



Regarding Spiritual Practice

This will blow your mind when you get it. It will leave you speechless. Have a ponder and we can discuss in the extra class on 1st April 2022.

There is no separate being with a karmic pattern playing out. So it is only the Self/Noumenon having a karmic pattern. It feels like a "me" that has an issue with an "other" person but in reality there is one karmic pattern playing out in both body/mind vehicles involved. That same one karmic pattern is playing out in ALL human beings simultaneously. It may FEEL like "I feel unworthy here in this body only" but it is really the Allness that is feeling that way. The Self is feeling unworthy everywhere it is appearing as a human being.

When you meditate, self-inquire or contemplate it is not a separate "you" meditating or contemplating. It is really important to see that the Everywhereness is contemplating. Contemplation is a non-local event! It is not someone, somewhere contemplating. **It is the Self contemplating and it is happening in no particular location.**

Contemplation is happening in all places at once. A body mind is used to formulate the question and the answers are noticed in and around that one body/mind only (usually) because we think we are a separate being. All spiritual practice you do is happening everywhere all the time and the results of it are noticed everywhere at all times. All manifestation is affected by your breakthroughs. All reality is always affected by your efforts. It can be no other way. To the degree you understand you are not in any location but are in fact everywhere you can see the MASSIVE POTENTIAL for global shifts possible as we begin to realise the power of our practice.

When we realise that even now we are still identifying as a body/mind and let go of that we can make a HUGE shift experientially. There is nobody contemplating, there is just contemplation happening and the effects ripple out across all space and time instantaneously. (Even "ripple out" suggests it has a location and spreads out but I cannot find any better words right now) You cannot contemplate anything at all without it affecting everyone in a positive way (to the degree they are open to change/see). There is no person contemplating that will begin to affect other beings. There is only the One Supreme Self contemplating everywhere and the results immediately affect all of us. Understanding this - how can we say contemplation does not work for me? We can only begin to realise "I may be limiting the effects of contemplation on this body/mind as I am still thinking mostly as a separate being".

This is why when you sit alone and contemplate, meditate or inquire you can see change happening all around you (and if you are willing to see it more than you are willing to listen to the news) and all over the world. It must be so. It can be no other way. There is no separate person/being that resist, block or not understand this.

If a teacher I am listening to or studying with has realised the Truth then so must I, because they are not "other" than me. The fact that it has happened for the teacher means it must be unfolding for me too but will I allow it? Am I not allowing it by believing the seeking is going on in one location only (i.e. in a separate me)? Am I not allowing it by seeing the realisation the "teacher" had as separate to me?

There is only one Being and one Self-realisation and it is simply that the effects of the seeings continue to ripple out unfolding as and in time and space. Your understanding of this is my understanding continuing to unfold.

It is ok if this is not easy to get at first. Think about it over and over and ask me about it in classes. If only a handful of body/minds got this there would still be a massive change in the whole manifestation.

The Infinitely Powerful Self realising its Infinite Power must have Infinite Effects.

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