

## NOTES FROM LOLLYGOG

By William Samuel

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The final break with the dream comes from gentleness and simplicity, not from the arcane world of intellectualism. The freeing "Illumination" comes from human arrogance put aside, let go, lost. Simple honesty LIVED lets the Light be seen.

The time has come for the written or spoken statements of these final (absolute) facts also to be simple. They need no longer be protected by symbolism. The purity of Truth precludes pretension. Now, in telling the story, we need search for words simple enough, for illustrations gentle enough, for descriptive phrases soft enough to "tell it like it is".

The Hereness and Nowness of Isness-already-the-perfect-All-of-all comes as a disappointment to the struggling nature of us---that reflex so conditioned to "levels (after levels after levels) of understanding", to "states and stages" of erudition. The climber, after all, wonders why he has mental muscles if he is not to use them, not yet aware that the mental processes are used to live the Real, not acquire It. Identity already is what Identity is a point we reluctantly admit.

Our "seminars" here in Mountain Brook or upon our infrequent trips are geared to this simplicity despite the countercharges. These talks, simple discussions in simple words, are pointed at those Hearts grown weary of the struggle to arrive at an Identity one is already.

These are the only ones who get the message anyway. That nature of us still about the business of looking for hidden Truth will go on searching the cracks, crevasses and deep holes for the "strong meat" of the metaphysical maze until it is finally seen that Truth's onliness makes itself plainly apparent to those who would see with the single eye of Honesty---the Eye that precludes not seeing and not knowing. Indeed, in these final days of ignorance's seeming, "there is nothing hidden that will not be revealed; there is nothing covered that shall remain uncovered". We say, as has been said before, "I thank thee, Father...for hiding these things from the learned and wise, and revealing them to the simple...such was thy choice". We say, even as the Galilean Prophet said before, (as a child) "I am gentle and humble-hearted". Then, we live this in fact, soon to awaken to a perpetual Joy of Childlikeness that knows what it knows and says what it says despite the proud protestations of the dreamer's role".

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The ego clamors for the "strong meat" that just "we advanced students" can understand. "Let us get on to the highest level", it says with intellectual pride. Oh, but reader, the subtlety of Truth's strong meat is its very childlike simplicity which forever excludes the ego's perception of it..even when it is dropped in its lap. Even when it smiles from a blossom or from the face of a child.

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## MORE ABOUT MEDITATIVE WRITING

Tangibility is a matter of finally looking AT our concepts of perfection. The carpenter's dream of a unique house is naught but a dream until such time as he brings the tangible lumber and nails into the tangible scene wherein he looks AT the inner dream and sees its tangible manifestation. Those who study with me are expected to begin the simple exercise that allows them to look at their cherished concepts, in a tangible, practical way. That exercise is writing the simple act of writing the Truth. It isn't even necessary to write the Truth as it is. We begin by simply writing it as we consider it to be—our own highest concept of it. We find these words...our own words... are a first step in seeing the "inner intangible" become the "outer tangible". --- to make the "Outside as the Inside" as Jesus put it. We are able to look at the tangible words that represent our concepts and are usually surprised to find what a lot of bunk we've been carrying around for something we thought we knew.

### Example:

Consider "Health". Define this term for yourself in your private notebook. Write your most absolute statement for the word. You may be able to do this in a minute with just a few words or you may find yourself pondering this for days, writing and rewriting, before you are satisfied with your own highest meaning of the term. (But listen, listen: during the time you were actually writing your definition, you were not worrying about a thing. One cannot write the TRUTH as he perceives it and worry at the same moment, any more than one can look intently into the face of a smiling flower and worry while he is examining it!)

So we see, that for a time at least, this simple exercise interrupts fear. The simple action of writing the TRUTH as we feel the Truth, absolutely precludes worry from that action. We cannot state the beauty of the Real via the undivided attention that writing requires and still feel the ugliness of unreality attempting to make itself believed.

Reader, I do not ask that you take my word for this. Take pen in hand, write your own statement of TRUTH in your own choice of happy words, and see for yourself if you experience anxiety in the same moment you are pondering and writing. You will see that you cannot.

But this is only an "added" benefit. It is important that we continue until we are satisfied we have written an honest meaning for the word whether it takes a single word or a page of words. We do not let go the defining until we are satisfied the statement says exactly what we feel. After all, shouldn't we know precisely what the term means to us? What business have we using it unless we do?

Rest certain, as quickly as you find yourself satisfied with your statement of Truth, you will find yourself using the term and using it with more authority than ever before.

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Now that you have defined the term to your satisfaction, read these words to yourself as though you were reading them for the first time. Consider how you might say it all again but in simpler terms; how you might say it again with a softer sound. Listen to your words as a child listens and say it so the child-you-are will understand. Ask the questions the child would ask and answer them to the child's satisfaction. When that one (the Heart) understands,

you will have something! When that one smiles and says, "Now I see!" you will have found the words that communicate— words that our "others" will listen to and accept. These are the ideas that come from the inside and are made into the lumber and nail words of tangibility. These are the words that go on to do wondrous things in our daily experience, which, after all, is that place wherein we expect to see the perfection we are writing about.

One thing more:

These words are our own words; not the words of a spiritual leader, philosopher, textbook or bible of the world. These are not the words that have come forth from another but from within THIS Self I-Identity am. They come forth from our own Holy of Holies. And these are the words that work the wonders in our affairs!

Consider for a moment whether it was your words or the words of another that, appeared to produce the tangible shoes you are wearing, the tangible home wherein you dwell, the tangible contract of your marriage. Your own words or the words of a book or a spiritual leader? Your words, reader. Your words!

What appears to be the action on the stage of our daily affairs is the principle product of our own (most often careless) words. Our "purpose" with these gentle writing exercises is to begin the happy task of speaking from a new position of simple (absolute) honesty. Meanwhile, the "yea, yea, nay, nay" the bible speaks of makes good sense. Even as has been said, "That which cometh out of the mouth, this defileth a man", and so far as the tangible scene of daily affairs goes, this is surely true.

We will have a great deal more to say about "meditative writing" in the future, especially at our seminars. At this time it has seemed wise to tell you that I have found the act of putting the Truth into "my own" words that come forth from within "me" to be a beneficent "first place to turn" and a "something to DO immediately" when worry, fear, frustration, grief, loneliness or any wayward feeling attempts to insert itself within this experience-I-am. Furthermore, this action is a constructive doing not a thought about doing something. It is an action, not a profession, not a dream. It is a walk in the garden of Truth wherein grows not one single bloom of worry or fear. It is a moments sojourn in the Temple "wherein nothing enters that makes a lie". Even as I have, you will find this to be a most rewarding activity if you will but put it to the test and TRY it. We must do this for ourselves....No one can do it for us.

See you next month,  
William Samuel

P.S. When the action of writing is limited to writing the Truth as best we can, this action then constitutes the act of meditation, contemplation and prayer all rolled up into one simple DOING – not a profession of it nor a good intention, nor even a dream of it – but a DOING it! Its effectiveness will quickly reveal itself to you. "Watch" and see.

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