# inside the mind of awareness

selections from

Marcus Aurelius Meher Baba Jesus Buddha

compiled by peter ingle

### inside the mind of awareness

Inside the Mind of Awareness Selections from Marcus Aurelius, Meher Baba, Jesus, and Buddha

Copyright © 2012–2017 by Peter Ingle All Rights Reserved

No part of this publication may be reproduced, store, or transmitted, in any form, or by any means, electronic, mechanical, photocopying, recording, or otherwise, without permission in writing from the author.

Library of Congress Cataloging-in-Publication
Data

Ingle, Peter M.
Inside the Mind of Awareness
Selections from Marcus Aurelius,
Meher Baba, Jesus, and Buddha

ISBN 978-0-9746349-7-5 Produced in the United States



Awareness resides beyond the mind and encompasses the mind. Through perception, the mysterious world of awareness is reflected in the psychological world of thought, which subsequently reverberates in the physical world as speech and action.

The selections in this book are meant to demonstrate that even the most profound thoughts are not the source they spring from. They reflect that source, point to it, and urge us toward it—toward the simple, pure presence of an awareness just beyond thoughts, and just behind the eyes seeing and reading them.

That is what this book is about.

### inside the mind of awareness

Selections from Marcus Au	relius 1
Selections from Meher Bab	a29
Selections from Jesus	55
Selections from Buddha	77



## Selections from Marcus Aurelius

RETURN to thy sober senses and call thy self back.

A limit of time is fixed for thee, which if thou dost not use for clearing away the clouds from thy mind, it will go and thou wilt go, and it will never return.

Adapt thy self to the things with which thy lot has been cast.

Do not be whirled about. Do not disturb thy self. Make thy self all simplicity.



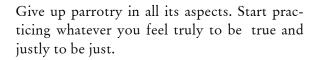
### Selections from Meher Baba

Losing oneself and finding oneself is for very few lovers who carry their lives in their sleeves.

You have to become what you already are. Through love you become what you already are.

Unless you lose 'I' you cannot see and become god.

Your work has to be defined. It has to be practical and yet divine.



Meditation is neither devotion nor love.

Be more aggressive towards yourself and more tolerant of others.

It is not what you believe, but what you are that will ultimately count.



# Selections from Jesus

CONSIDER how long the world Has existed before you, And how long it will last after you. Then you will discover that Your life lasts but a day, And your suffering but a single hour.

Will you not forsake the love of flesh and The fear of suffering?
Do you not know?
You have not yet been insulted,
You have not yet been accused falsely,
You have not yet been thrown into prison,
You have not yet been condemned unjustly,
You have not yet been crucified
Without reason,
And you have not yet been buried
In the ground,
As I was.



## Selections from Buddha

How wonderful it is to watch. How foolish to sleep.

The master makes for himself an island Which the flood cannot overwhelm. The fool who knows he is a fool Is that much wiser.

An untroubled mind, No longer seeking to consider What is right and what is wrong, Watches and understands.