



HELEN HAMILTON

Dissolving The Ego Course

Lesson 1 Study Sheet - Learning to recognise the Self.

Key points from lesson 1

- We are dissolving the ego so that we reach a place where we can no longer resist anything or try to hold on to anything. Each step forward means less and less suffering.
- This is a PASSIVE process of non-resistance of whatever comes up. We will NOT be killing or annihilating but rather dissolving the ego into a more fluid state.
- We will be learning to look for the Noumenon by looking for the background, the continuous and the invisible. By noticing when attention has wandered we can simply put it back on the Noumenon. We will be learning to see what others ignore constantly and to see without the senses. Simply training the attention to always notice that which always is; coming to ignore the foreground and notice the background.
- We are simply building a new habit to notice the Noumenon FIRST rather than the apparent phenomena. We are simply replacing one habit that no longer serves us well with another. We must give attention something else to focus upon rather than it always going to thoughts and experiences.
- All of this will become clearer and clearer the longer you spend applying this. You don't have to strive but just learn to relax into the Noumenon and let the rest happen to you.

- You must be willing to come back to this information and keep applying it until the ego has completely dissolved. Even if you are not as yet totally willing, as the practice deepens you will feel more and more willing.

Homework for Lesson 1

1. Find at least 3 ways to notice the Self from the list. Describe which ones work well for you and which don't. Notice how it makes your mind and body feel when you just spend time relaxing in it. Describe how it affects your body to tune in to the Noumenon.

2. Spend as much free time as you can sitting in meditation with one or more of the methods to tune in to the Noumenon below. Consistency is key and please tune in for 20 minutes a day (or more if you want to). You can use a different method each day if you want to.

3. Try to tune in at random moments during the day too. There are many small moments when we are not focused mentally on a task and can notice the Noumenon throughout the day. The more you can tune in the easier it gets.

Use the recorded video or audio session of the lesson to help you. Listen to it again and again during the week. Ask for help if you need it. This is your course and your time with me.

List of methods for tuning into the Noumenon.

- Being Aware of Awareness
- Listening to Silence
- Resting in the Stillness
- Noticing the Sense of Being
- Noticing the Sense of Presence
- Staying in the I Am
- Tuning in to the Awakeness
- Being Conscious of your Consciousness
- Noticing the Existence
- Being the Contextual Field
- The Ever-Present state of Here
- The Stateless State of now
- Recognising the Knower
- Recognising your own Subjectivity

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