



HELEN HAMILTON

December 2020 GP Program

How far do I reach?

(Including lessons 1, 3 and 4)

1-Focus of the lesson

Why do we still feel limited/separate even when we have seen that we are formless? In Lesson one we learn to focus on the Noumenon and we must begin to question what this means for us. We can inquire into the Silence/Stillness/Consciousness and begin to understand what it means to be formless.

2-Question to contemplate

“Where do I end?” or “How far do I reach?”

Choose which question you feel aligned with more (or both) and deeply contemplate it.

3- Reading and contemplation

The whole of Chapter 13 “Now That You Are Formless” by Helen Hamilton (page 38 paperback)

https://www.amazon.co.uk/Now-That-Formless-Contemplations-Self-Revelation/dp/1977048439/ref=sr_1_2?dchild=1&keywords=now+that+you+are+formless+helen+hamilton&qid=1606488512&sr=8-2

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Chapter 13: Recognising you are the Undivided One which includes all things

Once again, take a minute to look at yourself as you really are. Notice when you search for yourself you find only a sense of you being here that you cannot touch, taste or feel and yet you are very much present. Notice also that you cannot find anything other than you; meaning you find only one thing which is you. Although this may sound obvious, it is worth looking at deeper.

What does it mean that you are the only one you can find? First, take a moment to check and see if you can find an end to you. You will not be able to find the end of you and yet you will seem to be only experiencing through this body and mind. We will have a knowing that we must be everywhere if we look closer at this. If we do not end and have no boundaries where you end and I begin, then how can there be anything other than you? I must be you, anyone who reads this book must be also you and everything you see must also be you.

As you let the implications of this seeing come to the surface you may find yourself feeling a little overwhelmed at first. Allow these feelings to come and know that you are revealing your Self to yourself, and as such it can feel strange at first. For so long we have thought of ourselves as being only here in this body. When this belief begins to loosen its hold over us, it can feel like our whole life experience is changing.

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

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

Take a moment to contemplate that and although it may be difficult to accept, it can be experientially realized if you are willing to stay with this most important subject.

What are the implications in everyday life of this amazing revelation? It means that everything is you and you can no longer blame, judge or keep yourself separate from

it. You must begin to take all that is inside you and realise it is all you. I am not speaking here about blaming yourself for some atrocity that happens across the other side of the world; I am simply asking you to come to see that you can show up in many forms. Some enlightened and compassionate and some hateful, deluded and unloving, and all possibilities in-between. This is not a personal thing; it is seeing yourself impersonally.

What can you include in yourself now from this seeing rather than pushing away?

- We can come to conclude all the people we do not like as being us too
- All those we hate and hate us
- All the resistance that appears inside us
- All the positive and good things we have done
- All the good things others have done to help us is also us
- We must also begin to include God inside us, AS us.
- We must realise also that all the Awakened Beings, Sages and Teachers we love are also simply appearances in side us.
- All things we wish to get rid of, such as attachments and all else is simply us showing up in the manifest form.

When this seeing begins to flower and open for you then you will feel less and less fear; for what is there to be scared of if it is all you? What can hurt you or attack you if it is all you?

Also contemplate from the “Ashtavkra Gita” Page 3

https://www.amazon.co.uk/Heart-Awareness-Translation-Ashtavakra-Shambhala/dp/1570628971/ref=sr_1_1?dchild=1&keywords=the+heart+of+awareness+a+translation+of+the+ashtavakra+gita&qid=1606488723&sr=8-1

“The Self looks like the world

But this is just an illusion

The Self is everywhere

One

Still

Free

Perfect”