

How To Experience A Richer, Deeper, And Fuller Life

When we choose to move beyond the boundaries of the ego, we choose to step into a different world. We find ourselves above the matrix of conceived causality, alive on a unique plane of experience. Here, much to our amazement, everything happens by itself. Grace, or effortless effort, now define our actions.

Our egoic self is characterized by its neediness. Need arises as an urge to survive. It is, in fact, a pro-survival urge that emanates from the ego. The ego thrives on its own insecurities, finding substance through elaborating its own shadows.

Stepping beyond the ego is an act of recognition. What we are recognizing is that we are more than a person.

What, however, can be transcendent to our personhood? After all, this part of us appears to be all of us.

Life is what is transcendent to personhood, particularity, and isolation.

When we recognize that we are life, an embodiment of the life-force, a marvelous and eloquent expression of consciousness itself, then we transcend the ego. We discover ourselves to be more than our narrow view of ourselves. We find ourselves to be a numinous consciousness that uses a mind, animates a body, and assumes a socialized identity.

When we thus change our conditioned view of ourselves, stepping beyond our identification with our own limitedness and stepping away from our plethora of difficulties, we see that we are the force of life itself seeking greater expansion through experiences.

This elusive concept, once grasped, creates a critical shift in our awareness.

When we acknowledge that we are more than a person, and that we are life in motion, we alter our goals to serve the greater life all around us. The instant becomes for us much more important than ruminating over our lived experience.

When we, as a life-force, as a unit of consciousness, seek to serve life-in-general, we need no longer concern ourselves with issues of survival or unfulfilled wants.

You see, our outflow of service toward all of life creates a reciprocal wave that takes care of our every need.

Those who have mastered this subtle self-transcendence will find themselves living in a whole new universe while still habituating the old, familiar one. Everything will be new and different. Serendipity and synchronicity will happen all the time and quantum leaps in personal evolution will be a matter of course.

Source: <http://www.articlecircle.com>

About the Author

Saleem Rana got his masters in psychotherapy from California Lutheran University. His articles on the internet have inspired over ten thousand people from around the world. Discover how to create a remarkable life. Free information. <http://theempowered soul.com/enter.html> Copyright 2005 Saleem Rana. Please feel free to pass this article on to your friends, or use it in your ezine or newsletter. It's a shareware article.