



May 2021 Graduate Program Lesson Summary

Seeing Everything As The Self

(encompassing Lessons 1 and 4)

1-Focus of the lesson

During May we will be learning to see things how the Self sees them. In Reality there are no objects at all and only APPEAR to be. Manifestation is an appearance and no actual creation occurred. Nothing will be destroyed or comes to an end.

When we look as the Self we see something totally different than when we look with/through ego. Looking as ego/separate being we experience our thoughts about what we see. Looking as the Self we experience what we see in its fullness.

We will be learning to look past our thoughts about something and come to directly know it as it actually is. We can pick some objects or beings that we have difficulty seeing Truth with or about and this will be where we have a lot of thoughts about that being or object.

Homework:

1. Make a list of the things (subtle or gross) or beings you find yourself thinking about a lot or that repeatedly seem to cause suffering in your life. We could include our body, mind, emotions, physical pain, any illness or disease, family members, colleagues, romantic partners, money, awakening itself and much more.

2. Remind yourself that this object or being is not at all what you think it/they are. If we rely only on our mind and thoughts, we will keep experiencing the same thing over and over.
3. Ask yourself what you ACTUALLY know about this object or being if you do not use thoughts, mind or memory of previous experiences to define and understand it/them. Really spend some time with this step.
4. Try to find out what that being or object actually is without using thoughts or memory. Thoughts may be present (and emotions) but do not reference them for understanding.

2-Questions to contemplate

You can use the following questions to guide your seeing if they resonate with you.

“What do I know about myself/this being/this thing I want/need/want to get rid of if I don’t use my mind to tell me?”

“What is this being/object actually?”

“What do I know for certain about this being/object?”

“If I think about this being only, will I ever know them?”

“Can I experience what something/someone actually is through my mind?”

When you know nothing at all about something or someone you will experience the essence of them. Everything you encounter will feel spacious and light.

Do this with your own self too! What do you know about yourself without referencing history, future, previous experiences or thoughts?

3. Reading for this month to contemplate

Chapter 3 from “The Story Of I”

https://www.amazon.co.uk/Story-I-Helen-Hamilton/dp/1549830317/ref=sr_1_1?dchild=1&keywords=The+story+of+I+by+helen+hamilton&qid=1619569855&s=books&sr=1-1

Three

“Then I saw this human body and I recognised that I am this body. I realised “I am this body” and my attention saw this first thing.

This body was the first object that had appeared and I felt joy in identifying with this new thing in my awareness.

Over time I learned to value other things and to search for them. I began to value other thoughts such as thoughts about myself, my body, my thoughts and much more. I began to define myself and my world only by the things I could see.

My belief that I am this body became very firmly established as I was fascinated learning how to move this body and what it could do. I could use it to experience my world.

A collection of thoughts began to grow inside my head. These were thoughts that I thought so often that I began to call them “my mind” as it felt safe to me.

I began to know myself as the body and all the things that I called “mine” became highly valued such as my family, my mind, my likes and dislikes.

When I learned to value things I soon forgot about my no-thing awareness Self and when this body died one day I seemed to disappear. I forgot about my real Self and that this body appeared in me.

More bodies came and went, and each time I thought that I was this body and that I was coming and going, being born and dying each time.”

AND/OR chapter called

“I love you too much” from “The Hamilton Gita”

https://www.amazon.co.uk/Hamilton-Gita-Musings-One-ebook/dp/B0849QDGVQ/ref=sr_1_1?dchild=1&keywords=The+Hamilton+Gita&qid=1619569949&s=books&sr=1-1

I love you too much

“I love you too much to think about you. I won’t sully you by assuming anything of you or about you. I won’t burden you with any expectations or demands. I’d like to meet you as you are.

I love you too much to separate you from me. I won’t impose any distance at all on us. I won’t tolerate the distance of thoughts between us. I want to meet you exactly as you are.

I love you too much to believe anything about you. I don’t care to project onto you. I respect you too much to know anything about you. I won’t limit you that way. I want to meet you in your authenticity.

I love you too much to label you or categorise you. I will not allow thoughts to define and shape my experience with you. I prefer to meet you exactly as you are.

I love you too much to ever know you or understand you. I care too deeply to have a relationship with you at all. Such distance of two is too much for me. I cannot bring myself to externalise you. I want to meet you just as you are.

I love you too much to try to define you. I won't allow any restriction on you at all. I don't care to imagine how you are and I don't want to remember you ever. I want to meet you exactly as you are.

You see, I love you too much to think about you at all. I love you so much I forgot about you and I forgot about me. All that is left then is the pure experience of being and meeting each other exactly as we are. How amazing to meet you with no barriers at all!"