



## **June 2023 Graduate Program Lesson**

### **Exploring Lesson 3– Am I looking at or from the Self?**

#### **Introduction**

As our awakening deepens and progresses, we will find it becoming ever simpler to navigate. Simply speaking, we are only ever faced with one challenge throughout our entire awakening and that is simply who we know ourselves to be in that moment. A profound knowing that we are the Self will allow us to navigate through any challenge that life gives us much more smoothly. If we have not fully seen that we are not separate to anything else and that we are not even separate to the Self, then we may find ourselves asking “What do I do?” As we come to see more clearly that we are already looking from and AS the infinite, effortless Self, we will be able to simply watch any potential problem unfold in front of us without falling back into suffering. From this place we will see the solution arising spontaneously too. It is our “What do I do?” thinking that seems to cloud this process.

It makes sense then that our main focus should always be to deepen our identity shift to a profound and unshakable seeing that the Self is all there is. As we confirm this over and over, we will notice a confidence, strength and certainty of knowing growing in the background. This certainty allows us to always respond as the Self in any given situation. It will allow the mind to move back into Silence and rest there because there will not be any need to think about what we need to do. The certainty that “I am the Self” means we will know we are just watching manifestation unfold with love and curiosity.

Shifting identity is as simple as seeing there is no separate self and that the Universal Self is all we ever find. Then, once we are sure of this, we can check in any moment when we are struggling whether we are living as our real Self or from the imagined separate Self. It all depends on whether we think we are looking at the Self or from it! There is a whole difference in our experience.

Are you being the Self or a “someone” in this moment? That is the only choice we ever have but it is the only choice we ever need!

## **Exercises for this month:**

I suggest doing these exercises together as a group and/or with your GP buddy/buddies. Discuss your doubts, challenges and insights with each other.

1-Continue your daily 20-minute meditations as in lesson 1 as consistently as you can.  
2-Use the exercises from lesson 3 to continue shifting identity even more to a deep knowing of who you really are:

**-Can you find a “someone” who is trying to wake up?  
-What do you find when you look for yourself?**

**-How do you perceive the Self? With what faculty can you recognise that you are formless? Is it your senses that you are using? Is it your mind? Discuss this with your buddies and in Sanghas if you can.**

3-If you are looking from the Self, as the Self, at your mind and body which are appearing in you, then what is there left for you to do? (If anything)

4-Try to see where in your life, or your awakening where you are still trying to do something! It could be a subtle doing as a spiritual seeker such as thinking that you have to somehow stop the mind or make the identity shift over.

We all go back to thinking we are the separate self when it comes to daily living but the only way this can reduce and then completely stop is when we are totally convinced that we are the Self already and then become determined to sift through our thoughts about “doing” things as they come up. This isn’t hard work but rather just is a commitment to look at what comes up as it comes up and you already have that. The rest will happen for you 😊