

The Handbook To Perpetual Happiness by A. Ramana

"Identification with the ego or body-mind as being the 'self' is the long held position of all 'persons.' That is, if you think you are a 'person' separate and 'other' than all apparent 'others,' or separate from God, the One Reality, then you are identified with your body as being your 'self,' and the mind's conditioning as being 'my' past, or 'my' experience. This is self-deceit, for there is no such separate person or entity - there is only Reality, or Truth, or God, which is the Source and Substance of all being, the Very Self of all selves."

(Page 154)

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"Creative Imagination arises from what Neville, my first known to be Conscious Teacher, called 'Awakened Imagination.' It is what I prefer to call 'Awakened Consciousness,' for it is our direct awakening to the very Truth, that our real and true nature is not physical but is

spiritual. Or, it is Imagination Itself. But by this, let us be very clear in our understanding of what is meant by the word 'imagination.'

"The word 'imagination' has many connotations or meanings, and some of them are not necessarily complimentary, or may not be considered totally beneficial, and are inappropriate to our context or intended usage here.

"Imagination, as meant here, is the ability in consciousness, as Consciousness, to create.

"We as ordinary mortals, are not aware of or yet awakened to the actual power that is available and potentially ours when we understand and intentionally use imagination for solving our problems and attaining our goals.

"To revise or erase the negative impressions of the past that are recorded in our mind, we need to have a working knowledge and understanding of the imaging faculty of our mind, our imagination. Thought works to produce or manifest ideas into their physical equivalent as actual happenings. It occurs by means of this imaging quality and function of the mind.

"There are a few basic facts regarding the way the mind itself functions which need to be explored with you.

"First, awaken and realize you are a conscious being! Some people may respond, 'Well, what's so outstanding about

that?'

"What is its significance? Well, it's the beginning of everything! It's our 'Likeness with God', or "Made in the Image of God," factor.' God is Consciousness. And, likewise, we are consciousness. Out of consciousness, or our own use of consciousness - the use of which is itself mind - everything in our world is made or formed. The Bible says, 'In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God; all things were made through him, and without him was not anything made that was made.' (John 1:1-3) This is referring to man's own consciousness.

"The word, 'Word,' as used here in the Bible is translated from the Greek word, *logos*, which actually has no adequate English equivalent. It means the combination of the thought or idea of the thing, together with the volition or action, or moving power inherent in it, to bring it into manifestation or expression. Think of it as a verb, rather than as a noun. It is the creative power in consciousness that manifests ideas or brings them into form in matter.

"Out of our own thought we create our world. With our imagination we lay hold of ideas and clothe them with mind-substance, or the living energy out of which everything is made. The idea is the seed; and, like a planted seed, draws to itself all that is necessary to both sustain its growth and to ultimately express it in its completed form. Like the

life-spark or cell of life dormant in seeds, ideas also have in them the power to manifest, just as an oak tree is contained in every acorn."

(Pages 106-108)

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"Ask yourself, 'Who would be wrong if all of a sudden my life started to work the way I want it to?' What do you feel? Does it feel natural, or good? Or is there a contraction - a block, barrier or sense of resistance? If so, feel the block or the resistance, or the contraction that exists in your body as any felt-opposition, or that rises to defend against any felt, believed or sensed opposition. Stay with it! Continue to feel the contraction, which is an uncomfortable 'me' feeling. Or feel the sense of fear, or anger, or frustration, or whatever negative feeling is there. Don't avoid it, or resist it! Don't even try to change it! Just continue to directly feel or experience it! By staying with it in this manner, by directly and immediately experiencing the experience, it will eventually melt, or dissolve, and in time completely vanish. But you must stay with it in this manner, as uncomfortable as it may feel, before it will vanish! Stay with the observance of it.

"Notice that it is 'there' as an objective thing that you are aware of, and that you are 'here' observing it. Therefore, it is not you! It is what you are aware of. By seeing it in this light, it eases and releases its apparent grip on you. When it does, there remains a clear feeling, or clear space. Or, a context, an expanded full feeling of wholeness, or completion and 'OKness.' There is now an inner and outer atmosphere in which there is no feeling of opposition. No sense of inadequacy, incapability, unfitness or ineptitude. There are only things for you to allow to be done by the Inner Power radiating with you, or through you, or from you."

(Page 270)