



Authentic Lives

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TOP TEN SPIRITUAL GROWTH IDEAS FOR JULY 2008

1. What is needed at this juncture in human history is "a new heaven and a new earth." The new earth will come from the new heaven which is a transformation to non-egoic consciousness.
2. All the major religions of the world have identified the main problem as the ego.
3. The ego is an illusion but is constantly fighting to convince itself that it exists. So, it always wants more. It is insatiable.
4. The ego tries to convince itself it exists by identifying with things, feelings, and thoughts:
my possessions, my team, my nation, my suffering or happiness, my worldview, my religion, etc.
5. The ego also operates by separation from others, being right by making others wrong, convincing itself it is superior, striving for attention and fame.
6. We all need to stop focusing on which worldview or religion is superior and start focusing on inner transformation by letting go of our ego.
7. The only way to let go of ego is simply to be aware of it. Ego is unconsciousness, so awareness kills it.
8. Being in the Now, in Being, in Presence is the death of the ego.
9. Your life's purpose is to invite Presence into the world by letting go of your ego.
10. Only Presence can bring itself into the world, free you from ego, transform your consciousness, and bring about a new Earth. All you can do is surrender to Presence.