it doesn't grab a hold of positive either. – Sept 2021 GP)

- **Objects** – see Phenomena

- **Objects/Objectivity**

(In reality there is no single point of perception through one human body only but only the illusion of it. Time, space and distance all appear to be true whilst I believe **objectivity** is real. While I believe forms are actual real manifestations appearing in me then there will seem to be infinite locations and points of perception.

Manifestation of forms is only an optical illusion.

I am always looking from everywhere all at once. I am looking as the entire universe always. – Getting to Know the One GP)

(Here is the fact and what actually is true: True subjectivity excludes any possibility of **objectivity** and there are no **objects** in the subjective. What we think we are is really an object that comes and goes. What we actually are is pure subjectivity devoid of any **objects**. The subject and object are the SAME thing. They are one. – Jan 2021 GP)

- **Opposites** - noumenon/phenomenon, form/formless, good/bad, inside/outside, liberation/bondage, tangible/intangible, sentient/insentient – some of these are spoken of in May 2021 GP

(Here is a basic error or assumption in our thinking process-

“The noumenon and a phenomenon are **opposites**. All the phenomena exist inside the noumenon.”

Here is the fact and what actually is true: there isn't any phenomena because they simply appear to exist inside the noumenon. The noumenon is all pervading so all phenomena are made out of it and ARE it. The noumenon has no **opposite**. It is one and is beyond all duality. The noumenon and phenomena are the same One and only appear to be different.

The very moment I know what I am then I create the **opposite** in my experience, and I must experience it over and over. If I know I am formless then I will keep having experiences of being a particular form. If I know I am a form I will keep having experiences of being formless (what the world calls death, birth and life). The very moment I know I am both form and formless I must keep having wild swings in my experience of being form and formless. I will experience the small, contracted state of being human being only and then massive expansion back to being infinite and everywhere. I will keep switching back to from one to the other in an endless cycle of expansion and contraction experiences.

If I know that formlessness is real, and forms are unreal then I am still seeing two items there and will have to continue to experience in dualistic ways and suffer. I can only come to see that form and formless are the same thing and that both words are synonyms for Reality.

Form is the formlessness appearing to be a shape. Formlessness IS the essence of all forms.
– Mar 2021 GP)

- **Peace**

(Constant and effortless **peace** is the result of not trying to get rid of or change anything in this moment. – July 2022 GP)

(Effortless, stable **peace** can only come from finding this greater space of Being and seeing that we ARE That Being. This Being is endless, infinite and has always been here. – Sept. 2022 GP)

- **Perceiving**

(We will begin to recognise our “primary” mode of **perceiving** is as the Self and that the body, mind and senses are “secondary” to that. We will come to see the mind, body and senses are only an optional extra and nothing will be lost once they have gone.

When we **perceive** formlessness it is a non-local event – no place or location you are looking from. This means that there isn't a “me” separate to the formlessness that is noticing it. – May 2022 GP)

- **Person** – see **Separate self**

- **Phenomena/Objects**

(A **phenomenon** is something that can be observed as existing. It can be experienced by our senses, and it can be thought about in our mind. A **phenomenon** is an **object** of our perception. - March 2021 GP)

(When we use our mind and senses to understand and perceive this **phenomenal** world of **objects** and other beings it keeps illusion alive for us. Can we know anything about the **object** without our senses? Do we actually know anything independently of the senses? When we

see, touch, smell or taste something we think we are encountering the **object** itself but in truth we are only perceiving what we encounter of our sensory perception of it.

*WE ONLY EVER KNOW OUR SENSES AND NOT THE **OBJECT** ITSELF*

What do you know about something if you do not use your mind to think about it? Thoughts are the memories and anticipations or our sensory perception of events and things. Let's take a look at what happens when we think about something.

A thought is a symbolic representation, a metaphor for, a figurative expression or a word picture of the item itself. A thought has nothing to do with the **object**, place or person it represents. – June 2022 GP)

(**Phenomena** contrast with the Noumenon beautifully because they help us to recognise it. Imagine an empty space with no **phenomena** in it at all. How would we see the empty space without anything different or contrasting to it?

Begin to USE the **phenomena** to point you back to the Noumenon and in this way you will not be in resistance to What Is and will feel more peace. – July 2022 GP)

- **Presence** - Lesson Three – The absence of a personal self means the **presence** of the Infinite Self

- **Projection**

(Our body lives through **projections** we think we are looking at. – May 2021 GP)

- **Reality**

(Deeply contemplating the truths you have read here will allow you to begin to live from them and as them. You must keep interested in this subject until you are convinced that what you read is true and you can prove it to your own self in your experience. You cannot prove this is true to anyone else and you do not need to. Once you are convinced of this, you will feel at peace, and you will directly experience **reality** for the first time. – Jan 2021 GP)

(To realise the ultimate state of **reality** it is necessary to stop trying to distinguish which is most **real**. As spiritual students we had to develop an ability to discriminate between “**real** and unreal” or “truth and illusion” and this was very necessary until now. In this final seeing we must come to realise that if we are trying to decide which is most **real**, we will be excluding something else.

If I know that formlessness is **real** and forms are unreal then I am still seeing two items there and will have to continue to experience in dualistic ways and suffer. I can only come to see that form and formless are the same thing and that both words are synonyms for **Reality**. Form is the formlessness appearing to be a shape. Formlessness IS the essence of all forms.

Step 4 then becomes “I have no idea what I am, what God is, what **Reality** is. I am beyond any definition. I have no ability to determine, discriminate or label and I am totally happy.”

It really is as simple as not thinking about yourself at all OR knowing that no thought is going to be true about you. Even the thought “I am the All” or “I am Nothing” is not true here. You do not need to eliminate thought to stop the mind working. It is enough to see no thought about you, or anything at all, has ever been true.

“I am ALL” is not true because the concept of “all” includes numerous forms and categories. There are no objects, manifestations have never truly occurred as something independent to the Self.

“I am Nothing” is also not true because it excludes all forms and objects.

Even to feel that both of these are true, or neither of them are, is still delusion and self-defining. - Mar 2021 GP)

(If you're going to look at one area of your life, one particular being, it gets easier and easier to undo the imagination, just the determination is all that's needed. I'm tired of running around inside this hall of mirrors, battling with my imagination. I'm tired of trying to fix imaginary problems. I'm trying to fix things that can never be fixed, because they don't really exist in **Reality**.

Having said that, I have absolute compassion for the fact that they really do seem to exist, I remember that. I get that. And wherever illusion still seems **real**, it still seems **real**, for now. But it is only a habit to imagine that what we think about something is actually **real**. None of our thoughts are **real**. There is nothing to think about, and nobody else to think about. There's no separate being here to think about, therefore, there's no separate beings out there either. That's the fullness of that seeing, isn't it? Whatever mind is thinking about doesn't actually exist in **Reality**. And that's not going to trouble us if we're thinking about a loaf of bread, or what we need from the food shopping. But if we're trying to fix this greatest challenge of all, to come out of illusion with the mind, it's never going to work. Because only you as the Self can see that none of that is actually what you think it is. – Apr 2021 GP)

(Gradually the appearance is changing from a very unenlightened Being to a very Enlightened Being. Nothing's actually occurring in **Reality**, but the appearance is changing, isn't it? – Aug 2021)

- **Reflection – world as reflection/hall of mirrors/optical illusion**

(So, as the Self, as the Noumenon, when you look out on the world, it's just a world of shapes. It is a world of **reflections**, everything that we perceive, everything that I experience is all a **reflection**, it's harmless. It's powerless to have any effect upon me. No matter what I experience, nothing can happen to me that is outside of my control. Nothing is going to hurt me. There is nothing else out there.

And the way out of the **Hall of Mirrors**, this hall of effects – all of this is a **reflection** of you, and it will take the shape that you think, that you are so sure it is – and the way out of that is to stop imagining, which sounds obvious, but to really begin to want to see what everything really is, as we say in Lesson Four, and to be willing to question, ‘What do I really know about this thing in front of me, this being in front of me? What do I really see here? What is absolutely the right way to see this thing? What is it actually that I'm looking at?’

. . . our body **reflects** where we are looking from – May 2021 GP)

(What is the way out then? It is to decide that you are already the Self no matter what your life looks like currently. The way out is to decide you will not look at the **reflection** “out there” (the state of the body, mind and life, etc.) to tell us what to believe. Be the Buddha right now. Stop using phenomena to reference how you are doing on your path to awakening to the Self. – July 2021 GP)

(The body is our first **reflection**. Karmic patterns exist on many levels at once. First as a thought form, and then as an emotion, and then as a physical issue in the body somewhere. This physical issue in the body can be extremely mild tension in the muscles right through to a physical illness or disease. The more we are willing to look at these patterns of thought and emotional forms, we have no reason to make them show up as disease or illness or pain. – Dec 2021 GP)

- **Resistance**

(Recognise that this confirmation – Self-recognition and identity switching – is an ever-deepening thing. Even for me now, it gets clearer each time I look that I am looking FROM the Noumenon AT the Noumenon. It becomes clearer and more obvious each time that there is nothing and nowhere else to look from. It also becomes clearer each time you look that there really is no such object called “ego” to look from and at the Noumenon.

This is all I have done to realise infinite peace, but I have done it consistently and pushed through the “fog” or wall of **resistance** to seeing clearly. Each time you do these exercises you take another step through the fog and are closer to Knowing the obvious – and yet seemingly hidden – realisation that You never can be divided into two – not now and not ever. – June 2021 GP)

(Meditation, tuning into the Noumenon, is really just recognizing and being that more and more consciously, and more and more of the time, that which is not in **resistance** to whatever we're experiencing.

So, the contextual field in which my body and my thoughts are appearing, the Silence, the Stillness, the sense of Hereness, or the Nowness of this moment, it is not pushing against whatever I'm experiencing, it's also not trying to hold on to a positive experience. It doesn't push against negative, ‘this should go away,’ and it doesn't grab hold of positive either. – Sept 2021 GP)

(When we are feeling **resistance** to something, feeling bad about something, the Statement Process is simply making another statement about the situation than your last thought that feels true still but feels better.

We're not looking to solve a problem with a statement process. I'm not looking to change how I feel in this moment. I'm just looking to soften the **resistance**. – Sept 2021 GP)

(In addition to our 20 minutes seated meditation each day, there are many moments that we can tune into the Noumenon when our attention is not engaged with any other activity, such as walking down a hallway, on the bus, cooking a meal, etc.

We will be learning to use the presence of phenomena, such as thoughts, words, objects in our environment to help point us back to the Noumenon. By doing this we will not be in **resistance** to what is showing up in our internal or external world.

...we can bring our meditation into our day more and it will become something we ARE rather than something we DO. We will feel more content because we won't be separating our day into our “spiritual practice life” and “the normal life”.

We will feel more peaceful, too, because we won't be in **resistance** to thoughts, emotions and experiences as much, because we will see they are actually an essential aid to our meditation. – Mar 2022 GP)

(Whichever method(s) you use to tune in to the Noumenon from the list of ways below, let's begin to recognise that the phenomena are helping us to find the Noumenon. Begin to USE the phenomena to point you back to the Noumenon and in this way you will not be in **resistance** to What Is and will feel more peace. – July 2022 GP)

- **Samadhi** - (Samadhi is the ability to stay open and focus on one thing (or focused on Nothingness/Self) long enough to come to know something by being it. . . . Lesson four allows us to live in deep Samadhi/awakened state, at first it will be sporadic and only during deep meditation, but then progressively more and more present during the waking state and eventually continuously and effortlessly. - Dissolving the Ego Course Lesson, Why are the lessons in this order?)

- **Sangha** – a spiritual gathering or community in which members support and help each other for the benefit of all.

- **Satsang**

A gathering of beings interested in realising the Self and having an experiential understanding of who they really are, as opposed to a theoretical understanding or a belief system.

A conscious attendee will be aware that everything they notice in a satsang - everything that happens and is said, including by the attendee themselves - are reflections in their own hall of mirrors - an 'owning' of the experiences. They can then take this same awareness and 'owning' out into the 'satsang' of their everyday life.

“**Satsang** Is as old as time. For as long as there have been human beings, there have been **satsangs** in one form or another. **Satsang** literally means to gather together, to sit down together, in recognition of the truth of who we really are, because we are not this body, we are not the mind, but we are inclusive of those – and they are happening inside us. We are so much more than we have taken ourselves to be,

“In **satsang**, we come not just to believe there is something other than the body and mind, but actually to experience it and to come to live as That effortlessly and continuously. Living as That is the end of that part of the journey and it begins the discovery and exploration of what it is like to consciously go about your life as a human being experiencing what that entails and remembering effortlessly who you are.

This does not mean having a mental understanding, a thinking that, “I am everywhere”, although that can happen, but a knowing that, when we meet another being or another thing or another species or anything – animals, plants, rocks –, we are experiencing our very own self . . . and the equanimity that comes from that - that there is nothing we're experiencing that isn't our own self, the universe is actually friendly and helpful and we've really only been experiencing our thoughts about it.

So **satsang** is perhaps the most important thing we could put our attention on. And we don't need to work hard at this. We just need to relax and absorb and open ourselves up to what might be here to experience.” From the Satsang “In the absence of you there is only the Self”
16th March 2023

- **Self/Brahman** (vs thought constructed self) - See Dissolving the Ego Course Lessons

(I can only come to see that there's only ever been me, the **Self, Brahman**, whatever you want to call it, the Noumenon, Awareness, everywhere, awareness looking like something, and not

actually a thing; there are no things. It's all a three-dimensional 'seems to be' kind of moving kaleidoscope where the shapes keep changing, but they're all made of the same substance. Nothing ever arose out of the Self, and nothing can ever merge back into it. It's an optical illusion that's created when you have senses to look through that looks like the solid things and intangible things and all of that. It's a very simplistic way to see; there is nothing to see and nobody to see it. There's nothing to run away from or to be scared by or to be threatened by, there is nothing other than joy to experience. There is only the endless discovery of all the different shapes I can make, which become ever more beautiful as I move around my world. – May 2021 GP)

(Lesson Four is whatever we're seeing right in front of us, whether it's something in the room that we're sitting in, whether it's something we're feeling inside, we can come to a place where we feel every single word in whichever language we're speaking, in fact every word in every language, is a synonym for the **Self**. . . .in Lesson One, the different names that we use, doorways for the Noumenon – and, of course, Noumenon is another name – , **Self**, all of that, Supreme Being, God, as many names as you can think of, it has. But perhaps on a more everyday basis, your name that your body has been given, is also a synonym for the **Self**, also known as You. . . . whatever is some negative emotion or something, you can come to a place where you actually don't resist anything, because it's deep recognition, 'This is just the **Self** in disguise'. . . . So, what is the synonym for the **Self** that you haven't currently recognized right now in your life? What are you resisting? When I come to recognize everything is the **Self** appearing to be something else, I will have the same experience all the time: peace, contentment, joy, unending happiness, effortless bliss and all the things that come with it. – Aug. 2021 GP)

- **Self-recognition** – recognition of Self as Awareness, the Noumenon, Silence, Stillness, Contextual Field, etc.

- **Self-inquiry** – one of the tools in our toolkit

(Our identity has been firmly rooted for so long as a separate being that we really feel we are someone that is moving towards awakening. We can use **self-inquiry** questions to prove to ourselves experientially that we are already looking from the Self/Noumenon and that there is no further journey. We will begin to see our journey home has always been in our imagination and a product of believing ourselves to be the body/mind vehicle only. – Jan 2022 GP)

(Ramana Maharshi said – and I'm paraphrasing – that self-inquiry ends in the disappearance of the inquirer. – Answer to Q Satsang 26/1/2023)

- **Sense of being here/Sense of hereness** – see **Noumenon**

- **Sense of existence/Sense of being** – see **Noumenon**

- **Senses**

(The noumenon is something which exists outside of AND is undetectable by the human **senses**. It is not something that can be experienced by us as something that comes and goes because it is not a perceptible by our five **senses**. It is most certainly NOT the opposite to phenomena.

A phenomenon is something that can be observed as existing. It can be experienced by our **senses**, and it can be thought about in our mind. A phenomenon is an object of our perception.

We are conditioned to value only that which we can perceive with our five human **senses** or that we can think about. Our mind thinks about the objects we perceive with our **senses** because it thinks they are real. Once we have come to see that our true essence is the formless Self, we will tend to reject the forms or the phenomena that we see. – March 2021 GP)

(When I look at all of that, I see nothing. I see nothingness. I see emptiness, disguising itself as all of that and therefore, whatever I feel, or think or experience or see or encounter with my **senses**, it is innocuous, it is harmless. All of this is nothingness at all, it is nothing, it is empty. There is no substance in any substance.

Those terms, tangible and intangible, depend upon human **senses**, they're meaningless without them. There is only you.

Nothing ever arose out of the Self, and nothing can ever merge back into it. It's an optical illusion that's created when you have **senses** to look through that looks like the solid things and intangible things and all of that. It's a very simplistic way to see; there is nothing to see and nobody to see it. – May 2021 GP)

(How we can perceive and become much more aware of what modes of perceiving we already have and may not have valued. In seeing these modes clearer, we will begin to recognise our "primary" mode of perceiving is as the Self and that the body, mind and **senses** are "secondary" to that. We will come to see the mind, body and **senses** are only an optional extra and nothing will be lost once they have gone.

We can effortlessly perceive formlessness right now and can confirm that we are NOT using our **senses** to perceive it. - May 2022 GP)

(When we use our mind and **senses** to understand and perceive this phenomenal world of objects and other beings, it keeps illusion alive for us.

What do our **senses** actually tell us?

Can we know anything about the object without our **senses**? Do we actually know anything independently of the **senses**? When we see, touch, smell or taste something we think we are encountering the object itself but in truth we are only perceiving what we encounter of our **sensory perception** of it.

*WE ONLY EVER KNOW OUR **SENSES** AND NOT THE OBJECT ITSELF*

When we see something, we aren't really seeing it with our eyes. We are seeing the light waves that are bouncing off it. Colours that we see don't indicate the object itself but what light frequencies bounce back off it.

When we hear a sound, we are actually hearing the vibration as it touches our ear drum and not the thing that made the noise.

When we smell something we only experience what our **sense** of smell is telling us and not the object itself. The same is true for touch and taste.

What do you know about something if you do not use your **senses** to perceive it?

What do you really know about anything or anyone without using your mind or **senses**? – June 2022 GP)

(You can try to imagine what the object would be experienced like without your human **senses** to perceive it. Would you be able to see colours, feel textures, or taste anything without **senses**? What would you know about this object? Perhaps everything we think we know about these objects vanishes when our body dies. – Oct 2022 GP)

- **Sentient** – see **Insentient**

- **Separate self/Person** – energies, thoughts, emotions, perceptions, sensations

- **Separate/Separation/Duality/Division** - See Dissolving the Ego Course Lessons

(So, the moment I think about something, it's going to seem **separate** to me. If right now you just stop thinking for just a second and just look at the room you're sitting in, there's just the Isness of everything, isn't there? There are just the objects that seem to be there. And you're watching. That's all there is. And you can't really tell if they're **separate** or not, unless you start to think about them. – Aug 2021 GP)

- **Silence/Listening to the silence** – noticing the **silence** is there - where sound vibrations originate and what underlies and contains sound - see **Noumenon**

- **Stateless state of now** – see **Nuomenon**

- **Statement process** (and **Feeling**) – an important tool in our toolkit

(When we are **feeling** resistance to something, **feeling** bad about something, the **Statement Process** is simply making another statement about the situation, [different] than your last thought that feels true still, but feels better. So, I really don't like **feeling** this way. That statement may feel true, but it feels terrible. We can say something inside we can say it externally, we can say inside and our thoughts, something that feels slightly better, and also feels true. It's an extraordinarily powerful and simple process. We're not looking to solve a problem with a **statement process**. I'm not looking to change how I feel in this moment. I'm just looking to soften the resistance.

So, I could say: 'It's really good that I'm recognizing how I feel right now.' Or 'I'm sure in a few moments this will pass.' 'I'm really glad to remember this **Statement Process** in times like this', anything that doesn't fix the problem but makes you feel better. You could even say, 'I'm looking forward to going to my Granny's for a cup of tea tomorrow.' It doesn't have to be anything to do with the situation. It could be anything at all, any statement at all that makes you feel better but also feels true.

So, we could say something like 'The Self isn't affected by any of these emotions' but, in that moment, that may feel true but makes us feel worse because we don't really believe that. So, we're **feeling** the statements out bit by bit. This is a powerful process.

The **Statement Process**, as well as Conscious Imagining doesn't have to be something just to fix a problem. It's great. Wherever you're at – wherever you're starting at a certain subject – vibrationally, you can always go higher, because what you're thinking and **feeling** and vibrating, you're therefore going to experience in your next coming moments and days.

We can do - and we have done - Statements about the situations going on in the world, on global awakening. Everything that you could think of you can do statements on, even your own process, 'I'm looking forward to closing this gap.' 'It's great that I'm starting this process.' Whatever makes you feel better and also feels true. It has to fit those two categories. And you just keep making Statements.

And, as you make a Statement, you are shifting your vibrational level on that particular subject and your overall vibrational level. So, you're going to experience something different; you cannot experience the same thing again after you've done **the Statement Process**. It's got to be different in manifestation, even slightly, and how you feel about it will be different. – Sept 2021 GP)

- **Stillness** – as also containing movement - see **Noumenon**

(Can we recognise **Stillness** without any movement or change? – July 2022 GP)

- **Subject/Subjective/subjectivity/recognition of our own subjectivity** – see **Noumenon**

(Here is the fact and what actually is true: True **subjectivity** excludes any possibility of objectivity and there are no objects in the **subjective**. What we think we are is really an object that comes and goes. What we actually are is pure **subjectivity** devoid of any objects. The **subject** and object are the SAME thing. They are one. – Jan 2021 GP)

- **Thoughts/Thinking** and **Feeling** – see **Mind** and **Phenomena/Objects**

(If we can approach another being, a human body at least, without memory, without previous experience, without **thinking** about that person, and I don't mean there's no **thoughts**; you don't have to quieten your mind. But are you going to meet this being expecting something already or are you going to meet them absolutely empty? Are you going to meet them outside of time – and with that comes all the memories you have of that being and all the expectations you have of them? You are dreaming all these other beings; they really don't exist. Everything is the Self. Really, all there is are human bodies, and those bodies are the Noumenon anyway. They are the Awareness also . . . Consciousness. Consciousness is everything and there is nothing outside of it.

All the things that you spend a lot of time **thinking** about, are the things that you are convinced are actually things, [that] exist outside of you, you're actually believing in the label and the name of that thing, and the shape it's taking rather than the essence, the Noumenon. – May 2021 GP)

(It is only a habit to imagine that what we **think** about something is actually real. None of our **thoughts** are real. There is nothing to **think** about, and nobody else to **think** about. There's no separate being here to **think** about, therefore, there're no separate beings out there either.

Whatever mind is **thinking** about doesn't actually exist in Reality. And that's not going to trouble us if we're **thinking** about a loaf of bread, or what we need from the food shopping. But if we're trying to fix this greatest challenge of all, to come out of illusion with the mind, it's never going to work. Because only you as the Self can see that none of that is actually what you **think** it is. - April 2021 GP)

(What really is there to **think** about? This question for the mind seems absolutely ludicrous. The mind is convinced that there are all of these objects outside of us and separate to us to **think** about. As you begin to ask – this question was very powerful for me – 'What is there to

actually **think** about?' Then it begins to undo the root core assumption that fuels the mind. And it can actually start to go back into silence as we really stay with this question. As I begin to realize that what I'm **thinking** about, or who I'm **thinking** about, is not actually separate to me, [and] that when I'm **thinking** about them, I'm actually **thinking** about me because they are me.

Maybe the more I **think** about someone or something, even [about] awakening, the further away it will seem to me. There's nothing wrong with **thinking**. It's just to recognize that when we use only that functionality about ourselves, everything is going to seem separate. When we just tune into the Noumenon, there's just Silence, and what's appearing to be in it. There isn't any sense of separation then, or union or anything, there isn't anything to merge back in or out. It's just not so. So could the actual **thought** process seem justified to the mind, because it's certain that there are lots of objects that we need to **think** about for our own safety.

But what if that is backwards? What if my actual act of **thinking** about something is reinforcing the sense of separateness? How to undo that then – to really question if there's anything to **think** about? It's never going to make sense to mind. Mind's going to be convinced there's a whole universe full of things to think about.

And of course, the thing that we're all **thinking** about is awakening. Because it feels separate to me – that awakened state – it feels out of my reach, perhaps, it feels that it's really not here right now, so it seems to make sense to **think** about it. What if the very act of doing that is making it seem further away, like an endless road, that [when] you take another step down this road, it suddenly stretches out longer in front of you.

Can you ever get to the end of separation that way? Or can we instead come to question this core assumption that there is something to **think** about? Can you **think**, can mind still stay active, if you really recognize there is only Silence or Stillness or Consciousness or Awareness? What would happen to your mind then, if whatever your eyes rested upon, whatever you experienced inside, that you have the certainty that it wasn't different to the Formlessness at all. And perhaps even deeper than that, that there cannot be any difference. Difference – that very word difference implies two, and there is not two.

So, whatever it looks like, however well it's disguised, it is your own Self; it is the Formless Noumenon appearing to be. When we focus only on phenomena, and **thoughts**, it seems to be very separate.

Can you use a very general question: 'Is there anything to **think** about?' This question for me was just like - it was just so sweet when I was ready for it -, 'Is there anything to **think** about actually?' Maybe my whole assumption is, 'Yes, there is.' And then the whole of mind's craziness comes from that assumption – all of it. And I do mean all of it, the whole noise.

And even the whole desperate seeking of awakening and suffering that comes along that process is coming from this idea that there is something other than the Self, something arose out of the Self; something was created. And, because it seems to be there, 'I'm **thinking** about it', says mind. But *because* I'm **thinking** about it, it seems to be there, outside of me, is the way it really works in Reality.

So, if you get this, you can really embrace this question if it feels important to you. And really allow it to begin to unstitch the mind. You'll still be able to use mind in a functional way. It's not gone altogether but its dysfunctional way begins to melt away when you really ask this kind of question. – Aug 2021 GP)

(If you know, when you're experiencing something, if you know what you're **thinking** and **feeling**, and you can do that from the emotion; what's the emotion and what's the story behind the emotion? And is this actually true? I'm going to directly challenge the assumption that what my core story is inside, I'm going to challenge the fact that they're true. There's fear, so something inside me feels that I'm not safe, but I can challenge that. Again, it's a way to get your attention off of your current experience and bring it back to the natural state, the Noumenon.

Most of us hold on to this lower frequency and don't close the gap because we keep agreeing with these **thoughts** here, and we keep agreeing with these **thoughts** here, because we're watching our experience. We're looking at what's happening in our life, and our mind suggests this particular way of **thinking** and **feeling** about it. So, we keep agreeing because, look, my experience is still happening. And you need to short-circuit that, Okay, I'm gonna choose what I **think** and feel. I can always choose when I want to **think** and feel; nothing out there has to change first, before I can do that. In fact, it CAN'T change first UNTIL I do that.

When I'm suffering, it will be because I'm **thinking** about something, or someone that doesn't really exist in Reality, that is not existing separate to me, outside of me. So, I'm **thinking** about myself, and my lack of progress spiritually, and I feel really bad. And we can remember there isn't a separate being actually to make any progress. – Sept 2021 GP)

(As you work on increasing the vibration (your prevailing way of **thinking** and **feeling** about something) you have the chance to change your own life and also that of others. – Nov 2021 GP)

(We have gotten so used to **thinking** about things and observing them at the same time, that we **think** this has to go together. We can begin to separate what we can prove exists (the shape of the manifestation) from the fiction of the mind (the names, labels, judgements and other commentary of mind about what we are seeing/experiencing).

We can also begin to notice that the whole mind stream is simply “talking about what is, was and will be” and it is all based on fiction that is not true. Mind is talking about its collected **thoughts** of the object/person and not about the object itself.

We can begin to notice just the shape of the object in front of us and to see that all we are really perceiving is a shape of something. What is it like to experience the shape of that object without **thinking** about it?

What can you know to be true about the object “out there”?

What is fact and what is assumption about the object?

What is it really when you do not use **thoughts**, memory or previous experience to define it? What is your experience of it then? - Feb 2022 GP)

(Example of a karmic pattern)

A person has a chronic condition in their body that brings pain with it. This person feels a lot of fear too. The common way of **thinking** (and sustaining the karmic pattern) is that the condition in the body is causing the person to feel the emotions they feel. They may say “I am scared and because my body is unwell and won't heal”.

In Reality, the fear is the SAME ENERGY showing up as emotions, the physical condition of the body and **thoughts** about the whole thing. The fourth component will be hidden as a subconscious belief.

When we find and question the truth of the hidden belief we will see a spontaneous healing of the body, mind and emotions in this area.

Looking at the hidden belief behind the emotion will allow us to heal the whole thing.

If we continue to try to change ONLY the cause, the effect will get worse because they are the same thing. – April 2022 GP)

(The body-mind takes its cue from what we are focusing on, from what we are believing . . . or not. If I refuse to believe I am separate to the teacher, then I must be able to access the same kind of experience. Think about how many **thoughts** you are looking through in each body-mind. It's obscuring that light from actually flowing out – but it's still the same light. And when it's not looking through ANY **thoughts** – in a clear moment – POW! (makes an explosive gesture) And the biggest **thought** that obscures that is 'I am a separate being, separate to the teacher, separate to the awakened state, separate to everyone else.' DTE Q&A 1 12/1/2023)

- Tools

(Five different ways of tuning into the Noumenon: **Meditation, Contemplation, Conscious Imagining, Statement Process** and reminding yourself what we learned in Lesson Four: **Formless = form.** – Sept 2021 GP)

(When you **meditate, self-inquire** or **contemplate**, it is not a separate "you" **meditating** or **contemplating**. It is really important to see that the Everywhereness is **contemplating**. – Regarding Spiritual Practice GP)

- **Transcend/Transcendent/Transcendence** – rise above, beyond normal (temporal and spatial) limits

- Triggers

(Look at any disturbing phenomena that you tend to reject or resist, such as a negative emotion or a person you have some challenges with. Make a list of your top few **triggers** that seem to cause suffering in your experience. Try to find the contrasting way the Noumenon is appearing by using the phenomenon to contrast.

Examples:

- I struggle with fear and don't like to feel it. I can see notice the fear then notice I am aware of it.
- The neighbour's dog barks all through my meditation and it disturbs me. I can see I can hear the dog bark and then the Silence in between.
- My mind is so busy I cannot meditate. I can recognise thoughts are coming and going inside a Still space of my Being.
- I feel pain in my body and cannot focus during meditation. I see the pain and my body are objects appearing in the Contextual Field. – July 2022 GP)

- **Unconditional love/Perfect love** contrasted to **conditional love**

(A large part of the awakening process is learning to **love ourselves unconditionally**.)

The egoic sense of separate self is simply a collection of conditionally loving thoughts. We can begin to undo this by developing **unconditional love**. **Conditional love** is not bad or wrong but simply conditional.

***Conditional love** says “I will love IF...” and it needs something to change before it will allow love to flow.*

Love is also expressed in more socially acceptable ways as liking, respecting, appreciating, caring, feeling worthy and more.

The first step is to learn to **love unconditionally**. We can and must learn to love our own egoic beliefs unconditionally. We can accept them and learn some part of us feels that way but also not agree with it and identify with it.

***Unconditional love** says, “I love no matter what and nothing needs to change for that to happen”.*

We can come to see our egoic way of seeing things is not wrong or bad but just limited. When we don't make it wrong and accept it, we are free to move beyond it. We will begin first to **love our own self unconditionally** and then it will naturally happen with others too.

An awakened being sees nothing wrong with you at all. They see you as a beautiful expression of the One Being playing as a human being for a while. Can you begin to see that this is how you are? You can change your shape as a human being, become more loving, compassionate, patient etc, but you are still always the perfect One Being already. You are so perfect that you can even play with the sense of imperfection. Full recognition of this will allow **unconditional love** and acceptance of yourself, body, ego and life. Of course, this does not mean that an awakened being stops growing and their mind and body are always in an ever-deepening journey and expression of the truth of their being. The major difference is that they see the perfection that is already here AND allow an ever-greater unfolding of that perfection. Can you begin to see yourself this way too? If not, can you be willing at least to see yourself this way? – Feb 2021 GP)

- **Vibration/Vibrational Level or Gap/Frequency/Feeling** and **Karmic Pattern** – your prevailing way of thinking and feeling about something. The energy of beliefs, emotions, thoughts, dreams and also what is perceived by the physical senses.

(Whatever makes you **feel** better, and also **feels** true, it has to fit those two categories. And you just keep making Statements. And as you make a Statements, you are shifting your **vibrational level** on that particular subject and your overall **vibrational level**. So, you're going to experience something different, you cannot experience the same thing again, after you've done the Statement Process. It's got to be different in manifestation even slightly, and how you **feel** about it will be different.

Tuning into the Noumenon, Contemplation, Conscious Imagining, Statement Process and reminding yourself what we learned in Lesson Four. Ideally, you would use all of those at different times. And they might nicely dovetail into each other, you might do certain number of

Statements in a row get to a really good **feeling** place about something and then suddenly, you can imagine some possibility that you couldn't before because you're in a higher place. And, as we gently accept wherever we're starting from, it's okay, if in this area of my life, I go to a very low place, don't like it, but it's just where I'm starting from and just closing the **gap**. And I'm just going to gently work to close the **vibrational gap**.

There's always going to be a little **gap** between what you've just realized, what epiphany you've just had, what you have just experienced in your deepest meditation, and where you're currently living as a default. But it will go like this, it starts like this (using hands to show large **gap** getting smaller and smaller). And, as you do this process, it becomes like this. And it's still going like this for me. And it will until the body expires. And then, if I have another body afterwards, I'll carry on with the highest and the lowest like this.

So, there is no endpoint to it. But you'll stop suffering when you close the **gap**. In fact, you'll stop suffering when you stop berating yourself for where this lowest one is, where we all start from. So, right now, you can stop suffering in that. The only difference between [someone and] myself, [and] between people who have been in the Graduate Program for a long time, is that they've been doing this longer, and their **gap** is smaller. That's all. But we all start from the same place – these huge swings between, you know what we experienced, this wonderful epiphany – sometimes it lasts months, years for people, that revelation of what's true – and then ego cuts back in with our current set of beliefs, ways of thinking about something, the more you can see that as that's just where we all start from, the quicker this closing of the **gap** will be. – Sept 2021 GP)

(There are a few things it helps to really understand and remember:

1- You don't **feel** upset/angry/scared etc about anything – you just **feel** how you **feel**. You **feel** upset because you are noticing and representing the prevailing ways human beings think and **feel** on this planet. These are all the ways a separate being thinks.

2- As you work on increasing the **vibration** (your prevailing way of thinking and **feeling** about something) you have the chance to change your own life and also that of others. When you **feel** negative emotions about anything, it is because you have a desire that you do not **feel** can manifest. This is true whether it is a “personal” desire for you or your family OR a desire for global change in humanity as a whole.

3- When you **feel** bad about something, it is because it has stimulated a desire for change, and you have a low energy **vibration** about it (you DON'T believe it can happen). When you **feel** good about something it is because you have a desire for change, and you DO believe it can happen. Manifestation unfolds and expands through desire.

4- There is no such thing as a personal desire. All desire is affecting all humanity at all times because there is only one of us. So, incredible as it may seem, by allowing yourself to work on your own desires you are changing the planet and the fate of humanity. All desires are “global” desires of all humanity. – Nov 2021 GP)

(Recognise that, as we meditate more, see clearer what we actually are and have realisations (big or small) we are allowing more life force through the body/mind, and this will show up **vibrations** in the body that are from separation even more. It does not mean we have done something wrong!

Begin to recognise that ego is an energy or **vibration** only that tries to counteract our awakening to keep things the same and keep us safe (so it believes). If we wish to transcend and see these patterns, we must understand the fact that some part of us does not want to see them! Accepting that fact is helpful, and we can stop pushing against the resistance. - Dec 2021 GP)

(**Karmic patterns** are always made up of an assumed cause and an assumed effect. Cause and effect are the same thing. Thoughts, emotions, and experience are one thing. The Self can show up as the same **vibration** appearing 4 different ways.

This is like 4 beads strung together on a thread. We cannot try to get rid of the cause without affecting the effect, too, and we will **feel** even more disturbed this way.

The Anatomy of a Karmic Pattern

Each pattern is made up of a subconscious belief, conscious thoughts about the pattern, emotions and an experience in our body, relationships, career, finances, or some other part of our life. The same **vibration** shows up as a thought, an emotion, and an experience.

We must come to see the cause and the effect are the SAME thing, and so believing in cause and effect only perpetuates our suffering. The Self is all there is. There is nothing else. – April 2022 GP)

(In Lesson 3 we begin to see we cannot find this separate being and that we are, in fact, limitless and everywhere. We do not have a location. As we see this, we begin to drop the idea of “my **karmic pattern**” and “my body”, etc. The “inside” will be seen as a **vibration**/dimension/layer that is everywhere and the “outside” is the physical reality that we know.

*Simply put there is only ONE **karmic pattern** being experienced in all bodies at the same time.*

It is the ideas of “me” and “mine” that make us try to work on things by ourselves and we may resist sharing problems we are having, opening to our GP buddies, and sharing in sanghas due to a **feeling** of shame. If an emotion comes up in us again, we may **feel** that we should have been able to deal with this before and that there is something wrong with us because we haven’t managed that yet. So, we do not open to get help.

What if the only thing that was holding the **karmic pattern** in place was the unwillingness to share about it and therefore open up to help, thereby keeping us in the **vibration** of a separate person with “my **karmic patterns**”? – Aug 2022 GP)

- Waking state

(It is not possible to keep your attention on the Noumenon 100% of the **waking state**! We only need to bring attention to it a little more and it will become clearer that the Noumenon is always here. No enlightened being ever managed to keep attention on the Noumenon 100% of the time.

Using objects to find the Noumenon

We can begin to notice which way the phenomena are showing up for us right now in our experience. Are there thoughts, emotions, solid objects or other phenomena in your

experience? There is always some kind of phenomena in our current experience in the **waking state**. Then we can begin to notice the Noumenon by contrasting it with the phenomena.

Examples:

If you see objects in the room you are sitting in, can you notice the invisible Contextual field they appear in?

If you hear words or sounds right now, can you hear the Silence that is noticeable in their absence and that permeates them?

If you see a car driving past, can you recognise the Stillness it seems to move through?

If you recognise thoughts are present, can you notice the Awareness that sees them? – March 2022 GP)

(. . . confirm that we are also NOT using our mind to perceive the formlessness. To do this we will look at what mind is. It is a sequence of thoughts passing by that gives a sense of continuity during the **waking state**. We can use our mind to think about something. We perceive something and, after that perceiving, we can think about that thing. Thinking about that thing seems to make us feel separate to it.

When we notice formlessness, we can begin to understand that it is not a thought process that is seeing it. Mind can only talk about the formlessness and cannot actually directly perceive it.

To confirm that, when we perceive formlessness, it is a non-local event. This means that there isn't a "me" separate to the formlessness that is noticing it. - April 2022 GP)

- **Wholeness**

(It is important to notice that the **Wholeness** that you are is the formless you that you have been noticing, but also all the forms that appear in you too. We cannot discount the manifestations as being unreal or not important because they are arising out of you. We can begin to see that every thought, feeling, opinion, and experience is also us and must be included in our definition of what we are. We must be mature enough to see that all that arises inside us IS us. I do not mean only the feelings and thoughts that happen inside your body, but inside all bodies . . . and in fact inside the you that is everywhere. What does that exclude then as "not you"? Nothing at all. It is all you; every last bit of it is you. All of creation is you, showing up as various appearances inside you. All that ever was, is and will be is you showing up in various different forms. All that will ever be born, live and die for the rest of eternity is you also. – Dec. 2020 GP)