

Soul Essence

Fact Sheet – The Observer

To make anything conscious, we must separate the knower from the known. For only when we have perspective on our conditions, can we see and understand them. The Observer self is the knower, the activator of consciousness. This self is the agent of our higher power's mind and its function is to notice and remind. But this is not an intellectual function; it is a felt awareness – an inner knowing. The observer self reminds us of anything that is standing in the way of our truth.

Be aware of your feelings, but do not follow the mind by acting it out, this creates habitual habits / patterns. You cannot fix any emotion you can only understand it.

Joy, qualities of essence, strength, wisdom, peace come from being connected to the universal energy. Negative responses are reactions to how distorted (unconnected) the being is i.e., anger etc.

The opposite of being is reacting. Reacting is craving and going for what you think gives you pleasure and avoiding what gives you pain. At birth we come out of being to reacting as there is separation, hunger, cold etc. We then create a good self and a bad self according to the environment which makes our personality. We move to things which will help our good self. You are never good enough, so you keep craving more pleasure; things that make us feel good. This is based on the pain of the bad.

When you meditate it is normal for your mind to wander, we tend to find an emptiness which we will find boring, this is because there is no activity. Welcome the letting go of your conditional self, welcome the unfamiliar as the old identities fall away, experience the fear and terror of the not known so the real you can come through. If you do not go through the not knowing we just re-create the old patterns. Meditation is a stillness that needs to be learnt.

Suffering is the non acceptance of life because we have a need to control. There is a soul intention that we may not be conscious of. Life will bring us back to this all the time, even when we try to make changes. When you are on the right path life flows.

Inner Grounding: is the observer self capacity to maintain a connection with your true self. Big changes happening, just see it is happening do not go into the despair, sadness fear. Just accept that is what is happening. Ability to have the experience but know you are not the experience you are the experienter.

Some think of their observer self as sitting on their shoulder, gently poking them into consciousness anytime they go to sleep. It will occasionally whisper in their ear, "Just notice what you are saying now. You are repeating yourself over and over." Or "You have just picked up your phone to call that man/woman for the sixth time." This self brings us into the present moment, making us fully conscious of what we are doing. Then, we have a choice as to whether to continue our current activity. We may choose to anyway, but at least we will be doing it consciously. Often, to help us let go of a pattern, observer walks us through our dysfunctional behaviour while we are wide-awake, acutely aware of what it is we are really doing. This can be very uncomfortable but is often necessary to our healing. Without this dispassionate self we would never be able to recognise the truth beyond our wounded ego's definition of it; we would never evolve.

The important thing to remember, though, is not to use this spiritual view to see how "high" you can be, but to see integration in it all. Wholeness encompasses both our light side and our darker nature. Through aligning your lower self with Divine Intelligence, you will learn to truly accept everything that happens as having a sacred purpose for your life. Our persona will then become the "will-to-good," and we do no harm to others, for now we revere all life. Our Higher Mind is the unswerving arrow-like Will of God/universe coming into form through us.

Acting alone, our ego can misdirect us toward addictive or dysfunctional ways of thinking, feeling, or behaving. We experience this when we are caught in an emotional reaction, motivated by unmet needs. These times of emotional imbalance cause us to run amuck, strengthening our delusions about power and control. People who abuse others emotionally are generally out of touch with their Observer Self.

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