

A vertical photograph of a forest. The trees are tall and thin, with a dense canopy of green leaves. Sunlight is filtering through the trees, creating a bright spot in the upper right quadrant. The ground is covered in fallen leaves and some green plants.

STOCKS & STONES

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The ego is the prefrontal cortex responsible for constant identification of everything conceptual. That can be any object, like something material outside of yourself or a thought. Besides making the obvious identification to verify things it also evaluates whether it is of use or not.

So for instance when you walk in the forest it goes like this:

Trail, trail, trail, bush, trail, trail, bush, tree, trail, bird, trail, tree, sky, bush, trail, stick..

And so on, constantly.

To put this in a context where the evaluation comes in it can look at a stick that has the shape and form useful for making a bow to shoot arrows with. And look at another stick beside it which in the context of making a bow appears not useful. It can of course be useful in another context like hanging it in the ceiling of the cave with decorative arts on it. But that is a completely different context.

So!

What can we make of this?

Well. If you are as an individual identified with the thinking mind and your current personality defining who you are. You will make a constant evaluation if you are of use or not. Because that is what the rational and judgemental mind does. There is nothing wrong with it. The problem is you in this case identifying with it. You are not your thoughts.

This is a case of mind control. Either you are in control. Or the mind is.
So we have to come to the realization of who we are! This is the game changer.

If you are having a destructive thought which generates unpleasant feelings. You wish them to go away! You do not want them. Well.. Who is it that wants them to go away then?

-Well. That's me of course! (You say)

And who might that be? (I ask)

As you just made a very clear distinction that you wanted them both to go away so you could be happy and content. And you identified with something you defined as yourself not wanting them to stay. That is who you are. Your true self. Your inner being. Your soul. You.

All else is a part of a personality. That is forever changing and has no eternal reality. You are not the same person right now as you were before you began reading all of this. So that cannot be who you are. That is just a concept. A conceptual image of your current state of mind. A construct created for practical use you've made into Vice President of Inner Space.

Now I know you didn't do this on purpose. That is rather cruel. But understand that what this is comes from survival. The use of the thinking minds rational behavior is for basic survival and creation. Like finding something that can be used to build a bow and creating it.

That is how we use the mind. Not the other way around.

But you see in your adolescent years you felt threatened by the world and perceived hostile environments which made you adapt and create coping mechanisms in order to function. And that is all they are. But as we don't take time for ourselves living in a society that is mainly focused on performance and achievements we never find our way back inside. We never listen to our intuitive soft voice of the heart telling us we are fine. That we are so loved and beautiful in our own unique way, just as we are.

So we seek validation outside of ourselves. Just like we find things useful outside to create. We search for acknowledgement and affirmations outside to justify and declare ourselves as useful. Which coming from the rational thinking mind completely out of touch with emotions becomes worthy, or unworthy.

And as we fail to identify as our authentic self. We elbow ourselves around in the world giving credit to the ego identify instead whom is never satisfied. Because it feeds of the latest achievement and performance. Which feels so good! It feels great!..

Until the role has passed.

And we find ourselves back as ordinary again. Same old..

So we get depressed. And think that there is something wrong with us. We judge and evaluate ourselves as failures. Completely.

All of this goes on forever until we've wasted a human experience.

When all we had to do, was to listen. All we had to do was to listen to ourselves.

Only firstly. We had to come to an understanding. Of who we are.

We don't have to almost physically die. We don't need a car crash or an overdose. But we have to die to who we think we are in order to be born again. We can do this by internal renunciation. As we stop identifying with anything external moving closer to the core. And eventually there is no concept left. Yet, there you are. So again. Who are you?

My soulmate.