



## **Dissolving The Ego Course**

All of my teachings are based around what we learn in the Dissolving The Ego course (DTE). Each lesson is described in brief below, with the main essence of the lesson as the focus. Please refer to the main study sheets for a fuller description of each lesson.

### **Lesson One Learning to recognise the Self**

Lesson one asks us to focus on the Infinite Self (or Noumenon) by whichever doorway we find appealing as often as possible, at least 20 minutes per day. Bringing attention to what is real and what we really are allows the false separate sense of self to begin to dissolve. There is nothing other to be done than to focus on what is real because you cannot get rid of something unreal that does not exist! All the four lessons are different ways to focus on the real Self.

***This is meditation-putting attention or focus upon the Self.***

### **Lesson Two Deepening Your Recognition**

This lesson asks us to look at where there seems to be a cause and a separate effect in our lives and to see the cause and the effect are the same thing, showing up two different ways. Our mind will say that we feel a certain way because of something happening in our body, life or world. In lesson 2 we see that the external event, emotion and the belief are the same thing showing up in different ways.

***This is contemplation – questioning the truth of the belief curiously and then seeing the emotion and external manifestation change to reflect the letting go of believing.***

### **Lesson Three Switching Identity to the Self**

In lesson three, we question the core belief that we are a separate being by trying to find that separate being. When we fail to find a separate self, it begins to lose its apparent reality and we lose our fixation on it. We give the illusory sense of separateness validity, attention and therefore a seeming reality because we (the Infinite Self) think it exists. When we do not find a separate self, we find the Noumenon in its place and we then inquire how we are recognising it. Over time we come to see that we are looking at the Noumenon, FROM the Noumenon and there never was anything else.

***This is self-inquiry -inquiring deeply and trying to actually experience what we really are rather than simply assuming we are what we seem to be (a separate person).***

## **Lesson Four Dissolving Duality and Becoming The One**

In lesson four, we contemplate on the essence of all forms to come to realise there is only formlessness, showing up as intangibility or tangibility. We realise that there are not two (form and formless) and therefore duality does not exist. Duality will always seem to exist and we only need to be clear it does not and we will not suffer. This is living from the unknown, where we have no assumptions about anything, we can use words and concepts, names and labels but they have no meaning and feel light and empty. When we do not know what something is, we experience its essence which is the Self and we will feel peaceful. When we assume we know what something is, or we really believe in its name, we experience the name and we suffer.

***This is contemplation on essence, focus, samadhi or coming to know something by being it. Lesson four is the culmination of an ability to focus deeply on something long enough to realise it and be it, a prized yogic skill.***

### **Why are the lessons in this order?**

The first thing we need to do is to begin to realise what is actually real about us. By experiencing what is real, the Noumenon, we begin to allow more power and focus to be able to let go of old ideas. This is true even if we still think we are separate to the Self/Noumenon because thoughts/beliefs have very little power compared to the Self. We are so powerful that whatever we put attention on seems very real and so we cannot focus on the egoic sense of self and expect it to go away. Even if we pay it attention to try to dissolve it, we only strengthen it. The only way forward then is to bring attention away from it and towards the Self. This is lesson One.

Only when we have begun to bring attention to what is real, the Self, will we then have the clarity and increasing power of the Self to see clearer that there is no cause and effect. We can begin to see that there is no cause for our negative emotions outside of us. Then we can see that we are angry because we believe we are powerless or blocked etc. We see we feel scared because we feel we are a separate being. Only once lesson one is in place can we hope to dissolve duality because as a separate being, cause and effect seem real and different to each other. We cannot let go of beliefs when we feel these beliefs are who we are and that they are true.

Once we have begun to assimilate lesson two, we will have more focus and power to keep attention on one thing for as long as is needed. This is what we learn in lesson two and we call it contemplation. Soon we will see that all these beliefs depend on one other idea, that we are a separate being, moving around in the world and subject to birth and death. Once we have cleared away a few of the branches (beliefs like unworthiness) we will be able to see the trunk of the tree of separation and inquire into that to chop at the root. Usually, we cannot focus attention enough to transcend the idea of separation because attention is pulled all over the place by mind due to all the ideas still being believed. Once we are clearer, we can directly question this core idea of separation. This is lesson three-questioning the core idea behind all suffering.

Finally, when we have freed up most of our energy and focus by removing (or beginning to remove) the belief in separation, we will be able to focus on the final or first duality of form vs formlessness, creator vs created. They are not actually two but seem to be and to transcend this fully we need to have mastered the art of open questioning or contemplation on one point for long enough to break through into seeing it. If we are at all trying to find that out, making any effort at all or have much unworthiness still we will feel our focus pulled away. Samadhi is the ability to stay open and focus on one thing (or focused on Nothingness/Self) long enough to come to know something by being it. To transcend this final duality, we need to have fallen in love with questioning and that questions or openness are more important than any answer. Lesson four allows us to live in a deep Samadhi/awakened state, at first it will be sporadic and only during deep meditation, but then progressively more and more present during the waking state and eventually continuously and effortlessly.