



GP - Aug 2021 Live Lesson - Helen's Talk - P1

Helen 0:02

So Namasté. Welcome to this **August Graduate Program** session. And as I was saying before, I can't believe we're in August already.

And before I go into the thing that we're going to study this month, I just like to ask Maggie to do the announcements; to go through some really important announcements for us this month. So whenever you're ready, Maggie, please do.

Maggie Announcements 0:27

The first one I want to announce is for any GP members that are going on the retreat in Colorado, Sharon Hepburn has very kindly agreed to arrange a meal. And Helen, and a few of us from here, and you know, anyone who's on the GP group subscribers can attend. Sharon has gone to arrange it. And we will announce it. And you will have to contact Sharon directly. Please don't email 'evolution of spirit' and ask us any details at the moment, we don't have them. And for those who already knew about it from another meeting, the time has now changed, it's now going to be at 5:30 the night before the retreat, you will see the announcement in Facebook, and you will get an email about it. So that it gives you the instructions on what to do. I will be in touch about that very soon.

And a reminder that there is a price increase for subscription for GP for new members. Any members that are on this meeting now and are already signed up, nothing changes. It's going up to £40 for any new members from now on. So if you do cancel yours for whatever reason, and then re-subscribe, it will be at the new price. So just be aware of that.

And welcome to our one new member I believe, since the last one. So I'll go through how it all runs as he hasn't been on before. So the Graduate Program is to help us assimilate the 'Dissolving the Ego' course, which I will now call 'DTE.' We call Graduate Program 'GP' for short. It doesn't replace a DTE course, and Helen does expect you to participate in the course. GP members are automatically subscribed to the course, if you want to join any further courses in person, (not online) because we are running it from a venue from the next one. And there will be a small charge of £25 towards the cost of the hall. It will all be on the website.

Each month as you know, there is a live session like this, and then a chance to study it and send in feedback using the form on the GP pages where you found the link for this event. Please note, not all questions will be read out due to the amount of them. In order for your question to be considered, you must send it before the live Q&A session. The date of the Q&A will be different each month, please check the website and Facebook group. The next Q&A is next weekend on the 14th of August at 2pm UK time. So questions or feedback need to be in the day before.

There won't be a lesson plan any more because the live lesson is transcribed. So that would be doubling up the work. So when this transcription is done, it will be added to the page. So we won't be putting a lesson plan up anymore.

I think you all know there are Sangha meetups just for GP and Helen highly recommends you when you join them and encourage you to join them when you can. And is making friends with other members of the GP. Helen thanks those that give their time to run these, they're very much appreciated, and we're getting a lot of positive feedback. And everything that makes the Graduate Program possible, so thanks to everyone involved.

In each live session, Helen will go through the Lesson of the month and then take questions, then Sergio will usually read a beautiful prayer. And then we finish with the Group Statement Process. If you don't know the **Statement Process**, you can find some videos to watch about it on the '**Extra Classes and Resources Page**' on the website. And it's highly recommended that you do get to know and use the Statement Process, you do not have to join the Statement Process in the session. It's purely optional. (Just going to add a little bit; I've used the Statement Process recently and I'm finding it amazing. I've used it in the past, but recently I found it absolutely amazing.)

So each month we choose a different Lesson to focus on. But at any point you can choose a previous month's lesson to study. Stop laughing Helen, please. There are many previous months Study Sheets and videos on the hidden pages. And if you find

one that resonates with you just go with it. Feel free to carry on with that instead of this one. And there's a lot of recordings and etc to listen. But I think that's me done. I think I've covered everything up. So thank you.

Helen 5:02

Thank you. And I absolutely wasn't laughing at all.

Helen GP August Lesson - Talk 5:14

Okay, so as Maggie said there, welcome.

And we are going to this month be studying Lesson Four in more detail. And I'm going to do it slightly differently this month to how we have done it previously; I'm going to give two things to study so you can either pick one of them, or both of them, they work together well. It's entirely up to you what you feel is important to you, what you feel aligned to. And as Maggie said, you can pick July's lesson and do that again, continue with that, if you feel it's important to you, you can pick one from a year ago, it's entirely up to you.

Helen 5:56

So 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.** So I'm gonna work on two different fronts here this month, as to how to really come into a deep and profound knowing of that. And the first one I'll explain in a minute, and then I'll explain the second one. And if you like both you can do both, as I said, you can do one or the other. Or you can study Lesson Four in your own way completely.

Helen 5:14

I'm only ever bringing questions and ways to look at it that hopefully deepen the process. And speed that process up, because it's already occurring, you cannot fail to wake up, because you are already the Self, you cannot fail to come to **live** as That, it's just a question of how long we resist that process by not challenging certain assumptions that we've had.

So the first way we're going to look at 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.**

And I was reminded of this with one of the beautiful questions and feedback sent in for the DTE class this week, where I was reminding someone that their name, the name of their body-mind vehicle is another name for the Self. So we have in Lesson One, the 14 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.

So right now, if Lesson Four is true, that nothing ever arose out of the Self and is different to the Self, then your life, your body, your mind, your emotions, whatever state they're in, your relationships, everything right now is the Self. And why does it seem so tricky to kind of grasp that on a deep level? Why do we still resist some things and try to get some things? If I know on a deep level that there really is no difference between bliss and fear, if it's all the Self, why am I resisting fear perhaps and trying to get back to a nicer state of bliss or peace or something like that? Why does fear then even feel different to bliss? Why does it feel different when I experience it, if it is the same thing?

Helen 10:02

And really everything that we experience can be experienced with the same internal feeling as the peace that comes with knowing what you really are.

So, if I have an idea that something is different than the Self, if I think it's different than mySelf, I'm going to start to apply different labels to it. So I'm going to actually say I want this thing or I don't want this thing. So let's stay with the example of bliss and fear. Bliss, I'm going to give the label, I 'want' this thing. And fear, I'm going to give the label to it that I 'don't want' it. So what if we're experiencing these labels more than we're actually experiencing the thing itself? And can we have these preferences of 'want' and 'don't want,' if we really come to a deep understanding that they are essentially the same thing, and that we don't really need to experience them as different, we have a real grasp, experiential knowing that they are the Self.

If all there is is the Noumenon, all of this is the Noumenon, if there's nothing other than That, then it cannot be so that there is two different things. And this is how mind

becomes more and more silent as you really get Lesson Four; mind is active, trying to get rid of one thing, and trying to get the other thing.

So if you look at your life, you pick any situation in life, that's not going so well, or not going the way you would like it to be, there will be something happening that you **don't** want, and they'll be something you'd like to happen that you **do** want. So, if I don't like my job, for example, I will want something better, different than that. And that's the whole nature of duality there, isn't it, there's two options, two different things.

Helen 12:05

Following Lesson Four, we come to see that what appears when I seem to get what I want is actually no different than how it was before. I'm *experiencing* it differently inside myself here. But it's still the same Noumenon taking a different appearance, or making a different shape, more like the shape of what I *do* want, before it was more like the shape or what I *don't* want. But the difference really is only in how I experienced it in here.

So is it possible to come out of suffering right now, recognizing that even if I managed to turn around what I don't want into what I do want and live like that, then nothing has actually changed, I haven't actually made something happen, haven't actually created something different. My *thinking* about it may be very different inside. Therefore I'll experience it in a very different way. 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.

Helen 13:32

So what is slowing that process down? Whether that process is to awaken clearly or to get a new job or to have a really nice group of friends, or to have a decent income, whatever it is that we want. What is slowing that process down? It really is only what we **think** we're looking at. And just the very projection from our very powerful Self that this is *this* thing. This is substance 'A.' And this is substance 'B.' And these two things are different, is immediately slowing down the way the manifestation would change. So the Self can look like all of these things. But it never actually changes into them. Just as if we had a potter's wheel. And we could sculpt the shape appearing in front of us as the wheel goes round, we can make it look like all of these different things. You could do that infinitely. It's still the same substance, isn't it, that we're starting off with. We can make it look like a long tall thing, then we could wet it down again and change into a big flat bowl, and then we can make it into another shape. And we're just recycling the shape but the essence of it has not actually changed.

Helen 14:54

So we can look at our life, the first way to study Lesson Four, the first one is to use this question:

What is the Self also appearing as, in my life?

What am I looking at, or experiencing inside, that I'm sure is different to the Self?

And that will be anything with a lower frequency. So anything that is not going the way I want to in my experience, and anything that is not feeling how I want to feel inside generally, we'll be believing in the label we're giving it.

So we'll be really feeling convinced that there is something called 'fear.' There is something called 'guilt, shame, anger,' all of those, there is something 'out there' we can experience that is not enough-ness of something, the opposite of what we want, we'll really feel convinced that we can actually experience that.

If we really get the essence of Lesson Four it can begin to say

What is the Self appearing as?

What is it also known as?

Could fear be, eventually, a synonym for Awareness? Could shame be a synonym for Consciousness, Consciousness appearing **as** shame, Silence appearing **as** this angry person in front of me or Stillness appearing **as** confusion? It is a totally different experience, when you really are grasping the essence of this lesson, that **there is nothing different at all**. And in that softening to recognize; all of this *looks* like what it looks like, but **it is the same formlessness, the essence of the formlessness** is the same. And then our preferences, our deep desires, where we're really pushing against something that we don't want. And really pushing, trying to grab something that we do want, begins to fall away. And in that falling away, I'm not dividing Reality into two different things. And the appearance will then change, just out of letting go of *trying* to make a change.

And of course, eventually, we can come to see that even when my life looks exactly the way I want it to, it's still no different than when I first began the pathway and perhaps it was appearing in a very different way. Perhaps it was very much showing up in a way, I *don't* want this thing and I *don't* want that thing. And where you can even come to recognize that the Self is also showing up as, also known as ego. And the ultimate idea that this ego, the separate sense of Self arose out of the Self, the Noumenon, that Consciousness gave birth to something is an absolute myth. It does a good impression of a separate Self, doesn't it? It's an impressionist, it doesn't actually ever turn into anything. So when you really get this, you'll stop fighting ego, and it'll begin to dissolve really, really quickly.

So the first way is to answer this question for your own Self,

What is the Self also showing up as?

What is it also known as in my life right now?

Helen 18:30

So what is it that you are rejecting and whatever you are rejecting, you will be really believing in the word that we've called the Self here. So 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.' And it can't harm me, it can't hurt me. It can't impact me. It really is non-different to the essential nothingness that I experience when I Self-inquire when I ask myself what I am.

This is the end of fear here. This is the end of suffering and separation completely. When even my own egoic sense of self is seen as an appearance, a cloud in the sky of the Self is just passing by, it's not really different to the Self, nothing has actually occurred, where something was created out of nothing. That has never occurred. It's so easy to believe that it *has* when we're listening to the name of that thing. So I believe my body was really created out of the Self if I really buy the name of the body.

Helen 19:54

I'll believe that body is different to the Self and has a start and an end. Really it's just an appearance, that's held together for a while it was assembled. And then after a while it'd be disassembled, it will be changed into a different state and turned into some other appearance.

So if you like this one: **What is this Self also known as?** And looking at the things that feel that you **don't** want, those would be the essential things where we're believing in the label, more than anything else. What in your life are you not flowing with? Which things are you trying to get more of? Can you actually get more of something? If all there is, is the infinite Self? Can you get rid of something? Can you even release fear? Is that even possible as the Self? Or is it just going to change its appearance into something that feels better like peace, or joy, as fear is going to change vibration into something that feels more pleasant in the body because you're no longer holding on tightly to the label. It's not really fear. It's not really bliss. It's not really a body. It's not really a sofa. It's not really a planet. It's not really a universe, actually. It is your own essential nature showing up as all of this.

So What is the synonym for the Self that you haven't currently recognized right now in your life? What are you resisting?

And what do you need to accept is also a synonym. And you can tell where that is because you will feel differently about that thing. If I really think that this thing is not the Self, I will feel differently to how I feel when I'm sitting in deep meditation. 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.

I'm only ever reacting to and experiencing what I *think* the thing is in front of me, or what I *think* the thing is inside of me. I've never, ever been affected by anything **ever**. I've only been experiencing what I *think* it is, what thoughts I'm agreeing with about that thing, because everything IS the Self.

So the second way is, I want to really spend some time looking at in this particular session. **Why are we so convinced that there is a world full of objects out there? Why are we so sure that everything is separate to us? Why do we still remain convinced for some time, that these other beings are separate to me outside of me.** And it's really due to our thinking process, how we think about things.

So if you can imagine with me, this empty room, let's just imagine an empty room, there's just a room with nothing in it at all. And if you put two human bodies in that room, just them there. And you didn't think about them at all, they'd just be there wouldn't they? They wouldn't have a sense of separateness unless you were thinking.

Now let's say that one of those bodies, we're going to call them Person A and Person B, because that seems to be what I'm doing today. Person A starts to think about Person B. And as Person A starts to **think** about this other person. It really seems to emphasize the fact that there is someone here Person A thinking about this other being over there, Person B. So could the actual act of thinking about something make it seem more like there's someone here because there's something going on here in this location. And the thought process is about something over there. Suddenly the terms 'here' and 'over there' come into play, the sense of duality. **So could the act of thinking actually about anything, make it seem separate.** And then Person B starts to think about Person A, and it seems to Person B that they are separate because there's thoughts going on and emotions and experiencing in their body. And it seems like there's a Person A [standing] separately, different to them.

But if we could do that without the thought process for a moment, would you be able to believe in separation or union before any thoughts arise? Or would there just be the Isness of these two bodies standing in this empty room? The moment you begin to think about me, it will start to emphasize the difference and the distance and a separation

between us. Our mind says that I'm thinking about this person, because they're separate to me, it makes sense to think about them. So that I can get a heads-up on the next moment for whatever they may do or say. But if it's the other way around, in Reality, if you can see the act of thinking about something or someone just emphasizes the feeling of someone-ness here of a separate being here. And a sense that I'm thinking about something else outside of me.

Helen 26:15

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's 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. So if you start to think about that object on the other side of the room, you'll remember when you got it, you remember the experiences you've had with it, you remember how you feel about it, or that person or whatever's going on around you, and begin to emphasize, activate the someone-ness here. And there's something else 'over there,' outside of me.

So the second way we're going to study in August is with this question,

What is there to think about? Really? **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, 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 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 gonna 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 is the very act of doing that is making it seem further away like an endless road, that you take another step down this road, it suddenly stretches out longer in front of you.

Helen 29:43

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.

Helen 30:35

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. So if I look at the way the Self is appearing as the sofa, I can have lots of thoughts about it, it's shorter than the one I used to have, it's a different color. I've had it longer. I remember last time someone sat on it, and all these thoughts will come about this object that I think is there. And it will really serve to emphasize that there actually is a sofa [sitting] there. Now, of course, I can go sit on it. But we can do that without the thought process going on inside, because we're not going to be that troubled by thoughts about a sofa.

But when it comes to our romantic relationship, or our career, or our finances, our thoughts about money, our thoughts about trying to get it not having enough of it, all of that is going to make it seem more separate. The thoughts about the right partner are going to seem more distant from us, less and less likely to happen, the more we entertain the thought process.

Helen 31:53

Can you get underneath the mind with one core question? Can you uproot this tendency to think at all in general? Or do we have to contemplate these ideas one by one? Can 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.

So maybe you can see that these two ways are complimentary. These two, the first one, **What is the Self also appearing as?** And **What synonyms have I not recognized yet?** And **Is there anything to think about?**

They will go together very, very well. But if you feel like one of those is more important to you at this moment, then absolutely go with that. Again, it's finding the thing that works for you. If there's a question that's popping up for you now that you really feel aligned with, that I haven't mentioned, absolutely go with that. Your body is telling you which one of these is most important for you, right now. And I just want to before I open it up for questions. Just to give a cautionary note on this. There's a huge myth that this – what we're talking about here in this lesson – is really, really hard to achieve.

Helen 34:39

To actually come to a place where you know everything is the Self, that your mind can't even be bothered to think, because there's nothing to think about, that that is some far off distant thing that only a few beings ever achieve. Can you feel that sense inside? Well, this feels like a lot of work. You know, like there's a lot of things here too. If I just look at all the things I still think exist outside of me, it can feel like this is gonna take forever. But really what we're doing here is just one thing. And that is this idea that there IS anything to think about. And if you really grasp that, then this becomes beautifully simple, Lesson Four. It's this one idea that we've carried in human consciousness, that this simplest stage of awakening is the hardest to do. So I might come to see relatively easily that I'm not a thing. I might come to see relatively easily that I'm not separate to other things.

Helen 35:48

But 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 this month.

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.

So I'll open it up for questions or anyone that's having a challenge or a problem, and we'll see how many we get through. Okay, so we'll take six or seven, see how many come up. We'll go with Sharon first. Whenever you're ready.

End of Helen's Talk

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Summary of Questions:

- 'What is the Self also appearing as, in my life?'

- 'What am I looking at, or experiencing inside, that I'm sure is different to the Self?'

- What is the Self also known as?'

- 'What synonyms have I not recognized yet?'

- 'What is there to think about?'

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Helen 38:12

So we'll open it up for questions or anyone that's having a challenge or a problem, and we'll see how many we get through. Okay, so we'll take six or seven and see how many come up. We'll go with Sharon first. Whenever you're ready?

Sharon 38:29

I'm ready! Hi, you can hear me?

Helen: I can, Yep.

Sharon

A month ago I was in the Graduate Program and I told you I had a dropping, where the negative emotions and the tension left the body and it was like that for a couple weeks. And it came back, which I was able to work with. But the last two nights I was up the whole night; and I'm a good sleeper, I love sleep! I was wide awake. Now there's been a heightened Awareness; it's so powerful.

So, is this normal in Awakening because my appetite is usually good and I like not having an appetite now because I want to lose weight. But the bottom line is that, what am I doing wrong here? There's memories, there's these beliefs that are coming up. When I was young, I had a very severe postpartum depression and I couldn't sleep then; I was so nervous about being a mother and the mind - this is all mind stuff - the mind is just relentless in its pursuit, how it's worried about this body. So I thought to myself, I'm going to come in and ask you: 'can I just let go of it? Does it really matter if I sleep?'

Helen 39:55

Imagine for a second that you had a hose-pipe and you turned the water flow on that hose-pipe just a little bit. It was just trickling through. And as it's trickling through, it's slowly removing some mud that's got stuck inside the hose-pipe. So, what's just happened to you is this Seeing and you've turned the hose-pipe on full, now. So it comes bursting through, all this lifeforce energy.

And as it bursts through, the first thing that happens is any remaining mud that's stuck inside is shot out; just all this stuff going on inside the head and emotions and stuff coming up. Just let that happen now. And recognizing, as you said, the body will sleep as much as it needs to and eat as much as it needs to. And the more you're connected

to your 'living from the real source of everything,' the more you recognize what you already are, the less sleep the body will need and actually, the less food it will need.

It's been having to do those things, to repair itself, to eat more, to sleep more, to repair the effect of the thoughts that we were believing. And you might find over time that gradually you just need less and less sleep.

Sharon 41:27

Oh I got none; it was two days of no sleep! Literally I don't know if I fell out at all!

Helen 41:33

it will even out. So let's say the next couple of nights, you might sleep four hours, each. The night after that you might sleep 10 hours. But eventually, you'll come to a point where you need less than you did before the Seeing. And still for me now, sometimes, I don't need very much at all. Every now and again, I need a little bit extra, but gradually it's diminishing over time.....

Sharon

Because we're not bodies!

Helen

....the body-mind are reflecting that clearer and clearer. And with that, quite often the appetite goes down, because we've been having to take in more to compensate for what's not been flowing from the inside out. I know myself, I used to comfort eat, to feel better; even though I knew I was doing it, I couldn't stop it. But suddenly, when I start to feel amazing, I don't really need to do that anymore. So it's kind of a double whammy. You might find some pounds falling off without really trying, as you just relax into this.

Sharon

Yeah, I would think because it's integrating - because it's on many levels, Awakening- that that could be why I was up because I have had so much Seeing lately that the system doesn't need it and just let it go and be done with it! And one of the things I do, just because I cannot take the mind- it's back and it's yakking- I put a teaching in, or a book in my ear to listen to. Do you think it's better for me just to listen to the Silence?

Helen 43:10

Whatever you feel to do but just 'be the hose-pipe?' Don't try to control it; whatever's going on, just let it flush through, best you can, whichever way that is. It might be to watch a funny movie and just laugh a little bit or just to chill out; whatever you feel to do!

If you do listen to a teaching or something, that's fine, but don't listen to it to achieve anything. Just just listen to it.

Sharon 43:38

Yeah, that's a good point. Because I was listening to it, to shut up the mind because it was so annoying. It's absolutely ridiculous how obsessed it is with the body! As soon as something goes wrong with the body its focus is.....and even my exhaustion had gone away; I don't have it right now either. I just wonder, because we're these beings, we're not human really, that all the things I thought about myself, I should let go of, right?

Helen 44:07

Yeah, and 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. And, of course, mind isn't going to get that, is it? It's going to be 'what on earth is happening here?'

Sharon

Relentless in its pursuit, it's so worried about Sharon! At this point, I know what I am! So, I guess I'm just going to sit here and just read. That's what I did and ended up reading because it was just good for me. I can see that the Awareness is so heightened that I can see that I've never been Sharon. But maybe the Ego is afraid of that; maybe, I don't know...

Helen: A little bit. But also, you've never been Sharon, but for a long time, we thought we were, right? And the body's had to deal with the effects of that. And now when it gets clearer that that's never been; those things can finally be released! So when the stuff's going, we might have lots of thoughts about it as well, a detox going on quite a few levels, really.

Sharon

That's what I was thinking. Okay, thank you!

Helen

Lovely! Good to talk to you! Okay, we'll take the hands that we've got up now. But if I could ask for no more after that.

Amy, when you're ready?

Helen 46:31

Hi. How you doing? Nice to see you.

Amy 46:40

Nice to see you. So thank you for this already - that question just brought me back down to earth, because I have been stuck in lala-land for the last couple of days. So I spoke to you about relationship issues a while back (crying).

Helen 47:01

Take your time, it's okay. We're all here to love and support you completely.

Amy 47:24

[Crying] So, the ongoing issue that was happening was communication, and we got triggered; because I get triggered and get fiery, and he had some trauma around people's anger so he'd get very triggered and upset quickly. So different parts, as I've questioned it, have fallen away in him, and then lastly, in me, some of the angles coming from not feeling supported; so I finally got to the bottom of that, but it took me a little while. And then we had this very peaceful time, like no triggering going on for a few weeks, and then just suddenly, there were just all these triggers. We thought it had gone, you know, we just thought, 'it's just gone' and then all these triggers came back, and we had another round, even though it was less, it was like another round of it.

And on the back of that there was a very clear decision in him - 'that was it! I'm not moving forward with this'. It was quite sudden, and my body just went into some shock, so I've just been processing the very physical bits of that. And there's a lot of guilt that's been coming up about not having been able to (sighs) be better around these triggers; and just lots of different things have come up from grief and sadness to anger, all kinds of things. And I can see that part of it is that there's been this pattern in my family of anger, and I've suffered, I've suffered from it. From my dad and my sister and my brother, and I'd fall into some shame and guilt when it would happen a little bit through me, and then, of course, I'd get a very violent reaction from him. So I can see that's what's been reflecting.

Yeah, so anyway, what you just gave - if I don't think about it - that was really helpful at the moment, because it's just been such a whirlwind of different things coming up.

Helen 50:34

It seems to really make sense to think about it, doesn't it? to try to analyze what happened and why it went this way, and what other way it could have gone; and all of that is generated out of this idea that this person is outside of me, separate to me. And of course, we're going to hold on to a sense of separation in certain areas of our life, quite often in a romantic relationship more than anywhere else, because it doesn't even seem possible to our mind that we could have a fulfilling relationship when we know there's only one being in that relationship. And it just doesn't really occur to mind, does it? So it's trying now to explain why this has happened, isn't it? It is trying to think about it in some way that makes you feel better, that can come to feel better. If I could just understand why this has happened, I'll feel better, or I might be able to do something about it. It's trying to grab that, isn't it?

Amy 51:40

Yeah. It just threw me into this compulsive thinking. And also there's been family members and different people calling and talking that have been reflecting that as well. And it's been quite a 'mindy' sort of conversation about it.

Helen 52:06

So, what can we do to help today? What can we do to make you feel better right now? A little bit better?

Helen 52:14

Could we do some statementing around it? You and me?

Amy

Oh, I'll let you lead. I'm just feeling like the rug's been taken out from under me.

Helen 52:40

So, that's your first statement there then. Because that feels utterly true, doesn't it? 'I feel like the rug has been pulled out from underneath me'. So let's just see if we can say something, another statement that feels just as true, but also feels a little bit better. That might seem impossible to mind, but maybe just something like 'it's okay that I'm feeling this way right now', 'I don't like it, but it's okay'. Or some statement that says, 'I can be more gentle with myself in this time'. How does that feel?

Amy

It is what it is.

Helen 53:29: Yeah. And how does that feel?

Amy

Yeah, it's sort of stopping any forward momentum.

Helen 53:40

So it is what it is right now. And can you go for a third statement on that that feels true, but feels just a little bit better even? We're only looking for a tiny, tiny jump here. We're not doing cartwheels, we're just looking for a little jump. At some point it will pass and it'll start to feel better. That might not be now but it will pass.

Amy

There's a tendency to want to fix it, you know, like...

Helen 54:19

So maybe that can be the next statement: 'it's okay that I want to fix it', it's okay isn't it?

Helen 54:43

You're doing so well, you really are. So, as you are starting to relax the body with the statement process, these emotions might come up, just to be released like that. Can you feel something comes up just to be let go of there? Can you give me just one or two more statements just to head in the right direction? Take your time.

Amy

[Amy crying and breathing deeply]

There is kindness there when I allow it.

Helen 55:40

And 'right now I'm loved and supported by everyone here'. 'It's totally okay that I don't like this. It's totally okay'.

Amy

It's just been feeling quite nightmarish at points.

Helen 56:50

Yeah. So maybe what's happened has been different to what we expected to happen. And when we go through something that is not what we expected, of course that's going to feel painful, isn't it? It's going to feel how you are feeling right now. But this pain that's going now is going for good.

Can you see how amazing you are, that you can let this out in this group with us? Can

you see that? You're bringing it forward to share and you're asking for help and you're open to it.

I want you to just ask inside yourself now silently, you don't have to say it out loud, just ask for help with this. Whatever help is available to release this heavy emotion, just to have it taken. You don't have to do this all by yourself, you know. What's happening now inside you?

Amy

Just movement and buzzing...

Helen 59:34

So you're getting some help right now to shift this. You don't need to do all that work by yourself. Anyone can access this whenever they need it. And when we've understood the essential thing that something is trying to show us, we don't need to necessarily suffer it for a long time. We can get that help to...

Amy

I think that when the mind and the body went into shock, at the beginning, all I could do was rest in Presence, because I couldn't actually eat or sleep, or do anything for a few days. And then there's just been this drive to practice, practice.

Helen 1:00:23

So I would like you over the next few days, especially the rest of today, to just keep asking for help. Just staying open asking for help. You don't even need to know who you're asking. If you have a favorite, like the Buddha or Krishna or something, you can connect with, then go with that. But most important is to stay open to help with this. This is coming from many lifetimes, you see, this is not just about this relationship. It's something much deeper. I mean, it is about that, too.

Amy

I'm so thankful, I'm so thankful to you and everybody.

Helen 1:01:57

Just keep reaching out for help. And keep connecting with everyone you can within the GP group as well. I know you've been doing that already, so that's great. This is something you've been carrying for a very long time, that's now leaving.

Amy

I'm so thankful for the scholarship for the Anam Cara. It's just like perfect timing.

Helen 1:02:35

Wonderful. We get to spend five days together.

We'll leave it there for today, but please stay open the best you can. That's your only work right now, just 'Help me, Help me, Help me, Help me', a simple mantra now. Well done, well done to you.

Bev when you're ready. I'll just stop this recording and start again...

===== **Part 2 QAs Begins Here**=====

Helen 00:02

Okay, sorry, Bev, go ahead. Hi,

Bev 00:04

Hi Helen. Thanks, Amy. You're releasing for all of us, so thanks.

So, as I'm looking at what you're talking about with, "Is there something to think about?" to some degree, I think I've been practicing and it's super powerful. There are times when I get into a little bit of stuff where I think some emotion has broken through from something. And then at that point, when I tried to go into "Is there something to think about?" it feels a little bit more like denial, because now the emotion has showed up. And it's kind of like, I'm at the point where, the first lesson you introduced, I could investigate what is already here now.

I guess being intimately involved with the illusion, for me, it's my daughter, where I'm very much intimately involved on a constant basis. So it's like it becomes the functional thinking and things that you just have to do, versus the thinking of, you know, kind of worrying, thinking and projecting and all that kind of stuff. So, I guess my question is, how can I, not really discern between those two, because I know when I've gotten involved, you know, on a head level, but, when there's something that is that intimately involved in a daily, constant basis, is there one better than the other? Or, how can that be applied in a more consistent way?

Helen 02:08

Firstly, to recognize that there are going to be times that you struggle to apply the teaching, for all of us, there's times where it's easy, and times where it's really not, and we might not even remember to. We're kind of caught up in the middle of it. And that is with your daughter. There's going to be times with emotion, and there's a lot of thinking

going on around it. And you might find that you just can't then. You just can't right in the middle of that, then you can't remember, you just don't seem to have access to a question that would help.

So in those moments, if we can accept that is just how it is in that moment, and then work on it at a later time, when you've got a little more clarity, a little bit more balance back in that, then you'll be able to sense in the body which way feels the best right now to look at that. It's really okay to look at what just happened an hour ago, with the clarity, more clarity and go back to what you were feeling in that time. It was exactly the same for me with my children, that I really still feel on some level that they're separate to me. I really do. Obviously, like my body's shouting it at me and all these thoughts about them.

So we can work on an acceptance that there's going to be some areas where we let go of separation really easily. Why don't we let go here? As we were just talking about in a romantic relationship, why is that area harder for us seemingly and it's really because we have a sense of responsibility for those beings don't we. As parents, it comes inherent with "This being is my responsibility" so it doesn't even seem to make sense to let go or even apply the teaching in that area. Which is why we can't even remember it sometimes you know, when you're right in the middle of it. And so if you're understanding why there is resistance to it in that particular time, to the teaching, to applying it, it doesn't make sense even from mind's perspective to realize that your daughter isn't separate to you. Absolutely not from mind's perspective. Because mind is saying you won't be able to be a good parent to her then, if you push through this separation here as well, or something, you know, whatever it's saying.

So just coming back in karma moments to look at the general tendency to separate yourself from some things, some beings still, and just a gentle inquiry as to why that is, "Okay I can see in my life I really feel this being as separate to me, really. I can feel it really viscerally, this area in my life. I've already let go of it. It's quite a joyous way when I experience this person." So getting a handle on not blaming yourself for not being able to apply it of course is crucial. And then you're going to come back to clarity quicker so that you can then feel the way forward. You might find even the right question just pops up spontaneously then, "Why do I still feel she's separate? Why am I still holding on to that?" Not mind's way of asking but really, "Why is that? Let's look at this", you know, a kind of curious inquiry inside will come up. If you just sort of notice, there's probably some sense that you should be able to and should have already let go this here. Right?

Bev 05:56

Yeah, I feel like I'll reach a level of acceptance and then it shows up on another. Like, there's more to let go! There's more to let go! (laugh) It feels that way. That there's this

stepping up of letting go. And I don't know if that's why it's showing up in that way. But it does feel like there's more to let go.

Helen 06:23

When things would be, you know, relatively good with me and the kids and it was like “Oh that’s a reflection of I’m letting go of the separation” and “I’m really getting there now! I’m getting somewhere!” And then something would happen, blow up, you know! So I’d have to dig deeper. And I could see as this happened again, and again, that there was something that just didn't want to let go here. Because it was saying, “You can't let go here! The idea of separation! How can you even be a parent if you don't feel separate to your child? Is that even possible?” Because I've not experienced it before, you know, it seemed too much like a leap of faith. So something was really holding on, even though I was doing my best to let go. I just really tried to make friends with that inside that was really resisting it right in this area of my life. I could apply it everywhere else, but not here. Not this one place.

And that's because you're such a good mom already. You're sort of desperate to make sure that you're doing the right thing here by letting go. And that makes sense doesn't it? It's intelligent to check it out first and see, “Is this a good thing to do, to let go?” And you're just softening that resistance. Maybe statementing around it, you know, that it's okay that it's still coming up in this area. It's okay. Doesn't mean I'm doing it wrong. It's just certain areas of my life where it really seems to make sense to keep thinking about this particular being or this particular thing.

And we go around like that for a little while, don't we? So the more you let go, there's this tug of war going on inside, a “No, give it back! I’m not letting go!” You're just kind of understanding that process inside yourself and make it all easier. You're not judging yourself for it. When you can let go completely you will and not second before. It's okay. Wherever you're at right now is okay. If there's going to be any area of our life where it's difficult to go beyond separation, or seems to be, it would be this one. I totally remember it. But it is possible. Good to talk to you.

Bev: Thank you

Helen 09:08

Michael...

Michael 09:19

Hi, again. So I'm listening to this, and what I'm reflecting on and seeing, or, what my mind is telling me and I get a little insight into, is that I think I'm fundamentally fearful of

everything. Definitely people that show up. But, I'm seeing or feeling that - and we've been talking this morning that everything is the Self - that I'm afraid of myself. I'm afraid of awakening. You were talking today and explaining that you need less sleep, and I know I've had a shift in that, because I would wake up in the mornings, and rather than staying in bed and my mind going on like, "What's wrong? What's going on?" I've been getting up and actually getting so much done. Now, it's like, "Oh, there's nothing wrong here", and I'm just not tired anymore. So I've had a shift in that.

And I'm noticing it in clients, that, although I still feel the fear, things have shifted. People are being nicer and stuff. I did have a big blow out with my husband the other day, and he felt like I was yelling. And as Amy was beautifully, heartfully sharing, I too, was braised with a lot of anger. And so I got a whole story around that, and I don't even like to feel that.

But there's something really coming up for me, and I just really got the clarity about how afraid I am of everything. Am I really safe, or not safe? And I've had big shifts with that, but is there something to hone in there?

Helen 11:48

For me, this question, 'Is there anything to think about?' was powerful. And then, it kind of morphed into "Is there anything to be scared of?" I can't tell you what a game changer that was for me. Like you said, I remember clearly recognizing I'm scared of everything. I'm just sitting having a cup of tea with my mom, and I'm scared in case she criticizes me. She doesn't, but there's always this "hands off" Reality. As if to say, "Reality is over there, and I'll stay here, thanks". Very cautious in my approach to life and everything. Self-protective.

And it was really simpler when I saw that, because I could stop trying to work on it with different beings and things. And it was showing up in particular ways - I'm scared of not having enough money, scared of dying, and all that stuff. But I could really work on a very general simple way - "Is there anything to be scared of?".

And of course my mind was screaming at me, "Yes! Of course there is!" But this question really came out of the one that I've shared today. So maybe there's something inside. You can fine tune this question into what you feel. Because the assumption is, that there is something or someone outside of me that I can't control. And therefore, it might do or say or be something that isn't good for me. Of course, ultimately, it might bring my existence to an end somehow.

So that's the root of fear, isn't it? This idea that *something* can affect me. With separation, comes great fear, always. How aware of that fear we are, is different for each one of us. But if you can see "Oh, my God, I'm scared of everything!", then you can start to really question that in a general way. And you start to be able to be more authentic, then, instead of assuming the role that feels safest in that moment and then having an explosion when you can't hold on to that role. Does that question feel important to you? Can you find a question that feels important?

Michael 14:20

Yes. It's really to go in, and check "Is there anything that can really harm me?"

Helen 14:31

Yeah. That's a powerful one, isn't it?

Michael 14:37

And it's interesting, because people can say and do things, and things can happen. And I get impacted by it. But what hurts me the most is actually when I feel that *anger*. I feel the separation then, and I push away.

Helen 15:02

Here's the idea, and I had it myself - that anger is dangerous. And you experienced that didn't you? That "it's going to explode out of me, and I'll do or say something that I can't take back."

So when I really looked at anger, I realized I was scared of it - another thing I was scared of. So when I worked through that, the actual anger itself dissipated very, very quickly. But it is because it was like this thing that I've given power to, that had this capacity to just completely take me over and control me. And then you act from that place. And we all know what happens then. So I recognized that maybe it's exploding sometimes, because I'm scared of it, and as a reflection of the fact I've given it some power that it doesn't really have. I have given it my permission to have an effect upon me.

You sort of undo that. We all fear certain things, and some of what we fear is quite surprising. There's obvious things like death that we fear, but most of all, I was scared of my own emotions. Even bliss. I was scared of bliss, because it would be too strong, and I couldn't cope with it. Sounds crazy, I know!

But then you feel inside that "Actually, I don't need to be scared of this thing. My fears are coming from my ideas about this thing". And if it's anger, "what ideas do I have

about that?" That it's going to be out? It's going to be some volcano eruption or something?

Michael 16:42

Okay. Yeah, I've seen destructive actions, or results from times I've been angry in my life. But I've also seen it out there in my life where I've made huge judgment calls against it. And then I'm angry at that person for making...

Helen 17:00

...and around we go again. It's just back to Lesson Two here, isn't it? I've had this experience with this thing, because of what I've thought about it, not the other way around. I had this experience with anger *because* I've had these ideas about it that I'm only just recognizing now.

And as I really question these ideas, I'll start to experience anger in a very different way. For one, perhaps it might not surge so suddenly. It might just be something much more manageable. And I'm not drawn into acting from that place, talking from that place, then. Thank you. Good, good. Good to talk to you.

Helen 17:58

Okay, Videhya?

Videhya 18:02

Hi! I'm just so grateful when you're talking about Lesson four. And I didn't realize that that's exactly what I've been living; Seeing. Whatever I look at it's just 'here'; Yeah, it's just always 'here'. Even the appearances are 'here'. Not really moving, not really changing. Well, they change, but they don't change into something else. It's almost like something's just 'here'. And then it's looking like this 'here'.

Helen 18:45

Yeah. And then it looks like something else. And then it looks like something else.

Videhya 18:49

Yeah. And I couldn't see, well, where does it come from? And where does it go? And it's like: it doesn't! I can't find where it comes and where it goes. It's just 'here', appearing! Even that, I don't know! But everything you were talking about was what I was recognizing. And looking at something and Seeing it as 'this is what the belief looks like.' And even that falls away, because it then just goes quiet. So it's just this constant recognition that I don't know..... yeah, just the recognition of what's 'here'. And always 'here' and what can't touch that. Yeah, I don't know.

Helen 19:48

And changing appearance is not the same as something actually changing. It's changing its shape, changing the way it looks; it's not actually ever changed. It's just fundamental in the difference that makes to our experience, because then I'm not going to resist anything changing appearance. If I don't really believe it was ever actually created, why would I mind when it seems to change what it looks like. Why would I desperately try to grab something, believing it will make me feel better than the previous thing? It's just not true if I can see that they are the same Essence, appearing two different ways.

Videhya 20:34

Yeah! Like you said, the Essence. It's just one Essence. Colorful, not colorful; tasteful, not tasteful; that there's still something that is aware, right 'here', of all of it. and even though it's not arising out of Me, it's just **all** Me! I don't know! But there is something that just Knows, and it's undeniable. I like what you said; even the appearance of something deepening or something clearer; even that seems to take that shape. Even if an insight comes; then even that's Seen; just everything's just Seen as it is...

Helen 21:44

Gradually the appearance is changing from a very unenlightened Being to a very Enlightened Being. Nothing's actually occurring in Reality, the appearance is changing, isn't it? That's all that's happening.

Videhya 21:57

Yeah. And like you said, everything becomes really quiet, because I can't.....Yeah, what's there to question? What's there to believe in? What's there not to believe in that's happening. Well, even that's the.....I'll be quiet.

Helen 22:18

That's wonderful that you're Seeing deeper; the difference between something actually being here and it seeming to be here? It's just huge, isn't it? When I really get that, it's so much clearer. And I won't be able to suffer!

Videhya

It's all Perfect. Thank you! Appreciate everything!

Helen

Thank you! What a wonderful family we've got here! Okay, last but not least, is Karen. And then we'll go to Sergio for the prayer. So, when you're ready, Karen.

Karen 22:56

I just first of all wanted to give a shout out to Amy. Thank you for the gift of that segment there that we can refer to, that was beautiful. I appreciate it.

Helen 23:08

Very brave as well.

Karen 23:09

Yeah. So when you were going through the questions, really I was thinking...well, at the core, I think that the word that was coming was attention - I think that I can direct my attention. And, you know, just taking these ideas of the body getting clearer, I was just thinking with attention, you know, how sometimes... like, for me, that image of touching, and then the air, and then a ripple coming out. Like sometimes some person may say something, and I feel like I fall for it, like it may be something that's either new to me, or something I've heard over and over, like even COVID wasn't even a thought, you know, prior to two years ago; and then, you know, you can see how all these things, that we totally change our world, our lives to adjust to a new world, a new thought.

And just this whole idea of engaging with something or touching it; like my brother sent me an email this morning, and he wanted me to look at it and I'm thinking, Okay, I'm really not sure I want to engage with this. But he's gonna be asking me, you know, and so I ... the Noumenon just... I can see this equanimity and you know, that you don't fall for anything because you're not identified with the one who can direct attention. So just this whole idea of Self fulfilling prophecy, that if I think about it, or engage with it, it will happen. So can you help with that?

Helen 24:59

Yeah, it's causality really that you're talking about isn't it? that if I have this email that I don't want to look at, my very feeling about it is already setting my experiences with what that's going to be: it's going to be a negative experience to some degree, if I'm resisting looking at it - whatever it says or doesn't say. So, in the recognition that this email *is* the Self - strange thing to say, but - I can read that and have the same equanimity, I don't need to be knocked off balance, by anything, when I recognize whatever it's talking about does not exist outside of me, separate to me. That whatever it's talking about are synonyms for my own Self, The Self.

Then I can read it with a very different experience inside, I don't need to lose that equanimity that you said so well, you know, there's just... If somebody suggests something might happen, and what are we going to do if this happens, it's only really suggesting that we might feel a different way because this thing would happen. But if

we're well grounded in that recognition that everything is the Self, whatever experience we go through will feel the same to us, won't it? It'll feel just as peaceful inside; not to say that there won't be other emotions present also at the same time, but the dominant feeling will be this peace and contentment that comes from Absolutely Knowing I am Absolutely Safe, there is nothing to hurt me, as Michael was saying, there's nothing that can harm me at all.

Just recognizing our tendency to think about things first, and experience them later. Then we experience our *thoughts* about that thing rather than the actual thing. It's just noticing that and starting to undo it, isn't it? where we can. What if I just go to this email with a completely open mind and see what happens? or I go meet this person with no assumptions about what it's going to be like or anything.

Karen 27:20

Right, like just even asking myself 'What are the assumptions?' Well, just underneath that is time, you know, that there's a person who can adjust attention in some way. And I guess the other question I had was about this idea of a relaxed body equaling the Noumenon. Like, whoever is attending to the body; and it just seems like all tight bodies and awake bodies and asleep bodies, it's just all Noumenon, is it not?

Helen 28:16

Absolutely. And when I come to recognize that, my body will relax a lot more, because it's not in the fight or flight mechanism that we tend to live in as human beings, to whatever degree. This idea that there's something that could hurt me, it's just so pervasive in our consciousness; or someone that can hurt me, either mentally, emotionally or physically, or financially or whichever way we experience harm. It just constantly has this effect upon the body, that it's, it's ready for action, almost, you know, and it never gets a chance to recover from that until we really see through this. It's just really how much we've seen with clarity inside, and then our body and mind begin to reflect that, that relaxed...

For me there was just a lot of tension inside my muscles and everywhere that had to be, began to be released as I saw this deeper and deeper. This very one idea that there's something outside of me has been the root of all of my fear. And in the very first line and verse of the Avadhuta Gita, it says - and I'm paraphrasing - the desire for non-duality arises in man to save him from great fear - of course women too. And it really is like that, this great fear comes from this core idea of two, doesn't it? Me and Other. And it's just as easily undone when you see there is no other and there could never be. Self is very good at disguising itself. But it never actually became anything else.

Karen 30:15

Thank you for this morning's lesson. Beautiful.

Helen

Wonderful, good, good.

Helen 30:20

Okay, Sergio, if you are ready. Would you be so kind as to read the beautiful prayer for us?

Sergio 30:28

Yes. Thank you.

Sergio 32:03

Sanskrit Prayer recited by Sergio.

Helen 34:24

Thank you. Thank you. You might have to start doing that at the end that I don't have to speak afterwards. Okay.

Helen 34:36

Let's finish with a **Group Statement Process** for those that want to join in. So if you want to just raise your hand and let's do statements for the well-being of all beings. Let's do **our statements for the well-being of all human beings**. It just feels the right thing to do today. So we have Sarah, so we will see how many hands go up.

So I'll start this time with a statement: **I know that as the universe moves, it is moving towards well-being for all**. So Sarah whenever you're ready.

Sarah 35:40

May all beings know that their true nature is deep peace. Or actually may all beings know that our true nature is deep peace.

Helen: Lovely, thank you. Zoe.

Zoe: Notice the absolute kindness of everything appearing for us.

Helen: Lovely, thank you. Beaux.

Beaux: I am grateful for the opportunity to embrace all that I am and all my bodies.

Helen: Wonderful. Karen.

Karen 37:08

One peace always, everywhere.

Helen: Thank you. Caroline.

Caroline 37:33

The nature of all beings is love.

Helen: Natasha? Okay, maybe we lost her. Natasha's hand has gone down. Okay, so we'll go to Bev.

Bev: I can recognize myself in everything.

Helen: Lovely. Thank you. I will go around one more time. My statement is: My powerful love embraces all that is and transforms it. So Sara.

Sara: May we rejoice in emptiness dancing.

Helen: Lovely. Zoe.

Zoe: Love is blushing through you.

Helen: Wonderful. Very literally, sometimes. Beaux when you're ready.

Beaux: Thank you.

Helen: Lovely. Karen.

Karen: 40:03

The sculptor of infinite love is free, always here.

Helen 40:11

Lovely. Caroline.

Caroline: There is only love.

Helen: Lovely. I've got a Beatles song in my head now. Bev, when you're ready?

Bev: The Self is this moment.

Helen 40:42

Thank you all very, very much. Powerful session.

And let's just finish by sending Amy some love. And we've all been in that situation, we've all been in that place...

So thank you very, very much for being here with me, being part of this family.

And just a quick reminder that the Q&A session is next weekend because we're in Scotland after that for the retreat. So it's bit quicker than we would usually have it. So if you do have anything you want to send in, please do try to send it in by Friday if possible, using the contact form that you would normally send things in. So thank you, so so much.

Namasté.

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