

You are already That Perfect Love **(November 2020 GP)**

1-Focus of the Lesson

If there is no separate self as we see from lesson 3 then what is here must be the Self. Check that there is no separate self and contemplate what it means. Start from that place-KNOW there cannot be a separate self nor anything to dissolve. See all that comes up as a manifestation of the Self.

2-Question to contemplate

Am I looking AT or FROM the Self?

3-Reading and contemplation

Avadhuta Gita (Song of the Free)

From the translation and reference below:

<https://www.amazon.co.uk/Avadhuta-Gita-Song-Free-Dattatreya/dp/8171200370>

Page 1 Chapter 1 Verse 1:

“Through the Grace of God alone, the desire for non-duality arises in wise men to save them from great fear”.