

231 Experiencing the Real Self

In this quote from L102 (P72 ¶65 – P78 ¶68) *The Seven Cardinal Sins*, the Guide speaks elegantly of what it feels like in those rare moments when we EXPERIENCE the REAL SELF within.

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QUESTION:

*I'm becoming aware of
a new kind of feeling.*

As

- depressions,*
- fears,*

and

- repressions*

dissolve,
there emerges
a personality
that has
no personal

- involvement*

and

- feelings,*

so that
one first realizes
that love has
two sides:

- a kind of negation*

and

- a positiveness,*

both in a
personal involvement
with

- the self*

as

- the object.*

Thereby [i.e., By realizing that love has two sides – a kind of negation on one side and a positiveness on the other side – both in a personal involvement with the self as the object]

love becomes

- *an understanding and*
 - *a non-personal involvement,*
- such that*

*you may feel for
a stranger*

- *whom you do not like particularly*
- and*
- *with whom*

you have no personal involvement.

*It [i.e., Such a love]
is just*

an acceptance.

*In a personal relationship,
this becomes*

*a process of growing
between two people,
without questions like*

"who loves most."

It is

- *a deep personal giving,*
- *a most interesting feeling.*

*You feel as though
you have lost
your body.*

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ANSWER:

Yes,

it is as though someone else

spread

this feeling

through you.

[It is] As though

some

new being

took hold of you

inwardly.

You may perhaps

experience

the same with

thoughts [i.e., the same with thoughts as you experience with feelings],

as though

a thought

is thought

in you,

as though

it is

not your own thought process

that thinks,

and yet

it [i.e., and yet the thought]

is very much

your own,

but

it [i.e., but the thought]

comes from a

• new and

• unaccustomed

area of your being.

	<p><i>It [i.e., This new and unaccustomed area of your being from which the feeling and thought comes]</i></p> <p><i>is something</i></p> <ul style="list-style-type: none">• <i>calmer</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>wiser</i> <p><i>that</i></p> <ul style="list-style-type: none">• <i>thinks</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>feels</i> <p><i>through you.</i></p>
67	<p><i>This is what I talk about again and again.</i></p> <p><i>It [i.e., This new and unaccustomed area of your being, which is something calmer and wiser that THINKS and FEELS THROUGH you]</i></p> <p><i>is the real self that is</i></p> <ul style="list-style-type: none">• <i>slowly coming to the fore,</i>• <i>emerging out of all the layers of disturbance.</i>

As you learn to

- *understand*

and

- *accept*

yourself

the way you

are,

and therefore

- *resolve conflicts –*

not by

- *repression*

and

- *escaping from them,*

not by

- *pseudo-solutions*

and

- *defenses,*

but by

- *squarely facing*

all that is in you,

- *understanding it [i.e., understanding all*

that is in you]

and

- *comparing it [i.e., comparing all that is in you]*

with

- *reality*

and

- *truthful concepts;*

as you go through this pathwork –

this real self

begins to

manifest.

What you describe

is the manifestation of

the real self.

*Now, this [i.e., Now this manifestation of the REAL SELF]
does not come
in all areas of*

- living*

and

- being*

at once.

*It [i.e., This manifestation of the REAL SELF]
may first appear
in the areas where
conflicts of lesser seriousness
have been resolved.*

*The next step
will be to resolve
the more serious problems
which reveal
the existence of a*

- deep,*
- subjective and*
- destructive*

*involvement,
even if
non-involvement
is being used
as a superficial
pseudo-solution.*

*In the new state of
the real self
there is indeed a
deep involvement,
but
in an*

- entirely different way –*

in a

- way that does not*
 - weaken*

and

- confuse.*

This involvement [i.e., This deep involvement of the REAL SELF]

- *is*
productive
for all concerned
- and*
- *fills*
 - *you*
- and*
- *those in touch with you*
with a meaningfulness
you could not experience
in
 - *non-involvement or*
- in*
 - *childish*
 - *dependency*
- and*
 - *over-involvement.*

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From a certain point on the path,
you may find yourself

on a plateau

where you
experience,
as the result of your efforts,
the manifestation of

the real self.

Yet,
you may have to come away from it again,
as you tackle
the still unresolved problems,
repeating the cycles
you have gone through
on a deeper level,
until you reach

the next plateau.

*At a time like
this, as you describe it,
the feelings I spoke about before [See Quote 230-Standing in Awe
of the Creator],*

- the awe of God,*
- and*
- the realization of
one's own limitation
to grasp the Creator,*

*may come
simultaneously.*

A divine aspect in yourself

*begins to
fill you,*

- first with a feeling
as though it [i.e., as though this DIVINE ASPECT in yourself
that is filling you]
were
something else [i.e., something else and NOT part of YOU],*

and

- then*
- penetrating,*
- enveloping
you
from inside out,*

*until you
know*

*it [i.e., until you KNOW this divine aspect in
yourself that is filling you]*

*is an
integral part
of*

you:

your real self.