



September 2023 Graduate Program Lesson
Exploring Lesson 2– No separate being means no
karmic patterns!

Introduction

This month we will study Lesson 2 and come to understand it deeper. In Lesson 2 we learn that there is no cause, separate to an effect or that the cause and the effect are the same thing. Can we use this knowing to help us transcend all our suffering at once? What is the highest way to apply Lesson 2 to our spiritual awakening? Is there one reason that all of us seem to struggle with our karmic patterns even after seeing what and who we really are?

Regardless of how far we have come in experientially seeing we are not a separate self, we can recognise even intellectually that if there is no separate self, there can be no karmic patterns that belong to that separate self. If there is no “me” there is no “my karmic patterns” and there is only the Infinite Self.

Let us state that one more time in a few different ways to help it be absorbed more deeply. Spend some time pondering these and really focus for the whole month of September on whichever one(s) resonates most.

1. If there is no “someone” there can be no karmic patterns belonging to that someone.
2. The separate being/someone/person IS made up karmic patterns. The separate self is composed of all its patterns, held together by one thought which says “These are my patterns”
3. There is no person without the karmic patterns and there are no karmic patterns without a person.

4. Without the cause (separate person) there can be no effect (being unworthy, being unsafe etc).
5. These patterns of anger, unworthiness, sadness and fear do not belong to anybody for they are simply vibrations floating through the ether. They will cling to us tightly though if we feel they are “mine”.
6. Trying to get to the end of “my” karmic patterns is constantly reaffirming the existence of a separate being. There is no way to get to the end of it this way.
7. There is only One Being and it is thinking that it is unsafe, disempowered and unworthy in many human bodies simultaneously. What stops it transcending these ideas effortlessly is the thought that says “There are my patterns to work through and resolve”.
8. If we keep trying to transcend our karmic patterns, we can never achieve it. We can only come to realise “they have nothing to do with me”.

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.

1-Read through the list of points above and see which one (or maybe a few or all of them) seems interesting, important or even urgent to investigate for the whole month. If none seem exciting or you have resistance to them, boredom or sleepiness when you read them, pick one at random and study it anyway!

2-If you want to commit to 30 days of studying this each day, spending a few minutes a day pondering it, journaling about it (if you like to do that) and making note of any insights that come.

3-Share as much as you can with your GP buddy or buddies and in our GP Sanghas, whatsapp group about what you have seen and how your 30 days is progressing.

4-Learning to keep attention on one subject long enough to realise it is all we need to do. Committing to 30 days means paying attention each day and seeing if you have done your practice or are finding yourself distracted or resisting doing it. Be self-aware and form good habits and this will help you avoid forgetting to do this.