



June 2021 Graduate Program Lesson **Summary**

Self-recognition and identity **(Expanding Lessons 1 and 3)**

1-Focus of the lesson

In lesson 1 we learn to tune into the Noumenon by whatever doorway seems open to us. As we continue to recognise that aspect of us that is invisible, intangible and ever present we will begin to feel more peace and contentment.

We are going to take a closer look at HOW we actually recognise the formless and infinite nature of our real Self. In lesson 3 we begin to look at how we are actually tuning in and what is actually occurring. When we can prove experientially to ourselves that we MUST be looking at the awareness FROM the awareness then our identity shifts and we become immune to all suffering.

No matter where we have progressed in dissolving our egoic sense of self we can switch identity over now. Once we firmly know ourselves to be the Infinite Self we can allow ego to dissolve into a much more useful functionality and this occurs effortlessly and easily. When identity remains as a separate being then this same work will be endless, slow and difficult.

We must only come to know with a conviction and certainty WHERE we are looking from when we tune in. This makes our identity shift and it becomes impossible to identify with or believe ANY thoughts.

2-Questions to contemplate

Exercise for Self-recognition and identity switching

1-Tune into the Noumenon by whichever method you find easiest. I will use silence and awareness in these exercises but you can use any of the 14 doorways of course.

2-When you recognise awareness is present, or when you hear the silence really slow down and look at how you are noticing it. We can use several questions to stimulate our seeing. Pick any or all of them that feel important to you and look at them over the month. You can also add your own questions that seem exciting, relevant, urgent or important.

Questions to help identity shift:

-Where is that awareness and where are you noticing it from? Are you inside of, outside of the awareness or do neither of these apply?

-Are you a thing/object or not a thing/object when you notice awareness?

-Are you any different to the silence you are listening to?

-Are you hearing silence through your ears? Do you notice awareness with your eyes? Can you still see awareness with your eyes closed? Are you still aware that you see nothing in the visual field with your eyes closed?

-Can our mind notice awareness? Can something located in one place notice the nothingness of awareness which is everywhere?

-Can a finite and limited being in one place and time notice that which exists everywhere, at all times and never be absent? Where could you stand in the universe to notice that which is everywhere?

-How do you know awareness is here?

-Does it take time to hear the silence or do you immediately know it is here?

-Can you find a "you" and awareness? Is there really two?

-Can silence be divided into two things? Is there really silence AND the person listening to it?

- Can our permanent nature as silence be noticed by something coming and going such as mind, body or separate self?
- Do you need to use your body and mind to notice silence?
- Can form notice formlessness? Can visible notice invisible?
- Are there really two “things” of a “you” and “Self”?

3-Reading and contemplation

Contemplate the following points to deepen this seeing:

3-Become as curious as you can be to find out HOW you are tuning into the Noumenon. We all suffer from the assumption that there is a “me” tuning into “it” until we really want to see. This one assumption is the only reason for any and all suffering and is the root of all separation.

4-Recognise that this confirmation is an ever-deepening thing. Even for me now it gets clearer each time I look that I am looking FROM the Noumenon AT the Noumenon. It becomes clearer and more obvious each time that there is nothing and nowhere else to look from. It also becomes clearer each time you look that there really is no such object called “ego” to look from and at the Noumenon.

This is all I have done to realise infinite peace but I have done it consistently and pushed through the “fog” or wall of resistance to seeing clearly. Each time you do these exercises you take another step through the fog and are closer to Knowing the obvious and yet seemingly hidden realisation that You never can be divided into two-not now and not ever.

When you first begin to ask these questions, it may feel impossible to find the answers. It may feel like you are always going to be in illusion. It may seem that you cannot ever know what the Sages know but this is simply the last place we believe in limitation. This true Knowledge of your own Self is yours for the taking if you do not believe you can be stopped or limited from seeing. This is exactly how it felt for me and every awakened being when they started and everyone starts from here. What makes some wake up fully is simply the determination to push through the illusion into clarity and we all have that capacity inside. I know it is in you because it is in me and I am you!

There is no specific reading for this month because I would like you to focus on the exercises and questions primarily but any reading from “Reality Check”, “Now that you are formless”, “Dissolving the ego” or “The story of I” will augment the seeing.

There is absolutely no difference between you and me. All that you see and aspire to in me is in you right now. I love you.

https://www.amazon.co.uk/Reality-Check-Simple-Guide-Enlightenment/dp/1982283173/ref=sr_1_1?dchild=1&keywords=Reality+check+by+helen+hamilton&qid=1621282951&s=books&sr=1-1

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