

Inspirations Blog

by Paul West and Holy Spirit

Denial of The Ego

July 24, 2014

Everything that is happening to you is by your own choice, nothing can happen that you do not authorize, and nothing happens at all until you decide to make it happen. This all hinges on the power of your decision.

In this power, there is no room for uncertainty, a potential for failure, a likelihood of something not happening, a chance that it will happen a different way, or that there will be any other influences to alter what it is you are choosing. You get only and absolutely what you have asked for, and it is through the asking that you have chosen to create what it is you have asked for.

Your asking, then, is not a request, but a statement - an assertion of creativity. You create and it is so.

You can perhaps visualize this as you painting pictures of illusory worlds by the sheer radiation of light from your being. They are created within your mind, and you experience them there.

There is no other influence or will to interfere with your creative power.

There is no decision between A or B, no chance that you may pick incorrectly between two things that exist on their own, and no influence that can persuade you against your will. Nothing happens here without your say so.

But then along comes your ego.

The ego inserts what seems like a delay of separation into your immediate extension of Creation, seeming then to identify `what is created` as separate from `who created it`. The only way for this to seem to occur is by denying what is. This is to deny God.

To reject God is to say with the ego, "God is not here", and there is then a gap between where God is and where you are. It is also to suggest that the immediacy of your creativity is now interrupted and delayed, sent to a region of your mind that is unconscious and forgotten, whose influence later seems to spring forth as if from nowhere.

The use of denial to keep God from your awareness seems to create a part of your mind where you lack an awareness of God, and thus yourself. This resistance in your mind seems to shut off some parts of you to keep them from being immediate in your awareness. In those parts, which now form your unconscious mind, you hide your deep dark guilt about having denied God in the first place. The part of your mind which is in denial also comes with you into the dream you call Earth, where it interferes with your experience of `what is happening`.

As a result of denying God, your ego suggests that you did not entirely contribute to what has been created, or what you are now experiencing. It tells you there is a disconnect between cause and effect, and therefore the effects that are happening `out there` in the world did not come from you. You are out of touch with the creative process, seeming to have lost control of the steering wheel while the vehicle continues to power forwards.

Given that you have hidden the causal part of your mind from yourself, you are no longer aware that you are choosing, and creating, and causing to

form, everything that is happening, including the state of your body. Now it seems the unconscious mind is running the show, from behind the curtains, unseen and outside of your awareness of who you are.

The ego has thus invented a way to disown God, and your True Self. It has dis-identified you from being the full experience of God's Holy Son, and has left you with tiny shreds of a disjointed, barely functioning sense of self. This self is limited, unable to see truth, incapable of decision, and is rendered relatively powerless.

This state of powerlessness and semi-consciousness leaves you puzzled and confused, for now you are experiencing things that seem to happen of their own will. It is as if the machinery with which you were creating everything you experience has taken control and is running on auto-pilot. Illusions and experiences now spew forth haphazardly and seemingly at random with no discernible connection to your choice. Now you are faced with the effect of its causal power, surrounding you with all kinds of events and happenings which *seem* to have not come from who you are.

Given the sheer volume of what appears to be happening on its own, and given the limited scope of your awareness of your causal participation in what is seeming to occur, you are now in a state of terror and alarm. It appears to you as though the dream you created is doing things on its own, with an alien will not your own, and you are unable to prevent it happening. It seems the world is running itself, regurgitating itself and making things happen that you have not asked for, and this threatens your safety.

When things appear to happen that you appear not to have chosen, it becomes very frightening. To see a mere object move by causes apparently not chosen by you, is enough to incite fear and defenses. It becomes a threat of death, for now something could possibly happen that you seem to have no control over - with no influence or say in what occurs. And in that lack of security and power arises a vulnerability which demands defenses to protect this vulnerable self from the world.

Usually what occurs at this point is an ego reaction, which springs forth saying "if you will choose to resist this, you will be safe" or "you do not want this, you did not ask for it, it is filled with guilt and

it should not be allowed to exist". The ego is talking about God, and is projecting your unconscious guilt onto whatever you see as another form of denying His Presence.

This all started with the denial of God, which led to guilt, which led to a need for denial to hide from the guilt, which created the unconscious mind, which turned that content into the world, which led to part of your mind hiding in the world in a body, which led to you seeming to be powerless with no strength to manage the nightmare. And now you are faced with things happening seemingly of their own cause, overpowering you with their chaos and calamity, and rendering you convinced that one day the dream will strike you dead. On its own. Without your input.

The problem is that you perceive yourself as separate from your causal power, and therefore have lost touch with the part of your mind that is creating illusions. And so now you are out of touch with clear decision-making and are unable to discern that absolutely everything happening comes from you. The ego has interjected a third option, between choices A and B, which simply says "disown your true self and come with me, I'll show you a

way to escape through denial". So you escape into denial, and in denial you deny that you had anything to do with creating the illusions you now face. And you seem relieved, to a point, but still remain with a handful of threats wanting again for you to deny them.

Having disowned the power to create the world, you now continue to resist what you see. You have a model in your mind of what you think the world should be like, what is valuable and what is not, and what it means. You entered into dualistic thinking, whereby death of the body is bad and continuation of the body is good. And now you are caught in ego because you believe in separation, and believe more denial will save you from it.

Whenever the dream deviates from your preference of how it should be, you must become afraid, because it is now proving to be acting outside of what you think is your influence. Provided it remains within the parameters and values that you define as `acceptable` or `chosen`, you falsely believe yourself to `have it under control`. You elect to agree with certain aspects of what has been willed from a higher level, and pretend that you have chosen them on this level to convince

yourself that you have power over the dream, to protect you from its maddening chaos.

This control is really an artificial replacement for being the one who created the illusion in the first place. Being out of touch with your choice and decision, and believing that your decision does not lead to immediate creation, you are now left only with attempting to manipulate your self-made illusions. You hide in denial of a denial of a denial of a denial.

When the dream cooperates with your ideal - which is an idealization and spiritualization of how your defense against God would best protect you - you seem fairly content and safe. You tweak this model now and then, adding meanings and values, adjusting beliefs and altering choices in order to make sure you have the least seeming resistance coming at you. Then it seems as though you are fending off the dream, defending yourself from it, avoiding all of its nasty pitfalls and undesirable consequences. Then life is `sweet`, or so it seems, and you are again in denial.

When the dream deviates from your plan and demonstrates that all of your ego structures that effort to maintain a preferred illusion are violated,

you now remember that you are in fact still attacked, still vulnerable to what seems to be an influence outside of your making. The dragon that seemed to lie asleep as still a dragon, and now it is awakened and alight with hellfire. And once again the dream strikes back with its unconsciously-driven nightmare of random chaos. It is the holding onto the ideal of how you think the dream should behave that renders you upset when it does not cooperate, or merely reminds you that you just hid from your upset in a corner you thought was what you wanted.

And so the dream keeps on changing, presenting you with the unexpected, violating your defenses and upsetting your safety bubble of comfort. It reminds you from a higher level of cause, that you are living in denial, happy only when conditions are met as you desire and upset when they are not. You attempt then to call upon your armaments to shut out and prevent from happening the aspects of the dream that lie outside your values and ideals, and so you resist.

Your resistance is another attempt to stop God from happening, for at this level, events in the dream simply symbolize `what is`, occurring on its

own, in a sphere bigger than seems to house your identity. Your defenses against `what is happening (God)` produces sickness, since you see yourself threatened by a will bigger than you can control. To avoid it, you would use your little will against yourself, to hide more, to isolate, to cut off your connection to life (God), and thus it is a choice for death. You would rather choose to escape into death than to face a reality you mis-perceive. You trade life for sickness and immortality for death. Until you allow what is, to be, without defense, you will not be happy. Until you can allow God to truly be as God is, without your ego modifications and denials and distortions, you cannot be at peace. For there is no way to win a battle against your own will. This is all that is happening here - you have disowned yourself and now battle with your little sword against the tidal wave of creation you set in motion before you came here. You yourself are Master Creator. You yourself are dreaming this dream, and it has no real control separate from you. Remember that and you are safe again.

And so then what is called for is to reverse the ego's denial of God, which we could term `denying

the ego`. To deny the ego entails not reinforcing it, ceasing to supply it with additional resistance, stopping the insane behaviors of seeing yourself as a victim of the dream you are dreaming, undoing and letting go of the specialness and false value that you attribute not only to some parts of the dream but also to your false sense of self, and returning to a full awareness and acceptance of God's Peace.

Accepting and allowing what happens entails the complete undoing of all of the false ego values, beliefs, meanings and purposes that you have assigned to the dream. This includes the idea that death is bad, wrong, unwanted, to be avoided at all costs, is the worst thing that can happen, and that it's going to happen to you. It is your resistance to death that CHOOSES it. You resist death because you believe it is a threat, and you are threatened whenever you attempt to approach God because your little ego-associated self won't let go of that which is not you. And so then to avoid `death by God` you instead choose `death by ego` as a self-punishment and solution.

Thus your fear of death, avoidance of death, not liking death, not wanting death, trying to escape

from death, trying to remain a physical body for as many years as possible, trying never to age, and wanting death to never happen to anyone, are all forms of resistance to life and are therefore all ways in which you are choosing to die. They are resistance because they are not allowing. They are denial because you try to shut death out from your mind to defend your ego, all the while fully participating in the choice to die alone.

The ego deceives you with its illusion of being on your side, working for you, giving you only what you want and avoiding what you don't. Underneath its lie is the exact opposite of its promise, leading you always to death through its tools of fear, rejection, denial and isolation from God. It takes you only from the frying pan into the fire.

The way out is not to listen to the ego, but to listen to Holy Spirit instead. Only by choosing to utilize your power of choice, again, to return your mind to His care, and to undo your belief in separation, can you return to the peaceful state of acceptance that permeates all reality. The ego does not want you to do this and has many detours for you to follow. Its signposts all point in the opposite direction from

where it would truly lead you, and its word has no value.

Resist not, lower your defenses, and allow Him to show you you are safe without them. In your innocence you are transcendent of all illusions, incapable of being affected by them in any way, as if a dream made from smoke were simply blowing past with no power of its own. Resist and you permit an attack upon yourself that never could have happened but by your choosing. You have to examine the beliefs and values you have maintained as `true` and bring into question whether it is actually true, and whether you want it to be true.

If you are afraid of something happening, do you REALLY want to be right about it happening? Do you REALLY want it to not happen, or are you disguising a subconscious, powerful choice with a layer of reluctance? Until you look and see that you have chosen death rather than life, and you make a better decision (for God, with Holy Spirit), where will your self-deceptions lead?

You are free of the dream already. You have but to look clearly upon what you've made and realize it has no undesirable effect on you. It requires no

resistance because it is not happening. It needs no control to stop its `less desirable aspects` for it is only through judgement and mistakedness that you labelled them undesirable. Let go and let God handle the undoing of the ego.

It is through not resisting death that you escape to immortality. This does not mean you must choose to die. This means that your ego must be removed, that you may be free to remain in the immortal state of perfect protection that is provided by God. Resist death and you will choose it. Resist with fear and your fear will come true. Fear is a choice for illusions and it will deliver to you exactly what you are afraid of. You are still getting everything you ask for, so you need be careful to ask only for the Love of God and to accept the Atonement.

As you awaken to your power of decision, you will remember the immediacy with which miracles are performed, their complete ignorance of levels of difficulty, and the absolute power they wield over all illusions. There is nothing that can stop their effectiveness for they extend from God. Your miracle-working merely reflects your decision to allow God to be God, and not your ego self.

Causal power is in your mind and has never left. The power to create, which instantly results in creation, is still yours. There is no delay. You have merely forgotten and need reminding of your True Self - that which is not a victim - that which is under no other influence but God's - that which cannot suffer at the hands of a disowned will - and that which is loved forever in Heaven.

What but your own will on a higher level could choose to manifest the dream in which you now find yourself? And so recognize that all that happens here was but your choice from another place. And given it has all occurred as you asked for, recognize and feel the happy relief in knowing that there IS NO OTHER WILL but the Will you share with God. Therefore nothing alien is against you, nothing separate has influence over you, nothing wrong or unexpected or incorrect or guilty or unacceptable is happening, and you are completely safe in God's Love.

Deny the ego the power to choose, to cause, to make happen, or to deny that which God is. You do not need its interference or control. You are free to be.