



## **October 2023 Graduate Program Lesson** **Exploring Lesson 3 – Unity or diversity**

### **Introduction**

Lesson three is perhaps the most direct and simple lesson of all because it shows us we only ever have two options; in this moment we can be looking from the Self OR imagining we are trying to get to the Self from the ego.

Here are some ways to say the same thing again that may resonate more with you:

In any moment I am either:

- Living free or suffering
- Awake to Reality or lost in illusion
- Looking from the Self or imagining I am looking at it
- Being here now or trying to get somewhere
- Living in peace or suffering
- Letting attention rest on the Noumenon OR on thoughts about the Noumenon
- We are either living in the Unitive state or lost in diversity and multiplicity

There is no halfway, as our mind may want to suggest there is. We are either deluded or awake in any moment. Lesson 3 helps us to simplify our awakening, life and practice because it shows us where the most important place is to put our attention in each moment.

In lesson 1, we also see there is only ever the choice of where to put our attention in any moment, it is either on the Self OR the imagined separate self. As we progress in our meditation, we begin to find attention resting on the Self more each day, both in our formal practice AND spontaneously throughout the rest of our day. Lesson 3 helps us by showing us how to eliminate even this choice! When we look from the Self, we see only the Self. When we know we are the Self, we will no longer be able to strive, struggle or try to get to some future moment where we imagine freedom is.

### **The Essence of Lesson 3**

**Lesson 3 shows us that we are ALWAYS and ALREADY looking at the Self FROM the Self. This ends all journeys, stops all becoming, striving and suffering. Lesson 1 and 3 meet here in union. When I know I am the Self, I do not care where my attention wanders because it does not affect Me.**

All that remains then is to prove over and over that you are already the Self, even now. This month, we will do the exercises for lesson 3 each day, to directly and experientially prove to ourselves that we are already free.

### **Exercises for this month:**

I suggest doing these exercises together as a group and/or with your GP buddy/buddies or in the GP Sanghas. Discuss your doubts, challenges and insights with each other. Do these exercises over and over until it is absolutely clear who and what you are AND where you are always looking from

1. Try to find a separate being, a “someone” or a “person”-if it there you should be able to find it. Search yourself and try to find it, you will find a body, thoughts and sense perception going on but where is the person they all belong to? The absence of a separate being/person/someone IS the right answer. If there seems to be a “someone” there please ask me for help.
2. Notice what you DO find-the Noumenon by whichever name we call it. We may find we perceive emptiness, a “blank” or no phenomenal answers at all and all of these are the Noumenon presenting itself. Let us not overlook it! It may also appear as a vast spaciousness, emptiness, or nothingness.
3. Whichever way you find the Noumenon try to prove to yourself If you are perceiving it with your senses. Can you see it with your eyes, hear it with your ears? If you need help with this please ask.

4. Try to prove to yourself that you are not using your mind to perceive the Noumenon. Mind can only think about things. When you noticed the spacious emptiness, did you think about it or did you just KNOW/SEE it somehow? If you need help with this please ask.
5. Try to realise that if you are not using your body, senses or mind to perceive the Noumenon that you must be looking FROM the Noumenon. The only other place to look at the Noumenon from IS the Noumenon because there is nothing else. You must be looking at it, from it! Asking the question “How am I perceiving the Noumenon?” is a great contemplative question to help us open to real seeing. Again, please ask for help if you need it.