



## **January 2022 Graduate Program Lesson**

### **Where Am I Looking From? - Exploring Lesson Three**

#### **Introduction**

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

If we do not begin to shift our identity to a deep knowing that we are already the Self then all of our practice and efforts will be lost in endless becoming, trying to reach the Self and never quite getting there. Once we come to see we are already home we will feel a deep peace even before we have dissolved our egoic patterns.

#### **Are we there yet?**

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

We must be willing to look and see this change-over happening. Living as someone making progress towards the Self will always come with suffering. Living as the Self already will come with peace that deepens, love, joy and eventually bliss that permeates our whole being. This will develop gradually. There is no great final

moment where identity shifts over all at once. This is a myth that can be discarded now.

### **Exercises for this lesson**

Let's begin to challenge the deeply-held assumption that keeps us suffering. We must directly challenge the idea that we are someone, somewhere and come to see that we are already the Pure Awareness.

We can ask the following questions as often as we would like to. Feel out each question and see which one feels most alive for you. Ask these questions and see what answers you get. Don't try to get the right answer (because there isn't one!) but simply keep asking with open curiosity. Be sure to note down any understandings, shifts in perception or other important things to go back and look at later.

Here are the questions that helped me the most:

- **How am I recognising the Self?**
- **Where am I looking at my body from?**
- **Can I find a separate self when I look for it?**
- **Is there a location to my seeing?**
- **Where am I?**
- **Am I looking at or from the Noumenon?**