



October 2021 Graduate Program – Lesson Summary

Exploring Lesson 3 – There never was two

In Lesson 3 we come to see that there is no separate self at all and that we are already looking FROM and AS what we are trying to get to. When this is deeply imbibed and understood it brings peace and effortless being. Let's take a closer look at lesson 3.

Exercises:

- 1 - Try to find a separate self. Explore if you can find where you stop or end. How big is your being? You are here, but as what?
- 2 - If you cannot find a separate being now, a "you", then all that was ever here is and was the Self.
- 3 - Contemplate deeply the impact of this. Let this become the most important thing to you for a while. What does it mean that there never was a separate self actually? What does this mean for your struggle to perfect yourself, to awaken and even to be worthy?
- 4 - Recognise that what you see when you look in the mirror, what you experience as you, what you think, feel and do is all the Buddha Nature here right now. Krishna is looking through your eyes. Ramana is speaking through your lips. Buddha is trying to recognise his Buddha Nature through YOUR journey. It is already so!

Will you recognise what you really are? Will you see what you have always been? You are ALREADY the God Self. You are already a Divine work of art! Please stop and see what this means.

Repeat this process as often as it takes to fall head over heels in love with yourself – as I am with you. 😊