

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

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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.

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**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.

Give up parrotry in all its aspects. Start practicing whatever you feel truly to be true and justly to be just.

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.