

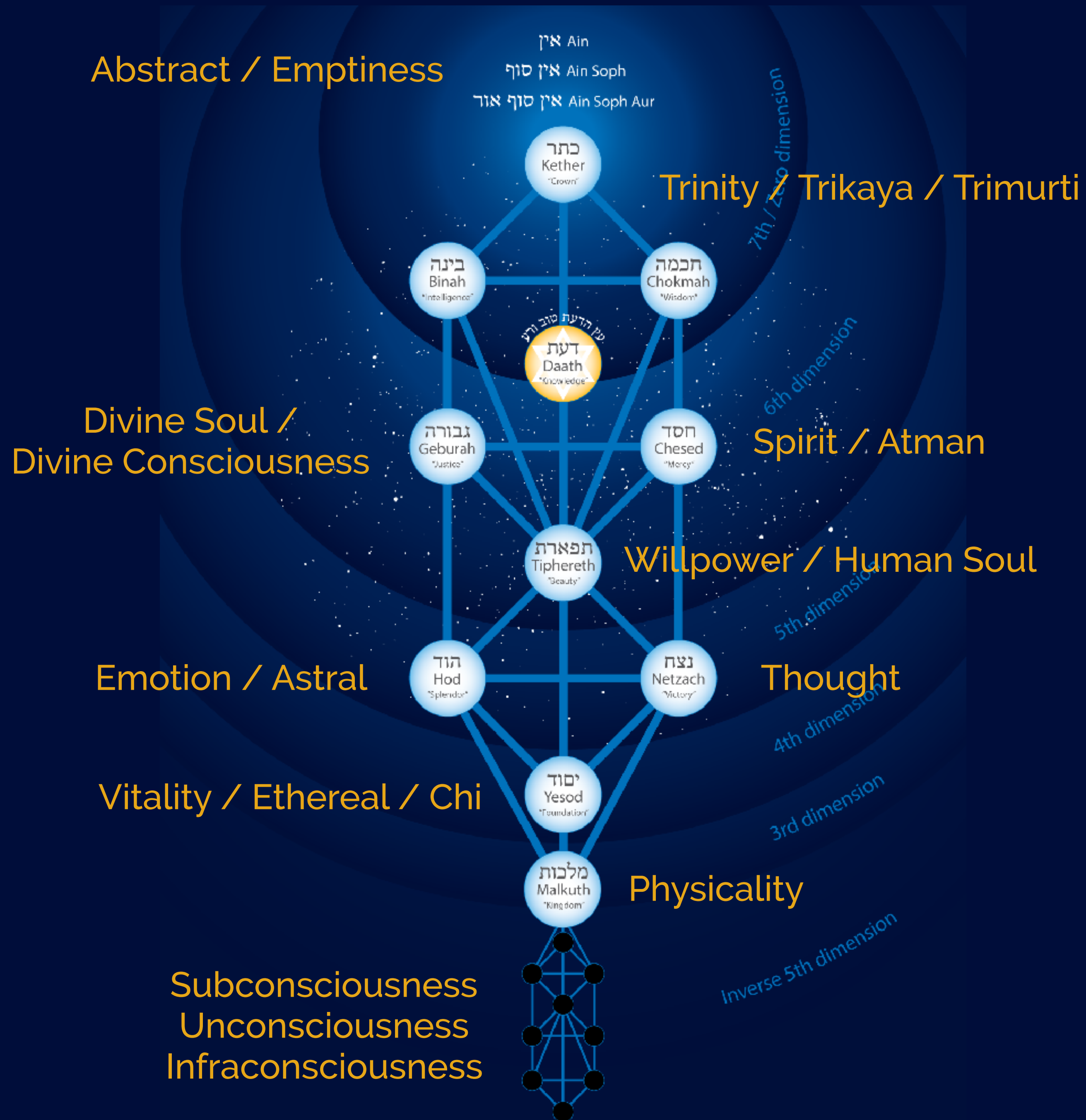
MEDITATION ESSENTIALS 15:

Find Your Real Self

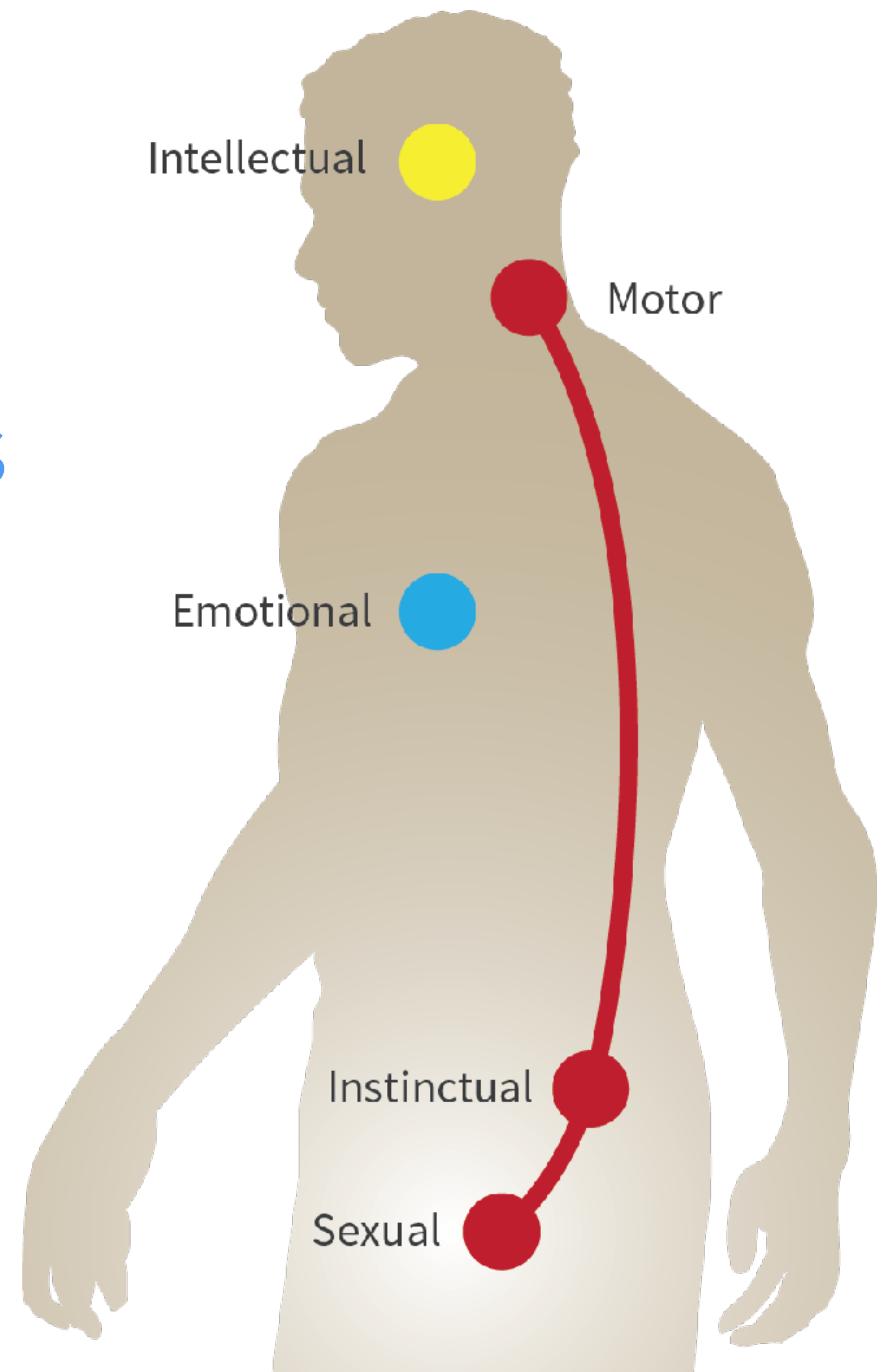


Tree of Life

"Know your Self and you will know the universe and its gods..."



Five Centers / Three Brains



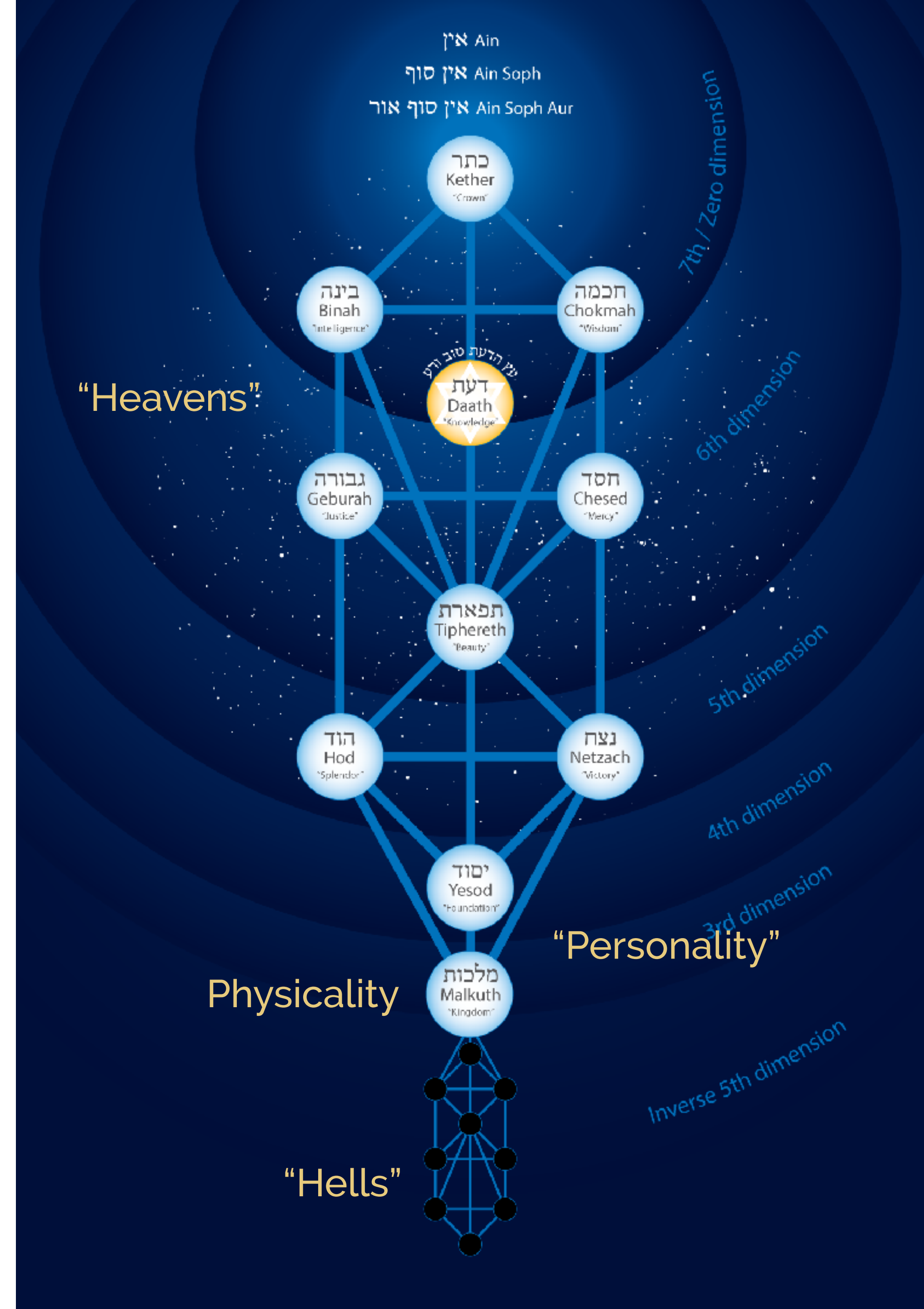
1. Personality
2. Ego / Desire
3. Essence / Consciousness

1. Personality

“mask”

genetic influences, heredity,
culture, language, religion,
country, etc.

belongs to time



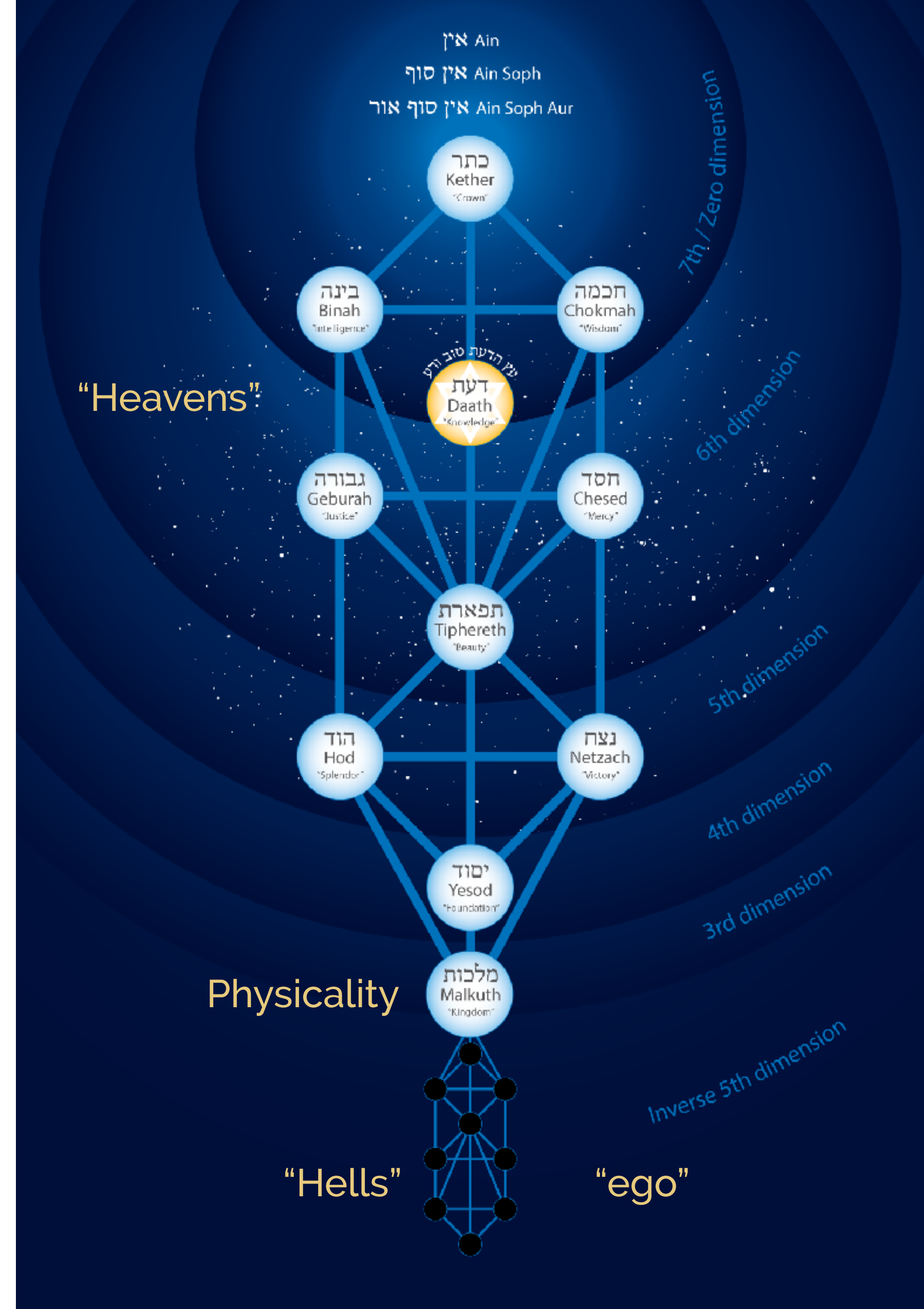
2. Ego / Desire

I, me, myself. "sense of self."

subconsciousness

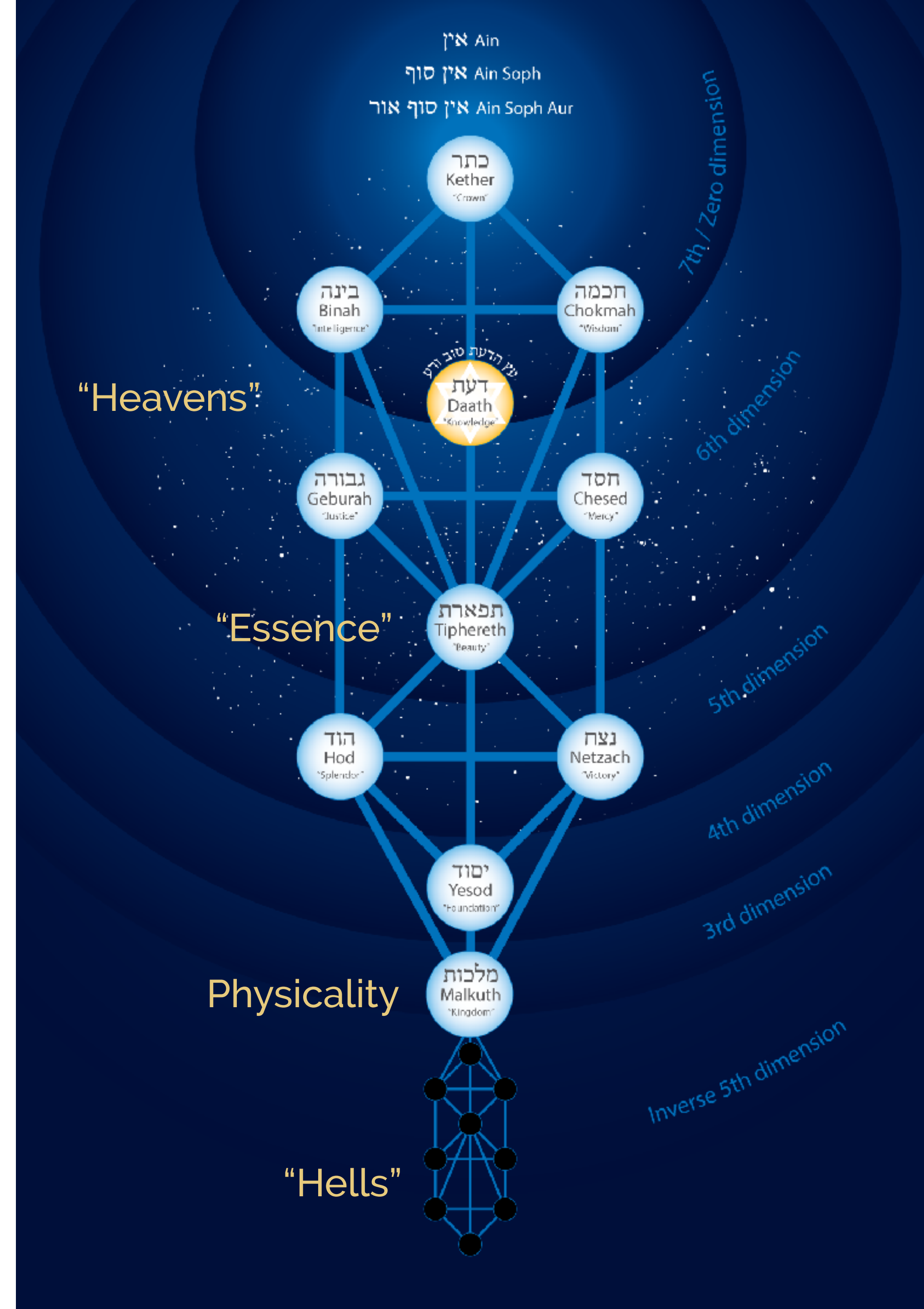
pride, envy, jealousy, anger,
resentment, ill will, greed,
laziness, lust, etc.

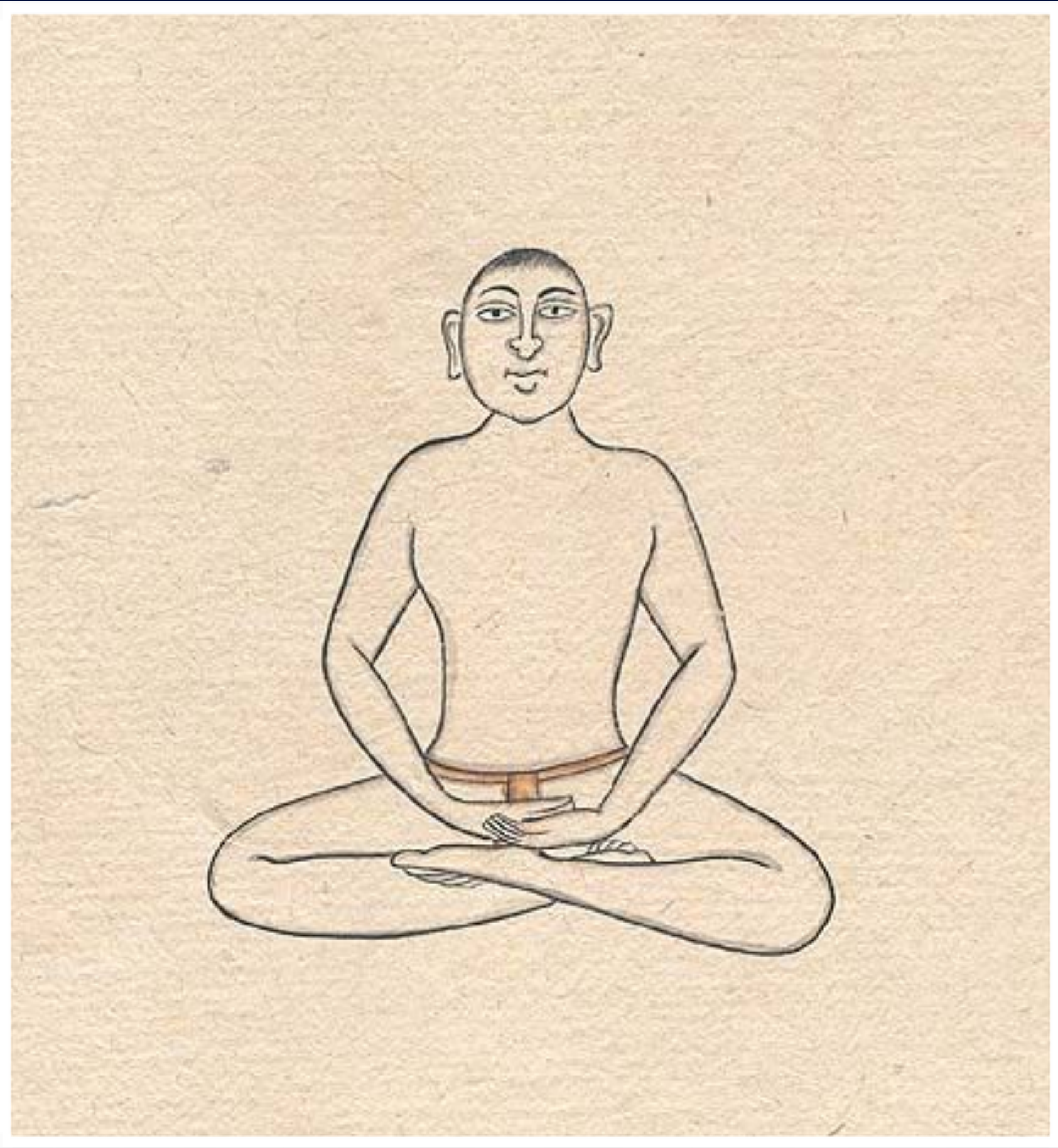
karmic



3. Essence / Consciousness

unfiltered, unconditioned perception and understanding beyond thought, emotion, energy, physicality, personality, desire





Abstract / Emptiness

Divine Soul /
Divine Consciousness

Emotion / Astral

Vitality / Ethereal / Chi

Subconsciousness
Unconsciousness
Infraconsciousness

Trinity



Spirit / Atman

Willpower / Human Soul

Thought

Physicality

Exercises

1. Every day, deepen and expand your **self-observation**.
2. Every day, practice **meditative retrospection**.
3. Then, pick a **fact** to investigate further, and meditate on that fact. Do not speculate, theorize, or intellectualize.
4. Write the facts of your day in your spiritual diary.