

# Let it go

PETER GREBOT - MAY 2021



## All learning about the Self is unlearning.

As most of you are probably aware by now, I could talk in this area forever, but there comes a point when you, the listener, will start to get diminishing returns, why is this? The statement, 'all learning about the Self is unlearning' points to the fact that the Self cannot be known in the normal way that we usually know things, by concepts and facts etc.

The only way you can know the Self is to be the Self and that comes down to experiencing, there is no experiencer separate from the experience. What this means is that in the moment of pure experiencing there is no 'me' present and therefore no other, and with no me, consciousness is left pure and uncontaminated, so to speak.

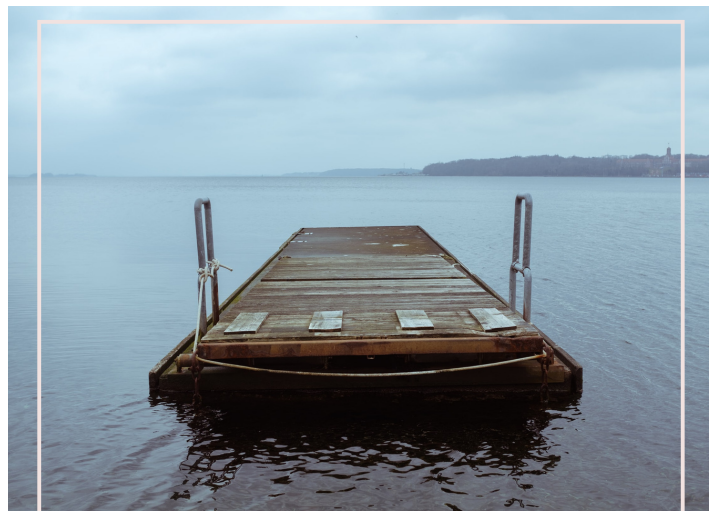
When consciousness is not contaminated by confused thinking it can see clearly the course of action that is needed and that action will not invite a reaction because it's coming from universal intelligence, ie; your true nature rather than a desperate, small, controlling separate self. So you can have a clear intellectual, conceptual understanding of the Self but that's not it, the finger pointing to the moon is not the moon.

So, to know the Self or your true nature, you have to abandon all that you ever thought you knew about it and all that you ever heard me say about it!



Sit here naked in the placeless place of not knowing. This can partly be achieved by having all your personal questions aired in the light of clarity which dissolves them and at the same time dissolves the sense of the little self. For example, you know when you have a burning question on your mind and it won't go away and then suddenly, for whatever reason you get that "Ah Ha" moment in which you, the question, and the answer all dissolve into one, and it's all over. That's what I'm talking about.

Our next Zoom meeting will not be about adding more information about the Self but taking it away, so come prepared with all those questions that the separate-self generates to keep itself going and be prepared to be nothing!



## Awaken divination cards.

The Awaken cards are finally available to purchase through our website; for more information please visit: [www.knowingconsciousness.com](http://www.knowingconsciousness.com)

These cards draw on insights that have been gathered by our experiences. Created with deepest sincerity and the best of intentions, they are for people who either want to know themselves better and/or to relieve their suffering. The Awaken cards have the potential to cut through the 'surface noise' of our often overactive minds, by getting straight to the heart of an issue. This makes them a very powerful tool for self-enquiry and problem solving.

As human beings, there is a tendency to get caught up in 'the dramas' of our life and miss the bigger picture of who we really are. These cards will help you in that endeavour.

Our work moving forward will focus more deeply in this area, starting with an online program launching soon, so watch this space for more details.

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What you seek is seeking you.

Rumi



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**Our next online meeting  
will be Sunday 30th May  
at 15:00 GMT/16:00 CET**

[knowingconsciousness.com](http://knowingconsciousness.com)