

Pocket Full of Miracles  
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on

## The Ego and the Higher Self

For April 14, 2011

*Seed Thought: The Ego is always discontent and unhappy...*

The nature of the ego is to live in its constant thoughts, separating us from the reality of what is. The nature of the Higher Self is to live in the present, feeling its connectedness to all things. Since the present is the only time we can enjoy ourselves, the ego is always discontent and unhappy. The only remedy it has for this is to clutch greedily after things, believing that if only it had this or that, then it would be happy. It is happy in the instant of acquisition, because it stops seeking elsewhere for that moment. But that moment is always short-lived.

For April 15, 2011

*Seed Thought: This Higher Self is the part of you that has always been awake and has never fallen into the hypnotic spell of self-importance and separation.*

The Higher Self feels connected to all things. It is neither attracted to people or situations nor repelled by them. It just is. Therefore it pays attention with choiceless awareness. It has moved beyond the attachments and aversions that cause so much suffering. This Higher Self, the Godseed within, is your Christ self, your Buddha nature. It is the part of you that has always been awake and has never fallen into the hypnotic spell of self-importance and separation.