**Learning to focus on essence rather than shape and labels (October 2020 GP)**

1-Focus of the Lesson

Lesson one and four come together here. 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.

2-Question

Use the question of “What really is this actually?” applied to:

Your body

Another being you have challenges with

Money/peace etc or whatever you are lacking.

3-Reading and contemplation

Read from Reality check page 13 and read each statement. Notice the contradiction, objections and places where there is doubt. Launch a simple intention to be clear in the meaning of the statements and to know it with the certainty that I do.

Also read the Isha Upanishad quote above and consider the meaning of the words “immanent” and “transcendent” in this context. Contemplate on the meaning of the sections quoted.

**The Isha Upanishad**

From the translation and reference below:

<https://www.amazon.co.uk/Upanishads-Eknath-Easwaran/dp/1586380214/ref=sr_1_1?dchild=1&keywords=upanishads&qid=1601371127&sr=8-1>

(pages 58 to 59)

Those who see all creatures in themselves

And themselves in all creatures know no fear

Those who see all creatures in themselves

And themselves in all creatures know no grief

How can the multiplicity of life

Delude the one who sees its unity?

The Self is everywhere. Bright is the Self

Indivisible, untouched by sin, wise

Immanent and transcendent. He it is

Who holds the cosmos together

---

In dark night live those for whom the Lord

Is transcendent only; in darker night still,

For whom he is immanent only

But for those whom he is transcendent

And immanent cross the sea of death

With the immanent and enter into

Immortality with the transcendent

So we have heard from the wise

**Reality Check**

<https://www.amazon.co.uk/Reality-Check-Simple-Guide-Enlightenment/dp/1795715715/ref=sxts_sxwds-bia-wc-drs-ajax1_0?cv_ct_cx=reality+check&dchild=1&keywords=reality+check&pd_rd_i=1795715715&pd_rd_r=d513f181-fdec-40d9-8db3-fd70004734d1&pd_rd_w=E0oUM&pd_rd_wg=vRP7p&pf_rd_p=96d0de00-f949-40d9-a33f-e3fee1154cee&pf_rd_r=H857KJVQW6DZZAZBMG24&psc=1&qid=1601372083&sr=1-1-e00012f1-1c8d-4cb3-8ce3-384c62c0be4f>

Page 13

The world is not different to or separate from the Self

The manifest did not ever arise out of the unmanifest

There is no difference between form and formless

You are not a spiritual being having a human experience-there is no being or human

The world only appears to be real until you see what it really is and what you really are.