



HELEN HAMILTON

GP Sept 2021 - Live Session P1 – Helen’s Talk

Helen 0:02

So Namaste, and welcome to the Graduate Program Live session for September. And before I get started, I just want to ask Maggie to go through the announcements for this month, please because there's quite a few some exciting things coming up.

Announcements from Maggie 0:18

Yes, there are. Welcome to everyone, especially those who are here for the first time. So lovely to have you with us as Helen said.

The Graduate Program is to help us to assimilate the Dissolving the Ego course. And we we call this the GP for short, it does not replace the DTE course, and Helen expects and encourages you to participate in the course itself. GP members are automatically subscribed to the DTE course. If you want to join the inperson DTE sessions, there is a small cost of £25 pounds towards this towards the cost of the hall. Please note this charge is only for those who can attend in person in the hall. Anyone else on GP can join online without a charge.

Each month on the GP 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. Please note, not all questions will be read out, potentially due to the amount of questions that are sent in. In order for your question to be considered you must send in the day before the live Q&A session. The date of the Q&A session will be different each month. So please check on the website and the Facebook group. The next Q&A is the 21st of September at 7pm. So questions or feedback needs to be in the day before.

There are sangha groups just for GP members and Helen encourages you to join in when you can. Make friends with other members of the GP. Helen thanks those that give their time to run these meetups and all those that make the Graduate Program possible.

There is also GP Facebook Group that you can find on the website page. Please note, if you ask to join with a Facebook name that is different to your name on the course, we won't recognize you. So please email in and say on Facebook I'm called 'blog,' whatever. And then we'll let 'blog' into the group as we are not able to identify some people using a different name. This has been coming up this week, actually. So if you've been trying to get in, and we've declined you, it may be because your name is totally different on Facebook to what we've got.

In each live session of the Graduate Program, Helen will go through the lesson for this month and then take questions. Then Sergio will usually read out a beautiful prayer and we all cry at this point. And we finish the group with the group Statement Process. If you don't know what the Statement Process is, you can find some videos to watch about it on the Extra Classes and Resources Page of the Graduate Program website. It's highly recommended, and I absolutely love it. And it's highly recommended that you get to know and use the statement process. You don't have to join in the statement process, you can just listen to those who volunteer to do it, there's no pressure to join in.

Each month, a different lesson is focused on. But at any point you can choose a previous month's lesson to study whatever suits you and Helen will talk about that further. There are many previous months study sheets and videos on the hidden pages. And if you find one that resonates with you, please feel free to study that instead of this one.

We've got some announcements, these are all new, so if you have heard all this before, please tune in now because I'm talking about something you haven't heard.

We're very excited to announce that we'll be a **GP Intensive**, now known as **GPI** on **Saturday, December 11th, at 12-6 UK time. (7am-1pm ET)** There will be details added to the GP login page soon. Claire's been working very hard on that. If you can't attend the session recordings will be available to purchase and you'll be given access to everything.

Added to that, we are planning a **GP Retreat (GPR)** towards the end of next year. No details yet. So please don't email about it. We will announce it when it's definite, dates fixed.

And very soon, we are launching a **Core Teachings Class** focusing on the **Three Fundamentals of Self inquiry, Contemplation and Meditation**. As a GP member you will have automatic access to this as part of your subscription. This is only just been discussed yesterday, so we're in the very early stages, so bear with us. But it will be announced, we'll put it in Facebook and announce as and when. Thank you very much. Have a lovely session.

Helen's Talk – Closing the Gap

Helen 5:11 Thanks, Maggie, that's great. Okay, so just to reiterate what Maggie said, we are going to go through a live lesson today, which we'll study all month. But if you find the August one resonates more than this one, or any previous one, since we started the Graduate Program, the GP as it's called, you can feel free to study any one of them. And really, they're all taking you to the same place.

So this month, we're going to be **studying all four lessons** at once, which sounds like a lot, but hopefully, it'll fit into nicely into what you're going through what you're experiencing in your awakening in your life at this particular moment, and moving forward.

So 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.

So **what is it that determines how good we feel in any particular moment? And it really is the difference between what we have SEEN to be true and what we are currently living as**, and I've said that over and over, but I'm going to go into it in more detail in this month's study subject.

We're going to talk about **Closing the Gap**, which is something that came upon retreat quite a lot, we've just come back from a beautiful retreat in Scotland, and it came up several times, so I thought it might be worthwhile to really dive into that this month.

So whenever we're experiencing right now, in this moment, is a composite, somewhere in between, of how we feel about what we're experiencing also. It's a composite - in between, of the latest epiphany that we've just had, which is a very high vibrational frequency. And you can tell that when you have them, when you have a breakthrough, or an aha moment, you can feel there's something new, something fresh, something higher there, isn't there?

And then later, at some point, we're going to go back to our lowest default setting. So a human being is usually experiencing somewhere between on the pathway, at least, our highest available point, which is the deepest place we go to in meditation, and our epiphanies, in our self inquiry where we feel, you know, as good as we've ever felt along the journey, and that's always deepening.

And then, **what we believe to be true as a separate being**, is vibrating down here. And this is why we sometimes have these kind of large swings between, it can be starting a class like this and begin to feel wonderful. And two minutes, two hours, two

days after the class is finished, we begin to feel much lower. So spiritual work, then, is to raise this bar here to keep seeing clearer, and to close this gap here.

So when we first start out on the pathway, we first start to see what we really are, we're going to have a large gap, because we might still be believing that we're not good enough, that we're not safe, that we can't get what we want. As we go through the tools that we're learning in the course in the Graduate Program, then we're going to begin to close this gap.

And this is why, as an awakened being, **your experience is very much the same because there's a very small gap in the end between what you've just seen to be true, the latest thing you've realized, and where you're living from.** So when you first begin to assimilate the teachings of any non-dual pathway, there is this period isn't there where we're really call to look at what we're believing to be true.

So seeing clearer and clearer Lesson One and Lesson Three what we really are, and allowing higher frequencies into the body-mind. Allowing them to express those higher frequencies, and then noticing that we might be pulled back down again, to a certain extent by our lower frequencies, guilt, shame, unworthiness, anger, fear, anything that we can feel that's less than pleasant or less than peaceful, is going to determine this bottom bar of where we go to in our worst moment in our darkest moment. And also, what we've just seen to be true is going to determine what we can feel on our highest high.

Helen 10:34 So the work is to close this gap. And we're going to go through **the five most effective ways that I found to close this gap quickly and permanently.** And there's still a gap for me, I want to say that because as I sit, and I'm just in peace, there'll be an epiphany, there'll be an 'aha' moment or something; they're just ongoing as long as the body's here, it doesn't stop. But there is a small gap between where I'm living, constantly, effortlessly, and my latest epiphany. When we begin on the pathway, same for me, there were huge swings between this huge gap.

So what I was seeing to be true in my meditation that I was Formless, everywhere, infinite, couldn't be harmed, couldn't be killed, couldn't age, could never be ill, not separate to anything, or anyone, and that may not be happening here, but we know that we're living that in that moment, because we feel so wonderful. And then, the next moment back down to here, where there wasn't enough of this, there was too much of that, and I'm sure you've been in those very dark moments. **We want to stop this high and low thing, we want to kind of level out, so that our experience is constant, effortless peace.**

And the best way to do that is first of all, our attitude how we're approaching that. If we recognize, all of us start out vibrating on this particular level, whatever it is, for each one of us. All we've ever known how to think as, how to see the world as a separate being. So we can love ourselves, love our ways of thinking. And just notice that there's a gap to close. When we get pulled down to our lowest frequency again, we have a tendency to, *'why have I just lost this beautiful place that I was just accessing, and everything was*

perfect there and there wasn't any karma or time or space there and anything to resolve and then suddenly, I'm back down here, what am I doing wrong? Why have I lost what I've just seen?' And it's really because the very moment that this upper limit is raised with our latest epiphany, this one (gesturing to lower hand) becomes even less tolerable to us. And that's a good thing, it becomes even less able to fit in with our overall being. So it's got to come up and show itself so that we can release it in whichever way.

So I'm going to go through these five ways that I've found are very effective, you know them already, but I thought it would be good to summarize them, and to bring them into greater clarity. You're intuitive in your very essence and a lot of the work we do is to begin to feel things out. So any one of these five will work. If you use them all, that's great too. And you can feel out in any moment which one of the five seems more available, more easy to access in that particular moment. There might be times when one of them doesn't seem to work for you, you feel a little bit lost but the other ones do.

Helen 13:57

The natural state of any human being, when we're not believing any thoughts is abundance. And again, abundance here as I'm using the word is 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** so it's worthwhile closing that gap.

Starting with our attitude, **our attitude towards the gap will really determine how quick it closes**. And I got this inside; that it's no fault of my own that have this particular way of thinking, it's all I've been taught, it's all the people that have been around me knew how to do. It's all the world knows how to do, to think of themselves as separate beings, to compare themselves to others, to feel separate from everything and everyone, we all start from this lower place, lower frequency, not bad, but lower. And we're all preferring higher frequencies now, which is why we're in this class.

So we don't have to blame ourselves, the fact that those things are still there inside us, we can celebrate that we are coming to see what they are, beginning to release them. Of course, we're not going to like if I've just been feeling a lot of bliss and peace, and then some fear comes up really strongly. Of course I'm not going to like that. But I can understand why it's there, and why it's happening. And that's going to really shift me internally and open me up to to be able to release it.

Instead of holding myself in a place of unworthiness; *'this fear is coming up because I'm doing something wrong. What is wrong with me? Why hasn't this gone yet? I seem to be the only one that can't get this out this class, everyone else seems to be getting it.'* That is a very low frequency. And that is your current, low frequency, isn't it? So how you think and feel about what's going on, is very important. And this whole process, **every awakened being has been through this process of closing this gap between**

what we've seen to be true and where we're living where we're hanging out vibrationally.

1– Number One

The **first most effective way to close the gap is to simply turn away from your experience**, whatever is happening inside, whatever is happening outside and go back into meditation. So it 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 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 are 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 into 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.**

19:07 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 onto a positive experience. It doesn't push against negative, 'this should go away,' and it doesn't grab ahold of positive either.**

So noticing that's what ego does. It's trying to divide...*'I want this one, so I'm going to hold onto this nice experience and I don't want this one I'm going to push it away.'* **THAT IS CAUSING the negative experience. Pushing away something causes us to feel bad, grabbing hold of something that feels good, trying to keep it, is actually what stops it from being permanent and makes it only an experience. So tuning back in is Number One.**

20:08

2– **Number Two is Contemplation.** And I don't want to spend too much time on

contemplation, because we go over that in some detail in the course. But 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 stories 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 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.

20:08 So whichever one of these Five Ways, 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.

So 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. So that's important there.

I'm going to go through these last three ways, and then we'll open it up for questions. But hopefully, you can see that any one of these in a particular moment is going to feel more palatable to you.

3— **Number Three is Conscious Imagining.** Now, if you haven't heard of this term before, there are a couple of videos about this on the Extra Classes and Resources Pages, when you log in to find a link to access this today and all these months teachings, there's another page, Extra Classes and Resources, and you can look on there for Conscious Imagining.

So 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, 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 analyze it, berate myself, beat myself up over it again and again.

So again, there's 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 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. Whether that's through Meditation, Contemplation, Conscious Imagining, it's going to change my outside experience. We just need to get our attention off of *what is* long enough, begin to feel better about, and we can do that. It's in our power. **There is a huge myth in awakening that really held me back and that everyone I come across believes, and that is that we are helpless.** However long this closing the gap

time takes to work through our karmic patterns. And it's simply not true. You have all these tools in your arsenal now, and you can pull out whichever one of these five that you really feel a resonance with are all of them.

4– **Number Four is the Statement Process.** Again, on the Extra Classes and Resources page, there are lots of videos about this. We do it at the end of every session as a group. 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. 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.

On the way back from Scotland, there's four of us in the car, and the journey flew because we spent the whole time doing Statements about...we took turns in bringing up subjects that we wanted to do statements on.

Just a little note, if you've been around the Graduate Program for a while, are you making the best use of the Statement Process have you forgotten about it in a way?

The Statement Process, as well as Conscious Imagining doesn't have to be something just to fix a problem. In the car, we took some places where we're already feeling very good about things and we raised the bar even further, collectively, the four of us, and we were high as a kite by the time we got home after all of that. So 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 therefore, you're going to experience in your next coming moments and days. So are you making the best use of the Statement Process? Can you help each other more with Statements?

We can do and we have done Statements about the situations going on in the world. I've done statement processes 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.' And 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.

So have a look at the video on the Extra Classes and Resources pages if you feel a pull to it.

32:25

5— **Number Five** is really the simplest perhaps, but maybe most challenging, at least initially. And that is 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.

So you can see that they're all Five different Ways. So, 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 myself and 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.

* * * * *