

# EXPOSE THE IMPERSONAL STORY OF 'ME'

*With Dr Sally Gray PhD*

A life of pure Peace is closer than ever, the Truth is that "it" is already here, you're already where you want to be. You're just seeing through the lens of an illusory belief that has nothing to do with you and hides the True Self.

As Alan Watts says; "You already have it. It's your choice to pretend you don't, that's your game, that's your life game, that's what makes you think you're an ego, a separated individual self. When you want to wake up you will. If you're not awake it shows you don't want to be. That wanting for something to be other than it is comes from your beliefs. You're still playing the hide part of the game. You're the self pretending it's not the self".

This profound activity will simplify the art of seeing the false as false. This is a powerful practice of deepening personal awareness through "Story Telling". When we see clearly what has had our focus, we KNOW the action to take to focus with deliberate choice FREE from the old program.

Through this process we come to see that life IS in fact presenting us with unending opportunities, conspiring FOR our Highest Happiness and return home to Love's Oneness in every possible way by showing us the obstacles to our deepest Prayer, hidden in the most obvious place, where we've never looked, WITHIN!

"We are not in the world, but the world is within us".

Jung gave us the term "shadow" (the person you would rather not be, remember the archetypes?) to refer to those parts of our personality that have been rejected out of fear, ignorance, shame or lack of love. The trap is that when we repress or suppress any feeling or impulse we are denying ourselves the experience of the opposite. We then become as afraid of the light as we are of the dark! We can make peace with these (contradictory) aspects of ourselves and realise our capacity to be the Greatness and Magnitude It-Self. In the darkness is the light!

The obstacles of misperception uncovered (ie everything personal) can be lovingly 'replaced' and in each lesson is the gift (the memory of Grace in Truth); where you feel fear, you will also find courage; where you find dishonesty, there will also be truth. When you expose and heal the deepest guilt within your mind then you can reach true Enlightenment. The Wisdom within will provide endless miracles (healed perception) as you continue to offer up your old misperception to UN-wind, UN-learn and UN-become; remember Who you really are in Oneness with God.

The dark parts of our psyches are only dark because we have stuffed them away, bringing them into the light of our awareness and finding their gift (there is only One) transforms us, then we are free from this self-imposed prison. We see what we choose to see, what has been programmed. In order to be free of the program of 'humanness' we must expose it and restore the forgiven mind.

In the absence of the misperception and misidentification with the separate self (human ego/identity), the Truth organically reveals itself. The Love that is the very fabric of 'Life' becomes what we know ourselves to be

It doesn't get better than that! Self-LOVE is natural when we remember the Truth.

Deepak Chopra says; "within every human being there are gods and goddesses in embryo with only one desire, they want to be born".



# EXPOSE THE IMPERSONAL STORY OF 'ME'

Let's write "The story of who I have chosen to be"; use the following points to guide you. YOU are NOT your story but you can 'use' it to find the programmed obstacles of misperception & misidentification in order to heal & return to Love.

Remember we are not here to persist in our perspective, we're here to Transcend all perception to see through the eyes of Truth. We do this understanding that only the Truth is True and perception is an impossible reality because it is phenomenal. You cannot be anything you are aware of. We have to be willing to be wrong in the way we 'see' things in order to be happy. This DOES NOT MEAN that you are wrong (YOU are Whole, Perfect, Complete, Innocent, Eternal, Infinite, LOVE), it's merely the programmed perspective you're exposing that has you under its spell and you've forgotten your True Identity in Grace.

Engage this process thoroughly, you can't be wrong fundamentally, the evidence of the past is always found in the present, in our upsets. So don't be concerned that you'll miss something, but DO notice the thoughts as you engage in this activity, DEEP personal awareness is how you Awaken!

## 1. Tap into your emotions.

You want to reflect on your life in a zoomed out/observing witnessing fashion. Make a note of all that arises without second guessing or filtering anything, paying particular attention to the emotions that you've become so familiar with over your life. Write down some key feelings that you associate with yourself. Think about painful memories, happy times, whatever comes to mind. Then write something about each feeling and the story behind it.

Once you start, you'll find yourself on a roll, your inner Wisdom is activated to assist.

## 2. List the turning points

Start at the beginning, make a list of your life's key turning points; those times when you were standing at a crossroads and the direction that was chosen (by you or others) marked a significant change in your life.

## 3. Write everything down

It might not seem like much at the time but it's amazing how one memory leads to another and allows you to go deeper into your story. REALLY give yourself the time required for this, it will save you lifetimes!

## 4. Use the senses

The one thing that will help you explore long forgotten memories is to use your senses. As you recall events, try to remember the smells, tastes and sounds that accompany them. Not only will this help you remember details, it will also enrich your writing.

## 5. Find the themes

You will begin to see themes emerging, a clear 'avatar'. As you continue to ask yourself the question, "what have I made this experience mean about me?", the character becomes obvious. You are none of this and take your time to be exquisitely thorough, use all your resources including the 'shadow' training to uncover the blindspots of personal conditioning.

## 6. Tell a story

NOW it's time to write your impersonal autobiography, leaving no stone unturned to expose the false identity built on the assumption of person-hood. As Rumi said: "Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it."

You are the Supreme Self, this is known in the absence of the imagined personal self. You WIN Beloved.