



RELINQUISHING SELF

AN EXPLORATION *of* IDEAS



ST. NICHOLAS OF FLÜE (†1487)

My Lord and my God,
take from me everything
that distances me from
You.

My Lord and my God,
give me everything that
brings me closer to You.

My Lord and my God,
detach me from myself
to give my all to You.

Amen.

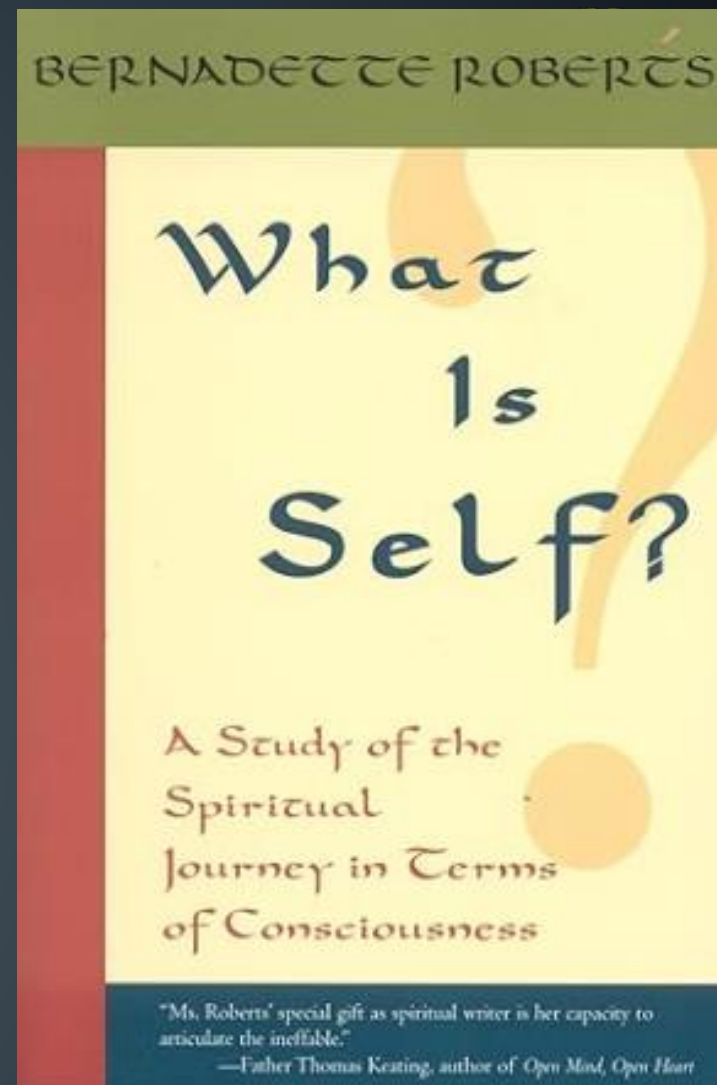




- Thoughts/beliefs/attitudes/associations
- Feelings/emotions/reactions
- Bodily sensations
- Self image (my story & beliefs about myself)
 - My looks, talents, abilities, charisms, ...
 - My faults, weaknesses, worries, wounds, brokenness, ...
 - My pride, vanity, justifications, ...
- My 'essence'
- Everything that's in my unconscious

WHAT *is* self?

WHAT IS SELF?



THE BUDDHIST VIEW

Qualities of your “self”

- “You” are a temporary, interdependent product of *causes and conditions*
- “You” are impermanent, ever changing
- “You” are made up of 5 collections of things (skandas):
(1) the physical body, (2), sensations and feelings,
(3) perceptions, (4) mental formations, and
(5) consciousness
- Each of these is (also) continually changing



CONSIDER...

The 'self' that joined this Zoom class doesn't exist anymore!

- 96 million of your cells are replaced every minute
- You already have new/different thoughts than you did 10 minutes ago

So what 'self' are we so attached to, anyway?





INTERNAL ARCHITECTURE

self



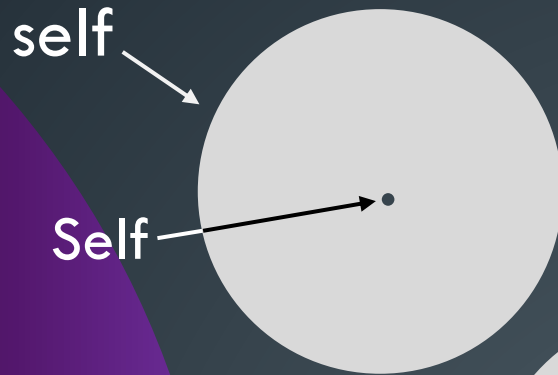
Self



The Self

- Divine Indwelling
- Basic core of goodness “that’s capable of unlimited development”

But how?



“I must decrease that
He may increase”

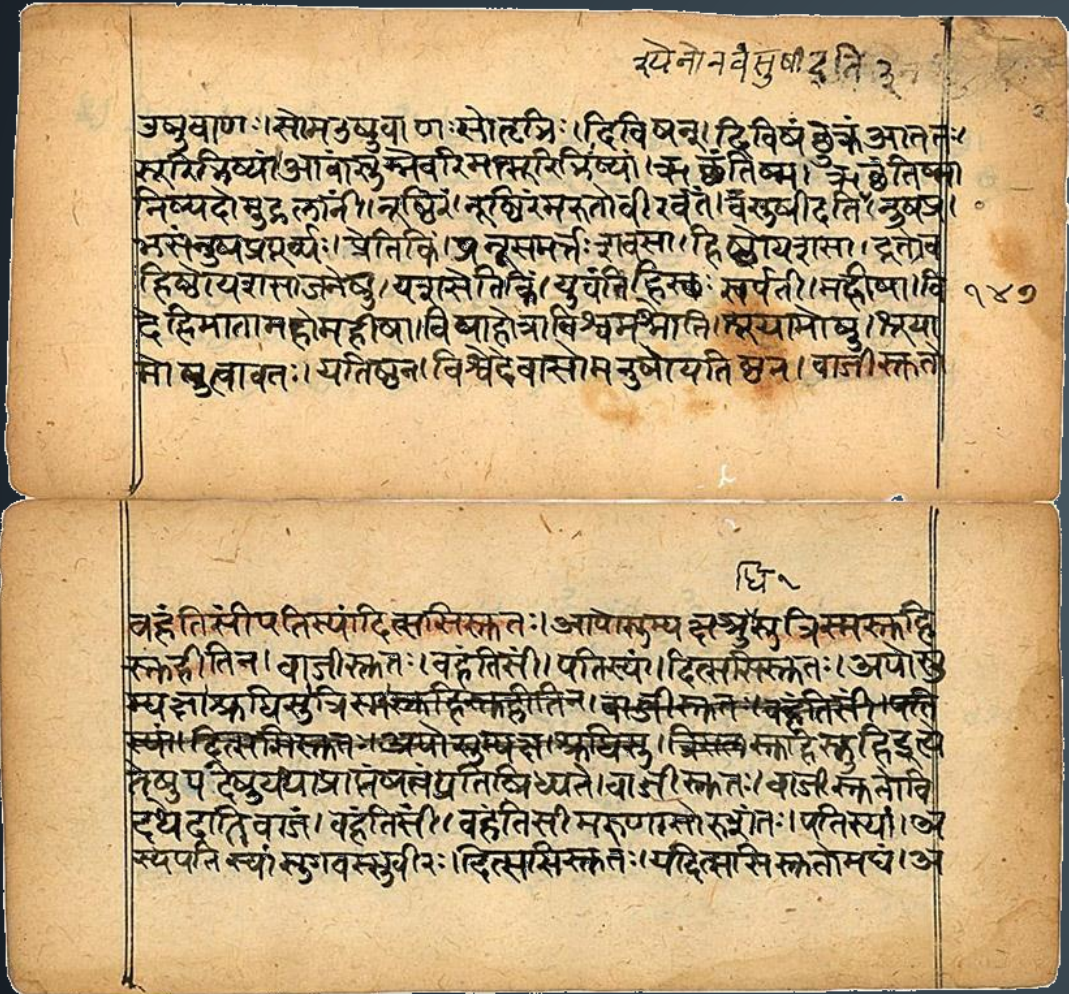
“but whoever loses
his life for My sake
will find it”

“If any man would
come after me, let
him deny himself...”

The Self develops at the ‘expense’ of the self

INTERNAL
ARCHITECTURE

Wisdom from the East



Smaller than a grain of rice, smaller than a grain of barley, smaller than a mustard seed, smaller than a grain of millet, smaller even than the kernel of a grain of millet is the Self. This is the Self indwelling in my heart, greater than the earth, greater than the sky, greater than all the worlds.

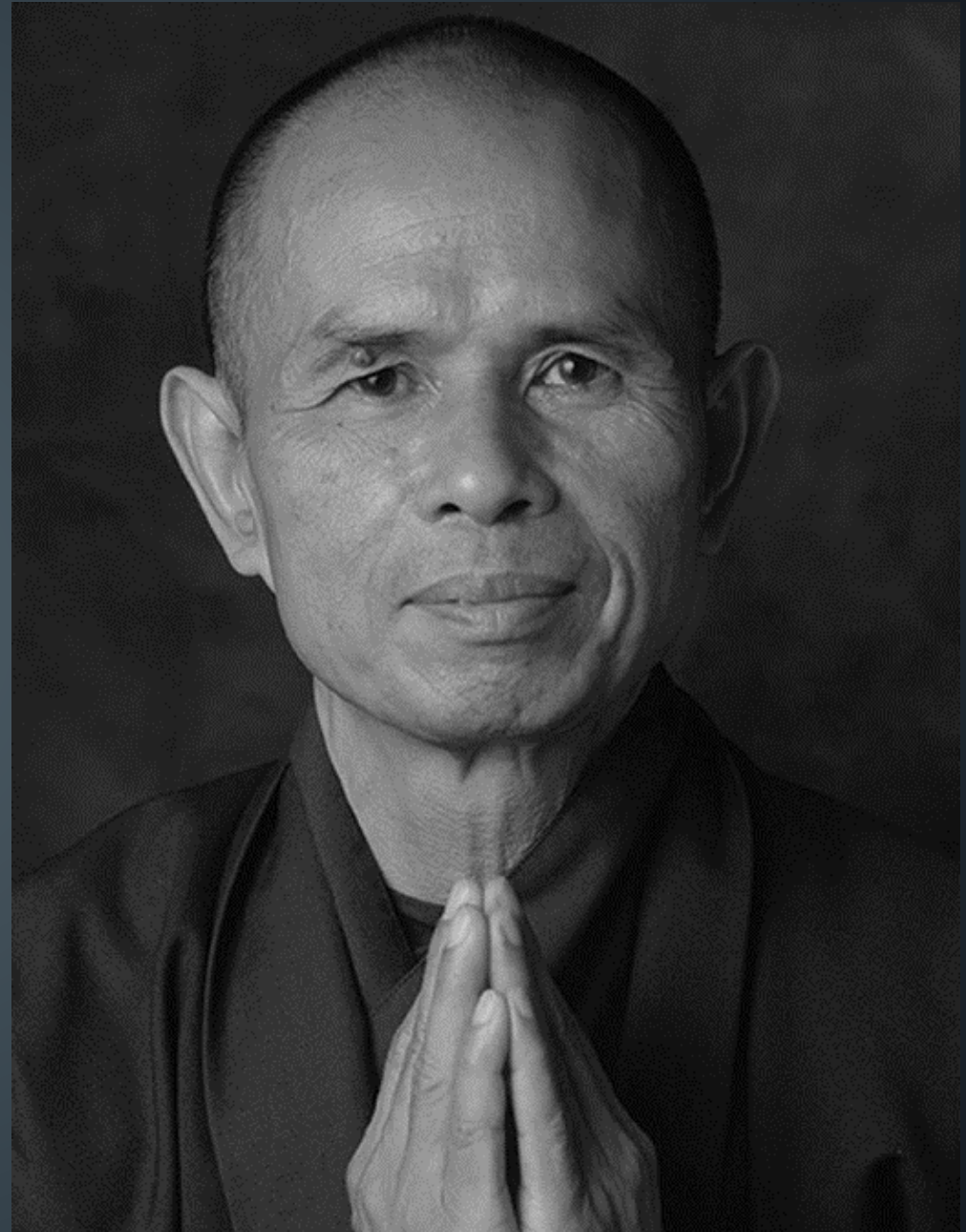
This Self which gives rise to all manifestation, which pervades the universe, which is beyond words, which is joy abiding, which is ever present in my heart, is God indeed. To God alone shall I attain when my ego dies.

CHANDOGYA UPANISHAD

RELINQUISHMENT

When we meditate, we practice looking deeply in order to bring light and clarity into our way of seeing things. When the vision of no-self is obtained, our delusion is removed. This is what we call transformation. In the Buddhist tradition, transformation is possible with deep understanding.

THICH NHAT HANH





But if you really come to think about the whole question you will see that all real Self-Remembering is simply forgetting yourself, your ordinary self, your ordinary negative 'I's, your ordinary forms of internal considering, and all the rest of it, and feeling certain that some further state exists above all this personal uproar that takes place all day long, with which you keep on identifying....

You must understand that this act ... of separating from [self], deliberately at some moment every day, is designed to make it possible for us to come in contact with the first traces of [Self] which is already there and which is our real goal.

MAURICE NICOLL

On 'knowing'...

To imagine that one knows anything is in the nature of an illusion. Let me ask you all this question: "Are you sure that you know anything for certain?" Are you sure that your system of knowing what is right, is right?" You all think that you know.

Now supposing you ask yourselves this question: "Do I know?" This is one of the most powerful questions you can ask yourselves if you do it sincerely.

MAURICE NICOLL



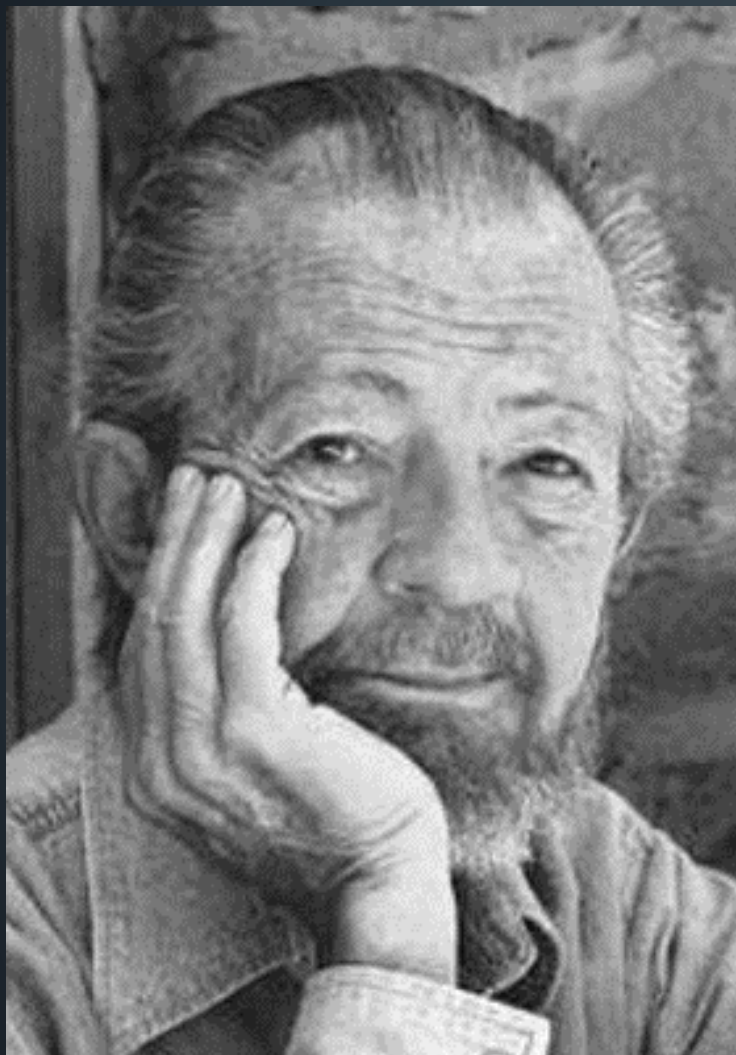
Relinquishing ... when I'm sure **I know**...

1. Is _____ true?
2. Do I absolutely know _____ is true?
3. How do I react, what happens, when I believe this thought?
4. Who would I be without this thought?

BYRON KATIE



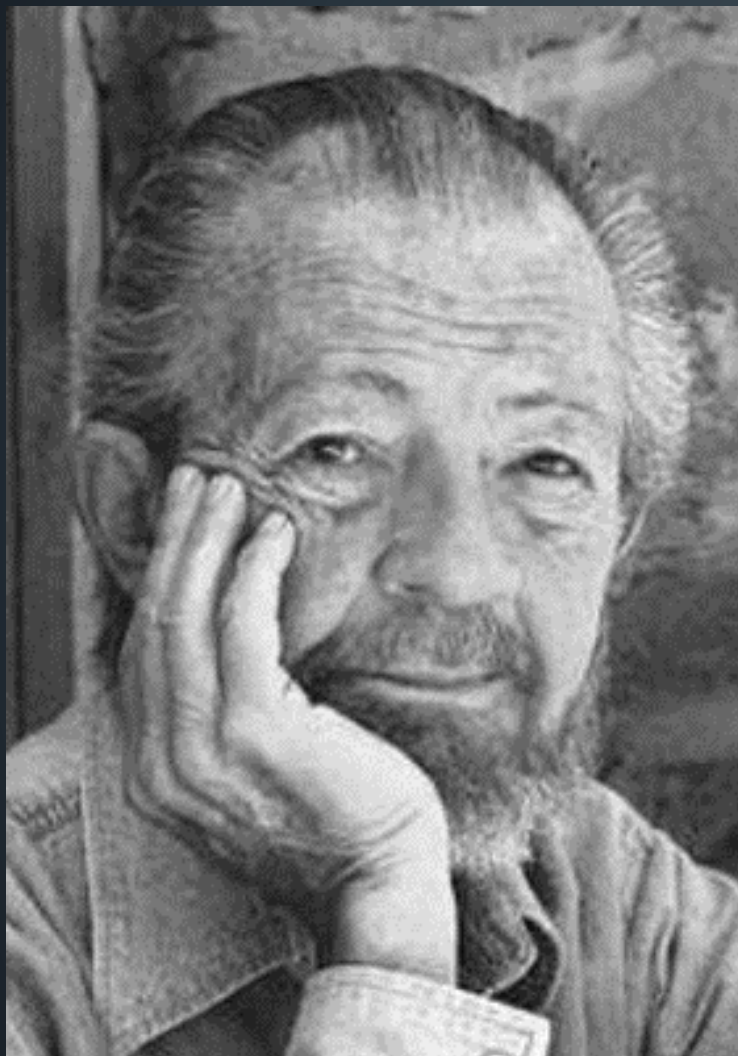
Loving What Is: Four Questions That Can Change Your Life
A Thousand Names for Joy: Living in Harmony with the Way Things Are



In the stop-frame of the radical present, there is no life story to react to or edit. With this one-pointedness of mind, it soon becomes obvious that everything merely 'is as it is,' without comment or adjectives.

If, in the exact passing moment of each instant, there is a complete willingness to totally surrender to it, one can suddenly, in a flash, transcend the self, and the way opens for Realization wherein the Light of God as Self is revealed. If the self has no past, present or future to focus on, it falls silent. It is replaced by the Silence of the Presence, and thus, the way to sudden enlightenment is available at all times. It occurs when the fascination with the story of the 'me' of the past, present or future is relinquished.

DAVID HAWKINS



LETTING GO

THE PATHWAY
OF SURRENDER

David R. Hawkins, M.D., Ph.D.



So...how to?

IMPOSSIBLE! But, many practices lead in this direction:

- Meditation, welcoming prayer practice, forgiveness practice
- Non-identification, 1st and 2nd Conscious shock
- Letting go of all desires, aversions, opinions, preferences, justifications, judgments, 'knowing' ...
- Meditating on impermanence
- Byron Katie's questioning process
- Bernadette: Will to God
- Nicoll: Practice 'Do I know?' and 'self-forgetting' daily
- The Practice of the Presence of God
- Hawkins: Riding the crest of the present moment

RELINQUISHING



Out of A Stone

Can the Creator of all lure poetry out of a stone?
Or cause a stirring of Divine Love in a human heart?

All is possible for the Creator of all,
Who loves to manifest the impossible
In endless configurations.

As the false self diminishes,
And the ego becomes a servant,
Everything turns into poetry
And everything becomes a movement of Divine Love.
But, the separate self lingers on.

Once the separate self has been laid to rest,
The Divine Presence alone remains,
And the Creator of all becomes all in all.

The silence of the Creator is thunderous,
Drowning out everything else,
And hiding in endless creativity.



Out of Nothing

To be nothing
Is to consent to being a simple creature.
This is the place of encounter with
"I AM that I Am."

When there is no more "me, myself, or mine,"
Only "I AM" remains.

Then the "I" may fall away,
Leaving just the AM.

God empowers our powerlessness
So that we may never despair
Of unconditional forgiveness and infinite mercy.

Such is the grace of inner resurrection,
And the reward of seeking no reward.

Thomas Keating – The Secret Embrace



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