

Chapter 4 - The Meaning of Being Who You Are.

WE MUST DISCOVER WHAT WE ARE LOOKING FOR INSIDE NOT OUTSIDE OF OURSELVES

We all have an inner peace we can learn to consciously access.

External rational thought creates external feelings.

Internal conscious thought accesses internal feelings.

1. Our life depends on what happens to us. TRUE OR FALSE
2. Our life depends on what happens in us. TRUE OR FALSE
3. Peace comes when we get our affairs settled. TRUE OR FALSE
4. We have in us all the peace we need. TRUE OR FALSE
5. Events create our feelings, which determines our life. TRUE OR FALSE
6. Thoughts create our feelings. TRUE OR FALSE
7. Our thoughts create our inner peace. TRUE OR FALSE
8. We can become conscious of an inner peace. TRUE OR FALSE
9. There are many complex issues to life's problems. TRUE OR FALSE
10. The issue is not the issue. TRUE OR FALSE

Are You A Human Being On A Spiritual Journey, Or Are You A Spiritual Being On A Human Journey?

Jesus said do not rejoice in what you did but rejoice in the fact that your names are written in the book of heaven,, do not receive in what you do but who you are

The Disciples had just returned from a successful mission full with joy over what had been done through their preaching healing. Jesus tells them to not rejoice over what they have done, but rejoice over who they are. The question this raises is "Do you think you are who you are, because you do what you do. or do you do what you do , because you are who you are? The answer is always: Yes". Sometimes we think we are who we are because we do what we do, and sometimes we think we do what we do because we are who we are. Knowing the answer does us not good, unless we understand the question. that means we understand the difference between being because we do, and doing because we are. One leads to a dysfunctional life and the other leads to the Abundant Life. The choice is ours.

Jesus in the Beatitudes said. : Blessed Be", He did not say, "Be Blessed." We get Blessed

to do, we do not do to get blessed.

One of the best definitions of what grace is and what it is not, St. Paul says "If it is by grace than it is no longer by works, otherwise grace is no longer grace. Romans 11:6 We need to know the difference between that which is created by our deed which is works, and that which is created by God's presence which is grace.

Christianity is a faith that takes seriously the fact we have two selves within us. There is the old self, which is created by us. Our thoughts of the past events create feelings in us. A cluster of feelings creates and experience and all the experiences together create our life. This life is the old self created by us.

Where do emotions or feelings come from? A psychology professor would start his class off by asking them where do feelings come from? Their spiritual intelligence was so low not one of his students in all his time of teaching had a true understanding of where feelings came from. It is estimated there are some two hundred different theories of where feelings come from.

If there is no clinical agreement on where feelings come from, how can people with emotional problems be treated? It would be like having your wheels out of alignment and none of the mechanics knew how to realign them. What they would do would be to slap their own expertise on to the car and hope it got better. At best the driver might be able to negotiate the car that was out of alignment better. At worst he could crash it. If a person who knew how to fix what was wrong told them they needed their wheels aliened, they might say "I am too busy driving. I don't have time, How can you expect me to do one more thing?" We generally are too busy working with the symptoms of life to direct our interest at the cause.

There is on the other had another self within us. It is the one God created. We access this self by using our spiritual faculties. We learn to access the inner peace of God. We know that thought creates feeling. This sense of peace passes our understanding that is our thoughts. It is not created by us. It is created by the mind of God. It is Gods peace. By sensing His presence we begin having a sense of self, of well being

When we depend upon what we do to determine our self-esteem we are depending upon the old external self. When we depend upon abiding in our intimacy with God we have a new self which creates internal self-esteem.

That is why Paul tells us nothing can separate us from the love of God, no matter what happens outside. This is what Jesus means when he says we will have peace, that is a sense of self In the world we will have tribulation. When we depend upon the world to give us what God has already given to us, we commit idolatry. It results in tribulation confusion and a roller coaster ride.

External Self Esteem

Many self esteem programs work with external affirmations. Most professionals would

agree it is better for a person to look within rather than outside themselves. The fact is we all have an inner peace. Accessing this inner peace can be taught. All dysfunctional behavior is caused by insecurity. Learning to access the inner peace is the key to eliminating all psychological problems. Sin and separation from God. Who we are, is influenced and organized by our emotions and mind sets. This can involve personal bias, prejudice, self esteem, and the need for social interaction.

INTERNAL SELF ESTEEM

The basic principle of internal self-esteem is, you must find what you are looking for inside not outside of yourself. Knowing how to do this is different than knowing it. How to do it, depends on an understanding of three basic truths, the truths are not psychological, or theoretical but scientific to the degree they are absolutes. First we all have an inner peace we can learn to access. Secondly external rational thinking creates external rational feelings. Events create thoughts, which create feelings. They are called external feelings because they are created by external thoughts, which are created by external events. Thirdly internal conscious thinking accesses internal feelings. This is what we mean by external and internal thinking, or the difference between the heart and the head.

Are You Who You Are Because You Do What You Do?

Just as there seems to be two of everything in life, such as the external and the internal, so there are two people per person. There is the external person, and the internal person. The external person is the one we create with our thoughts. The events bring up thoughts, which create our feelings, which make our experiences, which encompass all of our life. We can spend a lot of time dealing with our old self through therapy, resolutions, or self help programs.

Ask yourself who are you? Some people will say they are a housewife, businessperson, a policeman, a fireman, doctor, teacher. But these are not who you are, they are what you do. We used to name people by what they do, like Smith for Blacksmith, Farmer, or Baker, or where they lived, Forest, Woods, Lake, Rivers, and Berg. What happens then they move or change jobs or circumstances are not what they used to be or they change and get old, see things differently, or get bored with what they are doing? Do they suddenly become someone else?

We have all heard of how the mother becomes depressed because the nest is empty, and the kids are gone. The business man who retired or was fired, and lost his meaning to life, These are people who can only find meaning in their work, or position or the addictions, or their relationships, family spouses, children, grandchildren or perhaps material things.

They find happiness when things go well, they perform well, or others praise them for their efforts. When things do not go well, they fail, or others criticize them, they tend to feel poorly, work harder, or become depressed. The external circumstances control them, and they become powerless, victims and reactive to what is happening externally. After all their life depends upon a good performance.

YOU DO WHAT YOU DO BECAUSE YOU ARE WHO YOU ARE

There is another self we need to become aware of. It is the self we access rather than create. The Theologian Martin Buber in his Book "I Thou" points out you can not have an "I" without a "Thou". You will never know who you are, unless there is another. You do not know if you are short or tall, thin or fat, smart or foolish, pretty or plain, unless there is "another" you can compare yourself with.

There are two Thou`s in Life, the external the internal. The external Thou includes others, our actions and our circumstances. The internal Thou is our inner peace. It is not us. We can't do anything about it. It just is there. We can't make it better, because it does not get any better. All we can do is appreciate it, enjoy it, use it, and discover it. You can name it anything you want. It can be named "Inner Peace", "Love", "Joy". Some people call it "God" others a "Presence". It doesn't matter what it is called, it is not a figment of our imagination. We know it is there, because we have experienced its presence. It is a common presence in all people.

WE CAN LEARN TO ACCESS OUR INNER PEACE

Try this exercise to illustrate your "Thou". This Book is about taking Life to heart What is life? Life is the cluster of experiences, which are produced by our feelings of what happened to us. These feelings of our experiences can be changed to make life beautiful, no matter how difficult the events were. The way we change our life is to take it to heart. It is about experiencing the message of the heart. It is something that is understood by being experienced not learned through teaching. We already know how to take life to heart. We do it all the time.. Understanding how it works is realized, made real, by practice. The reader needs to be encouraged to internally practice what they externally read.

Take a monument and practice taking what has been read to heart by using your internal conscious emotional mind. Think for a moment about the presence of someone or something near you. As you become sensitive of the presence you will begin to feel something internally. If you are feeling the presence at this time you are using your emotional mind. If you are not feeling any thing you are using just your rational mind.

When you do have a sense of the presence take a moment and focus, not think, about the presence of your Inner Peace. As you begin to sense the presence, become aware of the difference it makes in terms of the feeling of peace. Right now there are some readers who are sensing this presence and some who are not. Those who are sensing the presence of their inner peace are using their emotional minds and those who are not, are not using their emotional minds. Now see if you can practice staying in the peace. Bring both the rational and emotional mind into harmony by continuing to sense the peace as you go about your external movements..

As you sense the presence of the peace, you might feel the love or appreciate the joy. As you experiencing the presence of the peace, love and joy experience who you are. At this moment you are a peaceful, loving and joyful person. That is your real self. You can be that person any time you want to be, not because of external circumstances or performances or peoples limits, but because that is who you are no, matter what is

happening externally.

There are some readers who right now are experiencing that real sense of who they are, and others who are not. Those who are at this time experiencing the presence are choosing to use their spiritual faculties to focus on their inner peace.. Those who are not experiencing the presence at this time are not choosing to use their internal spiritual faculties to focus on their inner peace.. The more we live in the presence, the more we understand who we are, and what life is all about. We start to function in a more healthy way, on the road to recovery of our real self., soul, life.

Now check your answers and see if you have any change of heart.

Responses to Spiritual Intelligence Inventory

1 Our life depends on what happens to us.

FALSE. We will not find what we are looking for outside ourselves.

2. Our life depends on what happens in us.

TRUE- we must find what we are looking for inside ourselves.

3. Peace comes when we get our affairs settled.

FALSE- we will never get all our ducks in order.

4. We have in us all the peace we need.

TRUE- we all have an inner peace.

5. Events create our feelings which determines our life..

FALSE- Thinking that events create our feelings causes dysfunctional behavior.

6. Thoughts create our feelings.

TRUE- External events, create external thoughts which create external feelings.

7. Our thoughts create our inner peace.

FALSE- Internal conscious thought accesses, not creates, our inner peace.

8. We can become conscious of an inner peace.

TRUE- we access inner peace by changing our way of thinking from rational to conscious.

9 There are many complex issues to life's problems.

. FALSE- the issue is not the issue.

10 The issue is not the issue.

. TRUE- Being conscious of our inner peace and continuing to do so is the only issue.