

## NOTES FROM LOLLYGOG

By William Samuel

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### HERE AND NOW

The New Year is here and now; and this here-and-now is perfect, as many who study with us ultimately comprehend. All we are actually concerned with is this here and now. The Christian era began with the words, "The time is fulfilled; the kingdom of heaven is at hand." What is this but the statement that Heaven, Harmony, Perfection are here and now the Fact?

Consider this "here" and "now" a moment: When do we read these words? When do we look across the way and see a familiar face? Or any face? When do we see children scampering with their toys? NOW is the "time" that "seeing" takes place. "Seeing" is NOW.

When do we hear the sounds of children at play? When do we hear the voices of friends, the sounds coming from the television, the rustle of leaves underfoot? NOW. Hearing is ever NOW.

When do we catch the smell of breakfast bacon frying or feel the touch of a hand? NOW is the time of all tangible experience, isn't it? Tangibility is NOW— not yesterday, not tomorrow, not even the next moment, but NOW. (And where is the tangible "demonstration" so many are looking for? In the tangible NOW of THIS experience.)

Reader, WHERE is this conscious experience going on? Where do we do all this seeing and listening and experiencing? Not somewhere else—but HERE. And not another time, but NOW. The tangible aspect of conscious awareness is ever HERE and NOW.

Listen gently: the here and now are present as this consciousness reading these words. This is the here-and-now-consciousness that individual Identity is! And this is the only one we are ever concerned with. This is the one we "put in order". This is the eye from which we remove the beam.

Actually, we have never been concerned with another conscious awareness. Even when we think we have been confronted with "another" experience of son, daughter, husband, wife, friend, partner, associate, leader, national figure, potentate, king, Christ Jesus or the Hosts of Heaven, earth and the Universe, the knowledge of these figures and the consciousness of their actions are always THIS conscious awareness even now examining these words! They are everyone included "within" and "as" this here and now consciousness that says, "I am!" Who can deny that consciousness lives forever as itself, here and now the eternal moment and infinite place of all that we call "our own" Identity-Experience? "But Mr. Samuel, my here-and-now is so limited.

The here is infinitely more than a point in space and the now is so much more than a moment in time, despite education's declaration to the contrary. Illumined consciousness reveals

("Illumined consciousness" is simply unbound, uninhibited, childlike awareness freed of personal possession) an expanding consciousness— an expanding hereness and nowness such that we find the strictures of space-time losing their grip and letting us go. Youth reappears tangibly! Loves blooms anew.

Consequently, simple honesty demands that we come in from a disproportionate time in the boondocks of the not-here and not-now, from the agonizing world of fear we create for ourselves by the too long sojourns into the past or the future. Notice that even these sojourns are now-experiences because the resurrection and reliving of memories is done in the now. We make plans and calculations in the now.

We dream in the now. We have missed many tangible wonders in our here and now while wrestling with intangible dreams of a not-now or worrying about events that are not-here. Enlightened philosophy often speaks of finding the beginning and staying there. The beginning for us is this present here and now awareness. "Take no thought for the morrow," said the one called Jesus. Sufficient unto this day, this NOW....let/us get the beam out of THIS eye, this here and now awareness I am, THEN shall we see clearly.... Perfection is even NOW spread over the face of the land.... Beloved, NOW are we the Awareness of Mind. Coming home to the here and now "it doeth not yet appear what we shall be" but we "see" unfolding consciousness AS IT IS (because we ARE unfolding consciousness) and not as it appears in the dream of a not-here, not-now.

Our activity at Lollygog begins with a "coming home" from the far country of not-here and not-now. We "return" to the fact of this here and now awareness ITSELF that presently includes these words. We end the tortuous meanderings of the prodigal and leave the pig sties of his far country. We make a personal discovery of the present consciousness being Identity. This is where we stay. Said Jesus, "Blest is he who shall stand at the beginning, and he shall know the end and shall not taste death." Said Laotse, "The Sage is the one who has found the beginning and then does not wander from the ways of the ancients." Here is the "Secret Place". This NOW is the Shekinah. This here and now consciousness is the Holy of Holies into which nothing enters to make a lie.

Oh, but the action of "remaining" here is not the lethargic task one might think. For myself, I became aware quickly and painfully of the old nature's reluctance to give up the ghost. I was sorely shocked at the tenacity of old habit and the lingering smell of smoke. I had to bring myself back time and again to that place which, in actuality, Awareness had never left. I had to bring attention back repeatedly to the conscious recognition of a perfect awareness, the real and ONLY fact of new.

Reader, I write these words so that during the coming NOTES FROM LOLLYGOG we may study and write together from a common ground—the absolute totality and aloneness of this single, simple and perfect Awareness-we-are. You shall find that an honest, selfless examination of this Awareness discloses perfection already at hand, merely awaiting our acknowledgement and honest action in accordance.

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MEDITATIVE WRITING, DISCUSSION AND PRACTICAL EXERCISE #1:

The metaphysical world is correctly suspicious of "spiritual exercises," due, no doubt, to the

ineffectiveness of most such exercises and to the ritualistic and/or mysterious practices that surround them. Even though organized metaphysics is deeply suspicious of spiritual exercises, it contains many of them, most of which are zealously guarded from the "profane". Mankind has protected his innermost "secrets" with such efficiency he no longer remembers what he has hidden—or where. Signs and symbols are everywhere apparent as religions, secret societies and mystical movements but the Principle that these Rituals originally represented has been lost sight of entirely, over-looked in the veneration of the mumbo jumbo or in the worship of the one who promulgated it.

The simple act of reading (the Truth) is a "spiritual exercise"—witness the "daily readings" or "getting the lesson". The act of writing the Truth (to whatever ability we can) is also a "spiritual exercise", once a carefully guarded secret of many religious organizations around the world.

Individual "enlightenment" is ever the human aim of such exercises—and by "enlightenment" we mean that mystical experience wherein the "breakthrough" occurs— or, better, the breakout into that Light wherein one discovers the Single Selfhood that All is.

Mystics have long known that writing is singularly effective in bringing one to that inner atmosphere of selflessness wherein Illumination inevitably blossoms, the obvious purpose of any spiritual exercise, be it religious, mystical, meditative, occult, heathen or otherwise. Furthermore, meditative writing ultimately carries one beyond mere Illumination to its very Basis— that Love, the poets have called the "mysterious Rapture", the Holy experience of unbound, uninhibited Love spoken of by Jesus, John and all who have found it; an event that neither the world nor the intellectual aspect of metaphysics knows anything about—but awaits everyone. These are the talents that much of churchdom has buried via secrecy and symbolism only to find itself in these last days acquiring the title of "wicked and slothful servant", a dead thing "to be cast....into outer darkness".

But in actuality Truth is not buried and, indeed, could not be. Wisdom is not about the business of hiding itself from itself. Isness is not playing hide-and-seek with all it knows. Itself to be but the fraud we play at being certainly appears to be doing these senseless things. The old nature would have us thinking in terms of signs and symbols only, hiding the Truth from the "profane" or from those who "do not understand" or "are not ready". Admittedly, so far as the old nature goes, this is often the only sensible thing to do. Just as we have, so the world has discovered the folly of going off halfcocked, talking when it should be listening or rolling its gems under the wheels of steamrollers. This does not gainsay the fact that Truth does not need protecting however.

It is not my intention here to question the propriety or impropriety of a public discussion of Truth. I wish only to indicate that the appearance of a spiritual exercise or practice as being helpful in the arrival of "understanding" lies in the fallacious belief that there exists a separate selfhood that does NOT understand. The only effective spiritual exercise is the one that ends the belief of such a separated selfhood – and, secret or not, I intend to reveal one to you during the coming months of our study together. I call it "meditative writing" and as it is practiced here in Mountain Brook it is a powerfully effective bubble popping, fiction fighting, dream ender – an exercise that WORKS!

We begin to unbind our here-and-now the instant we consider thoughts, ideas and "things" in the light of the Infinite. Writing is a helpful way to find out what we really think. Anyone

who can read can do meditative writing. No action I know of is more effective or easier to perform. No special skill is required, no penchant for words necessary, no especial background or education. Children can (and do) perform this exercise with astounding results because the absence of education is often a boon. The thoughts that come forth from such writing seldom have to do with the specialized jargon of a particular field but come, rather, in a simple, understood language immediately applicable to our present experience.

Now reader, get yourself a notebook and mark it "private". The things you will be writing in it will be for yourself alone and will be no one else's business. Reread the first selection in this issue of NOTES FROM LOLLYGOG, then write your own answers to the following questions:

1. Does this Awareness-being-I exclude aught that is real, true and perfect? How do I KNOW?
2. Does this Awareness-being-I include the evidence of the Joy, Happiness, Wisdom and Perfection that ISNESS is? How do I KNOW?
3. If the evidence of Perfection seems absent, to whom does it appear "absent" -----to the awareness reading these words, or to the judge of it?
4. Who am I—Awareness or the judge of it?

Write and Rewrite your answers until You are satisfied they are your best.

With kindest regards,  
William Samuel

Ps. additional "homework" – begin writing your own definitions for the words you use. Do not write a single word in your notebook unless you KNOW that you KNOW what it means to you. You will be surprised to find that writing your own heartfelt meanings will reveal how often we are fooling ourselves using words that mean virtually nothing to us – next, it sends up within ourselves to search for and find meanings.

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