

RECOVERY

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ABSTRACT

A vast, captive majority of humankind, focussing on and hypnotically fascinated by the deceptive glamour of their “individual egos”, have forgotten, and have thereby forsaken, their original transcendental awareness of the Oneness of All Being in Cosmic Mind. Recovery from the sheer insanity of such dualism, with all of its concomitant, if delusive, horrors, would entail the Recovery of full conscious awareness of the underlying unity of all existence in the Cosmic Self.

Ultimately, it will be realized that the “world” we now *seem* to experience, with all of its faults, as *we* perceive them, the “world” that we, along with all other “individual” sentient beings know, is the “world” that we *must* experience, the timeless “world” that forever IS. In finally coming to realize this, to know our “individual selves” as the One Cosmic Self, we find that it is not the so-called “world” that changes; the change is in us. We are at last in our primordial home in the best of all possible worlds, our own projection, and know that we have never left it, except in our own illusive construction of an unimaginably dwarfed “individual”, to the time-fettered, space-bound existence of which *we limited ourselves*, having simply forgotten Who and What “we” really Are.

Mentalism

Belief in the independent reality of something called “matter” is a monstrous fallacy, based on an unproved and unprovable assumption, that has hobbled and warped human thinking since time immemorial.

In the last analysis, Mind is All That Is. Extraordinarily simple, yet profound, Mentalism is the doctrine that only one Being, Cosmic Mind, eternal and changeless, is real; that all phenomena, including what we normally think of as our “individual selves”, exist as temporary projections within that Mind; that the universe is a display of Mind, by Mind, to Mind. Mentalism discriminates between reality and existence, declaring that Mind is the *only* reality – the changeless That which *always is*. The existent comprises changeable phenomena that are manifested and animated by Mind, their ultimate substance and ground. Hence the universe may be said to exist, but is unreal as such. It derives its *apparent* reality from that of the Mind that generates it.

Cosmic Mind’s infinitely varied manifestations *appear* to arise, to be sustained from moment to moment, and to pass away within It. Such manifestations include all possible objects, realms of experience, dimensions, parallel or divergent universes, “multiverses”, space and time. All of these, and any conceivable or inconceivable others, are ideas in that Mind, which is super-conscious and supremely aware not only of Its own ineffable nature, but also, through Its progeny, so-called “creatures” like us, of all events, in all times and places, *simultaneously*.

From our individual standpoint, all experience, *without exception*, is wholly and entirely mental, including everything that we mistakenly assume to be *independent* “matter”, separate and apart from us. The naïve belief that there is a “real”, “material”, *independent* world “out there” is a misinterpretation of experience. There is only the One Infinite Mind, in which we, like everything else, *appear* to enjoy a temporary existence as Its thoughts but in which in essence, as Mind Itself, undifferentiated pure consciousness, we are birthless and deathless.

The Birth of the Ego

We normally fail to perceive this because of the existence of the ego, a strongly-held complex of ideas, focussed on the body and the personality, themselves ideas, which by screening and distorting Reality, deceives the individual into believing, falsely, that he or she is uniquely and essentially different from all other people and things.

We are normally locked, or rather have locked ourselves, into a so-called “consensual reality” which is most difficult to dissolve. Within a self-created time series, we have jointly and severally created and projected an “outside” world, *apparently*, but not actually, separate and apart from us, that we thenceforward erroneously believe to exist *independently*. Feeling obliged to account for it, we then conclude that it **MUST** be composed of **SOMETHING**, and have named it “matter”. Thus deluded, we totally fail to understand the true nature of the world and of ourselves, and it is normally only in those rare moments when the personal boundaries have thinned down sufficiently that we may catch a glimpse, or even have a direct, insightful experience, of Cosmic Consciousness as It really is, or, to put the same thing in another way, as “we” really “are”.

By creating and concentrating on a personal ego, you have reduced and contracted away your Infinite Being, collapsing It into the minuscule, hallucinatory appearance of a perishable individual. Such a deluded “individual” is comparable to a wave on the ocean’s surface. *Looking out* at other waves, coming into momentary existence only constantly to change and quickly to disappear, the individual wave may perceive itself as unique, wholly separate from and independent of all other waves, and even mourn the appearance of birth and death amongst its companions and as its own fate. Yet all such illusions are dispelled once it *looks within* and realizes its boundless, essential nature as *Ocean*.

The final truth is that there is only the One, the ultimate Self of all. It is from an instinctive awareness of this that every “creature” derives its sense of selfhood. Discriminating between its existence as an apparent “individual” and its essence as pure Being, from the latter standpoint every so-called “creature” can truthfully say, “I, and I alone, Am. I have created out of Myself this universe that I appear to experience simultaneously in and through all of My phenomena, that are perceived in Me by these vastly shrunken apparent “individuals”, to each of whose perceptions I have appeared to limit part of Myself”.

Such Solipsism must not be misunderstood. It refers to the One Cosmic Self, not to the individual personality or ego. Misapprehensions of this kind lead to the most dangerous egomania. We must beware of such misplaced attributions, the disastrous consequences of which are to be seen in the actions of the power-crazed, ancient and modern, down to the present day. The motivations of such swollen egos are an insatiable lust for wealth, fame and unbridled control over others. One need look for examples no further than tomorrow’s newspaper headlines.

True insight into the nature of Self would immediately destroy all such misunderstandings. The full knowledge by each “individual” that it *is* the All, would quite naturally require that “individual” to recognize every other “individual” as its very Self. Wars and other forms of violence, indeed all ego-based, selfish actions, would no longer be possible, or even remotely conceivable.

The Prison

Only a very few seek to remember the Cosmic Self. Hypnotized by the fascinating charm of life in the ego, and having forgotten Who and What they really Are, they simply do not know what they have given up in exchange for it. Imagine being born and raised in a windowless

prison, with no conception of even the remotest possibility of anything else; except, perhaps, for the rare fleeting glimpse through a half-open door, quickly closed, of a mere hint of the existence of green grass, blue sky and sunshine. You may not even believe in the actual existence of an “outside world”, but these fragmentary glimpses may awaken and sustain an inchoate yearning for something more than the grey, dark walls that have always hemmed you in. Most prisoners will prefer to remain comfortably confined to the familiar, fearful of any change. A very few others yearn to be free, difficult as such freedom is to imagine because so unfamiliar to their limited experience.

The fearful ones who reject all change are those whose best idea of immortality is perpetuation of their imprisonment. To cling forever to the ego, locked into this time-bound, space-fettered existence, is comparable to a *self-inflicted* life sentence in prison without parole. The aspirations of those who would be free are stimulated and sustained by those fugitive glimpses of the “outside”; they can never rest until they have been released into a formerly unimaginable world of sunshine, fresh air, green fields and star-spangled night skies. Such freedom can never be known to, or even imagined by, those others for as long as they elect the spurious “security” of continued imprisonment.

The Insanity of Dualism

It is a fundamental principle of science, that the totality of existence is One. Monism is logically unassailable. Within this obvious unity and wholeness of existence, materialist so-called philosophers, following Descartes, have gratuitously divided existence into a “material” world of “extended physical objects” and a “conceptual” world of “mental objects”, i.e., thoughts, feelings and beliefs. This false dichotomy quite naturally arises from a strong belief, held with hypnotic force, in an ego forever separate and distinct from an “outside world”. Yet we *know* that consciousness, and its products are *all that we ever*

actually experience; consciousness is clearly primal and ubiquitous. All else, as the physicist Sir Arthur Eddington put it, is remote inference.

The Mentalist teaching that Cosmic Mind is All that IS, the timeless, spaceless That, or Logos, which is ultimately Real, while containing within Itself all ephemeral phenomena, including the time and space in which they appear, is *known* to be true by the most acute, straight-line reasoning. When, by putting aside the distorting lens of the ego, the Reality of One Cosmic Mind is finally perceived, it is seen to be *self-evident*. One may well wonder why it had never before been noticed, as it was always plainly there for all to see. It is then realized that the universe is not dead “matter”; that the universe is alive, conscious and mental; that *there is no “material” world in the sense in which the ego-blinkered materialist simply assumes there is one.*

This *very basic* fault in perception, directly caused by the interposition of the ego, is a serious, indeed a *fundamental* failure of the reasoning process. Such disordered reason is, by definition, a form of insanity. It is not too much to say that most people are immured in a false belief in an unknown and unknowable “matter”, forever separate and apart from both themselves and Cosmic Mind. To the extent that their inevitably egoistic actions are driven by this belief, they are plainly and simply insane. *True* sanity arises from the direct perception of the Real, pure consciousness, as the very essence of both the so-called “individual” and the universe.

In *The Light of Asia*, an inspired Sir Edwin Arnold described the state of the Buddha, on becoming enlightened, in these words: “Aroused and sane, as is a man wakened from hateful dreams ...” Finally, for the very first time, then and forever, Gautama was fully *awake* and truly *sane*. Having put aside his lifelong, ego-based illusion of separateness, he was at last able to see into and to merge with Ultimate Reality as It IS, beneath the deception

and falsity of transient appearances. Such supreme arousal and sanity are the transcendent reward of true conscious Self-awareness, that is, awareness of the essential nature of the “individual” as pure consciousness, untainted by any thought of personality or ego.

This is not to say that those “individuals” who fail to perceive the Real, Cosmic Mind, and Its relation of identity to themselves are certifiably psychotic or are suffering from some form of clinically-defined mental disorder. They are, nevertheless, most definitely, albeit usually mildly and *relatively* harmlessly, quite insane. The false, dualist belief in a separate individual self and, consequently, in the pre-eminence of the ego, inevitably gives rise to an urge to accumulate at the expense of “others” and a wish to assert power over them, who are misperceived as totally different from oneself. The more unfortunate, all-too-common consequences of this basic failure in perception are to be seen everywhere, in countless examples of “man’s humanity to man”. Not “inhumanity”; what could be more typically human than aggressive wars, theft, pillage, rape and murder?

The truly sane, totally Aware person is wholly incapable of such actions. He or she not only perceives the inner light in all “others”, but also, much, much more, perceives them as his or her very Self. *All* creatures, human and non-human, “animate” and “inanimate”, terrestrial or “alien”, are seen to be One Conscious Self-Awareness. There is no “other” in this or any other world or universe. All simply IS.

The “Soul”

An obstacle to this realization is a stubborn, widely-held belief in a “soul”. The “soul” both is and is not. In essence it is pure consciousness, birthless and deathless, hence immortal and eternal. To realize “soul” is to *know* that one can never die, since consciousness, Mind, is beginningless and endless. This is “soul” in the higher, transcendental sense.

From the more common, limited point of view, *the* “soul” is conceived as a refined version of the ego. It is, accordingly, yet another obstacle to be overcome. To cling tenaciously to the idea that one is an immortal *individual* entity that will, in the course of time, be “saved” and join an anthropomorphic “God” in some place called “heaven” is not at all “spiritual”; it is totally materialistic. The false belief that the so-called “soul” and “God” are independent entities, forever separate and apart from each other, is an impediment to final understanding. You are not the body nor do you “have” a body. You are not *a* “soul” separate and apart from anything else. You are pure consciousness itself. All that you perceive is your very Self.

John and Mary Smith may be said to exist, but they are not ultimately real as separate, individual personalities. They are, however, forever *essentially* real: birthless, deathless, infinite, pure consciousness. Deep within them, they have the sure knowledge that they can never die, but normally, if they think about it at all, they wrongly attribute this intuited immortality to the ego, or “individual person”. Because of their immensely dwarfed perception of what they consider to be their individual selves, however, they misinterpret this intuitive knowledge and reduce it to a mere belief in the indefinite perpetuation of their egos, and fancifully refer to these imaginary creations as their “immortal souls”.

The Downfall of Institutional Religion

They are typically encouraged in this false belief by organized religions, which can then exploit and control them with the threat of eternal torture in some sort of “hell” if they are “bad”, coupled with the promise of a nebulous, far-off “heaven”, to the endless, unstated joys of which their “souls” may aspire, if they are “good”.

Aware of Cosmic Consciousness, they will become *truly* religious for the first time; religious in a way much more profound and meaningful than that of nominally religious people, who

measure piety by the regularity and frequency of their attendance at church, mosque or temple. They will clearly see the hollow emptiness of institutional religion, and pierce through the pretensions of pompous, materialistic, uninspired, so-called “religious leaders”.

Nevertheless, the religious impulse is a true one. It originates in our intuition of the Oneness of the Reality beneath all infinitely varied existences, in the underlying urge to unite with It in full, awakened consciousness.

Should the truth prevail, as eventually it must, we shall all, in full Self-awareness, knowingly and with intelligent reverence, worship the True God; not a magnified Man, but our sublime, ever-present Cosmic Self, the All, both within and without. We shall, as “individuals”, both obey Its intuited direction in all things, devoted wholly to the selfless service of others, and to the extent practically possible, refrain from taking the lives of any and all sentient creatures, for as long as we retain a “personal” existence in human form. To hold to this knowledge and to act solely in its light is the secret of inspired action.

The normal focus of attention is on and through the ego, primarily associated with the illusory body. As you continue firmly and unflinchingly to identify yourself in thought with pure, unadulterated consciousness, you will, quite naturally, increasingly view the world from its standpoint. With growing awareness, the centre of selfhood shifts; the circumference of self-awareness expands. You progressively relinquish the ego-centric attitude and finally drop it entirely. You will view your old “personality” and physical body impersonally, as you would formerly, in your ignorance, have looked upon a total stranger. As a consequence, your life will be experienced anew, as an indescribably wonderful lucid dream, in which you will perceive within yourself the entire “world” of people, places and events, yet know that it, like a lucid dream, is your own projection and is composed, not of an unknown, unknowable and hypothesized “matter” but of your own “Mind-stuff”. Just as in an ordinary dream, you

literally *are* all that you perceive. With this realization, however, unlike in the dream experience, you are no longer hypnotically captivated by the illusion of separateness. By overcoming the ego you have realized Life. No longer a “believer”, you now *know*.

The Transition

At this “time” and in this “place”, there appears to be an ongoing expansion of the consciousness of many “individuals” who are becoming increasingly aware of the primacy of pure consciousness and of the illusory nature of so-called “matter”. Much could be said about the benefits to humankind, and to the world as a whole, of this progressive recovery of sanity. One can imagine the emergence of a far, far “better” world, one without strife, in which all would live blamelessly and for the benefit of all. The details of such possible outcomes are limited only by the imaginations of their proponents.

Yet even the most rosy of such scenarios suffers from a fatal flaw, in that it is based on an invalid assumption, and must be considered as transitional only. Such scenarios imply that we shall continue to limit ourselves to existence as “individuals” in a brave new world, who continue to act vis-à-vis each other in this way or that and to “enjoy” this wonderful new situation. They are conceivable only within a space-time existence still dominated by egoistic thinking, perhaps very refined, but still not too dissimilar from the present world as we experience it. When we try to imagine a “better” world, we naturally tend to do so within the framework of the persistence of an individual ego. Yet we know that this dualist, materialist view is limited, however finer and more noble such a world of experience would *appear* to be. To hold to this view is to misunderstand what the general spiritual awakening of humanity really means. It is yet another materialist illusion to be overcome.

This apparent world must appear as it does. All suggestions of what our world might appear to be like if it were otherwise are idle speculation. *This* is the world as we encounter it and *this* is the world with which we are to deal.

The Quantum Present

The totality of existence consists, not of a single four-dimensional universe, but of a “multiverse” comprising a virtually infinite number of parallel and divergent universes, all possible worlds in all possible dimensions, that contain creatures and events that are normally far beyond our wildest imaginings. These worlds, *all equally valid*, simultaneously co-exist, with their pasts, presents and futures, including all *apparent* evolutionary sequences, in an Eternal Now.

As imagined “individuals” we *appear* to choose the space-time line that we seem to follow. Indeed, each “individual creature” *appears* to make this choice many times a day, throughout its apparent lifetime in this or any other world. Accordingly, whatever choice you seem to make appears to set you, as an “individual”, on a course that differs from those many that you have actually seemed to make for other space-time lines, along which other “you’s” are also *seemingly* proceeding.

From the “individual” point of view, you, and any and all of your other “you’s” *appear* to be creating, or co-creating, your diverse worlds. You believe that you have exercised free will in appearing to be able to choose the particular space-time line that you seem to follow. You may even believe that you may, by “patterning” of some kind, be able to create the “best” future. You may even appear to succeed. Nevertheless, all so-called futures already co-exist, including the “best” and the “worst” conceivable from the “individual’s” limited point of view. Hence, “free will” is reconciled with determinism. It all IS, predetermined, but “you”

as an apparent individual, have any number of free choices to be able to appear to make in the entire matrix of what IS.

By the power of concentrated thought, you may be able, as an “individual”, *apparently* to move down any imagined parallel world path that you may wish to pursue. *Just as with the present experience*, however, it is all seeming. Whatever “world” you appear to be experiencing, there *is* only the One underlying Reality. Therefore, the world that we currently appear to know, with its generalized, human-ego-generated insanity, with all its false gods and countless instances of “man’s humanity to man”, with all its ”sins” and “errors”, “horrors” and “crimes”, already IS. It is the world as it *should* be, however difficult that may be for us to grasp. Moreover, wherever you, as an “individual”, seem to be, is also where you *should* be. Our final lesson is to learn total *acceptance* of what *appears* to be this world as, in truth, the best of all possible worlds when seen from the highest standpoint, that of the Cosmic Self.

The Real World

From the moment of realization of the One Self, Cosmic Mind, as the sole source, substance, and Reality of the universe, the former “individual”, free at last from the tyranny of belief in the ego, may for a time continue to exist as such. In the light of the One Cosmic Self, however, there is no permanently separate “individual”. We have the choice, as always, either to continue to view the universe through the distorted, tinted spectacles of the glamorous ego or to set ourselves free to realize It as we really Are.

We are all-pervasive, formless, changeless, eternal, infinite Being. Free from attachment, wanting nothing, we are All-Full. We know the universe and all of its phenomena to be unreal and illusory, perceiving that it is imposed on the Self, through the delusion of an ego.

We know that Self-knowledge is not to be *attained*. Beyond the “transitional” world, the fully realized world already *is*, now and forever, and is therefore certain eventually to be realized as such, and indeed *already is* so realized, in its own “time”, by each deluded, ego-trapped, timebound and space-fettered, so-called “creature”.

The ego may be regarded as a method devised by the Self to experience limited existences without any plan of “progress” or any particular “goal”. *There is no “path” and there is no “goal”, there is no “progress” and there is no “spiritual evolution” to a finer and loftier state of being, other than in seeming.* It is in the very nature of the Cosmic Self-dreamed universe to BE what It IS. All ideas of evolution are time-constrained, hence an illusion. Those who believe that the world is progressively evolving, growing toward some distant, sublime goal, have still not shed their materialistic outlook. The real world is not one thing, and themselves another. They are *One*, forever *here* and *now*. All so-called events, like waves splashing and playing together on the surface of the sea, are, in and of themselves, of no significance. Such forms come and go, never lasting long. All apparent changes take place at only the most superficial level.

Beneath the restless waves, the vast and silent sea remains what it is and has always been.

Hence, it is ultimately unimportant what apparently happens to the world or to humankind themselves. To outward seeming, this fleeting world and all its time- and space-bound “creatures” will, in any event, dissolve and disappear. Indeed they are *constantly* doing so. Every incredibly tiny fraction of a second of our “time”, *everything* in our experience, including what “we” think of as “ourselves”, changes. Every newly projected, evanescent atom in the universe, is not the same atom as it was even one split-second before of our apparent “time”. There are countless apparent “individual” births and deaths. *Endless* change is a basic characteristic of all existing, but ultimately unreal “individuals”, “things” and “worlds”.

All that remains will be what It has always been and Is, Cosmic Mind, the changeless, transcendental Self of all.

We do not change the world. We only learn to *see through* it for what it really is. The change is in us. When we are finally “wakened from hateful dreams”, having transcended *all* worlds, it will be seen that whatever world we seem to experience *is* the perfect world, and, indeed, *always was*. Immersed in our illusions, we simply failed to perceive this. The “individual” will finally have found its place, the entire universe in itself and itself in the universe: the Self in All, and All in the Self. It has at last come home only to find that it had never left. At no time was it ever bereft of the presence of Absolute Being.

Beneath the most insane excesses of human behaviour, there lies a hidden radiance that defies description. Within what we, in our wilful blindness, believe to be the worst of environments, the splendour and beauty of the One Cosmic Self can be known as what It always was and forever Is. For the *seers of the essence*, who are “aroused and sane”, beneath the cries of agony and despair, the thunder of guns and the clash of swords, is to be heard a heavenly melody. All of the most *apparently* terrible scenes are now known to be mere “hateful dreams”. The apparently “ugliest” environments, dominated by the most “evil” of people, are only transitory, surface phenomena, *seen* to be existent, but *known* to be ultimately unreal.

This final consummation is not “heaven”. By transcending the ego, we transcend all ideas of heavens and hells and consciously enter into and become the true immortality – the timeless, spaceless Void of Absolute Being, the Source and Destiny of All that ever was, is, or will be. All attempts to describe such a state of perfect Self-Understanding are hopelessly inadequate.

This wisdom, this Gnosis, simply cannot be expressed in words without distorting Its Infinite Meaning. It is to be experienced rather than argued or debated.

Envoi

Having widened the boundaries of consciousness to encompass the All, you now know Cosmic Mind, revealed in all Its glory: all times, all places, in all universes, the Infinite Cosmic Self. Maintaining your awareness of your ineffable nature as pure consciousness, Absolute Mind-in-Itself, you *simultaneously* experience, in the most minute detail, the lives, from *apparent* beginning to *apparent* end, of all “creatures” in all possible “worlds”. You have, as an unimaginably dwarfed “individual”, self-trapped in “time” and “space”, simply forgotten Who and What You Are. Now “aroused and sane”, You at last blissfully remember that You and You Alone, Your true and only Self, are All That Is.