

## **Discovering your current identity**

The “Good” Stuff: Write down all the good attributes of your self

To find these think about how others have described you, or how you see yourself acting in certain situations

The “Bad” Stuff: Write down all the bad attributes of your self

To find these think about what others have accused you of, or how you see yourself acting in certain situations

The roles we play: What are some roles that you play in your life? (mother, father, friend, daughter, son, student, teacher, healer, plumber, business person etc.)

Write (G) “good”, (B) “bad” or (NI) “needs improvement” next to each role

The goals we set: What is your goal at this time in your life?

How would you feel about yourself if you failed to achieve this goal?

The improvements we want to make: What character trait would you like to improve upon?

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Everything above this line has absolutely nothing to do with your identity

The Course is guiding us to remember who we are; for that is our main problem (we identify that “I” is everything above that line)

It promises that when we make this discovery, we will be at peace, will live a happy dream, will perform miracles that help heal others minds.

If everything above that line is not “it” then where is “IT”?

Beginning in lesson #35 our practice is trying to reach this place of discovery

You reside in the Mind of God- not here in the illusion

If you could discover this holiness you will

See yourself as holy

See everything enveloped in holiness

See everything blessed

Have the power to solve all perceived problems

Have discovered your salvation

See everything illuminated in Light

See your Real Thoughts – thoughts of peace, love and joy

See the pure Love that is within you

Be able to forgive all things

Have the strength to withstand any winds of change

Have the sense of safety and security that comes with perfect Trust

You cannot have all these things unless you are willing to let go of what is above that line

To discover your True Self is to let go of all of these...the good stuff, the bad stuff, the roles we play, the goals we set, and the improvements we want to make.

The truth of you is in your mind (not outside of you – up in the astro planes or “up in heaven)

Eric Butterworth: Hiding Man's divinity

According to an old Hindu legend there was a time when all men were gods, but they so abused their divinity that Brahma, the chief god, decided to take it away from men and hide it where they would never again find it. Where to hide it became the big question.

When the lesser gods were called in council to consider this question, they said, "We will bury man's divinity deep in the earth." But Brahma said, "No, that will not do, for man will dig deep down into the earth and find it." Then they said, "Well we will sink his divinity into the deepest ocean." But again Brahma replied, "No, not there, for man will learn to dive in the deepest waters, will search out the ocean bed, and will find it."

Then the lesser gods said, "We will take it to the top of the highest mountain and there hide it." But again Brahma replied, "No, for man will eventually climb every high mountain on earth. He will be sure some day to find it and take it up again for himself." Then the lesser gods gave up and concluded, "We do not know where to hide it, for it seems there is no place on earth or in the sea that man will not eventually reach."

Then Brahma said, Here is what we will do with man's divinity. We will hide it deep down in man himself, for he will never think to look for it there." Ever since then, the legend concludes, man has been going up and down the earth, climbing, digging, diving, exploring, searching for something that is already in himself.

Two thousand years ago a man named Jesus found it and shared its secret; but in the movement that sprang up in His name, the Divinity in Man has been the best kept secret of the ages.

Course – Based Meditation practices: W. #41, #180, #220,