



Self Image or Awake Self?

Being well-liked or appearing “spiritual” has nothing to do with Awakening. The drug-like high of being admired or respected is the result of affirming and strengthening the self-image – which is the false self. What we call “self-image” is really the persistent act of self-imagination. It has no real life. How can serving a fictitious self result in anything *truly* meaningful, beneficial, loving or that even coincides with Reality? It is this futile, and often desperate, attempt to find safety and happiness in an image that is the origin of all anxiety. You are not the object of any imagination. You are the Awake source of all imaginings. The Real you, the real Self, is the radiant Alive Energy coursing through your body and throughout all of creation.

You have nothing to do with a mere image, or what you or others think about you.

Freedom From Me

When you let go of the obsession with “what about me?” something more Loving and Real will begin to seep through the cracks of illusion. Simply take a few moments to stop thinking about your self – stop thinking about what you need and stop thinking about what you fear. (All of it is the imaginary self trying to be real through persistent

imagination about itself.) So, let it ALL go. Now, just feel the Aliveness within. Really open, tune in and merge with it. You ARE that inner Life. Then, with all the sincerity and earnest intention that you can arouse, say the prayer, “May the highest good occur for all beings everywhere!” Feel the utter relief of being Free of the burden of trying to prop up and defend an imaginary separate “me.” You are not a mere image. You are Life Itself – the ever-present expansive and immutable Wakefulness, Energy and Love.

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