

True Self or false self?

God's will for us is abiding, limitless, peace (see John 14:27).

That which is limitless cannot be known fully by that which is limited. That which is timeless cannot be retained forever by that which passes away. The separate self that we believe we are is by definition limited in space and time. Therefore, as long as we hold on to the belief that we are a separate individual, any peace we experience will be temporary; tentative and under constant threat.

The way to experience *abiding* peace is to accept our True Identity as God created It. Our True Identity is eternal Spirit. Our True Identity is boundless Love: *"And God said, Let us make humankind in Our image, after Our likeness... So God created humans in His own image, in the image of God created He them; male and female created He them."* (Genesis 1:26-27) 'Created in his image' does not refer simply to our body. (If it did, would God be a male body or a female one? Would God be tall and thin or short and stout? Would God have blue eyes or brown?) Jesus knew the True Self which cannot be threatened – though many of those who listened to Him appear to have got the wrong end of the stick, thinking He spoke merely of the physical body when He used the Name of God 'I Am' (see, for example, John 6:51-52; John 8:56-58), or that being born again requires that we enter a second time into our mother's womb (see John 3:3-6).

To recognise our True Self, we must let go of false self-concepts. We must let go of the belief that we are confined within our body, separate from the Whole and apart from Eternal Life. Now, we may say we believe that we are Spirit and that, as Spirit, we have eternal Life. But is this a knowing, or is it merely an intellectual belief? When the storm comes, will our faith hold firm?

Every time we entertain judgments; each time we allow thoughts of condemnation to establish a toehold in our mind, we are saying to ourselves, 'This person or thing has power over me. I can be hurt. I can be harmed. My sense of self is threatened by this'. In other words, we affirm our identity as something limited. The more we hold on to grievances, the stronger they grow. And the stronger our grievances, the tighter we bind ourselves up in a false sense of limited self. We deny our True Self. We deny our Essence. In doing so, we deny ourselves the Peace of God.

For further, similar, reflections, see Peter M Parr's book, *"Reflections on God's Love"*.

