

## **I AMness – Real Self**

From *The Religion of Tomorrow* ©2017

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Now imagine that Intelligence—which gave rise to the Big Bang, evolved into atoms and molecules and cells and living organisms, exploded throughout the heavens from supernovas to star dust, gave rise to Magic and Mythic and Rational and Pluralistic and Integral realms of culture, and pulses in each raindrop, shines in every moonbeam, cascades in every snowflake, and breathes as the Life of every sentient being—is now looking directly out of your eyes, touching this page with your fingers, listening with your ears, feeling with your senses, observing through your very Awareness.

This is Spirit in 1st person, Spirit as your one and only True Self, the same and only Spirit looking out of the eyes of each and every sentient being alive, the same True Self (there is only one in the entire Kosmos) beating in the Heart and riding the Breath of every being in existence. The very sense in you of I AMness is the same “Before Abraham was, I AM,” the same I AMness prior even to the Big Bang, the same I AMness that never enters the stream of time and thus is found only in the timeless Now and hence is Unborn and Undying, Uncreate and Unmade, Unformed and Unlimited, the same I AMness that is the Self and Spirit of the entire Kosmos, even until the ends of the worlds. And may I introduce you? This is your Real Self.

Wilber, Ken. *The Religion of Tomorrow* (p. 572). Shambhala. Kindle Edition.