

# Ego Caused Problems

**Esoteric Resource & Information Corp.**

Copyright © 2008

## Relationships and You

Who among us is totally pleased with every interaction with other people? If you're like most people, relationship problems are the single biggest problem you'll ever encounter. It's been said that, "It's easy to be enlightened as long as you never have to meet other people." Other people! It always seems to be something that they've done, or said, or implied, or expected, or whatever. If you've never had a problem with anyone, you should be quite thankful that you're far beyond the need for this discussion.

For the purposes of this discussion, I'm going to deal with problems we encounter that are caused by ego-controlled thinking, with problems relating to actual psychic attacks, and with learning to interact peacefully with everyone by coming to them from a position of non-judgmental love. We will finish with a meditation designed to allow us to explore past relationship problems and isolate and overcome the blocks we've set up for ourselves.

## You and Your Ego

Generally speaking, our society is more preoccupied with ego than is healthy. Even our schools spend unnecessary energy trying to bolster the "egos" of our children. No two people, however, seem to have the same definition of ego. People who have a smattering of psychological education will casually refer to the ego as something that Freud wrote about. Some people will state that it is identical to self-esteem. Others will use it to mean self-centeredness.

The ego is a concept that originated with Sigmund Freud, first mentioned in his 1920 essay, "Beyond the Pleasure Principle." The ego's task is to balance primitive drives, morals, and reality while satisfying the unconscious reservoir of impulses including the primitive drives of aggression and sexuality. The ego is primarily concerned with the survival of the individual. Defense mechanisms are used by the ego when behavior that originates within the unconscious conflicts with reality, societal taboos and/or the individual's internalization of his contextual morality. Freud originally described the ego as the sense of self, but he later began to characterize it as psychic functions such as reality-testing, defence, synthesis of information, intellectual functioning, and memory.

Not one person in one thousand then uses the word to mean what it was originally intended to mean. In point of fact, most people really confuse the ego with the id, the reservoir of unconscious, animal-like impulses that usually lie below the surface of conscious behavior. Nevertheless, it is incumbent upon us to learn how to deal with that part of ourselves which is commonly referred to as ego.

In this context, I'll refer to the ego as the part of our self that is responsible for self-centered behavior. It is a direct result of the multi-layered structure of our brain. The old, reptilian part of our brain generates behavior that originates with survival-based instincts. These instincts have to do with appropriating all the territory, all the resources for our self. We have a distinct and understandable interest in the resources that can be used to ensure our survival and the survival of our genes.

This type of behavior would lead to un-ameliorated aggression save for the softening effect of society. It turns out that individuals who are part of a group are more likely to survive challenges that would destroy a single individual. In order to peacefully co-exist in a group, humans obviously had to turn down the gain on their self-centered, survival-oriented behavior. Thus was born a mediating part of our brain which allowed us to not only think about ourselves, but which used a basic tribal survival calculus to compute the effect of our behavior on the other members of the group with which we were associated.

Today we find that behavioral aspect of our brain may use some odd thought patterns to attempt to integrate our self-centered behavior with the perceived morality imposed by our peer group and what we understand of behavior mandated by greater society. To complicate things, we've all have some concept of God and the higher standards of action incumbent on those who would approach God by behaving in a fashion more closely aligned with those higher standards. Unfortunately, not everyone has a set of similar standards and many don't believe the standards they do hold are absolute. Nevertheless, it's my contention that all humans, even the poorest specimens, have some idea of God and some idea of behavioral principles that are absolute.

Now we're approaching the heart of the problem. We think that we should behave in a "God-like" fashion and yet we normally do not. This generates considerable guilt. Guilt is bad for us in that it is a very low-energy system of thought that damages our health and does not allow us to even think about approaching enlightenment and God. Somehow we must reconcile the animal aspects of our existence with our aspirations to identify with God. Indeed the discontinuity between our ideal behavior and what is easy or convenient to do causes us to come up with many defense mechanisms that are used to justify the lapses we make. When a person begins to live a life based on flexible standards and particularly standards that hold the highest pleasure and ease of the self as the utmost goal, that person becomes difficult or even dangerous to others. Extreme examples of this type of person are commonly known as sociopaths.

You might ask, "Why would anyone want to become conscious of the constant presence of God in their lives?" Especially if that presence mandates a behavioral standard which can become inconvenient to the individual. There are multiple answers to this question. The first is that such a behavioral standard becomes it's own reward and will lead to considerable advantage over the course of a lifetime. A second answer is that this consciousness generates the most extreme sense of pleasure and well-being that humans are capable of experiencing. If you do not understand this from your personal experience, then you're in for an amazing and enlightening experience if you work at increasing your spiritual presence. Once experienced, this level of rhapsody becomes almost instantly addictive. One wants it constantly and when it disappears, one often despairs that it won't reappear.

The heart of the problem is that reality is not objective. Instead it is subjective in that we only see what we are prepared to see and our preparatory experiences and mindsets vary from human to human. People who subscribe to the old Newtonian view of the world will always view everything as objective and causally related. The new physics of today based on quantum reality shows that causal relationships are a little deceiving.

For example, David Boehm's implicate and explicate order concepts and the concept of strange attractors lead us to the conclusion that the universe is so structured to bring about events which appear to be causally related, but which are in fact the explicate manifestation of implicate attractor structures. In more common terms, things happen because they're pulled into the future by what they will become, not because they're pushed from the past from what they were. It can be viewed as kind of like a boat. We have a tendency to think that the wake pushes the boat. In fact, the destination of a boat is set by the pilot who has a goal in mind. When we think that our past determines where we have to go, we are making a basic mistake. Man, alone out of all of the life forms on the Earth, has the ability to decide where he wants to end up spiritually and emotionally and mentally. Once we have made that decision, we usually move towards the desired end state. When viewed in this fashion, causality seems less than totally compelling as

an explanation for all of our behavior. David Hawkins rates causality at around 470 on his scale of human spirituality. In no way will it explain events that are rated above 500 and are in the realm of unconditional love or higher.

Causality doesn't even hold up totally in daily life. In point of fact, quantum reality intrudes on the everyday world far more than we normally believe. For example, you would think that you could calculate the exact speed and angle of the end ball in a chain of billiard balls if you were given the initial angle and speed and rotation of the cue ball. You can do this fairly accurately until you reach the eighth ball in the chain where you find that the quantum unreliability of the surface atoms of the balls has summed to a point that it impacts the trajectory of the eighth ball in an incalculable fashion. No matter how careful you are with your initial measurements, the eighth ball's path can't be predicted.

If we understand that causality is really an illusion, then dealing with the ego becomes less of a challenge, since the entire structure of the ego is based on the belief in causality and the secondary idea that everything has a polar opposite.

In fact, the idea of opposites is also an illusion. While we think that hot and cold are opposite, cold is really the presence of less energy than states that we subjectively label hot. Zero is not the polar opposite of infinity. Zero is the presence of fewer items than infinity. Hate is not the polar opposite of Love. It is the presence of less Love.

So, we first have to abandon the fixation we have on causality and opposites. Once we start to take steps in this direction, we find that our ego's power over us starts to gradually fade. Don't worry. This is a step in the right direction, as you will easily find. You can verify this yourself as you move toward this ego-less state, since you will find that your mental life becomes easier and you are less beset by fears, antagonism, and worries.

## **Integrity: Honesty and People of the Lie**

If you've grown up with good people in your life, people who live the truth and have generally clear moral guidelines, you probably will have a difficult time understanding those you meet who have "flexible moral standards." By "flexible standards" I'm referring to people who are only too anxious to subscribe to the post-modern idea that there is no truth and no one moral standard. This concept is usually most highly praised by those who have yielded to the temptation of the moment. They use it in order to excuse or exonerate themselves.

We often find these people arguing indignantly that they can't be judged by anyone else since no one has had exactly the same experiential background. If you haven't experienced their circumstance exactly, they argue, you aren't prepared to judge them, because you cannot understand their motivation properly. This is a child-like argument that becomes an abnormally damaging concept because it essentially states that it's impossible to make any sort of judgment of good and evil. Because we can't know why someone did something, we can't state that his or her act was evil. This destroys the individual's self-responsibility and leads to anarchy.

A variant of the above concept is that a person's happiness or success or whatever the person needs to justify is dependent upon how their parents or teachers or society treated them as a child. Surprisingly there is very little correlation between one's remembered childhood experiences and one's current happiness or success. These desirable states depend almost solely upon one's mental habits and what one does as an adult as a direct result of one's mental habits. You'll never become successful by dwelling upon a perceived childhood trauma. This type of thought will only lock you into the past and can never prepare you for the future.

A corollary of this non-judgmental argument is the idea that tolerance is always compassionate and beneficial. This too is a false concept in that some behaviors are so damaging that the individuals engaging in them must be immediately stopped. There should be no tolerance for

repulsive, hurtful, and evil acts. The person engaging in an act of this sort must be stopped for their own and societies good. That is part of being kind and compassionate. Letting them destroy their lives because one states that one is tolerant is the exact reverse of compassion. It amounts to a complete lack of caring for anyone but one's self. One behaves in this way because one doesn't want to get involved because it might be too much trouble.

People who use these arguments are usually those who subscribe to the post-modern idea that because we can't know everything about something, we can't know anything about it. This is a great philosophy if one wants to have a free-flowing morality that is based on whatever is immediately most pleasurable for the individual. Unfortunately, such a morality is not in the best interest of the individual or anyone who comes into contact with him. It's short sighted at best and downright deadly and evil at worst. Such a person has absolutely no qualms about lying to further their personal agenda or to avoid any sort of responsibility.

It's one thing for a person who has grown up without decent role models in very difficult circumstances to behave in less than a perfectly honest fashion. They have learned this as a result of having to survive without assistance. They have developed poor habits as a result and such habits can be very hard to unlearn. Even when they have the right intentions, the momentum of their past includes dishonesty and self-deception. As a result they don't always live by their expressed values. This inconsistency is usually paired with a considerable amount of shame.

Of course, there are also people who enjoy living lies. There are several different types of these individuals.

There are those who just don't think beyond doing whatever "feels good" or "feels right for me." Unfortunately, it's quite common for people to subscribe to this type of situational morality and this is a malaise that attacks more educated individuals. It's a natural component of our ego to believe that we're more intelligent and more capable than others. If we add this fact to the belief that one is better educated as a result of going to college we find that a large proportion of our populace believes that they're able to immediately discern the correctness of any situation. This is particularly insidious since the advent of political correctness has infused nearly all of our colleges with a self-righteous pompousness based on superficial examination of reality. Generally we find these people purporting to be in favor of various "rights" but only for themselves. Anyone who makes a good argument contrary to their position is attacked and vilified and their right to freedom of expression (guaranteed by our constitution) is immediately abrogated, if at all possible.

You may realize that I'm speaking about a divisive mind-set in our populace commonly known as liberalism. The general components are a laudable desire to benefit mankind and the Earth, which is paired with a feeling of smug superiority. This is a type of tribal mind-set that becomes even more powerful because the susceptible individuals usually have an intense desire to find meaning in their lives. Since they've generally discarded the concept of God and our role as spiritual beings, they are desperate to belong to something greater than themselves and the liberal groupthink fills the role by providing them with a group and a reason for their existence.

As a brief side note: If the above paragraph offends you, I would ask that you consider reading the rest of this with the most open mind that you can hold. Please accept my apology. My intent is not to politicize this discussion, but only to assist you in clarifying your mental habits with the end result of rectifying the ones that are causing you pain.

Considerable thought and introspection can lead one away from the type of thinking I'm describing, although it's usually extended life experience in the school of hard-knocks that gradually moves people away from this mode of thought. However, we find that those individuals who have more actively espoused liberalism often remain liberal throughout their lives. It's quite common to find university professors who are very liberal and who have attempted to indoctrinate

generations of students into this mode of thought. I believe that it would generate extreme internal discomfort for them to change to a different mode of thought. The guilt would provide a great deal of pain and so they ignore or discount the inconsistencies in their positions.

There is another type of person who lives by lies. This is a person who enjoys deceiving others. Once again, this is usually an intelligent person who feels superior to others if he can make them believe something which is untrue. Sociopathic personalities are one extreme variety of this type. They actually don't identify other people as similar to themselves and thus distorting the truth in order to manipulate others is an exhilarating and fair game to them. Beware of these people. Though often charming and extremely likeable, they are unreliable and can't be counted on. You will often find such an individual engaged in politics, since the ego reward and feeling of superiority in that field fits them perfectly.

Another type is a person who has so little belief in their personal value that telling lies has become a way of shoring up their personality. They might exaggerate basic facts about their qualifications or even make up a totally new history to cover up their underlying feelings of inadequacy. If we only knew what this person has been through, we might find that they've been abused in some subtle fashion during their upbringing and have generated mental habits reinforcing the belief that they deserved this treatment. Once again, fixating on past slights only locks one into the past. Retaining this type of thought when dealing with one of these people can be helpful in that it allows one to see through the façade and to witness the valuable, yet damaged person underneath.

I'm sure that we can all find additional examples of people who have woven lies into the fabric of their lives. What we must realize is that the momentum of such a life builds until it becomes very difficult to overcome. The feelings of inconsistency and shame can be overwhelming. If we see someone who is working toward integrity despite the momentum built up in the other direction, we should appreciate his or her courage and attempt to provide as much support and compassion as possible. Such support on our part can reinforce the virtue they are struggling to express and will go a long way towards helping them to ease their burden of shame. However, it is incumbent upon us to point out any behavior they engage in which is damaging in any way. To do so gently is truly compassionate.

The Course In Miracles says that the only thing that is missing in a situation is what you are not bringing to it. In this case, an attempt to see their true nature struggling against the momentum that they've built can bring about a change in our own attitude from condemnation to unconditional love for the God-part of their spirit that can still be seen if we only are willing to look. If we can see that part of their spirit, they will know it at some level of their being and this will eventually start to change their behavior for the better.

## **Arguments, Disagreements, & Fights**

As humans we are educated by our egos and by consensus with our social group to see scarcity in the world. At the heart of every disagreement is the concept of scarcity. Scarcity of material resources, of energy, of comprehension and understanding, of acceptance, of friendship, and ultimately of love is the root cause of discontent and strife.

If we really understood that the world is not designed as a "zero-sum game" we'd have a much easier time. If God had designed the world to be limited in resources, we'd still be living in caves and heating ourselves with wood fires. While it is true that there is a limited amount of physical matter incorporated in the Earth, the larger view is that all matter is energy and as such, there can really be no absolute distinction between the energy of the Earth and that of the Universe as a whole. In fact our minds are our best tool here. Thought allows us to move past the level of animals. We are not limited in resources as are all other creatures on the Earth. Instead we have used our thought in creative ways to find novel sources of energy, uses of matter, and advantage to ourselves. If you are predisposed to believe that humans are not qualitatively

different from other animals, you are likely to subscribe to a form of thought that holds that resources are truly limited. However, it actually turns out that humans have harnessed the power of thought to create endless economic opportunity for themselves and have bootstrapped themselves upward in terms of quality of life. Just as a caveman wouldn't have thought of electric heat, we cannot conceive of the advances that will be created in the future from the inexhaustible supply of energy which comprises our Universe.

In order to counter any argument or disagreement and to forestall any conflict, we simply must learn to isolate the ego component in the thinking that causes the basic problem. Our egos love to fight. They're the old reptilian part of our personas that wants to monopolize all of the available resources. Ego-based thought believes that life is a zero-sum game. Once we realize that it is not, we are much less likely to engage in conflict. Then, if we come to the mature realization that we are not actually defined by our possessions, our reputation with other people, our honor, or our past history, we find that the chances of conflict in our lives are almost completely removed. Others may want to fight with us, but we have no interest or need.

Ego-based thought is particularly insidious in that it always seems to work best when threatened. It's very easy to find excuses that allow you to go into attack mode if you find yourself in a confrontational situation. Take for example, the concept of honor. It has both positive and negative aspects. The positive aspects all relate to restrictions on one's own behavior. If one believes that one is honorable, then one usually has some type of moral compass that will indicate that certain acts are dishonorable. This is good, because it is totally self-oriented and self-enforced and it removes ego-based self-pity from the equation. It doesn't matter if you've been wronged and feel sorry for yourself, if the act of revenge you're considering goes counter to your personal sense of honor. You won't be as likely to consummate the act in this case. This is where situational morality falls through, since it is always far too easy to justify any act, no matter how heinous.

As for the negative aspects of honor, they are commonly, too commonly, displayed in a horrific fashion by the "honor" killing of daughters and sisters found in some tribal cultures. The killer feels that his "honor" has been besmirched and takes the culturally approved way of rectifying the indignity. Of course, this is solely ego-based behavior and, as such, is far, far removed from the correct view of honor. Honor is also at the root of many conflicts that may more properly be described as affairs not "of honor," but of machismo. It's very natural for an ego-driven individual to respond violently when thwarted. Rather than attempting to find a rational way around or out of the situation, rage is more easily substituted for thought. It's lots easier mentally to lose one's temper than it is to approach a difficult situation constructively.

With all of this said, you may still find yourself in a situation where conflict seems inevitable. I want to note that at times, conflict may be necessary to break through the other side's barriers to communication. You can engage in this type of conflict in a non-judgmental fashion. It's not necessary to go into a screaming rage to make your point. If you have to bop someone on the nose, you can do so with respect and then help him or her up afterwards. Naturally, I'm not recommending this, but sometimes you have to make the best of a bad situation. It really helps in these cases if you know how to fight. It's long been observed that children who are properly trained in martial arts are far less likely to get into physical fights than are those who are not trained. Similarly, if you have taken the time to think out both sides of a position rationally and are prepared to present it in that fashion, it's quite likely that you will keep your temper restrained and you will be more likely to prevail.

It's been said that, "War is not the answer." This slogan is nice, but it is totally context dependent. It depends on the "Question." In conflicts between nations, it is sometimes the only way to reach a point where the conflict may be resolved. Of course, if all humans were coming from the level of unconditional love located in the mid-five hundreds on the Hawkins Spiritual Development Scale, then war would be totally out of the question.

Unfortunately, many humans are living lives based on lies and lying and are coming from far below the two-hundred point, the point of integrity, and, as a result, they are impervious to rational arguments. Hawkins tells the story of Neville Chamberlain and Hitler signing a peace accord. Neither man existed above the point of integrity and neither intended to keep the accord. It's like an agreement between a crack addict and a drug dealer. "Yeah! I'll have the money for you tomorrow." No one would believe that statement. Neither individual would be capable of making or understanding a rational argument to resolve their differences.

The basic law is that you simply must communicate on a level that the other person is capable of understanding. If we spend a lot of time trying to befriend those who are incapable of understanding the action and who are dedicated to our destruction, than that effort is totally wasted. We must first speak to them in a fashion that they understand. Otherwise, it can be like a mouse attempting to convince a cat not to eat it. The cat simply doesn't understand the squeaks as meaningful.

Now it is possible to speak to anyone from a position of total and unconditional love, but even the most pure avatar, for example Jesus, was forced to say, "Forgive them for they know not what they do." Those of us who are not capable of coming from the level of love that Jesus manifested must do the best we can in trying situations. Gandhi was able to back the British Empire down, but Hawkins rates Gandhi in the enlightened and rarified area of the 700's, so he was able to manifest enormous personal power. Since spiritual power always eventually trumps physical force, Gandhi was successful.

The way this works is that the person in a dialogue who is coming from a higher place is the one who is responsible for communicating to the person who is at a lower spiritual level. It's always possible for this to occur. If it doesn't than the higher-level person is shirking his duty in some fashion. He may not know that it's his responsibility. Quite possibly this is the first time you've encountered this concept. However, now that you know, you'll find that hereafter you will have to make special efforts to ensure that the other party in a dialogue understands.

As you can easily see, this is a one-way effort. The problems that you may encounter arise if you do not judge the other party's level correctly. You may think that they are at a higher level and more capable of understanding than they actually are. This can cause a gap in communication and unexpected behavior on the part of the other. Please don't loose your temper with them. They are behaving exactly as they are programmed to behave and entirely commensurate with their level of understanding. The error lies within you. You haven't communicated in a manner that they can comprehend correctly. You simply need to try again. When you do, be absolutely sure that you've conquered your temper and are coming to them in an attitude of loving understanding. This will nearly always guarantee that you communicate more effectively.

But, what if they disregard your request and act in a fashion that is stubborn or irrational or deliberately hurtful or harmful to others? Once again, you have not made it clear. In the upbringing of children, we are forced to impose strict rules until they reach a level where they are capable of thinking of the consequences of their actions and thus become capable of taking responsibility for themselves. With all this said, please understand that sometimes it is simply not your job to attempt to change someone's behavior. Disengagement with them is also a form of communication and it can communicate a very important message.

## **Your Natural Enemy**

Sometimes we are faced with a person who acts as if he or she were our natural-born enemy. They can be a total nemesis, thwarting us repeatedly. They may be vindictive or they may be impersonal. In either event, their repeated actions can cause us a lot of grief. I've mentioned this before, but it's worth repeating: If a particular type of situation comes up repeatedly in your life, it's because you must master it in order to develop further. If you have such a person in your life, you must learn to deal with them. If you retire and leave the field, you'll undoubtedly meet some

similar person later. Carlos Castenada's mentor, Don Juan, called this type of person a "petty tyrant." Don Juan said that a petty tyrant could be irritating or even physically dangerous, but provided an essential service in that the only way one could learn to deal with such a person was to lose all personal self-importance.

Don Juan says, "Self-importance is our greatest enemy. Think about it--what weakens us is feeling offended by the deeds and misdeeds of our fellow men. Our self-importance requires that we spend most of our lives offended by someone...every effort should be made to eradicate self-importance from the lives of warriors. Without self-importance we are invulnerable." Dealing with a petty tyrant requires one to lose our self-importance so that their actions no longer bother us. Once we've learned this essential skill, we can leave them behind, secure in the knowledge that we'll not have to fight this type of battle again. The Course In Miracles says that we attract what we defend against and as long as we defend our self-importance, we will attract our own petty tyrants.

Once we've gotten over self-importance, we can begin to change the petty tyrants we encounter, if we so desire. If we start seeing them as humans with valuable qualities and approach them from a position of non-judgmental and unconditional love, they will begin to change their behavior in relation to us. Who knows, you might find that they become your best friend.

## **Psychic Attacks**

Robert Bruce, Australian psychic and author of "Psychic Self-Defense" makes it very clear that we are sometimes subject to true psychic attacks. He mentions that the primary symptom of such an attack is depression and that there may well be physical stigmata caused by the attack also. I'd strongly suggest that you find and read his book if you're worried about this type of event. On the other hand, for such an attack to be very successful, you must provide some type of permission for the attacker to enter your energy system. Don't do that.

Generally, people who are beginning to develop psychically are given considerable grace and will not usually attract an opponent that is disproportionately powerful. However, Bruce states that even total innocence is no shield, as he has repeatedly had to defend people including very young children who had no idea of what was going on in their lives.

Many meditations often mention visualizing white light shining on oneself or puffing out one's aura as a type of protection. These can be somewhat useful as a defensive barrier, but they are not generally powerful enough to be a truly good defense according to Robert. In a previous chapter, I've described a barrier that I personally find to be of some utility and you might try that or some personal modification of it.

Please understand that I'm speaking of true psychic attacks and not just a personal conflict of the more normal verbal or physical fashion. Unfortunately, there are people and entities that are powerful enough to influence us on an energetic level. Robert calls them "Negs" which is short for negative entities. A more traditional religious person would undoubtedly call them demons. Whatever they actually are called, they can be dangerous and should not be trifled with.

Robert makes a very good case for crossing running water to ward off or break psychic attacks. A good way to do this is to coil the garden hose into a circle, step inside and then turn on the water. Once it's on, step back outside the hose. The attack should break off since you've trapped the negative energy in the running water. Of course, it may resume when you turn the hose off, but you can leave it trickling for a day or so without costing too much and that may be long enough for the neg to lose interest or energy. Crossing bridges, water mains or other sources of running water may also help. Once again, I highly recommend Robert's book.

## The Christ Approach

The true secret for better communication and better relationships is very, very simple. Of course, it is very difficult to do as a result. The secret is simply, "Love." If you are not capable of coming to a relationship from a position of true, unconditional love, do not despair. It's still effective if you simply strive to do the best that you can. Like any other area of human endeavor, practice increases our ability.

I've recently had a whole series of events in my life that have served to teach me a lesson that I've apparently been missing. I've been working on this material for a long time and yet, I just realized that if I look back on the errors I've made in communication in my life, they all have occurred when ego took over. When I was defensive or trying to attack or being impatient or even trying to be helpful out of a sense of superiority, my results were not always good. In contrast, when I come from an ego-less position of love and understanding, my results with others are much better.

This is so elementary that it seems about as trivial as if I'd just said, "The sky is blue." That is often how enlightenment works. A muddied or misunderstood idea suddenly becomes crystal clear and we think, "I knew that all of the time." Yet, we hadn't been acting in accordance with it! It's one thing to know something intellectually and an entirely different thing to believe it emotionally.

There are few people who are capable of coming from the level of love that was displayed by Jesus. Now as to the Christian belief that Jesus was God incarnate, I'm not addressing that here. Jesus is a shining example of a high-energy pattern that ordinary mortals can use as a goal. We can aspire to his level and I'll guarantee you that those who do have such aspirations are going to be better people for it.

Let's put this in a non-traditional perspective in order to attempt to get the religious overtones out of the way for a moment. Try to envision the entire universe. Let your mind wander out away from your room through the sky and out into space. Imagine the solar system. Imagine the local galaxy in which our sun is one of about one billion others. Imagine the billions and billions of galaxies which exist in the universe. Now think about the fact that on a sub-atomic basis there really isn't any such thing as matter. There is only energy. Matter is some form of extruded and slowed down energy, but it is still energy at some level. So here we sit in our room and we can view ourselves as a bundle of energetic waveforms in a huge universe of similar energy waves. In fact it's difficult to see where our bundle ends and the universe begins. Right now there's a cell phone wave going through your bundle and a television wave and who knows what else. So we're interconnected with everything on an energetic level.

God is the sum of everything. God isn't some old man on a mountain or some despotic king in the kingdom of Heaven. God is everywhere at all times. We are part of God! We may not realize it, we may rebel against it, but we still are part of God.

Once we realize that underneath all is one, we are then led to the realization that if we harm another, in a sense we are harming ourselves, since we are interconnected. This is the basis of karma. Every action we take has a reaction in which we also participate. The reaction may not be immediate and it may not be recognizable as being related, but it will always be present.

Jesus understood this and acted in accordance with this principle. He gave unconditional love even to those who tortured him. He understood that they did not understand and he forgave them their lack. David Hawkins states that at the time of Jesus, the general spiritual level of mankind was far below the level of integrity. How could a man who exists at a level of 100, who is concerned with simply getting enough food to survive begin to understand a being coming from the level of Jesus? Jesus rates at 1000 on Hawkins' scale. This is an exponential scale and that

means each level is successively much higher, so 1000 is not simply 10 times 100, it is far, far higher.

The true point of this discussion is that there are attractor patterns that determine our behavior. Attractor patterns are an element of chaos theory, perhaps best explained for our purposes as follows. Imagine a child's puzzle. One where there is a box with dimples punched in the bottom and a glass top. There is a steel ball in the box and you can roll it around until it falls into a dimple. Some dimples are larger and some are smaller. Some are deeper than others. To complicate the box, the floor is at many different levels, sort of like a topological map. There are hills and valleys in the box. The ball may get caught in a dimple at the top of the hill and not have enough energy to get out and roll down to the very lowest dimple in the box. That lowest dimple is the strongest attractor, since once the ball is there it won't go out without a huge infusion of energy caused by you shaking the box.

Now apply this analogy to our lives. There are many such attractor patterns in the world. Some have deleterious effects associated with them and others are better. If we fall into a hole on a hill where we are in a lifestyle that harms us, we might not be able to easily get out and move down into a stronger pattern that will heal us. Sometimes it takes an infusion of outside energy. Take alcoholics and Alcoholics Anonymous as an example. The alcoholic is trapped in a low-energy pattern leading to his destruction and the proven best way out is the energy provided by the 12-step program utilized by AA.

So, what's the very best, strongest attractor pattern for humans? Obviously, living the way that God would have us live is the best. God thoughtfully provided us with an example in Jesus. In fact God provides us with many lesser examples on a daily basis.

Some of this writing is inspired by my dreams. I sometimes use my dreamtime to work out problems or past events that I've failed to properly comprehend. This works well for me at times and not so well at other times. The other night during sleep I was given a wonderful insight that illustrates the point I'm striving to make.

When I was born, my parents were quite poor and my father worked in the oilfields away from home for days at a time. In order to make ends meet, they moved in with my great-grandmother. Her name was Betty, but when I was old enough I called her, "Nanny." Nanny was a wrinkled old woman when I was born and she lived with my parents, first in her house and then in theirs, until she broke her hip and died in a nursing home at the age of 94. She had lived a hard life; the kind of life the very poor lived in those times. She was placed with some remote relatives when she was 2 or 3 and was expected to work hard at chores even at that young age. I can remember her wearing the bonnet that she always wore outside, bent over in the yard cutting dandy-lions out of the ground with an old butcher knife. She did this in the rather vain hope that the grass would look better and the dandy-lions would become discouraged. It never worked, but she kept it up until she couldn't bend over any longer. She was a great resource when I started flying kites. Any tangled kite string could be safely relinquished to her care. She would meticulously untangle it and rewind it into a neat ball so that I could get it messed up again.

She was quite religious, reading the Bible daily and praying often. As she aged, she became fairly deaf. This wasn't so bad, but she would recite the phrase, "Mercy, Lord, have mercy," over and over again. Her parakeet even learned it. As a teenager, I found her behavior embarrassing and not very meaningful to my limited understanding. She always loved me and would call me, "Puddin'" which I also found profoundly embarrassing. As a result, I stayed away from her and was not very helpful or demonstrative when she was around. I was in college when she fell and broke her hip. My mother couldn't cope with the extra load of caring for her and she went to a nursing home. There she lay in a private room for several months. I rarely visited and I'm sure she was lonely. When I visited, it was apparent that she had intensified her repetitive praying for mercy.

The one visit I remember most clearly was one that I tried to forget until the other night. My grandparents were visiting her and my girlfriend (who has now been my wife for many years) and I were talking to them about my pilot's lessons. I'd been learning to fly a light airplane and my father had finally worked some kind of oilfield deal and ended up with an old Cessna that I kept in a hanger at the local airport and flew occasionally. I offered to take my grandparents for a ride, but I remember that my grandfather was not at all interested, stating that, "Those light planes are very dangerous."

I was rather irritated by that idea, since I naturally felt that I was a safe pilot. At that point, Nanny, who had been lying quietly in bed listening as best she could, said that she'd be happy to go for a ride with me at any time. I looked at her and I really didn't understand what I saw at that moment. She was practically luminous with love and her spirit was glowing all around her. I was filled with consternation at that point and looked away quickly and immediately started thinking about how I couldn't possibly be bothered and how could I get her with her broken hip out to the plane anyway and all sorts of other such thoughts. I don't remember any of the rest of the visit except that Sally and I left shortly afterward. I thought about how I could take her for a ride a few times and then forgot about it. Some weeks later, while at school I heard that she'd died.

The first thing that hit me during my insight was that I really wished that I'd just picked her up out of the bed at that point and carried her out to the airport. She couldn't have weighed more than about 90 pounds, so I could have done this easily. Then next thing that I understood was that it didn't really matter to her. She had reached a point of understanding far beyond where I was at that time. She had offered me the best gift that she had available, her total love and perfect confidence. I hadn't understood it and had been somewhat off-put and actually frightened by the way she looked. Nevertheless, she wasn't bothered by my reaction. She understood that I was acting the way I had to at that moment. The most moving part of my epiphany was that I realized that her gift hadn't lapsed. It was still as fresh and wonderful as it was when she gave it to me. I simply hadn't opened it up to my consciousness. I'm now able to look on her gift with understanding and gratitude. I now understand that I'd missed the point during the exchange. I suppose I missed it deliberately, since I wasn't able to encompass the energy level that her gift contained. The interesting thing is that I encapsulated the moment in my mind in a crystal-clear vision and saved it until I was able to use it.

Such gifts of love never expire. They are always good and always fresh and powerful. She had reached a spiritual level attained by very few, but which is documented in Christian literature. By constantly saying the name of Jesus during all of one's activities, one may become completely in tune with the Christ-like behavior that I've been describing in this section.

Imagine for a moment what your life would be like if you could greet all those you loved, all those who posed problems for you and those who showed you enmity with such a gift. Many would not understand it, but the possibility is that, at some future time in their life, they would be struck by the understanding of that pure feeling. This is the way that Christ must have impacted many people. We don't have many records of how the people who acted as his enemies behaved in later life, but I suspect that their behavior was changed for the better by meeting him.

Have you ever received such a gift? Perhaps you have and are not yet ready to unwrap it. If you haven't received it, you will increase your chance of receiving it by giving the same gift to other people. In fact, you will be so changed by the experience of giving that it will not matter if you ever receive on the same level.

I always believe that giving and receiving must balance out, but in this case, the act of giving is also receiving, since God gives the energy to you to give to others.

So, all we really have to do is to look at others with compassion and have the desire to better ourselves in order to live a more conflict-free life. The more we advance our thinking, the more we find that the Universe is a benign and even loving place. To a fearful man, the world is full of

danger. To a loving person, the world is full of love. Advance far enough and there is nothing that you will encounter which can be a threat to you. I pray with all my heart that you, my dear reader, reach this point.

Let us pray the following prayer on a daily basis: Dear God, please bless me this day so that I can see the beauty of the day and of everyone I encounter. Let me understand my experiences so that I will be moved closer to the person that you want me to become. Let me be a blessing to those I encounter that I might inspire them to move closer to you. I hereby place all of my problems, my health worries, my financial worries, and my relationship problems, all of my troubles into your hands. I have made mistakes in the past when I tried to handle them myself and I am tired of making the same mistakes. Please take care of them for me. My old thinking led me into weak patterns and I am now ready to die from what I was in order that I might be reborn into what I can become. Please guide me today so that I may more fully realize the promise of my life's purpose. And, so may it be. Amen.