



Spiritual Healing of Fear Part 3

Get to know yourself

Now that we are clear on our destination and the path to walk, we have better learn what we are likely to encounter along the way. When we know what the possible obstacles are, we are better prepared to face them.

Well, know this:

We are our greatest strength.
We are also our greatest enemy.

To be more precise, our **mind** is our greatest strength and it is also our greatest enemy. Why do I say that?

When we are the master of our mind, it is our greatest asset. It will do our every bidding. Like a laser, we can direct the mind to focus on any situation and we'll be able to see the solution.

However, an untrained mind is our greatest enemy. Like a wild horse, the untrained mind runs in all directions, according to its whims and fancies. It cannot focus on any one thing for long and it gets easily distracted. If you have ever sat down in meditation, you'll know what I mean.

Our goal is to train our mind to become fully aware of itself, to be mindful at all times, to be still. When the mind is still, we are able to see and experience our true nature – the Essence of Our Being.

This Essence is clouded by all kinds of mental and emotional impurities or imprints in an untrained mind. That is why in our present state, we are far removed from our Essence. Like an onion, we need to peel all these impurities away, layer by layer, until we reach the core. Only then can the Essence be revealed to us.

An untrained mind can create a lot of obstacles for us in our spiritual journey. The three most common obstacles are **fear**, **doubt** and **laziness**. There are other obstacles but these three are the most challenging ones for me.

As we walk the spiritual path, knowing what obstacles we may possibly encounter is important. We can anticipate and be better prepared for it. This way, we increase our chances of success and when the going gets tough we are not easily discouraged.

In fact, every obstacle is a sign of inner resistance. We are competing with no one but ourselves. When we realize this we will clearly see that each obstacle also presents an opportunity for progress. How we face the obstacle will determine the outcome. Rather than be discouraged by these obstacles, we should welcome the opportunity to move forward.

In order to overcome these obstacles well, we need to know our Self. So, let's take some time to understand a little bit more about the Self.

Higher Self

**“Everything around you exists as part of
the Universal Mind...
The Universal Mind is unmanifest essence –
the substance out of which all physical form is created.
You are part of this Infinite Intelligence.”**

- Orin/Sanaya Roman, “Spiritual Growth”

Our Higher Self is that part of us that transcend time and space, and connects with the Universal Mind, the Essence of our Being. It is wisdom, love and abundance. It sees and understands the inter-connectedness of all things.

Then, we have the ego.

The Ego

The function of each entity is to experience its unique individuality. Each entity has its unique experiences.

Each entity is at once a part of the Essence as well as a part of its physical body. The part closest to the Essence is what we refer to as the Higher Self. It has qualities closest to the Essence – more awareness, more creative and more godlike. The part buried deep within our physical body is the Self we are more familiar with. This Self is often called the Ego.

The Ego is far removed from the Essence and it believes it is just the physical body. It has difficulty seeing the inter-connectedness of all things and difficulty believing that it is love, wisdom and abundance. It is caught in the net of self deception in this physical manifestation.

Thus, our Ego is a major obstacle in our ability to experience our true Essence. The Ego believes itself to be a separate and real entity, and fear that the loss of its identity will lead to its extinction.

Although unfounded, this fear is very real to the Ego.

Letting go of our Ego, we are able to experience our true Essence. This would result in an expansion of our awareness or consciousness, and thus leads to a greater Higher Self that is more inclusive and all embracing than our present limited Self.

In its fear, the Ego creates resistance to our ability to experience our true Essence. To preserve its own existence, it cunningly convinces the self to grasp tightly to its own survival in a self serving way. In such a manner, our Ego can be said to be the proverbial Devil that deceives us and leads us astray.

A Look at the Ego

The Self is the part of the Universal Mind or Universal Consciousness that recognizes itself as separate from other entities. This Self can further be identified as having a Higher Self and the Ego.

There are some inherent problems with an Ego that is so immersed in its physicality that it loses its connection with its Higher Self. Some of these problems are:

- a. Separation – “I versus Them”;
a sense of disconnectedness
- b. Competition, instead of cooperation
- c. Vulnerability - fear of loss of identity, security,
belonging (acceptance)

Fear gives rise to the manifestation of more negative aspects of self.

- a. Fear of loss of identity - leads to behavior promoting a bigger ego, pride, arrogance. Its near enemy is loss of self-esteem, lacking in self confidence.
- b. Fear of loss of security - in health (sickness, death), in youthfulness (fear of growing old), in possession (leads to greed and the need to be in control)

The Mirror

Our external circumstance is a reflection of our inner world.

"We cannot have a superiority complex without an inferiority complex within. The outward superiority is a mirror reflection of the inward inferiority. They are two manifestations of the same thing."

"All great men are humble. That is how we know they are great."

Virtues and the Ego

Here is some food for thought:

"Why are some physical and verbal acts considered virtuous?
Why do we place special values in these acts?"

I believe that virtues are considered virtuous because they help us to eliminate our ego and bring us closer to our true Essence. Thus, the aim of spiritual practice is to achieve the total destruction of the restrictive and self-limiting ego.

Our ego is the proverbial devil. It is cunning and often deceives us in a very subtle way to preserve its own existence.

Our ego is a root cause of our insecurities. In its attempt to preserve itself, it gives rise to fear, greed, anger, craving and all the negative imprints.

It is an illusion that we are our ego. We are NOT our ego. We are **greater** than our ego.

The ego deceives us into believing that we *are* our ego, and that if our ego dies, we die with it. Thus we have the extreme fear of annihilation, of total extinction. In this way, the ego preserves itself.

It is this fear of extinction that leads to our fear of death. If we truly believe that we are spiritual beings and are indestructible, how can we fear death?

The truth is we are not our ego. We are much greater than our ego. Not only that - without our ego, we are liberated. We can never be destroyed. In our natural state, we are the indescribable, the unchanging, the unconditional love that all the scriptures talked about.

We are God.

In our Essence, we know everything, we are everything and we are eternal. We are pure consciousness, total awareness, fully awoken.

This is the ultimate expression.

To achieve this original state of being, we must eliminate the ego.

Virtues are deeds, words and thoughts that help us move ever closer to eliminating the ego. For examples,

- Humility counteracts our ego's tendency to claim recognition or glorify itself.
- Generosity helps us to think of others before ourselves.
- Patience prevents anger and anger is nothing but a ferocious display of ego.

Not only does ego get angry, it also likes to play the blame game. When we refuse to blame anyone, we remove an opportunity for the expression of ego. It is important to remember that not blaming anyone includes not blaming ourselves.

Don't you agree?

Your fellow traveler,
TOM