

The true Self

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When I look into the mirror, I will see my face ... yet, ultimately, this will not really answer the question of who I am I. After all, one could undergo a plastic surgery. If one would look into the mirror again after that, there would be a different face looking back. However the consciousness, the presence that observes the face, the feeling of "I am here", "I exist" would not have changed ... and so it is clear, my face, that is not who I am. And the same holds true for other parts of the body, even thoughts, emotions, beliefs and values. All those things change, the presence, the consciousness that observes all of this does not.

So, who am I really ... to find the answer to this question (respectively to come closer to it) has lots of implications on our life, very positive implications on multiple ways. Ok, now, I am not my body, I am not my mind, then who the heck am I?

Well, I could say, that I am my body, that I am my mind, but that is only a piece of my self, of my wholeness. While dealing with daily life I am only aware of that piece of me and that is ok. However if I long for happiness which does not depend on outer circumstances then I have to go a little deeper. Now, what is that other part of me? That other part ... it is not possible to perceive it with my eyes, my ears, with my human senses.

For example, when I speak to myself there are two parts involved. I speak with my Self. Who talks to whom? I with myself. Who speaks and who is the Self?

That Self is the presence, the consciousness. This presence is the origin of my perception, the perception of my world. That is the consciousness which observes the face in the mirror. This presence exists independently from the body. It is something none-physical, that means it cannot be grasped. It is not visible and yet always there. It hasn't a form but it is always here.

It is a little confusing because we are all used to always deal with tangible stuff. It is a little bit like the thing about the fish and the water. The fish does not have an awareness about the water. It is such a given to it and thus not tangible, has been there always and never was not there. It is like subject and object. Usually the subject always is directed to an object. In this case the subject is directed at itself. The subject is not tangible, it just can become aware of itself.

This presence could also be described as energy, the energy that flows through all things, the life energy that is behind everything. This energy cannot be destroyed, is always there, exists outside of the convention of time. When a human being is becoming aware of this presence a whole lot of difficulties can be transformed, healing becomes easier. Matters that are related to the fear of dying will ease. Things change, come and go but the energy behind is not affected by it.

At this point the journey may continue. Because that energy connects all things or to put it better, all things consist of that energy. That means I could come to the insight that I don't exist for me alone, but that I belong to something much bigger. I experience myself as an individual being and at the same time I am part of the wholeness of all that is. I could call that wholeness of all that is God,

universe or great spirit, names do not matter. To get in contact with that I don't need to go to the church, because it is within me, always, in every instant, was always here, is here now and will always be here.

A lot of peace is emerging from this. I totally can relax into this knowing, "the universe has my back". A kind of an inner feeling of safety comes from this. Things within this "all that is" may change, come and go, cars, houses, even human bodies, yet the "all that there is" will always be in a state of completeness, wholeness, it is not vulnerable so to speak. This insight also brings compassion and a sense of connection with all life forms. Now that I now that the same energy flows through everything, the famous sentence, the famous golden rule gets more real: "do not do to others what you don't want to be done to you".

An exercise for this could be to now and then feel for that presence, that feeling of "I am", "I exist". To get aware of the now moment frequently, to feel the power in the now moment. To withdraw energy from ones past and to look with confidence into the future. The consciousness becomes conscious of itself. To become aware of ones own awareness. Know thyself.

Now and then people have short experiences of this pure beingness and to the connection with all that there is. Mostly those experiences are short in nature. Ideally we have a latent connection in our daily lives with our presence, sometimes more sometimes less.

One can achieve this by keeping a certain amount of our attention on our self. That means, not giving all of our attention to our perceptions, thoughts, emotions, but instead to use a certain amount to let consciousness become aware of consciousness itself. Sounds a bit weird and certainly needs a little practice, because we are so used to completely loose our self in our perception. Start with reminding yourself from time to time that your are actually conscious.

One attribute of consciousness is stillness. You can become aware of that stillness. Stillness and noise can exist at the same time. The stillness is kind of spatial. If a bell rings or a bird is singing (or any other sound for that matter) then you may observe that there was a stillness before the sound and after the sound. If observed carefully than you may come to the insight that the stillness is even there during the sound happens. As a background. Similar like a painting, a picture... every picture has a background. Without that background the picture could not exist. That holds true for all sensory perceptions.

True connection with other human beings, when open, honest and sincere will also bring us closer to that state of being, after all our true core is connected with everybody and everything.

As human beings we are so used to doing, to take action, but the state of consciousness that is presented here, is more about being. Like a cat or a dog is lying somewhere, doing nothing, just enjoying itself, enjoying and being happy for its existence.