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July 2021 Graduate Program Lesson Summary

Expounding Lessons 2 and 3

Progress Towards Awakening-The Ultimate Causality Loop

1-Focus of the lesson

In Lesson 2 of the DTE course we learn that whatever we are believing (or are convinced of) we will continue to experience it. We can come to see that we are experiencing it BECAUSE we believe in it and not the other way around. When we get stuck in a loop we call this a causality loop.

The loop goes like this: I see the effect happening “out there” in my life and I feel and think a certain way about it “in here”. But because I feel and think a certain way this keeps reflecting as the effect “out there”.

The only way out of any causality loop is to question the cause/belief and see if it is true.

2-Questions to contemplate

Progress Towards Awakening-The Ultimate Causality Loop

Most of us will be stuck in one ultimate causality loop about awakening itself. We compare ourselves and our progress in awakening against the following:

- An awakened being we know.
- Our own imagined picture of our “enlightened Self”. This is an image we have of what and where we think we SHOULD be. Consider how you would complete the phrase “I will know I am awakened when..... “

Each time we compare we will feel that we are not where and what we would like to be or that we do not have a life that resembles an awakened being. We may not be experiencing peace, love, joy and all the stereotypical conditions of awakening and so we conclude we “are not there yet”. Most of us have an image we would like to match up to and project that into the future and in doing so we identify again as a separate being trying to get somewhere in time and space, towards a point in the future when our body, mind, emotions, relationships and life in general match up to our image. Let’s take a look at the causality loop even closer.

Cause: The belief that “I am not awakened enough/not living as the Self yet/not where I want to be yet”

Effect: A disturbed body, mind, emotions and life that is filled with some kind of negative thoughts, emotions and experiences that mirror those beliefs back to us.

Most of us have this backwards!

We use the phenomenal evidence in our life to keep agreeing that there is further for us to travel before we arrive at our destination. We look at the state of our finances, relationships, friendships, family relationships, career, etc., and decide “I am not awakened yet because this is still happening. If I was enlightened enough this would already be healed/fixed/transcended”. But these things or experiences we are looking at are the reflection of the idea that we have further to go.

Whilst we are convinced we have further to travel to reach our goal we will always have something to fix in our life to prove and agree with us that we are “not there yet”. If I believe I am not “there” yet then I will HAVE to keep creating things to disturb myself with and NEVER arrive. I must always experience further to go-some point in the future that I reached imagined “perfection”.

What is the way out then? It is to decide that you are already the Self no matter what your life looks like currently. The way out is to decide you will not look at the reflection “out there” (the state of the body, mind and life etc) to tell us what to believe. Be the Buddha right now. Stop using phenomena to reference how you are doing on your path to awakening to the Self.

There is no progress towards enlightenment or awakening. We are either living free in this moment or not. Freedom does NOT mean having silenced the mind but that we are questioning and inquiring into the reality of the current thought we are entertaining. Karmic patterns may still play for a while as we make a stand as the Self but we will no longer use them as evidence of our failure to awaken.

There was a middle stage for all awakened beings that we never usually see where the causality loops/karmic patterns are still showing up for them but they are not given any significance and NOT used as evidence that they are not already the Self. When we stop giving these patterns or loops meaning they will stop BUT we will already be at peace. Then our life will look more like the usual state of an awakened being.

Exercises for July Graduate Program

1. Try to see what events, experiences, emotions and thought patterns you are using to justify feeling like there is further to go for you. This can include anything at all you want to get, have or be. It can include awakening itself. What do you want more of? What do you want less of? Will it really come by believing it isn't here yet?
2. Notice the sense that when you change that experience to its opposite, feel more how you want to feel or silence the mind you will have arrived at awakening.
3. Try to notice where you are identifying as a separate being progressing towards awakening (or any goal). Try to see you can never make progress towards anything as you are already right here, right now as the Self.
4. Recognise if you can that all that you want to change in your life will change as a result of finally getting out of this causality loop. It cannot change to be what you want when you are sure you are not there yet.

If I believe I am not there yet then I am identifying as the egoic sense of self-looking at the Noumenon and trying to get to it (but never quite being able to reach it).

If I make a stand as the Self NO MATTER WHAT then I am identifying as the Noumenon which is simply watching karmic patterns dissolve.

The body, mind and life are in time and space and will always be evolving and changing into something “more” and this is ok. We only need to see we have already arrived, never left home and are already finished. Then we can watch joyfully the ever-deepening state of realisation appear as the life of our dreams.

3-Reading and contemplation

There is no specific reading for this month but instead it will help to watch Lesson 2 and 3 of the course again.