

# Conscious Being

## Reading Ten: The Role of Ego

From Chapter 9 of Conscious Being

### The Seduction of the Ego

Jim Carrey said, "I think everybody should get rich and famous and do everything they ever dreamed of so they can see that it's not the answer." Although it was difficult and heartbreaking at the time, I am now able to look back and see the gift in those challenging events in my life. I can see how making material manifestation my sole aim caused me to lose touch with my soul's aim. But paradoxically, when I pursued outer wealth, it eventually led me, in a roundabout way, to aligning with my true purpose. My losses caused me to turn back within. I had to dig deeper inside myself for the feeling of abundance I was seeking. It ultimately led me to the discovery that my life was already inherently abundant. I did not need to add anything to it. And that I was already perfect, just as I was.

I know this divine perfection to exist at the core of all of us, and at the core of all of life. It is our true essence. For most of us, it has been buried under layers and layers of illusion and false ideas about who and what we are. The spiritual journey is one of uncovering perceived obstacles and unearthing the truth of who we are, rather than adding anything to ourselves. Instead of affirming what we want, we now affirm the truth of the oneness that already is. We trust that life responds accordingly. Please do not misunderstand me. There is absolutely nothing wrong with going after material things or enjoying a financially prosperous existence. However, we

need to understand that nothing outside is going to provide us with lasting satisfaction. If we believe that acquiring something is going to make us feel complete, then we are living in an illusion. External wealth or objects at best give us a temporary feeling of abundance or happiness. It is our connection with our inner source which provides permanent abundance in our lives. Manifestation is life's natural, automatic response to who we are being. Life cannot help but manifest all around us, in accordance with our state of being, our state of consciousness. And if we are being abundance—because we are attuned to source—that is what will naturally manifest in our personal lives. Living in this way, there is nothing to chase, and nothing to attain. Rather, the door is opened to living in a state of grace and of harmony with the whole of life. There is also a natural desire to share this inner richness with those around us. We don't attract what we want, we attract what we are.

### **Look Back but Don't Stare**

I have spent much of my life looking back and staring at the past and its events. It has been an attempt to figure out what really happened in my life and why. Looking back is helpful up to a certain point. But, once we have learned what we needed to learn, we can safely release the past, making ourselves fully available for the present moment. We might have told certain stories about ourselves: "I'm not good enough"... "I'm not capable of ...". We can put those stories to rest. In doing so we can become who we were born to be. We find the freedom to choose who we want to be and how we want to live, rather than letting the past continue to dictate it to us.

## Security

For people living in the United States, which places a high priority on outer achievement, it seems natural to make outer goals a personal priority. A recent survey revealed that the number one thing that is important to Americans is security. It is simply the way each of us perceives what security is that creates our desires and possible attachments. For example, for some, security might be amassing more guns. For others of us, it might be getting rid of them altogether. In the same way, our national obsession to acquire more and more material wealth may be rooted in this deep desire for security.

These days, with outer structures becoming less stable, there is evidence that external things are not a reliable measurement of security. But what is security, really? We are discovering that it is not in our 401K, or in our investments. It's not in finding the "right" job or having the perfect partner. What is left when the next 8.0 earthquake hits (literally or symbolically) and we no longer have what we thought was ours to keep? True security is found when we have made a firm connection with the bedrock of our being. It is the only true source of security, within. Until then we will never feel truly secure in this rapidly changing world.

## Divine Integration

One of my favorite authors is Pema Chödrön. She describes beautifully how we can be with our experience, whatever that might be. In her words: We are told from childhood that something is wrong with us, with the world, and with everything that comes along. It is not perfect. It has rough edges.

It has a bitter taste. It's too loud, too soft. Too sharp, too wishy-washy. We cultivate a sense of trying to make things better because something is bad here. Something is a mistake here. Something is a problem here. The main point of spiritual teaching is to dissolve the dualistic struggle against what is happening to us. These teachings instruct us to move toward difficulties rather than backing away. We don't get this kind of encouragement very often. Everything that occurs is not only useable and workable, it actually is the path itself. We can use everything that happens to us as a means for waking up. We can use everything that occurs, whether it is conflicting emotions and thoughts, or our seemingly outer situation, to show us where we are asleep. And how we can wake up completely, utterly, without reservations.

We are so used to dividing our world and our experiences into what we deem as spiritual and what we deem to be human. But these arbitrary judgments do not mean much at all when we are able to view life through the lens of oneness. In fact, these divisions are only real inside our minds, creating artificial walls of separation between ourselves and the world around us. Without them, we are able to step into a whole new world where there is the possibility of seeing the perfection of each and every moment. This is a life of radical acceptance of what is.

Perhaps the deepest meaning of abundance is the absolute knowing our internal oneness. It is the integration of those parts within us we might call human and those parts we see as spirit. With this knowledge, we automatically live a life of abundance regardless of outer circumstances. And, of course, when we truly understand that, all is well with us and with the world. This is living a life of true abundance.

We live in an infinitely abundant universe. However, we can only manifest the life we believe we deserve. Once we have cultivated an intimate relationship with our true nature, we will recognize that we are intrinsically worthy of an abundant life. Only then can we step into an authentically abundant life, filled with happiness, joy, and deep sense of purpose and meaning.