



## **Dissolving The Ego Course**

### **Lesson 2 Study Sheet – Deepening Your Recognition.**

#### **Key points from lesson 2**

1 – We will look at “causality” or “cause and effect” to begin to undo the key beliefs that keep our ego functioning. We can come to understand that in fact you are everywhere and not somewhere. All of ego’s ideas are based on the false assumption that you are only somewhere, a “someone”, one body and mind. We will come to see there is no “in here” or “out there” and no other beings except you. All that you see “out there” is only a reflection of what is needing to be seen within you.

Our egoic sense of self is sustained by trying to fix or heal “out there” and this will never work because it is like trying to change our reflection in a mirror.

2 – We will begin to notice the Noumenon is always there and we can question if it is really ever gone. What happens when you seem to lose it? Attention moves from the Self to thoughts but the Self never goes. We will begin to break down the firmly held belief that the Noumenon is coming and going and we can only access it sometimes.

3 – We will begin to notice that the Noumenon is formless, effortless and stable. It does not need anything at all or want anything. There is nothing for it to want or need. All is appearing inside it and nothing is happening to it. Any and all wants, needs and intentions are from the egoic sense of self. All thoughts that mind has are based on the idea you are a separate being moving around inside the world of other beings.

## Homework for Lesson 2

Use the recorded video or audio session of the lesson to help you. Listen to it again and again during the week.

- Listen to the section about causality and try to see where you are still trying to change “out there” or “in here”. Recognise that the cause and the effect are the **same One** and cannot be two. Recognise the false ideas that “I want” or “I need” are NOT true for the Noumenon. Look at your life and your spiritual pathway and see where you are still believing in causality. Notice where you are trying
  - Use any negative emotions that arise when a karmic pattern plays to find the story or belief underneath it. Recognise if you can that the story is reflecting as the emotion and the experience over and over. Use the “is it really true...” technique from Core Teaching 3 on Contemplation to begin to undo the belief. As you begin to question the story you will stop experiencing it and you will not be able to believe it anymore. (Use the “Emotions and hidden beliefs” and “Transcending Limiting Beliefs Using Contemplation” documents to help you also)
  - List some examples of when you seemed to lose the Self or couldn't notice it. Describe what you did to find your way back in or tune back in. Describe which ways worked and which didn't. As a reminder here is the list of ways to tune in again. Practice finding a way back in until you feel confident that most of them time (or all of it) you can tune back in by simply adjusting the method.
- 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

- Continue to spend time in meditation/tuning into the Noumenon as often as possible. Challenge yourself to tune into the Noumenon in places where you wouldn't normally try to or feel you are able to.

Please do ask for help if you need it.

*Helen*

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