

As Above, So Below



To perform the miracles of One Thing, do one thing at a time. Become One Thing – *the* One Thing. To do this, become attentive silence. Learning to use the mind correctly is the most important thing there is. Knowing where to place attention, maintaining focus for a long time, and eliminating distracting thoughts, are as valuable as life itself. It is necessary to hold a great number of factors in the mind at once, so that the larger patterns can form. We can only do this by learning to keep irrelevant and automatic thoughts out, allowing the more authentic to come forth.

One part of the mind makes thoughts and one falls asleep while the body is awake. Yet another part can observe the thought-producing part, and keep the mind awake. Cling to this part of the mind.

Eventually, this part leaves behind the realm of thought and enters the land beyond thought, perceiving by direct intuitive insight. This perception occurs much faster than thought, which proceeds by means of mental speech or images, a step at a time, discursively. When we first become aware of it, we probably are incapable of even recognizing its messages, as they come and disappear before our everyday awareness can take note of them. But with practice we learn to recognize and comprehend these messages, which appear all at once and vanish in a flash. They do not use words or concepts or images.

The Land Beyond Thought appears when discursive thought is adequately tamed. Free of mental clutter, attention passes beyond a sort of mental membrane, to a place where thoughts, if they appear, take on a different appearance. They do not capture attention any longer. They are seen to be simply one more object that can be examined or ignored.

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Far more interesting, and far more informative, are the insights and intuitions that flash and vanish in a fraction of a second. When attention is not distracted by thoughts, it can learn to adapt to this new level of speed and notice and comprehend the meteoric messages.

Don't watch the thoughts, but the place of awareness. Tune in to it a hundred times daily, until you can easily find a connection, and leaving thought behind, become simple awareness. Insights appear and instantly burst like bubbles, leaving only a memory of a memory. The task is to enter the bubbles before they burst.

Learning to use the mind correctly is the most important thing there is.

When we minimize mental sleep, and habitual, compulsive thoughts, there is more space in the mind. We notice both more and different things. When you clean out the attic you find treasures that have been forgotten. Other kinds of content come forth, even from before birth in this body. Long-forgotten feelings, and faint memories of what we have been seeking all our life without quite knowing it.

In the everyday practical realm, weed out inessential concerns, to allow that which is covered over to come forth. There should be very little you need to attend to. Do nothing but what you are doing. While eating, just eat. Do not even produce mental contents. There is enough in awareness in this moment to provide extraordinary experience. We are pulled in many directions, to the extent that we seem to have different natures at different times. The wise human is an integrated being, maintaining the ultimate priority always. Centering before entering, rarely carried away by impulse. No excuses. Difficulties are opportunities. The mind must be attentive and undistracted, an open channel for messages from within and without – messages blocked and distorted by more practical concerns, as light from the stars is blocked by the sun.

Unattached to the conventional world, be fully present in the moment, able to respond to unexpected stimuli as they occur, in light of the ultimate priority. The more you walk the talk the more you advance. Each victory of willpower adds power. You are given strength beyond human, and rewards beyond those of giving in: transmundane experiences unknown to one who cannot let go. You may be tried beyond what seems endurable, but the body is a small part of your full being. There are friends who will not abandon you.

*The more you walk the talk the more you advance.
Each victory of will-power adds power.*

Thoughts are a tool meant to be used occasionally, for a purpose – not allowing them to hijack the mind and go on and on, unmonitored and uncontrolled. For most, compulsive and unhealthy thoughts can be stopped like any habit. In watchful silence, the mind blossoms, free at last from indoctrination, from 'self-evident' sensory input, and mental fixations that continue after circumstances change.

For someone with a demanding job and family responsibilities, such focus is much more difficult – although still attainable at some level. Consider every moment, every encounter, to be in some way an encounter with your full self.

After activity, resist immediate transition. Eliminate haste, and the feeling that there are things you *must* do or *really* want to do. There is a natural tendency to get caught up with an activity, gripped by the magnets of the body-mind. This is particularly noticeable when emotions are goaded. It is even more apparent when temptations rooted in physiological urges arise. However, the magnets hardest to escape are thoughts. 'Natural' tendencies can be outgrown. Keep your eyes on the prize. Remove excess stuff, excess involvements, and excess mental activity. Then, when thought bubbles percolate up, instead of *sleepwalking* into well-worn ruts, observe, and enter *their* world. Awake, not caught by thought, allow the embryo of the complete, wise, and truly human being form, moment by moment.

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Wisdom by
Sano di Pietro

On the other side of the door lies the Treasure. Yet one who has no idea of the paradise of reality will not care, being comfortably enslaved, preferring not to see. Conventional life offers much to keep us busy and even feel fulfilled. Living an existence that appears miraculous to a person who is caught by thought is normal human development. This transformation is difficult to achieve, but a possession forever. You will see: There is no death. You are the world, and so will love your neighbor – and all things – as yourself. They *are* yourself.

The conscious, ego self is a raft on the ocean of the unconscious. The individual organism is a link to those larger forces. It can become aware of them and identify with them rather than with the body.

When you arrive at this mode of being, the world within the world opens. This is the real world, of which the material world is only one interpretation. We discover it, it is not made up. The existence humans generally accept without question is seen to be childish, a simplistic version of reality. Our inner thoughts and feelings are clearly revealed in outer words, acts, and appearance, but it takes attentiveness and time to perceive this. Existence is not just material, but is primarily consciousness, energy, and information. The thought-addicted person knows only the tip of the iceberg.

Many things must be learned in the material world before it is possible to go beyond it. Having acquired the necessary information and experiences, which are different for each person, one is free to give mindful attention at all times. Everything is communicating to us; there are riches beyond thought wherever we are. But we are almost always too busy doing something else to notice. Do not die without knowing what occurs in a quieted, attentive mind. That is the reason you were born.

It takes time to acquire such knowledge. One limited to practical affairs, trapped by the lower mind, does not notice what is before his eyes. What one has done, all will do. Someday, all humans will be here now. May that day come soon.

The Emerald Tablet
As above so below,
as within so without,
as awake so asleep,
for the miracles of one thing.



- RHT
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