

Waking Up Is...Quotes from Raj Jesus

"Part of the process of waking up is beginning to discern the difference between the ego sense and yourself, the discovery that the ego sense is not you, but is your program. As you begin to be able to say, "oops, there goes my ego again," and you're able to say that more and more often, the very act of making that statement will constitute a clear experience of your separateness from that little ego sense.

"You will still have to listen to it wince and cry, but it will not hook you as significantly. And because there is a clearer and clearer sense and experience of yourself apart from the ego, you will begin to value yourself or that experience more and more and you will insist upon being in that place where you can experience it more and more. In doing that, you will withdraw your energy from your ego sense. You will not energize it, and its complaints will become weaker and weaker.

"I did say that pain is not essential to growth. I also said that it very often is contributive to it. Understand that when you are up against pain, you are really up against a limit of a belief structure, a limit of conditioned thinking, a limit which it is time for you to move through and become free of.

"So instead of kicking against the pain and complaining about it and fretting yourself because of it, let there be a recognition that you are up against some artificial boundary, some limitation that it is time for you to move through and become free of. And then let your desire be to move right through it. And let there be an authorization within you that says in effect, "I authorize the release of whatever conditioned thinking is present that would keep me from moving through this and experiencing my freedom."