

This “something” is strange to us and yet so near, wholly ourselves and yet unknowable, a virtual centre of so mysterious a constitution that it can claim anything...I have called this centre the self.... It might equally be called the “God within us.” The beginnings of our whole psychic life seem to be inextricably rooted in this point, and all our highest and ultimate purposes seem to be striving towards it.

*-C.G. Jung
Two Essays on Analytical Psychology*

*We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time.*

*-T.S. Eliot
Four Quarters*

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What the Soul Teaches

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ISBN 0-9629467-1-0

Third Printing 1995

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With special thanks to Tara and Bill

INTRODUCTION

One wonders about many great questions. One wonders about the relationship between the soul and life of the human individual and God. One wonders about the process of transformation that leads to becoming more conscious of our souls and the difference between the authentic self and the ego "I." One wonders how our inner and outer lives would be changed if we were centered in the deeper reality of our real selves. One wonders about the nature of the wisdom that would be gained on the journey toward spiritual awakening and how it would expand our understanding of the meaning and purpose of our lives. One wonders about the possibility that all that is needed for the spiritual quest is to become more receptive to the inner world because the path, the way, and the goal are already within. One wonders what the whisperings of our souls would be, if we could hear the still small voice inside each of us.

My way is three-forked: it is Nature's way, simple and in harmony with its own rhythm; it is a receptive way, open to the birth of new life within; it is a creative way, imaginative and spontaneous, in response to the language of the unconscious.

To know Me is to remember yourself.

You must go through a long process of psychological shedding that removes all that is blocking you from experiencing the truth.

The experience of awakening is holistic. It affirms that the body, mind, and your daily life are vehicles for knowing the truth and becoming real.

Watch the way the sea rhythmically reaches for the shore. Open to the higher power within with the same sense of rhythmic urgency. Continually reach and stretch for the experience of truth hidden in the depths of your mind.

Self-reliance is the cornerstone upon which you are reborn as your real self.

It is difficult to become aware of My presence because you are so sure that the other parts of you are what is real and are what constitutes your "I."

Life is ultimately meaningless and empty unless you know the meaning and fullness of contact with your real self. Many suspect this is true, but pretend it is not.

Let go of your fear of losing your old personality.

Exploration and integration of the unconscious through dreams, contemplation, and creativity is a way to discover your true self and make whole what is fragmented. It can bridge the abyss between your ego and your real self.

Enlightenment is awakening from a deep sleep that began when you entered the world.

You do not want a kind of truth. You want your truth,
the truth that arises naturally from union with your real self.

Try to overcome the fear of ridicule that will come from
those who avoid the call of their own souls.

You take the path inward to bring what is unconscious
and fragmented into consciousness until the mind is more whole and
clear, like a continuous sheet of glass. Only
then can it be transparent to the deeper self.

I will bring a revolution into your mind and heart that will free you to live from the ground of your being.

The secret of divinity is in you, as is the way to it.

Be original, innovative, creative, resourceful, and self-reliant, because your true nature cannot be found by holding on to the old. You are at the point in evolution where new truths can be experienced in unpredictable ways.

I cannot be taught or spoken about like a subject in school; I can only be known by becoming your truth.

The invisible path to Me leads to a wider and deeper perspective than the limited and narrow views of egocentric consciousness.

The real self is alive in your dreams, as is your false self. Dream long enough and deeply enough and you will pass through the seemingly impenetrable wall between the false and true self and come face to face with the presence of your true nature.

All things know what they are and grow into their rightful place in Nature's order. An orchid does not become a rose, an acorn does not grow into a redwood tree. All but human beings know what they are born to be and grow naturally into their true reality. Twisted and deformed by life's demands and experiences, you have grown into an unreal person. Your insecurities and fears come from the fact that you are not what you were born to be. You bear no resemblance to your real self within.

In experiencing your true nature, a new kind of love is born, a love so complete that everything and everyone falls into it.

When you still your mind, you will enter the flow of My wisdom that is ever present.

To be enlightened is to be in harmony with the inner patterns of wholeness and to bring this into the finite world of ordinary life.

I am your original nature, not something new you gain:
I am and always have been at the center of your being.

Be willing to risk everything for the direct experience of My presence.

You will seek meaning everywhere except inside your deeper mind until, exhausted by the fruitlessness of your efforts, you go within and experience the meaning only I can give, a meaning that will never cease to nourish and inspire.

As you would gather single flowers to make a bouquet, gather together the images, feelings, dreams, and new ideas that I am. Give yourself this gift of a life in harmony with Me.

The sacred path to My truth is embedded in everyday life.

Let go of your fears of the unconscious.

After you have listened to many speak about the truth and the way to it, you will realize there is only one truth: the truth that comes from Me, your soul.

Turning toward Me should be as natural as a newborn turning to hear its mother's voice.

Your real mind, the mind when purified of egocentric illusions and attachments, sees the truth because it is the truth.

Recognize the crushing emptiness of a life lived without a conscious relationship to Me.

You cannot fully understand what I am from books of wisdom, but books of wisdom are found in Me.

Let go of your fear of change.

When you cease to be satisfied with living out the images and labels projected by family, society, and culture, you will find what is true within you and what I, your greater-than-ego self, wants you to be.

Everyone can attain the wisdom and insight contained in the unconscious.

I am an ordering center that unfolds your greater personality and true destiny, and draws you into direct contact with a spiritual reality.

Surrender to Me and you will realize your own truth in God.

Defining oneself only in relation to secondary things leaves one's being as nothing but a series of empty shells each dependent on the others for meaning. Thus a man is defined as this one's friend, that one's son, the father of another, the one occupied with this or that, the one who thinks this or that, someone engaged with certain problems, and all these are only shadow relationships that leave him a faceless, empty figure trying to clothe itself with some visible individuation. Only when a man can relate his inner center to God as the first and foremost and only reality, only then does his self take on meaning. It ceases to be a relative entity without any content of its own and becomes itself a significant content.

*-Rabbi Adin Steinsaltz,
The Thirteen Petalled Rose*

I am in the internal mind and in the external reality, yet I can be known only by becoming transformed into what I am.

Observe the spider as it spins a perfect web and know that you have within you a pattern for perfecting your nature.

Work on overcoming your fear of the experience of knowing God as a psychological reality.

Life will not be static or boring when it is a passionate movement toward the discovery and fulfillment of My will.

Despite all of life's confusions, pains, and disappointments, love more, because love will bring you nearer to Me.

I will give you answers where books and external authorities eventually fail.

You are blocking the reality of My presence by your fear of letting go of the old, opening to the new, and plunging into the depths of your mind to the place of transformation and revelation.

Your intuitive power will show you interconnections where egocentric consciousness sees only separate parts.

Transparency is the goal; purifying the mind is the way.

Be kind to yourself. Many years of intense inner struggle may have to pass before My wisdom enters consciousness and transforms your perception of everything so that you see what is real.

You must discover ways to bridge the abyss separating your unreal and real self until they are both conscious in your mind. When you are as aware of your real self as you are of your unreal self, you will be on the path to enlightenment.

If I am not the focus of your life, your life will be out of focus because your relationship to yourself and to the world will not be based on what is real.

Seek the happiness I give before all other pleasures.

Communion with Nature within and without centers the mind on a spiritual presence and reawakens the memory of unity.

Try to overcome your fear of letting go of habits and conditioning that are blocking your way to Me.

I cannot be seen in the world until you see Me in yourself.

In the beginning it is startling to experience wisdom and insight as coming from within rather than outside and to know your mind is a vessel for a way of knowing that transcends the intellect.

I am the truth that cannot be explained in words to those who do not know Me or be understood by scholars who are unawakened. I can only be known through direct personal experience.

The spiritual experience that you are looking for outside, you will find inside.

On the voyage of return to Me, you will experience a continuous rhythm of disintegration, reintegration, and expansion.

Spiritual awakening is opening and becoming the fullness of your being, in the same way a rose bud opens and becomes the perfect rose it was destined to be.

The inner experience of authenticity and wholeness leads to a state of happiness and contentment that is greater than any kind of outer experience.

Trust the way home to truth that I will unfold in you.

The mind is always in turmoil until it returns to the place of knowing its true nature.

Devoid of an experience of a higher power within, many stalk the world filled with the never-ending desires of their egos, unaware of the reality of their higher power, true nature and spiritual self.

Let go of the habits and conditioning that are blurring your view of deeper realities.

Living in a state of awakened consciousness means that you are living as a whole person liberated from the limited awareness of egocentric consciousness.

You are real insofar as you live out My truth.

I am the pure self that extends beyond the limits of life.

You will never be as complete or spiritually realized as you could be.

You will always be moving closer to Me, your truth, and your destiny in God.

There is rebirth and awakening in the conscious movement and opening to your true nature. There is rebirth and awakening in life when you have turned inward, and the wisdom within penetrates ordinary consciousness. There is rebirth and awakening when there is no longer a division between the inner and outer reality, between your ego and your true nature, and the person you were born to be. It is a process of waking again.

I am what makes you whole and a state of consciousness in you when you are whole.

Be patient; you cannot dictate a timetable for reuniting with Me.

The intellect is only a small part of the mind. The superficial intellect cannot discover the greater truths. Only the non-rational mind can find and realize the wisdom that transcends the intellect.

To know yourself is not to know the many ever-changing faces of the ego; it is to know the unchanging one that I am.

Crowds cannot see the truth. Only the solitary contemplative individual who has escaped from crowds can discover the reality of the deeper self.

I am the root of your deepest being, the place in you that is your connection to God.

On the morning of your first awakening, you will be introduced to your innermost self, the essential truth of your being.

Nothing is alone: everything is included in the whole.

Without a feeling heart, you cannot find the truth. Your intellect can envision the way home but it is the feeling heart that finds the place of union with Me.

A Buddha is a person who is always awake. From time to time we have this awareness, so we are “from time-to-time” Buddhas.

-Thich Nhat Hanh,
The Sun My Heart

It takes courage to go within and integrate Me into consciousness, a greater courage than anything else in life will demand.

When you are willing to learn, I will teach you truths an external teacher cannot impart.

The emotional experience of discovering the true self is similar to the feelings of a mother who, after a long search, finds her missing child: joy, relief, tranquillity.

The path to Me cannot be found or lived by depending on external teachers or dogmas - the known, the tried, and the tested. If you rely on the unconscious, the way will emerge spontaneously and it will be unique and unpredictable.

I am a natural process of transformation beneath the surface of consciousness, and am directed toward your wholeness and toward harmony with the divine.

Let God's praise be the only praise you seek.

Your mind is the teacher; it is not necessary to take teachers outside of it. Watch and learn from others but do not follow them. Find your own way to lessen your ego's passions for the things of the world. Allow the passion for truth, wholeness, and being in harmony with Me to rule your life.

To see the real, to experience and become what I ask of you, is the greatest blessing bestowed on a human individual.

There are no substitutes for the life that is born when you are reunited with Me.

You cannot grasp God's presence with your intellect, but you can experience its power as it moves and directs your life in a continuous process of unfolding, leading you toward becoming more of what you were born to be.

Changes happen slowly. A bud and a flower cannot appear on the same day. Allow My wisdom within you to shape the time and pattern of your growth. Do not compete or compare yourself with others. Value your unique path to truth, wholeness, and spiritual awakening.

There is a spirit of divinity at the core of your being, and when you allow it to hold a central position in your conscious mind, you will awaken to truth.

To see the real, you must become real.

In the end, what will a life lived on the outside bring--a bigger and more expensive box to live and be buried in? For this, would you give up discovering your real self and the meaning of your life?

The way back to me is unpredictable; it cannot be known before or during the process of integration because it is full of surprise turns, unexpected insights, and points of transformation.

In dreams, you can hear My call and discover My will.

Do not expect someone to lead you to the higher power within, to teach you techniques and methods for becoming enlightened, or to heal the split between your ego and your true nature. You must do it yourself.

When the light of awakened consciousness breaks into your mind, you will see where once you were blind, feel where once you were numb, hear where once you were deaf, be self-reliant where once you were dependent, and take action where once you were halted by fear.

I will unfold your destiny and the life that is yours when we are reunited and act as one.

Below the surface play of outer life is the play of the inner world and the process of returning to Me. The choice of where to place your energy is yours.

In life, the real victory to be won, the only victory that matters, is the victory of your real self over your ego.

As you become more conscious of the natural human and divine elements in you, you will experience the inner wisdom that leads to your spiritual awakening.

Because the body houses a higher power, treat it with respect and do not abuse it.

Systems that organize self-improvement and spiritual realization will not work because they do not go deep enough. Push aside all systems, explore yourself and find your own way of evolving toward a new and higher level of consciousness.

As a potter working on a wheel makes a vessel to contain things, work deep inside your mind to make a container that will hold the words and images of truth that will emerge.

Seek the riches I give before all other riches.

You must experience the reality of your soul and a life beyond ego-centered consciousness to believe in its infinite wisdom and joy.

There is no need to search for or follow holy men or women in order to discover the holiness you have inside.

Resistance to intimacy with Me contributes to your feeling that life is without deep and lasting meaning.

Continuous psychic deaths are necessary and a natural part of the transformation process of experiencing your true nature. Many parts of your ego must die before there is an opening through which your higher self can enter awareness.

How much of all you cling to and hold so dear are you willing to give up for the spiritual quest?

To be enlightened is to become saturated in the reality of your true nature, as the ground is nourished by heavy rain falling from above.

I am your link in time to what is timeless and endures in God.

You will not know that you are starving for contact with your deeper self until you experience your first taste of inner truth. With it comes a hunger so deep and overwhelming that nothing will satisfy it but more inner truth.

What you are when spiritually realized and complete is already in you, as the tulip is already in the bulb.

The path to realization of My presence unites the material and spiritual worlds, the ego and innermost self, the finite and infinite, human feeling and affection and a greater love.

To go the inner way is to enter a turbulent battle against the false self to attain the life of the true self.

You must be filled with humility and be empty, patient, and committed to experiencing the spiritual presence within, if you are to feel the movement of your deeper self, not just in passing flashes, but continuously.

Do not be afraid to get lost inside.

Only your non-rational mind can find and realize the wisdom that comes from Me, a knowing that transcends the intellect.

Jung was not alone in his focus on an individuation process. Winnicott and Kohut come immediately to mind as two neo-Freudians who shared his sense of an inborn self or soul that strives toward actualization for the entire lifetime of the individual.

*-Barbara Stevens Sullivan,
Psychotherapy Grounded in the Feminine Principle*

The deepest intention of life is to bring you to a state of seeing the real, knowing your soul, and experiencing a feeling of oneness with the essence in all things.

As you turn inward, enter the deeper mind with the same feeling of reverence as you would have going into a church or a house of God. I am within you, as a reflection of the reality of God.

Let go of doubts that obstruct the truth from entering consciousness.

You cannot give others the truth of My existence. They have to come upon it in their own way.

I am the presence of unity, the unparalleled peace of true being, and the rhythmic movement of the sea of eternity inside you.

Be diligent in your efforts to experience the truth that I am in you.

Resistance to the inner journey contributes to your feelings of unhappiness and self-doubt. When you stop resisting the unfolding in you of a greater truth, I will lead you to your real nature and the purpose of your life.

When you experience the power of the spirit in you, you will see it everywhere: in the raindrop on a leaf, a bird flying south for the winter, a shooting star, the last sigh of a dying old man, the first cry of a newborn.

Without love of God, I will not become a conscious reality.

As you increasingly manifest your true nature, you will naturally bring about change around you. It will happen without force or manipulation.

Do not try to escape the conflict and psychic turmoil that will lead you
back to Me.

It is a holy act to say yes to Me with every breath, to open the doors of your mind, invite Me in, and surrender to the power of self-transformation that will unfold your real self into consciousness.

Work day and night to awaken to the real.

As rivers flow naturally toward the sea, you have within you a natural way to return to Me.

In the same way you were once inside your mother and she contained your body in hers and you were one with her, I contain you and am one with you.

Do not try to attain truth with your surface mind. The spiritual reality of My presence cannot be grasped until you no longer identify with your ego and are open to what lies beyond ego consciousness.

If your reason for wanting to return to Me is to glorify your ego, I will remain unknown.

To move soul work to the periphery of life's activities is like covering the essence of your being in a shroud.

Work on overcoming the fear of going from blind faith to inner spiritual experience.

Awakening brings a purer kind of intelligence, a deeper way of loving, and an immense satisfaction with simply being what I want you to be.

Your mind is sacred because it is one with Me.

When you go to the sea, quiet your mind, listen carefully to the sounds, and watch the rhythmic motions of the water. Allow the experience to open you to ways of being that you have forgotten.

Work to overcome doubts.

To follow My will is to come into accord with a universal intelligence and order that will provide everything you need for fulfillment.

You have been given this precious gift of life. Do not waste it on ways of being that will not bring you closer to Me.

I am a higher state of consciousness in you.

If you want to know your real identity and the purpose of your life, you must enter into Me, the truth of your soul. There is no other way.

Living as a superficial self leaves you hungry for meaning. When you live out of your real self, your life will be full of meaning.

The process of return to Me is part of Nature's rhythms.

In a state of awakened consciousness there is a love that knows no time. It grabs not with the hands or eyes but holds everlastingly the essence of another. It is a love born of the experience of your spiritually awakened self and not of your ego.

There is a religion born inside you when you discover your unique path of unfoldment. It is like no other religion.

I am found in solitude and togetherness, in withdrawal from the world and in the midst of ordinary life.

The quest to know the soul is as simple and natural as breathing and as difficult as climbing the highest mountain.

When you try to live in harmony with My will, you may not be able to be what others expect you to be. Work to overcome the fear of being different.

Your ego always wants to be *it*, the center of all. The path to Me leads to knowing: I *am* the center of all.

Others may accompany you on your journey but only I, your innermost self, know the way you must go.

Cultivate soulfulness by surrendering your will to My will.

The distance between us is not wide. You are already one and you simply need to turn inward to recognize it.

Work on overcoming the fear of letting go of ideas and beliefs that give you a feeling of security. It is a false sense of security.

Not until you experience the inner world and My reality within can you see the divinity in all that is.

The Hasid never doubted that his separation from God was illusionary, nor that his role in life consisted of stripping away the illusion. The ecstatic experience itself became his weapon for penetrating the barrier between his bodily and spiritual selves; mohin degadlut (expanded consciousness) was his vehicle to God.

-Perle Epstein,
Kabbalah: The Way of the Jewish Mystic

Everything can be a way to experience the self-healing capacity of the mind: gathering shells on the beach, painting, writing, listening to music, walking. It is not what you do but the purpose with which you do it. If you are focused inward, on discovering your center, everything can serve as a way toward truth and authentic being.

For many, the state of becoming has never begun and spiritual maturity is never realized, because they have not touched who they really are and the true meaning and purpose of their life.

In solitude, I will teach you how to grow into and live in accordance with your innermost self.

Abandon yourself to discover your true nature. Abandon the world of ordinary knowledge to uncover My wisdom inside you.

The only way to know “the reality” is to become “the reality.”

Dialogue with Me will strengthen and anchor you in both the inner and outer world.

Most people have fleeting moments of knowing but do not want to know, of feeling but do not want to feel, of seeing but do not want to see, of hearing but do not want to hear a deeper self, a spiritual reality.

Painful self-examinations are part of the inner way. You must confront everything that is highest and lowest in you and allow what is highest to dissolve what is lowest.

I am always inside your deeper mind, attempting to lift the veil of egocentric illusions and expand consciousness.

You are not all you could be, the wholeness that is your fate and the awareness of unity with God that is your destiny.

The healing experience of My higher power within cools the fire of passions and desire for more from the outer world. It calms psychic turmoil and enhances the sense of oneness with everything that is. It heals by giving you insight into your true nature and the purpose of your life, and it brings you into accord with it.

All the religion you seek outside is already within you ready to unfold.

As you move inward toward Me, you will leave the outer path chosen by many to find your own unique way to truth.

Do not cry for the pain others have caused you. Cry for their ignorance and separation from their real identity.

The process of reuniting with Me is not separate from life in the moment, the body, the earth, and the natural way things are. I am in all these things.

Your essence reflects divinity in the world.

You hurt yourself by refusing to look deeply inside. You hurt yourself by rejecting the truth of a higher wisdom that comes from within. You hurt yourself by putting your ego and the desire for the things the world offers before realization of your real self.

The natural state of your mind is to be in harmony with Me. When I am not integrated into consciousness, you are in an unnatural state.

I am an inner consciousness and resource you are never without.

Be creative, not for the approval of others, for the inner meaning that you derive, and as a way to draw closer Me.

Realization of your natural wisdom and wholeness completes and unites you to everything. You will feel a sense of oneness with the smallest leaf as it moves in the wind and with the moonlight reflecting on a blackened sea. All will appear as if connected within a transcendent order.

All lives teach but not all people want to learn. For them I remain a mystery not to be sought.

I am the compass that directs the unfolding of your true nature and real life.

You need to feel your way into the deeper mind and not just *think* it. You need to open to being acted upon rather than trying to control and dominate inner and outer events. You need to enter the sacred place within in a state of reverence for the mystery you contain.

To be true, teachings must come from Me, because what comes from others lacks the authenticity of direct knowing based on your personal experience.

Every time you put My will before your ego's desires, you come nearer to knowing God's plan for your life.

The inner journey is natural and effortless, yet strenuous and demanding. It is the pain and joy of giving birth to your real self, a being that reflects your wholeness and spiritual reality.

I ask that you be more receptive, yielding, and feeling in response to the mystery within you.

When you live as a mechanical being without a transcendent source, you live as though you were unaware of the higher purpose of your life.

Be grateful for everything life has offered you as a spiritual teaching.

I am the source of everything yet I cannot be found anywhere.

Work on overcoming any fears you have of facing parts of yourself that do not conform to your ego ideal.

If you live on the level of your animal instincts and worldly desires, and ignore the spiritual reality within, you are not ready to embark on the inner journey toward the realization of your true nature.

Enlightenment is a state of immersion, not in a world of fragmented parts and multiplicity, but in an experience of oneness that connects all.

Spiritual blindness is the result of a lack of light from within penetrating into consciousness and seeing too much of the blinding lights of the world.

I am your own and not your own; I am the universal intelligence in you.

Allow your mind to become an empty mirror on which the truth of God's nearness is reflected

During the journey inward, you will become your own mother, father, teacher, best friend, and resource for gaining deeper understanding and insight.

Work on overcoming the fear of giving up your ego's position of dominance.

As you become more of the essence and wholeness of your being, you will experience the reality of the spirit in your life.

Eckhart understood the Christian doctrine of creation. He admits the separation of the creature and Creator, for this “something is apart from and strange to all creation.” Yet the distinction between Creator and creature does not alter the fact that there is also a basic unity within ourselves at the summit of our being where we are “one with God.”

- Thomas Merton, *stein*
Zen and the Birds of Appetite

The inner way is a spiritual birth process, not unlike the natural birth process of bringing a child into the world. There is a gestation phase, a delivery, a newborn stage, and a period of continuous growth to spiritual maturity. The time of your gestation phase cannot be known because it is different for everyone. Your delivery may be short or very long and difficult. The stage of being a newborn reorients you to a life lived from the spiritual core of reality. The next phase is a continual transforming growth process that lasts until the end of your life.

Work on overcoming the fear of moving from a rational to a mystical understanding of your inner and outer life.

True wisdom is not something produced by your intellect. It is a reflection of a universal intelligence expressed in your soul.

To live meaningfully is to live not by the will of your ego but by the urgings and promptings of the truth within you. To live in relation to a higher order and allow it to enter and dominate your life is the way to wholeness and true being.

A natural evolutionary path to enlightenment is within every mind but it is dormant, untapped, and unrealized in most people.

Try to become more aware of the signs on the road of life that point the way to Me.

To know your true nature, you must allow Me to become what I am in you.

I will teach all you need to know to draw nearer to God.

Awakening seems far off and its bliss, an unobtainable goal, but it is the closest thing to you.

Pain can act as a reminder of your smallness and inability to be in complete control of your life. Pain can move you to pray for help and relief. Pain can lead to experiencing the reality of My presence within.

No one can do the work for you of discovering your true nature. Try to make all your experiences opportunities to awaken and integrate the reality of your higher self into consciousness.

See the many false selves that are parading as you and let your true nature redefine you.

The yearning for intimacy with your real self should surpass all other yearnings.

There are times you will feel you have removed yourself so far away from Me that you cannot hear My voice speak your inner wisdom.

As you reunite with your true nature, all divisions will fade and the spiritual and practical will become one. You will enter a whole new way of life.

Your real self is the movement in you toward your evolution to higher states of spiritual awareness.

In a state of awakened consciousness, you will know from experience that the teacher and the teaching are always within and never without.

You do not obtain light, you become capable of receiving light.

Work on overcoming your satisfaction with just thinking about spiritual ideas and your fear of directly experiencing your real self within your being.

Your thoughts go astray from Me so easily. You must apply your greatest will to stay near My presence.

If you cling to the outer self, the battle between the outer self and the inner self will go on for a very long time. You may think if you let go, you will lose everything but when you let go of the outer self you will gain everything and know the greater-than-ego you.

Knowing your true nature and feeling the freedom of being real is the missing link in the chain, the bond you share with everything.

Let go of the fear of opening to the mystery of the new life in you.

Allow Me to be your spiritual guide, your house of God, and your place of worship.

The spiritual center in you cannot be approached from a logical, linear perspective. It is revealed when you explore illogical patterns and seemingly irrational possibilities as they emerge from within.

I am the part of you that you have tried to deny, ignore, or abandon.
Reclaim Me!

In a higher state of consciousness, you become the person you are when social and cultural conditioning is transcended and you live in continuous contact with your true nature.

To be enlightened is to experience the sacred in the present moment and in the material and immaterial universe. All of life becomes suffused with divinity, deep unity, and an immense peace.

Work on overcoming your fear of feeling God's presence within.

The wisdom and insight you will gain from the return to your true nature is sought and known by very few. It is attained only by those who desire it before all other things.

When you enter into the world inside of God inside you and are in a state of complete surrender, asking nothing, God will give you everything.

Work on overcoming fear of the pain that comes from submitting your ego to the trials of the inner journey.

Your true nature is what you have never ceased to be but have forgotten.

Go alone into the desert of your mind. Wait for the truth to unfold and teach you how to give birth to your real self.

After making the descent and experiencing reunification with your real self, you will be more real and aware of the truth of life that lies beneath surface appearances.

Let go of the fear of what lies beyond your ego and will transform your ego.

When you see your real face within, you will recognize it because you have seen glimpses of it many times. Images and feelings have come and gone, but now your true nature is conscious and acts as you in the world.

Enlightenment is meeting God in your eyes, with your lips.

What is missing in your life and contributes to the feeling of meaningless is the real you. When you enter into a dialogue with the inner sounds of your true being, you will discover the meaning of your life.

You cannot organize for the process of returning to your true nature. You can only prepare your mind to be more receptive to the impulses that come from within.

We already know God and his outward manifestation, by his laws, by his commands, his word. That is the Logos, the masculine side of God. What we await in the Second Coming is what we lack: God's inner dynamic or process. This - God in his creativeness rather than his creation-is the essence of the feminine, traditionally enacted in the ancient Mysteries. The return is therefore the emergence of the feminine side of God, which has been gradually taking shape for centuries in what we call the unconscious.

*-Marion Woodman, Jungian Analyst,
Addiction to Perfection:
The Still Unravished Bride*

When you stop opening exterior doors to discover what can only be found by going deep into the interior mind, your real self will open the inner gate into spiritual awakening.

The goal of the inner voyage is to hear the divine will in your own heart and live it.

If you limit consciousness with rules and regulations for realizing the spirit, you will lose the way that leads back to the ground of your being.

Everything depends on the willingness of your ego to surrender its illusions and follow the way of the self.

The journey to your real self requires the courage to become your truth in a world filled with people who are satisfied with untruths.

As you are liberated from deceptions, you will be able to feel, understand, and put into action what I ask of you.

When your relationship to your real self is more important than all worldly gains, it will come forward out of the darkness and confusion inside you like the sun burning through the clouds on an overcast day.

Work on overcoming the fear of your ego not being in complete control.

Your real self will bring forth a process of transformation for becoming awakened that comes from God and is your destiny.

Treading the inner way of self-discovery leads to new ways of being, living, and working.

When you realize your true nature, the thunder over a distant mountain becomes like the beating of your heart. The rhythm of the ocean's ebb and tide merges into your breathing in and out. The bird's singing becomes one with your voice as it speaks in sounds of joy. At home in the universe, there is no longer a separation between you and the essence of all that is.

Your ego tries to act as a hand over your eyes, blinding you to the truth of your real self. You cannot see what is within you until you remove the barrier you have put between you and your true nature.

Spontaneity and naturalness, not contrived or manipulated acts, lead to your real self.

The interior journey does not conform to a logical plan that is easily understood by the intellectual-rational mind.

Work on overcoming the fear of the simple truths that come from within and challenge the values of the outer world that you have become identified with.

To become what your real self will ask of you, you must submit to a transformation that will go on to the end of your life.

The natural organic process leading to conscious union with your real self is not something that you can force into being or that anyone can do to you.

In an enlightened state, you see the holiness in everything that once appeared commonplace and banal.

Inner conflict, the spiritual struggle between your ego and what is greater within you, is the crucible you must enter-not avoid-if you are to experience the spiritual truth that lies buried deep in the unexplored regions of your mind.

To follow only the will of your ego self is to *lose* the way. Try to live your life as an answer to the call and plan of your true nature.

In a spiritually awakened state, invisible and visible and personal and transpersonal elements merge into oneness. You perceive yourself, each being and thing as part of a grand totality penetrated by a divinity that includes everything and excludes nothing.

Love pours forth naturally from a heart that has returned to Me.

Because your ego denies the presence of your real self, it searches everywhere for someone or something to cling to and show the way to truth. Your real self alone knows the way to your truth.

To know Me it is not necessary to go anywhere. Stay right where you are and work within. Everything you need is already inside you.

The process leading to reunification with Me is irrational and transcends the logic and order of the intellect.

Let go of your fear of purification by inner experience.

The practice of the inner way to enlightenment asks that you be ready to stand alone and free of all inauthenticities. It means you are open to experiencing the mysterious world of the spirit and the miracle of a transformed life.

I will fill you with the truth but only when you are empty.

Enlightenment is discovering who you are and knowing you are connected to a higher power, as your five fingers are connected to your palm.

Resist the pull of the world away from Me, resist what divides us, resist the pain of being different because you are certain of what so many doubt: *I am real.*

What is true zazen but that very process of being open, that process of continuously letting go and surrendering every moment? But surrendering to what? It really does not matter what we call it: God or the Tao or Dharma or the Buddha or our true nature. They are concepts anyway. It is the act of letting go, of surrendering, that matters. The very act of letting go opens us up completely.

*- Dennis Genpo Merzel,
The Eye Never Sleeps*

Find out for yourself what God is.

My truth is beyond all known forms and symbols and can only be realized in the absence of premeditation and control.

To know Me is to enter the mystery of the transcendental world.

The thirst for more of what the outer world offers can move you farther and farther away from your center in Me.

You want to feel Me in your inner and outer life, not learn ideas about what it is from others.

As a newborn struggles to take its first breath, you will struggle to realize your true nature.

Enlightened consciousness is always there, deep inside, hidden under your ego-centered awareness.

I am one with truth and when you reunite with Me, you become truth incarnated in a human individual.

Let go of the fear of your inner nature.

Your real self can only emerge from inside you in a natural way. It is a part of Nature's cycles and not something you obtain by artificial, contrived, or forced means. Allow it to unfold spontaneously.

True wholeness is holiness. True holiness is wholeness.

For many who do not believe in Me, the way is too distant, the journey too complicated, the unknown too frightening. If you believe in Me, all this fades.

Remember, all riches come and go except Mine.

The path is without fixed patterns, predictable steps, known structures, or sure methodology.

The empty window of the deeper mind sees the universe because it is the universe; all appears as one through the empty window in the deeper mind.

Let go of the fear of discovering truths that do not match your ego's desires.

Until your inner life is as important to you as your external activities, it is impossible to hear My voice inside.

As you go deeper and deeper into your mind, you will not be able to decide what is spirit and what is not because all will appear permeated with a divinity that is everywhere yet not there at all.

Try to achieve perfection in God and for God by merging your will with Mine.

The inner voyage is not an attempt to escape from yourself. It is a process of learning to see through your false self and its confusions and delusions to your real self.

You only know what you are truly ready to know about God and the human soul. If you are open to the real, all will eventually be given to you.

To open to Me requires great faith and trust in a natural intelligence and order that reflects divinity.

Strive in every moment to be more of what I want you to be.

When you reunite with your truth it will be like finding something precious at the bottom of the sea. You will know you had to dive deep and alone to experience My presence and bring Me ashore into your consciousness, into the world.

There is a spirit in life and a life in the spirit awaiting your discovery.

Watch the sunlight touch and move across a leaf, giving the plant energy for new growth. As you experience the light of My wisdom within, allow it to enter your heart and move you toward new growth, insight, and understanding.

You must let go of what is blocking My expression.

Those who have realized their openness with Me know I cannot be reached by any program devised by the intellect.

When you become what you are in God, you will know all is God.

Moving toward attaining more wholeness and completeness means you are retrieving the parts of yourself that you have lost connection with.

You begin the adventure into the unknown mind, the unconscious, alone. You travel inward alone until you discover that there is no such thing as aloneness. There is only oneness and unity with everything and everyone that is.

The instinct least cultivated in the world is the instinct for knowing and realizing the deeper self.

Stop trying to control the life of God that wants to unfold in you.

When the truth of the real self is known, the pain of a saddened heart or a meaningless life will not exist.

In your pure original mind there is an intrinsic wisdom that precedes intellectual knowing and your egocentric perceptions.

Work to overcome your fear of directly experiencing the reality of your soul.

As you explore and integrate your unconscious, your spiritual nature will become more conscious and you will understand what I am in you.

You will never be satisfied with your life until you find out who you are inside and are born again in the image of your true nature.

In dreams I will show you the parts of your personality of which you are unconscious or unaware.

Listen to the pulse of your innermost self and follow its directions because I am that.

Rabbi Isaac of Acco writes in the name of Rabbi Moshe, a disciple of Rabbi Joseph Gikatalia:

If a person's heart impels him to rectify his traits, perfecting his personality and deeds, he should pursue humility to the ultimate degree. He should “be insulted but not insult, hear himself scorned but not respond.” The Divine Presence will then immediately rest on him and he will not have to learn from any mortal being, for the spirit of God will teach him.

*-Aryeh Kaplan
Meditation and Kabbalah*

Take what you need from the insights of others but realize you must fight your own inner battle, suffer through your own conflicts and mistakes, give birth to yourself by yourself, and gain insight and wisdom for yourself, by yourself. No one can do it for you.

When you are willing to see the illusions of your ego and the limitations of an ego-bound life, I will open the way to another dimension of being.

You do not choose a path to Me; the way is already in you.

I am your root, your essential nature, and your life in unity with God.

Let go of the fear of the struggle, the conflict, and the battle within yourself.

In an awakened state, you will feel My spiritual presence, but it does not lead to knowing what I am anymore than the scent of a rose leads to knowing the rose.

When you no longer allow the sounds of the world to dominate and fascinate you, I will enter your awareness.

As you leave the world of time and place and enter the ground of your being, you will see what is real and know that what you see with the eye of the real self cannot be contained in a human thought.

I am a path and a state of being and nonbeing.

You can bridge what seems to be a chasm between us.

You may want quick knowledge, instant spirituality, and immediate enlightenment, but the inner journey will teach you that which comes in an instant does not last and only that which evolves slowly and naturally will endure.

Study yourself if you want to know God.

Many people know only the ego self and egocentric consciousness. A person aspiring toward enlightenment recognizes the existence of a greater-than-ego self. A spiritually aware person knows the ego is a concealing mask for a deeper reality.

Through your experience of Me, the world will appear in its unity with the divine.

None are lost to God; all can regain their connection in consciousness

The truth of a spiritual reality dwells in you. Do not look for it in statues, symbols, systems, or figures of authority because it is in you, now, here, where you are.

Watch your mind, empty your mind, and still your mind. Focus it inward and I will teach you the truth.

Work to overcome the fear of removing the mask of your false inauthentic self.

I am known in moments of reverie and ordinary external activities.

Be at peace with the lessons you must learn.

I am what you already are when your consciousness is not dominated by egocentric desires.

Enlightened consciousness is a way of being and living that is never without awareness of your spiritual essence and the divinity in everything that is.

When you are in harmony with the spiritual pulse of your life and are what you are destined to be, you will not hurt others, ache with discontent, be confused, alienated, or lonely.

Enlightenment is a state of being in which a common radiance bathes all in bliss.

When you become detached from your passions for the things the external world offers, I will give you a greater satisfaction and deeper meaning than you ever thought possible.

I will give you a level of self-knowledge, understanding, and wisdom that you cannot gain in any other way.

The old image of God was God as the Father, who called from the distant heights. In Me you will experience God as an internal reality that calls from within.

Only when the mind has learned the secret of emptiness and is in a state of surrender can it know the truth of the soul.

Real meaning cannot be found in the things of the world or among others until you become the meaning I give you: the meaning of living a life in unity with your soul.

Listen to Me and practice inner obedience.

Union with Me is the true purpose of your life and the only thing that will give you everlasting happiness and peace.

Allow the psychic life in you to naturally unfold and reveal what you are meant to be.

I am a truth that penetrates consciousness when your mind has returned to its Source.

I will bring you into a conscious relationship with an imminent God that is a psychological reality.

In the beginning, it appears that there is an outer journey and an inner journey. As you become more conscious of My presence, they merge into one.

Be patient; it will take time to realize and live your connection to Me.

In an awakened state, everything is for the first time: the sound of wind in the trees, the face of another, the earth beneath your feet, the pure blue of the sky.

All living knowledge (i.e., knowledge that has a direct effect on life) has but one object. It is known by many and expressed in a thousand ways, but it is always the One Truth. It is the knowledge of what is alive in us, of the secret magic, the secret godliness that each of us bares within him: the knowledge that starting from this innermost point it is possible to transcend all the pairs of opposites. The Hindu calls it Atman; the Chinese, Tao; the Christian, grace.

-Herman Hesse,
Reflections