

Gems from the Guide

235 How Does the Real Self Face Pains of Life and Death? (L96)

In this quote from L96 *Questions and Answers and Additional Comments on Laziness as Symptom of Self-Alienation*, the Guide speaks about living from our **Real Self** as we face the **inevitable pains and frustrations of life and death** living out our limited existence as finite embodied human beings in the world of matter on the earth plane.

(See also these paragraphs of L96 on pages 61- 67 of the *Devotional Format*:
<https://www.garyvollbracht.com/wp-content/uploads/2022/03/L096GaryDevotional.pdf>)

- 61** QUESTION: When you achieve the real self we are all talking about, you have an intuitive knowledge from within. You act in truth without fear. When you reach this, you suddenly know that there is no death, there is no evil, there is no pain, you accept what you experience due to your own inadequacy and fears. When one achieves this feeling, there is still the human body one is in and the human fear one recognizes. You cannot chase it away and say it isn't there.
- 62** ANSWER: No. Do not expect, my dear, to become superhuman. Of course, you have to deal with the difficulties of life that accrue from being in matter. I said just before, in another connection, if you are your real self, it does not mean you are never insecure, afraid, frustrated, that you are never unhappy. But you can deal with the unhappiness. You can come to terms with it in reality. You can accept it. You can accept frustration. Your life is not at stake because you do not get your will. In your state of illusion, however, there is so much more at stake than the lack of a wish-fulfillment. Your value and worth as a person is at stake and therefore you experience life in a distorted way. That is why frustration cannot be borne by the person who is still embroiled in immaturity and pseudo-solutions.
- 63** Once you are real, your own value will not be mixed up with your issues. Certainly you will at times be frustrated, uncertain, sad. In fact, if you were never sad, you would not be your real self. Sadness is healthy; it is a result of feeling and responding to aspects of reality. But self-pity and depression are not. Boredom is not. Life is joy and sadness; happiness and tragedy; fulfillment and frustration. The real self can deal with both, the false self with neither.
- 64** Why is it easier for so many people to go through a real tragedy only to break down from their imaginary little ailments, coming from their distortions, connected with the little ego? The healthy part responds to real life, while the unhealthy part in you responds to illusion with illusion. But beware of believing that your self-pity, bitterness, futility due to shallow living -- no emotional depth and not owning up to your real feelings -- with its resultant boredom is sadness. Be clear about the very decided difference between these entirely contrary feelings: sadness, and self-pity

mixed with futility. When you cringe away from sadness, you wind up in shallow living with all its byproducts.

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Do not expect an impossibility of yourself. You do live on earth. Of course, you will be insecure, afraid, sad and unhappy at times, but you will not feel insecure, victimized and uncertain about yourself. That is a difference. Live life fully with all that it brings, without cringing from your feelings. Please, let us go into whatever is not clear about this at our next meeting.