

Wednesday Night Study Series – “The Power of Now”

Prayer of Surrender: Spirit of Truth, CARRY ME where you will; BRING TO ME what You will; TAKE FROM ME what You will; AWAKEN IN ME what You will. The Christ MAN is around me. The Christ MIND is in me. The Christ POWER flows through me. And, the Christ MYSTERY exists as me. I believe it. I perceive it. And, now I receive it! I am surrendered. Amen. And, so it is!

The Ego’s Search for Wholeness

Another aspect of the emotional pain that is an intrinsic part of the egoic mind is a deep-seated sense of lack or incompleteness, of not being whole. In some people, this is conscious, in others unconscious. If it is conscious, it manifests as the unsettling and constant feeling of not being worthy or good enough.

If it is unconscious, it will only be felt indirectly as an intense craving, wanting and needing. In either case, people will often enter into a compulsive pursuit of ego-gratification and things to identify with in order to fill this hole they feel within. So they strive after possessions, money, success, power, recognition, or a special relationship, basically so that they can feel better about themselves, feel more complete. But even when they attain these things, they soon find that the hole is still there, that it is bottomless. Then they are really in trouble, because they cannot delude themselves anymore. Well, they can and do, but it gets more difficult.

As long as the egoic mind is running your life, you cannot truly be at ease; you cannot be at peace or fulfilled except for brief intervals when you obtained what you wanted, when a craving has just been fulfilled. Since the ego is a derived sense of self, it needs to identify with external things. It needs to be both defended and fed constantly.

The most common ego identifications have to do with possessions, the work you do, social status and recognition, knowledge and education, physical appearance, special abilities, relationships, personal and family history, belief systems, and often also political, nationalistic, racial, religious, and other collective identifications. None of these is you.

Do you find this frightening? Or is it a relief to know this? All of these things you will have to relinquish sooner or later. Perhaps you find it as yet hard to believe, and I am certainly not asking you to believe that your identity cannot be found in any of these things. You will know the truth of it for yourself eventually. You will know it at the latest when you feel death approaching. Death is a stripping away of all that is not you. The secret of life is to “die before you die” – and then you will find that there is no death!

Affirmation: I am not my thoughts. I am not the thinker of my thoughts. I am the observer witnessing the thinker thinking the thoughts. Tonight, I am not the voice in my head or any limitation of an inherited collective cultural conditioning, religious indoctrination or even my past experiences. This week, I will mind my mind, free my mind, be free of my mind and surrender to practice “no mind.”