

An Ego Tantrum

Patti Fields 10/08-10/2010

A Course in Miracles teaches that to experience a consistent state of peace and joy we must let go of our belief in who we think we are and awaken to our True Identity as a holy Son of God. It states that our one problem is the belief in the existence of a separated self and the one solution to all of our problems is to accept that this self does not exist; only the Self that God Created is real. The answer is simple, yet the acceptance of the answer seems challenging. Why is that? Because the self we have come to believe we are is a *deeply* cherished idea. So cherished in fact, that we, the sleeping Son of God, went to great lengths to design a world that would maintain the illusion of a self that doesn't actually exist. That is why at times on the path to remembering, we might rebel against the letting go of this false self-concept. We do this in various ways. We resist letting go of a belief we are attached to, blame others for our distress instead of looking within for what is in need of healing, spend oodles of time fixing the problems 'out there' as a replacement for entering into stillness and listening to Holy Spirit or hold onto a grievance, refusing to release a brother from his "sin". These are the little ways in which we favor the illusory self-concept over the truth of What we are. Each time we become aware it is happening, there is a choice to make: continue on with the release of the self or choose to keep dreaming of its existence.

Recently, I experienced a *major* rebellion to releasing the self-concept. There was nothing little about it. It was a tantrum -the good old fashion two-year old kind - where you refuse to budge and scream in rage over what "they" are trying to get you to do. I was walking along with Holy Spirit and Jesus—listening, practicing, and releasing—when I caught a glimpse up ahead of a doorway. It became quite clear that walking through that doorway meant leaving "me" behind. When I realized this, I had a temper tantrum right there on the spot. I refused to move. I kicked and screamed, "I do not want to go where You are leading me. I have a choice (gosh darn it!). I am the one in charge of my destiny and I will not budge from this spot!" I have had resistances before, but this time it seemed that I might actually decide to not continue on. It was clear the decision was mine to make; there was no fear that I would make a devastating choice. I could continue to sleep and pretend or I could continue to follow the Light and awaken. Either way, Their love was not going to change. I could sense that. My Teachers stood by my side, looking at me with love, peace and patience, waiting for me to make a choice.

What follows is an account of my uncensored thoughts during this ego tantrum. Why share these thoughts with you? In reading my account, I hope you can gain confidence that you need not hide anything from Holy Spirit. To uncover our inner most thoughts and beliefs can seem terrifying, but the way out is not through projecting them onto others or hiding them in our unconscious. The way out is through awareness, nonresistance and a willingness to let them go.

You will also read about the exposure of what the Course refers to as "the original wish"- the wish for an experience of individuality, specialness and a separating off from One. This wish that began the dream of separation is judged as blasphemous and sinful. It is kept hidden, for fear that if seen; God's wrath would strike us dead. To hide this wish is to keep the belief that God will destroy us and thus delay our awakening. To expose this wish is to see that it does not represent our true will. Our will *is* to remember our Identity and wake up to Love's Presence. Although the ego speaks the loudest and sometimes for a very long time, these thoughts do not represent our real thoughts or desire. As I allowed them to be noticed and then released, what filled up the space left by their absence, was my true longing to remember God and my never ending love for Him and His for me.

OK, Holy Spirit and Jesus, here are my thoughts. I now see everything You have been teaching me about this false self and its relationship with the world. The mind wants to experience itself as something else. So it dreams up this world, which is nothing, to believe there is a self that exists apart from God. Everything is a figment of our mind's imagination. I get that. All roads in this world lead nowhere. Finding salvation here from misery and pain will not work because its whole premise is based on the idea of sin. If there is a self that can exist apart from God, than we are guilty for the crime of leaving God. To keep this self-concept is to keep the idea of sin and to keep sin is to keep guilt. And we all know what happens to those who believe they are guilty....punishment is our just desserts. What is the way out of pain and misery? To accept the non-existence of this self. I get that. I see there is only one choice to make and you know what? I don't want to make it. All the work and healing up till now has lead me to this choice and that infuriates me because now I'm in purgatory: the in-between place of not choosing this world and unable to choose Heaven. But even that is not accurate, because until I choose Heaven I am still choosing hell.

Here's the funny part: I no longer even believe fully that I am this self. I see that I'm trying to deceive myself but it's not quite working. And yet I am still furious. Why? I have to make the one choice I cannot make right now. Ok...I hear "let Holy Spirit decide for God for you," but I don't want to. I don't want to. I don't want to.

What an interesting place to be. Here You are appearing as "Patti" standing in the middle of Your dream—realizing that You are making this up. You are the dreamer, dreaming everything....including "Patti." There is nothing real about it. Like in the movie *Inception*: the roads are really going nowhere. There is only You, the sleeping Son of God, playing lots of different parts. Everything is an elaborate scene designed to keep the self appearing real and guess what? It has no substance. So there You are, seeing all of that. You look at the body. It doesn't have a reality to it. Being in the living room is no different than being in Egypt. Money is no different than clay. Coffee is no different than sludge. It's all unreal. The game is up....or is it? Just because You realize it is a dream doesn't mean You cannot play.

Yes, but to what end? You know it doesn't go anywhere. There is another choice. You could stop playing the game...stop pretending...let everything go back to Reality. But remember, everything goes with this decision. There is no separate "Patti" and no others seen apart and separate. Can You recommit to the journey now that you know exactly what its ending means? In the end, "Patti" must disappear and everything You made with it, for truth to be experienced.

Come on! Who has ever made this choice? Jesus, and maybe a few others. But look around. Not too many "other" parts have awakened. Where is the evidence that this can be done? Ok, Jesus counts, but look how many lessons he had to learn. Why should I believe it is possible? What if it's not possible for a very long time? What if I am in this state for many dream years?

Paa---lease! What a bunch of mumbo jumbo You are telling Yourself. You are still trying to fool Yourself. This all could be over in an instant if You so choose. Let's call it what it is...an all out ego tantrum. "I WANT TO BE WHAT I MADE." There...I said it. I don't want to be what God says I am. The problem is, now I see the choice is all mine. Can I honestly say I am happy with this choice? Everything I see and experience is to uphold this choice. Is this self really worth it?

This is all just an experience of the disappearance of the self. Your resistance to this experience is just an attempt to make "it" (that which is disappearing) seem real. Can You allow this experience of what it feels like to imagine a self disappearing? It is really just a belief in the mind that the mind holds dearly. There is no self to disappear. If You do not resist the experience, react or attempt to change it, You will see that the whole concept was not really there in the first place. No more temper tantrums....just an allowance of the experience of letting go of a concept. Accept this experience, allow it. Trust that it is just an experience and not reality—and that by allowing, accepting, and trusting; You will not be interfering with truth.

Some time has passed...

What is the one thing that makes this self-concept appear to be true and real? It is the idea that I am alone; whether it is in this experience, no bodies around; some people have it and others don't. I make my aloneness—by separating me off from other bodies, not sharing my thoughts and feelings, hole-ing myself up in my house—just so I can feel the pain of being alone. But even this is made up! I'm making a world so it will *appear* that I am alone and then using *that* as evidence that I am this separated self. I am still resisting. Unbelievable!!

Some time has passed...

I feel panic and fear—others are getting it and I'm not. I'm left experiencing pain and suffering alone. Ah, I see I'm still at it; trying to prove an existence of a self. I see the angels looking down at me discussing my experience:

“Wow. Look how far she came, only to say no in the end. Everyone looking from the point of view of the world would call this a real tragedy...to come so far only to turn away in the end and go on dreaming. How many times has this one decided against love when the choice was finally made clear as to what choice needs to be made? Look how she is playing the game but her heart is no longer in it. She accepts her dream world even as she clearly sees it is a reflection of a self that doesn't exist. She interacts with it, trying hard to keep up the façade. She engages in judging, pain, loss, just so she can keep the game going. But see how she is only playing half-heartedly? She's just spending “time” until she can cycle out and back in again; hoping that she will be able to bury in her mind what this choice had come down to in the end. When she “wakes” in another dream, she will spend another “lifetime” getting to this place again. She may even act surprised when she gets here, as if she never knew this was the choice she must make. “How clear and simple,” she will say, and then once again say, “No, thank you” and continue to sleep. A real tragedy, of the Shakespeare kind...or it would be except that, in truth, this is all just happening in the mind.”

Some time has passed...

I ask myself this question: “If I could be shown the way to freedom, would I take it?” There is an open door being offered to me. Will I step through the door? Is it fear that is stopping me? I'm not sure it is fear. I'm not afraid. I'm enraged. The energy behind it feels like an obstinate two year old. I am mad because I want both Heaven *and* individuality and I just found out I can't have both.

This reminds me of something I wrote the other day: “You will never succeed in believing you are worthy and valued (being happy) if you want to be this self, because at its core is sin. It was born of the idea of sin and is maintained by the belief in sin. If you let sin go, the whole self-concept goes. Here are your two choices: the self in hell or the Self in Heaven. THE ONLY WAY TO BE FREE IS TO LET GO OF THIS SELF-CONCEPT AND ACCEPT WHAT YOU ARE.” Ah ha! Here is the moment that began this whole downward spiral.

The next morning...

Do I believe forgiveness will make me happy? Truth will set me free? Correcting the errors in my mind will bring everlasting peace and perfect happiness? Yes. I have come to believe it is true. Why am I going away from my happiness? Why do I continue to allow judgment thoughts (errors) into my mind and not ask for correction? Because the truth the Course would have me learn that will bring joy is maybe not what I *want* to be the truth.

You are not this self. This self does not exist.

Make way for the truth that will set you free. You remain as God created you,
and no idle wishing can ever change What you are.

I do not want this to be the truth. I do not want the separation healed. There it is—in full view—after being hidden in the dark cornerstone of my mind. There it is, the original wish: to be a self that I am not. To be creator of my own universe. I'm no longer arguing for it or against it. I'm willing to see that this wish is still there in my mind. It is intense and it seems to be all that I want.

Some time has passed...

I feel a shift into willingness. In allowing this dark secret to come to the surface, the wind has been taken out of my resistance. I feel a bit calmer, more open, more still.

I fish *A Course in Miracles* out of the garbage (I'm kidding. ☺ I only imagined I threw it in the trash). The ego has had its say for two days. Now I am asking for Your Voice to speak to me.

I open the book to this passage: *“Be vigilant against temptation, then, remembering that it is but a wish, insane and meaningless, to make yourself a thing that you are not. And think as well upon the thing that you would be instead. This is temptation; nothing more than this. (T.31.VII.14, VIII.1:3)* And this passage: *“You do not want this for yourself. Happiness is really what you want. You want the freedom to remember Who you really are.” (W.#74)*

Everything that I have just put myself through was only an elaborate plan of defense to delay the discovery of what it is I really want. It is a relief to not hide the secret wish to be this “self.” It is all out of the bag now without censoring it, covering it over with positive thoughts or denying that it was there. Just by not hiding it, it has completely lost its power. It's amazing that what first sounded like a roar of a lion that terrified me, now just sounds like a squeaky mouse. I feel a calming down, a relaxing in, and peace of mind.

I picture myself reaching for Jesus' hand and he helps me stand up. I say to him: “I *will* to go with you.” He smiles at me with love and gratitude and we continue on the path together.

What have I learned from this experience?

The flushing up of my secret wish has cleared the air. By allowing it to come into the light I was able to see what was underneath it; my love for God and His for Me. This is far more powerful than a silly wish. Seeing my true will underneath the wish is like discovering a burst of energy I did not know was there. The resistance to healing is gone. I feel myself moving along at a far more rapid pace. It's like walking home on a blustery day, being slowed down by the gusts of wind pushing you back and all of a sudden the wind stops. Suddenly there is nothing working against you preventing you from reaching your destination.

How does this look in practice? If I am clinging to anything; a thought, a disturbing feeling, a judgment of someone, a desire for form; if I am resistant to listening to Holy Spirit, reading the Course, meditating; I see it as simply a wish to be something that I am not. In this way my practice has been simplified! I am being asked to make a choice. What do I want to be? A self-made little “me”, or a Self, created in God's likeness? I sink deep into the mind, and ask for the true desire of my heart. When I do this, Heaven is the decision I make.