

# AWAKENING NEWSLETTER

## #21

### STORIES

**“There’s nothing fundamentally wrong with people. Given a story that puts them in accord with the world, they will live in accord with the world...given a story to enact that the world is a foe to be conquered, one day, inevitably, their foe will lie bleeding to death at their feet.” Ishmael, Daniel Quinn**

Everyone operates from a story of how things are, and how we are. The story explains everything. It is a story of how things came to be this way and what it means that they are this way. This story is accepted without question. Everyone has one (those pathways that suggest having no story or holding the story lightly as hypotheses are also stories). If what I have said is true, an important question and an unimportant one arise.

First, the unimportant one. Is the story **RIGHT**? The answer, of course, is and always will be, WHO KNOWS? RIGHT according to whom? The Bible will define right in one way, radical Islamists in a very different way, atheists in yet another way. All believe they hold the exclusive truth.

The important question is, **HOW DOES MY STORY LEAD ME TO EXPERIENCE MY LIFE?** Obviously, a story that is based on fear, shame and self loathing will lead to one experience of life, and one based on trust, self love and surrender will lead to a very different one.

Daniel Quinn, in his excellent novel *Ishmael*, says there are two different stories being enacted by mankind.

1. Creation begins and ends with mankind. The birth of man is the central event in the cosmos. The world was created for man and is a life support system designed to produce and sustain human life. It is man’s destiny to have all creation bend to him, we can do what we want with it. Our job is to control the world and all events. The world needs a ruler, otherwise, there would be chaos. Man must conquer the chaotic world and put it in order. The price of enacting this story casts mankind as the enemy of the world.

2. Mankind belongs to the world. The world is in control. Events happen in our lives in which we may have little control. We live at the will of existence. We can trust the world to provide, as it has for billions of years, and live in accord with its laws, not imposing our own. We take what we need and leave the rest. The result of enacting this story makes mankind as the steward of the world.

People living the first story will tend to be more stressed, fearful, anxious, depressed, and escapist. People living the second tend to be more relaxed, trusting, peaceful, and present.

I was struck with the similarity to my understanding of Ego and Essence.

Egoic consciousness, the false self we have identified with through the absorption of the stories about ourselves and the world we were told from infancy, is similarly rooted in the desire to control. We begin with ourselves – we go to war against those aspects that were judged unacceptable and try to eradicate them. The Ego experiences itself as the center of the world – everything that happens to us is a statement we take personally. We believe our job is to somehow find the way to control our lives so that we can finally manipulate existence to give us what we want – satisfaction, a feeling of value and self worth. We are afraid to surrender into the truth of who we are, certain that rejection and abandonment will occur. (It already has, and our attempt to escape the ripples of this lead to a war in which we fight on the wrong side.) We resist the uncertainty of where freedom might lead for the security of known suffering.

Our Essence, the authentic self we always have been deep inside, is not oriented to pillaging the world for the approval and sense of lovability we crave, it just is as it is, whole and complete in itself. We participate in the world fully but do not expect to find our sense of worth through achievements or relationships. We more easily surrender to Life knowing that whatever happens, we are the source of our well being. We trust that what is needed is given. We receive fully what is available in our lives. Those of you who are graduates of Awakening have had the direct experience of this as truth.

Lonny Garrett, LAc, says,

**There are two momentums that compete for the attention of human consciousness.**

**One of these, the ego, constitutes an imagined self, manifested early in life as a young mind's attempt to cope with an existential crisis. The ego's fundamental opposition toward life is that there is a great problem, and something is terribly wrong. This "self" will never heal, in fact, it is the basis of the disease itself. The ego's only commitment is to consuming experience under the pretense of seeking as a way to feel better and buy ever more time to "get ready to be ready."**

**And then there is the authentic Self, synonymous with Spirit, that doesn't need healing because nothing ever happened there. This Self never needs more time to get ready. It is only ever interested in living the highest possibility of a more wholesome future, right now. It is undaunted by the events of our lives and never sees itself as a victim. Its conscience is awakened to care for the whole because it recognizes itself as the whole.**

**So one self will never heal because it is the illness, and the other Self doesn't need healing because it literally is whole. What is needed is to shift our identification from the small self of the ego that has been victimized, traumatized, misunderstood**

to the One Self that is the will to become at ever higher levels of expression *no matter what*. It's really just a question of who, or what, do we think we are?

## AWAKENING

Directly experiencing coming home to the truth of who you are takes courage and commitment. Awakening is an intense 3 day group in which you will discover yourself to be more than you ever imagined. Groups fill up fast as very satisfied customers spread the word. The next Intensive is Mar. 7-9.

Contact Jason Brody, M.S. at 760-489-8087 or visit [www.awakeningseminars.com](http://www.awakeningseminars.com) for further information.

Here are some quotes from the January group –

I honestly can't put into words the gratitude and love I feel for what you have done for me this weekend. I feel tremendous strength and courage from your teaching and for the first time from myself. I got much more than I expected - I feel alive, I got the power of my body back. I now have a choice I never knew I had. – Matt, Director, Organizational Development

You do amazing work. The seminar was a life altering experience. I had shut myself off - something was stopping me from believing I could make a difference. Now I have the power to achieve greatness. I found joy, the stars are coming down and dancing. I feel very blessed. I am unstoppable! – Geraldine, Meetings/Events Producer

I'm thrilled! This was all worth it - I found my authentic self. It's all clear in my head. I will do whatever it takes to stay in this presence of mind. I feel whole and complete. I'm not afraid anymore. I love me! I'm happy! – Maria, Montessori Teacher

I found my power! I am never going to give it away to anybody again. Ever. I am so done with guilt and shame. I'm awake. I'm alive. I'm free! It's time to go play! – Cindy, Retired

I felt overly responsible for others. I let myself get out of touch. I'm done with despair and determined now to be different. I am peaceful, resilient, playful and fun loving. – Mary, Training/Development Manager

I found my courage. I am back to me, radiating love with my whole being. – Janet, Office Manager

**My life was filled with tattered rags, now all I see are silk scarves flying in the breeze. I was burdened by anger. I have the courage now to stand up for myself. I am free, the guilt is gone. It feels so good! I have been set free and given courage to face the decisions I have to make. – Loretta, RN**

**I was trapped for a long time, now I am free. What happened to me before is no longer relevant. I am now capable of giving and receiving love. I have been to many other things and didn't get anything out of them – in this one I did! – Mike, Engineer**

**When I came I was off track and depressed. Now I am full of hope, love and peace. I have the foundation to deal with things in a powerful loving way. Life at home has already changed. The sun is shining again! - Diane, Director, Climate Change Education**