



HELEN HAMILTON

Dissolving The Ego Course

Lesson 3 Study Sheet – Switching Identity to the Self.

Key points from lesson 3

- As we begin to recognise more and more that the Self is always there we can begin to question and find out if we are really separate from it. Is there really a “you” looking at the Self? Can you find two? Or do you just find one silence? Are you really:
 - listening to the silence or is silence listening to itself?
 - aware of the awareness or is there just awareness?
 - resting as the stillness or is there only stillness?
- We can notice that we are not using our mind or our senses to tune into the Noumenon. We must check and check again until it is obvious. When we come to know we are already looking FROM the Noumenon it will begin to dissolve the idea that we were ever a separate being.
- Your mind cannot see the Noumenon and your eyes and senses are taking in vibrations only. The human senses cannot perceive the Noumenon directly but can only perceive how it is appearing to be as the manifestation.
- Begin to recognise that if you only find the Self when you look then you must be that Self already. Attention simply goes to the thought constructed Self too readily.

- Deepen your realisation of what you really are by spending more time looking for that Self but not whilst seated. Whilst you are driving, eating, walking, talking, watching tv etc. Can you find the silence then? If you are in a crowded room or in the middle of a lot of noise-can you find it then?
- Keep looking for the Self until you can always find it and you never feel cut off. Challenge those areas where it really does not seem to be available. It may not always feel so strong or loud but it must always be here because you are here!
- We can deal with doubts by letting them dissolve. When they come just notice and welcome them. If you want to dissolve them faster you can turn them into questions and ask if they are true. Notice how the Self deals with doubts-it just allows. Whatever you are currently experiencing is showing you where you have to question next.

Homework for Lesson 3

Use the recorded video or audio session of the lesson to help you and 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.

1. Use the confirmation process over and over until it is very clear you are looking **from** the Noumenon and at the Noumenon. Question how you are hearing the silence. Find out how you are recognising the awareness. Are you using your mind, body or senses to tune in? Keep looking until you are very sure that you are not using anything from your mind or body to tune in. This will help you realise that you are already beyond the mind and body and that when they go, you are still here.
2. List the times, places, events and people that seem to cut you off from the Self and try each time it happens to find your way back in. Notice what thoughts seem to have pull over your attention.
3. Also list the doubts that come to you often such as "I won't be able to do it. I cannot get this. I am not worthy" etc. Decide how you will handle these doubts, do you want to question them or just love them? Everyone has them and they will dissolve when you don't resist them.
4. Continue to sit in meditation tuning into the Noumenon when you can. Ask the question "what am I?" and notice every time you ask that you get the Noumenon as an answer.

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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