

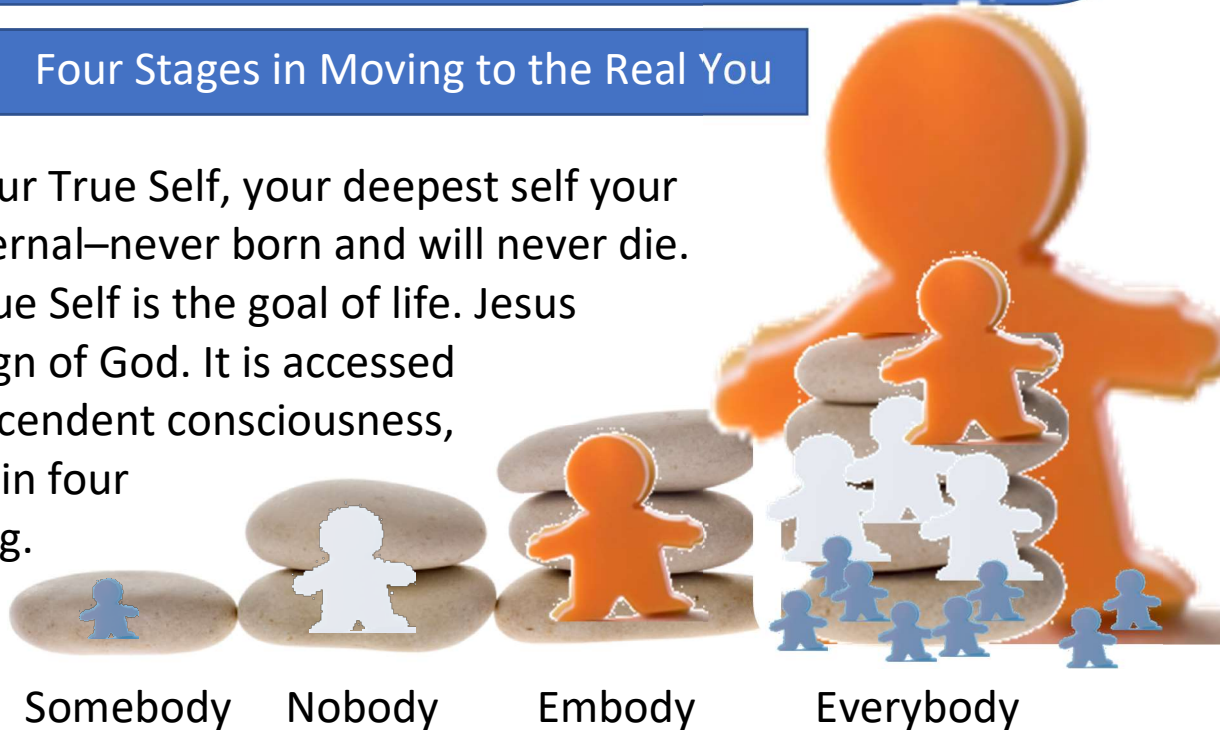
# Supplemental Images and Narrative for Is Your God big enough? Close enough? You enough? Jesus and the Three Faces of God by Paul Smith



## Chapter 13 THE BLISS OF TRANSCENDENT CONSCIOUSNESS (pages 287-312)

### Four Stages in Moving to the Real You

The Real You is your True Self, your deepest self your divine self. It is eternal—never born and will never die. Becoming your True Self is the goal of life. Jesus called this the Reign of God. It is accessed most fully in transcendent consciousness, usually processed in four stages of becoming.





As we lose our identification with our warm-up self (our ego) and move to being empty of self, we find that we are a Divine Self



This is the Self that comes from the Spiral of Eternity and encompasses everybody and everything.

Our True Self is the Divine Self, our God Self.



“The goal is to become God in the most humble way.”

— Father Thomas Keating



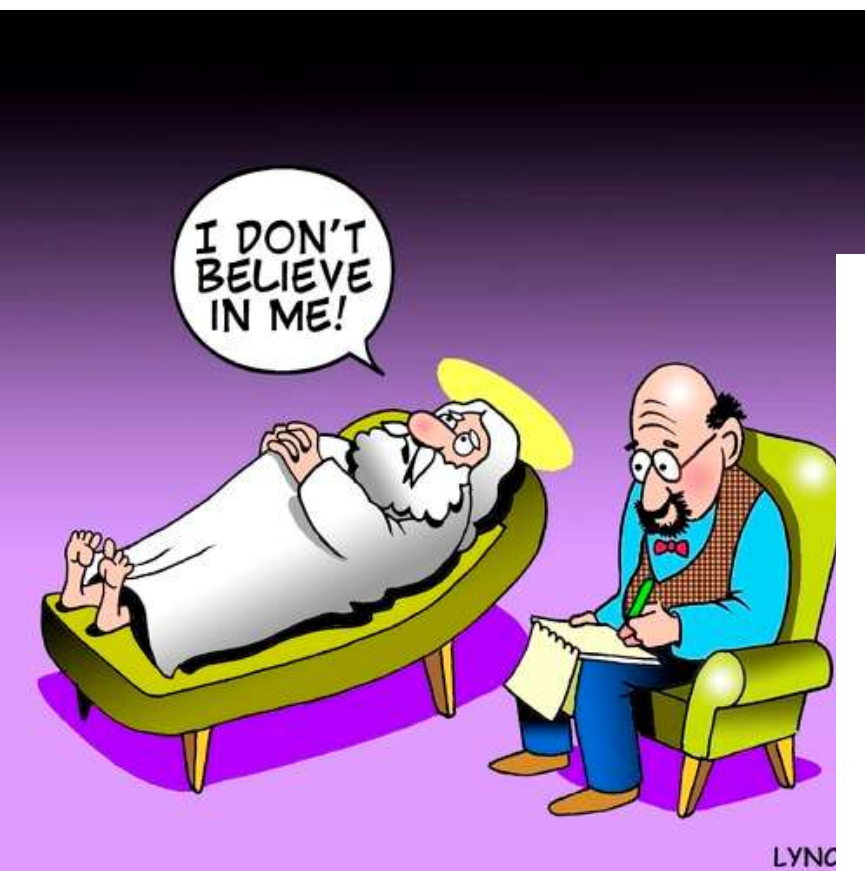
Stage One to becoming the Real You  
**Become a Somebody**

The first half of life is devoted to forming a healthy ego



LOW SELF ESTEEM







A healthy ego is not believing you are something you are not.  
A healthy ego is knowing it is okay to be whatever you really are – a cat or a lion –

Self esteem is crucial for normal healthy ego development in order to function in the world.  
This is a prerequisite for the spiritual journey of losing your egoic self.



**YOU MUST HAVE A SELF BEFORE YOU CAN LOSE IT.  
YOU MUST BE A SOMEBODY BEFORE YOU CAN BE A NOBODY!**

Jesus said we must lose our self in order to find our self. (Mark 7:34-35)  
We must lose our false self in order to find our True Self.





## Stage Two to becoming the Real You

### Become a Nobody

The first half of life is devoted to

forming a  
healthy ego



The second half is

going


inward and  
letting go of it.

Carl Jung



Sometimes it's hard  
to open your hand,  
but you need to . . . .


EGO



letting go is hard,

but sometimes

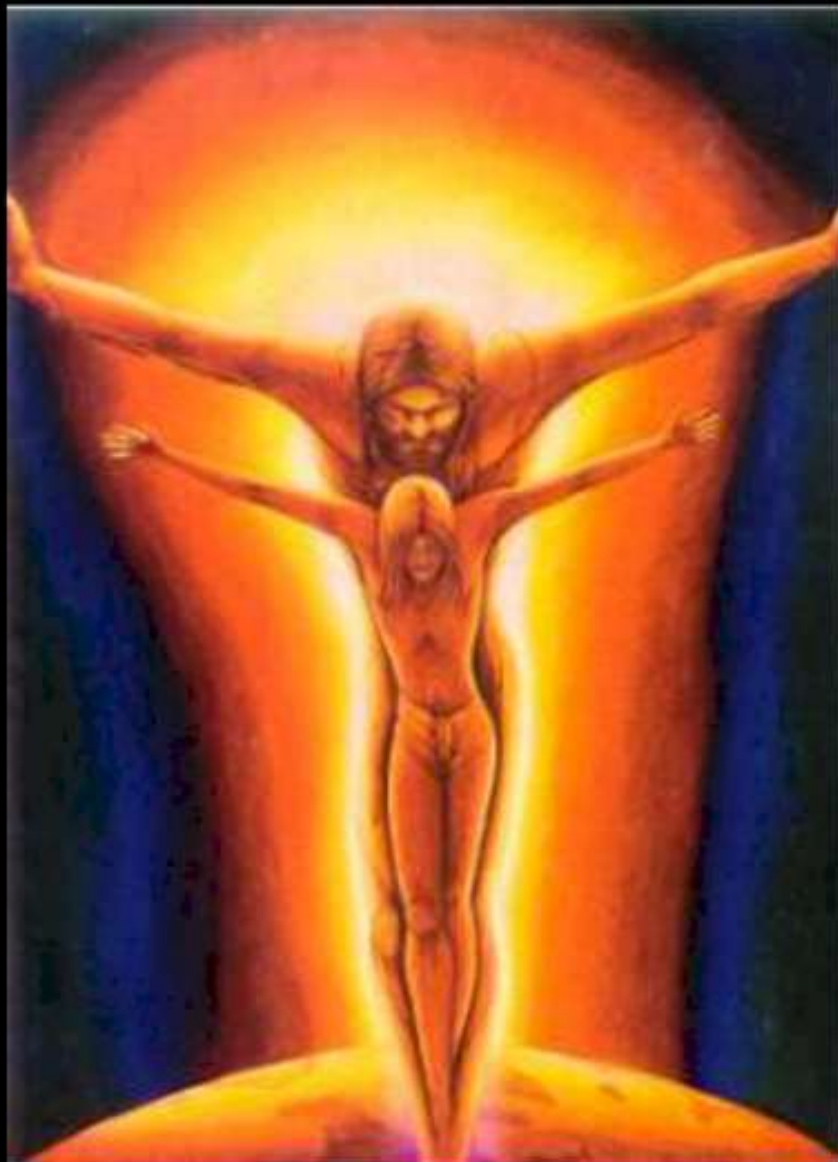
*Holding on* is harder.



**"The root of  
suffering is  
attachment"**

**The Buddha**

Jesus' cross is the  
Great symbol of  
dying to our  
earthly, temporary  
ego identification.



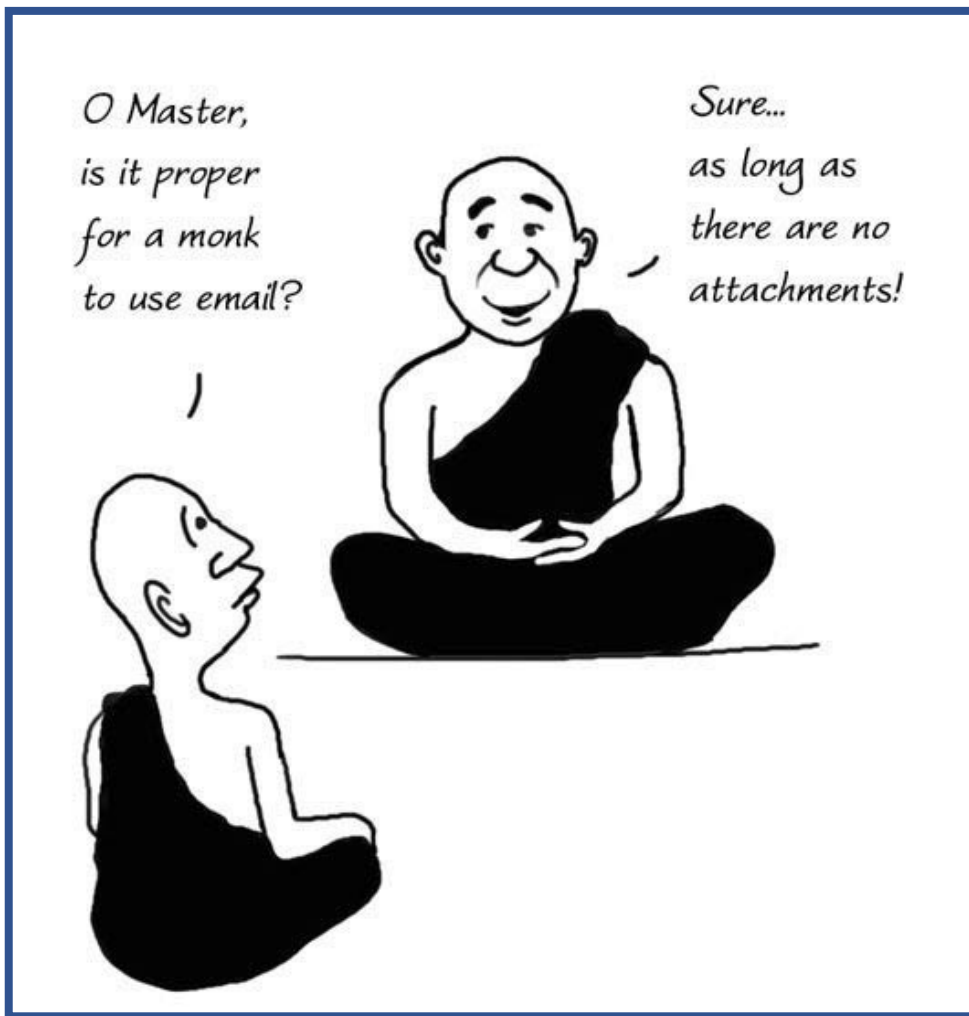
I have been crucified with Christ and I  
no longer live, but Christ lives in me.

Galatians 2:20

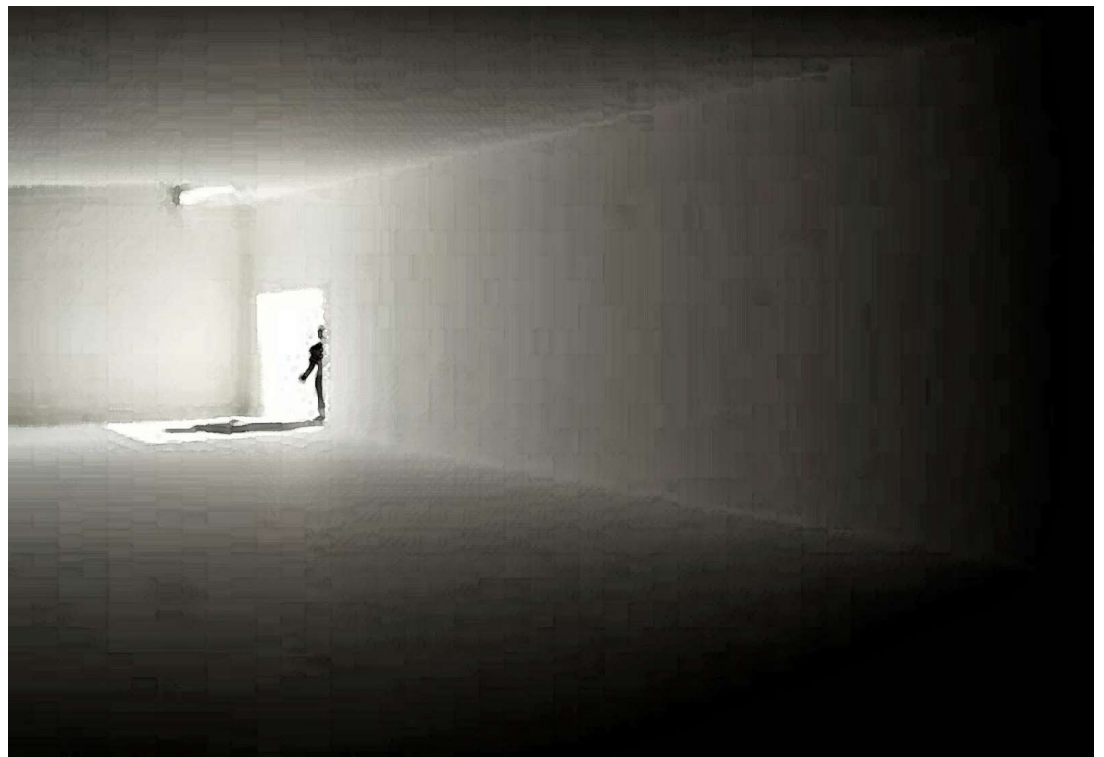
This is what Jesus did: he hung on the cross and did not return the negative energy directed at him. He held it inside and made it into something much better. That is how he “took away the sin of the world” (John 1:29). He refused to pass it on! He absorbs evil until it becomes resurrection! That’s how Jesus takes away the sin of the world. And this is exactly what contemplative practice helps us to do. Meditation is refusing to project our anxieties elsewhere, and learning to hold and face them within ourselves and within God.

— Richard Rohr

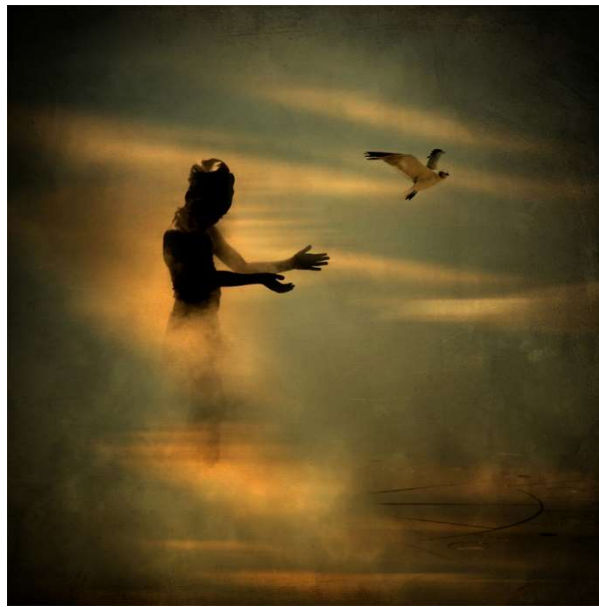




This is my  
metaphor, my  
symbol for  
emptiness.  
It is an empty room  
with just a shadow  
of ourselves present  
to observe the  
emptiness.



LET GO



Enlightenment is a destructive process.  
It has nothing to do with becoming  
better or being happier. Enlightenment  
is the crumbling away of untruth. It's  
seeing through the facade of pretence.  
It's the complete eradication of  
everything we imagined to be true.

— *Adyashanti* —

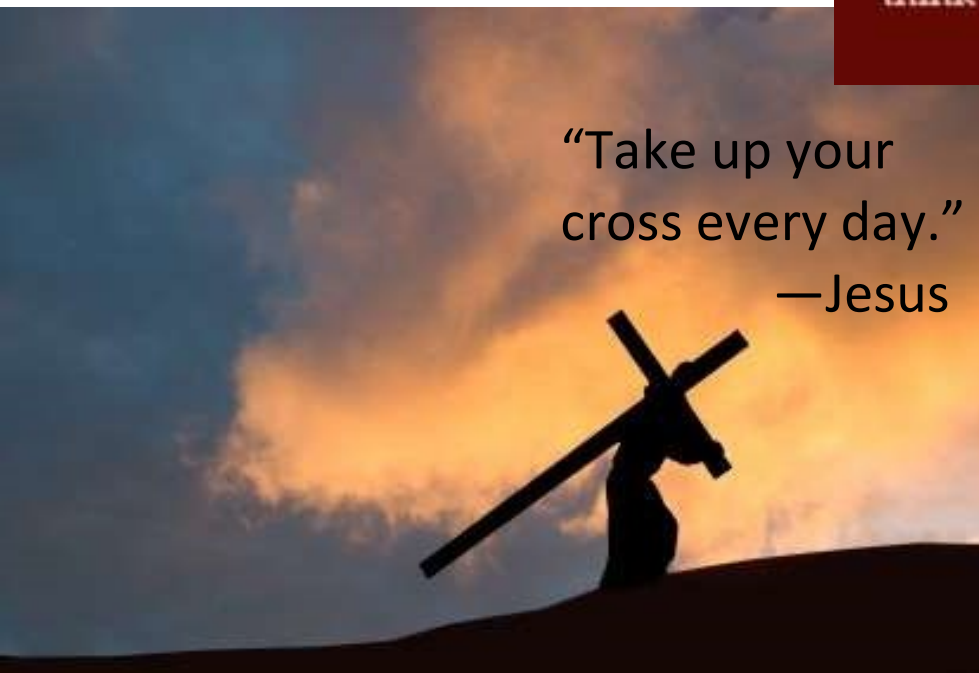
[www.BestDalaiLamaQuotes.com](http://www.BestDalaiLamaQuotes.com)

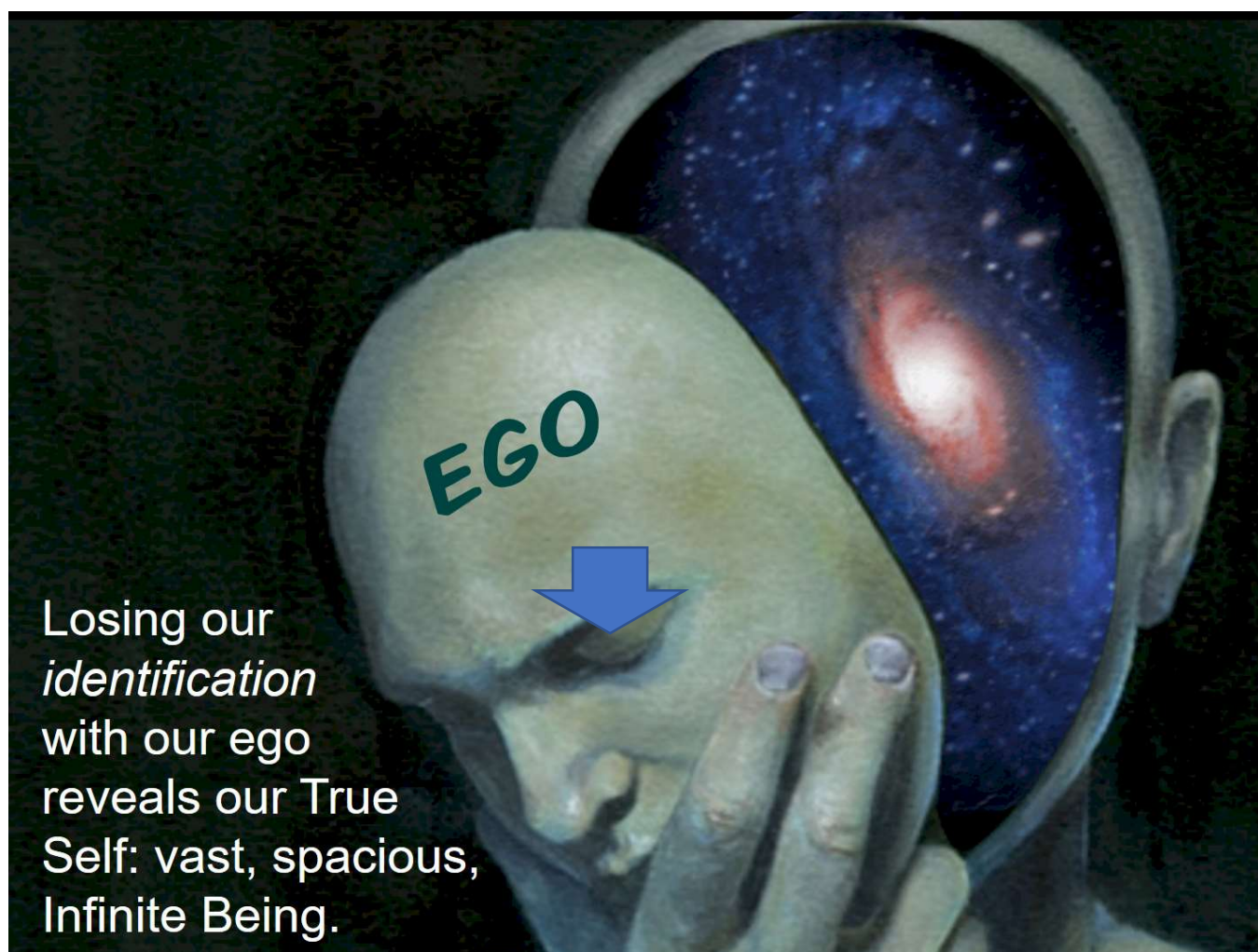
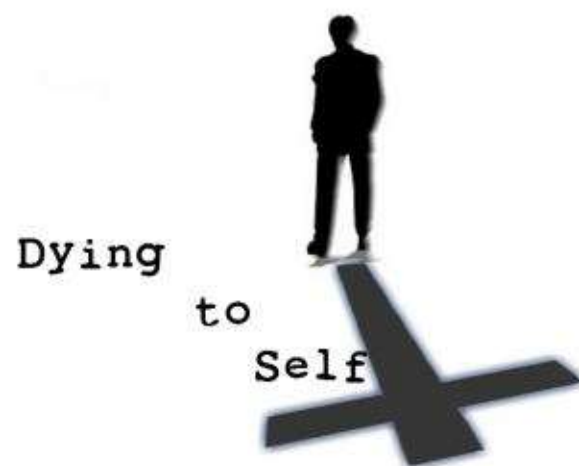


**At a personal level, as a Buddhist  
practitioner, I deliberately visualize and  
think about death in my daily practice**

- His Holiness the Dalai Lama

“Take up your  
cross every day.”  
—Jesus





Now we are beginning to embody God in a conscious way.



## Stage Three to becoming the Real You

### Begin to Embody God

#### Outer space as a metaphor for inner space

The vastness of outer space is a magnificent and moving metaphor for the vastness of inner space when apprehended in higher levels of consciousness. Even cosmologist Carl Sagan, well-known skeptic of religious and spiritual approaches, admitted that “the Hindu mystical experience” of union with the universe “is pre-wired into us, requiring only 200 micrograms of LSD to be made manifest.” (<http://www.timothylearyarchives.org/carl-sagans-letters-to-timothy-leary-1974/>)

The primary point in using outer space as an illustration of inner space is that outer space has no boundaries to it. Boundless space means that it does not have fences, walls, edges, limits, or boundaries. This is what inner space is experienced as at the highest levels of consciousness.

Inner space - outer space by Lisa Yount



This picture suggests the spiraling connections between mind and cosmos, microcosm and macrocosm, Earth and Heaven. The same shapes occur, again and again, in everything from shells to galaxies.

Just as outer space reaches toward infinity, we are moving toward infinity in an interior direction as we become more spacious on the inside in higher levels of consciousness.

### This book's cover

The cover of this book is an attempt to convey that idea of a consciousness without boundaries—one that is reaching toward cosmic infinity.

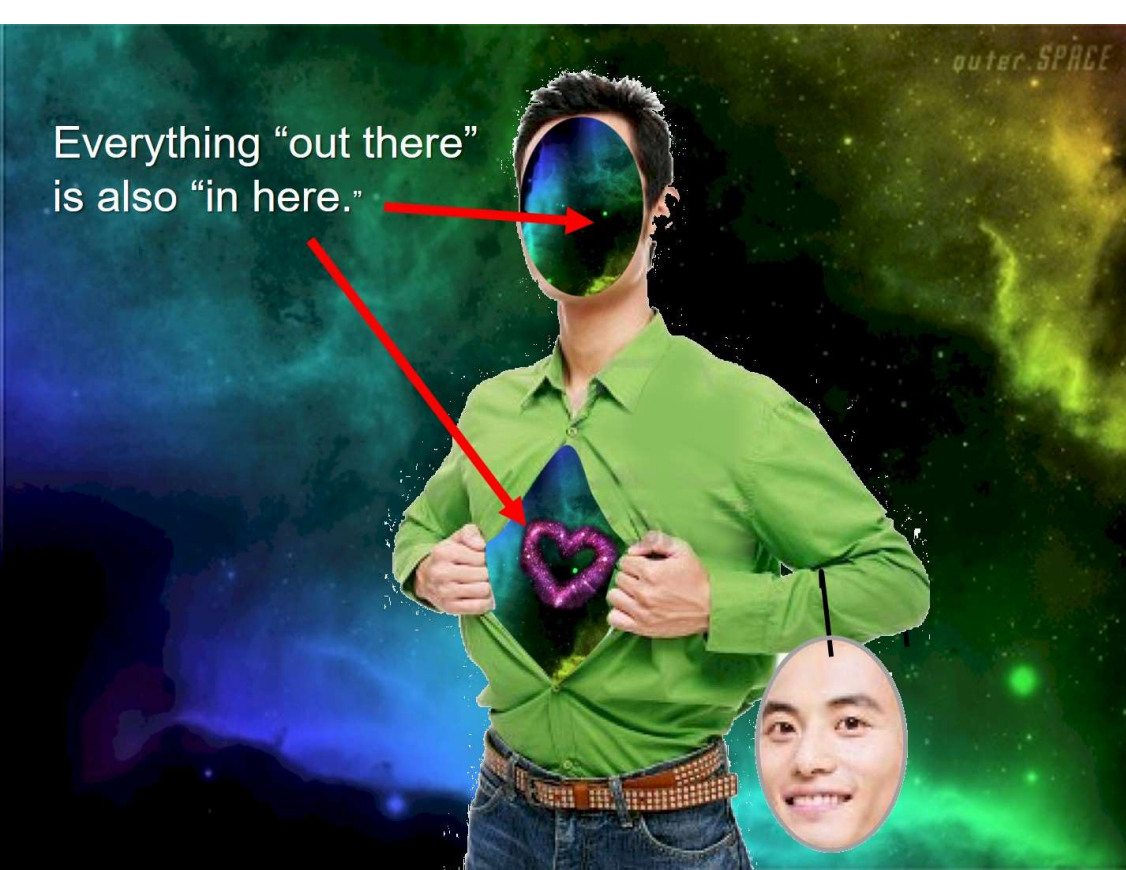




Here are more images that attempt to do the same.







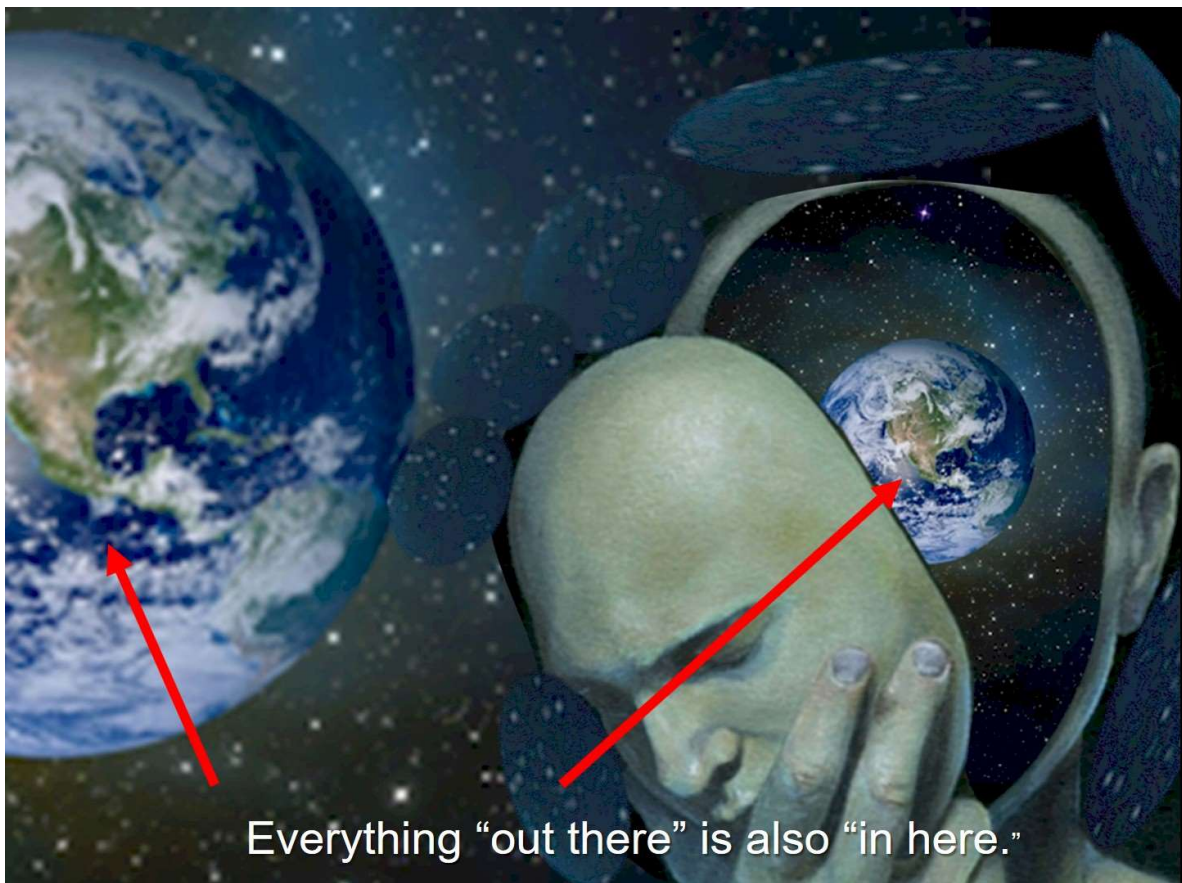
Everything "out there"  
is also "in here."

God is in everything  
and everything is in  
God.

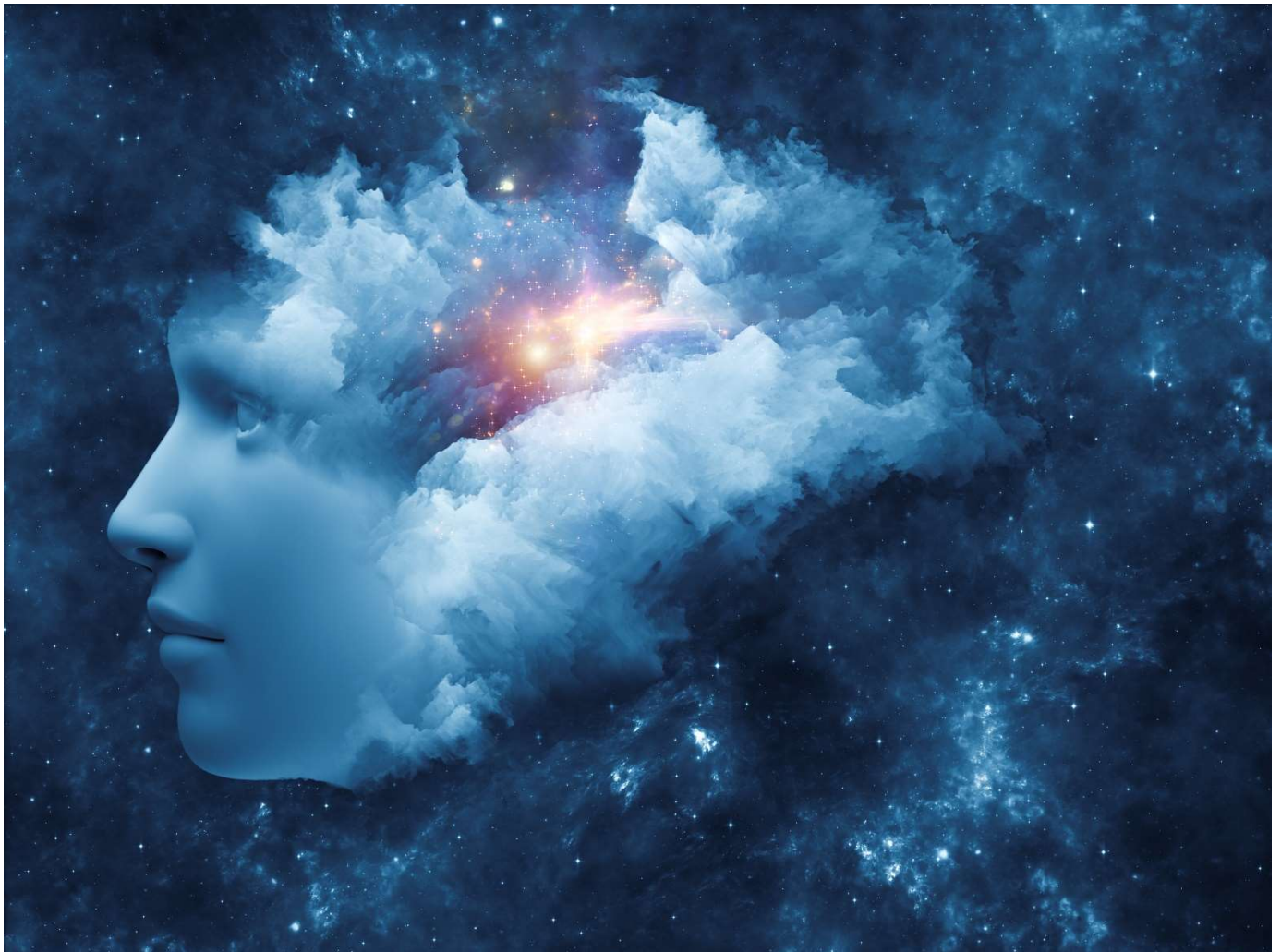
We are like God and in  
our higher  
consciousness we  
realize that we are also  
in everything and  
everything is in us.







Everything “out there” is also “in here.”







## **Cosmic mind – radiating heart**

A fuller picture of  
transcendent  
consciousness —the  
state of embodying  
God — is found here.

The mind is vast, still,  
and without  
boundaries.

The heart of full of  
love, radiating out  
toward everyone and  
everything.



**“The goal is to become God in the most humble way.”  
(Father Thomas Keating)**

This is what the Eastern Orthodox Church calls divinization or theosis—embodying God. We are already god in a body. We just don’t know it, embrace it, and express it. That’s the difference between Jesus and us. He knew who he was and acted like it.

God comes to you disguised as your deepest self.

To embody I AM is to identify with I AM. This releases vast peacefulness, love and bliss.

To embody God is to identify as I AM in the way that Jesus himself did.

How can we move toward this? These practices are one way:



# POWERFUL PRACTICES IN REVEALING YOUR TRUE SELF

***SAY THE FOLLOWING  
AS OFTEN AS NEEDED***

I have a body, but I am not my body.  
I have desires, but I am not my desires.  
I have feelings, but I am not my feelings.  
I have thoughts, but I am not my thoughts.

Who am I?

I am the one who is aware of my body, desires,  
feelings, and thoughts.

I am pure consciousness, infinite being.

My deepest me is God – Being Itself.



Practice  
anytime,  
anywhere.



Let's say you are  
rushing to work

At any point you  
can ask yourself:

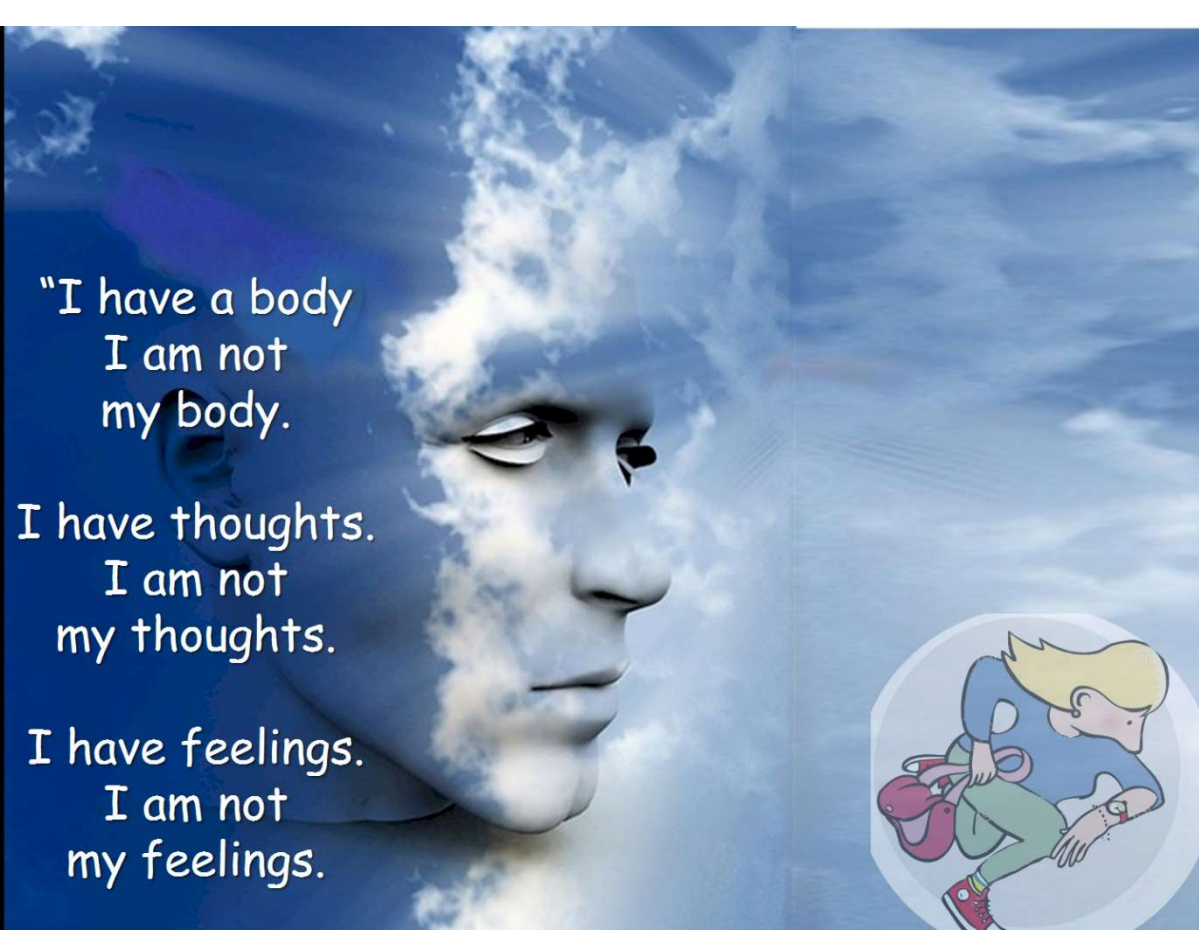


"Who is noticing me  
rushing to work?"



"I AM!"





"I have a body  
I am not  
my body.

I have thoughts.  
I am not  
my thoughts.

I have feelings.  
I am not  
my feelings.



"I AM!"

As we discover the peace and fullness of I AM,  
formless Spirit, all else dissolves away.  
Then we are full of God, empty of things.

Amazingly, all of Jesus' "I am"s  
also apply to us.

Difficult to comprehend.

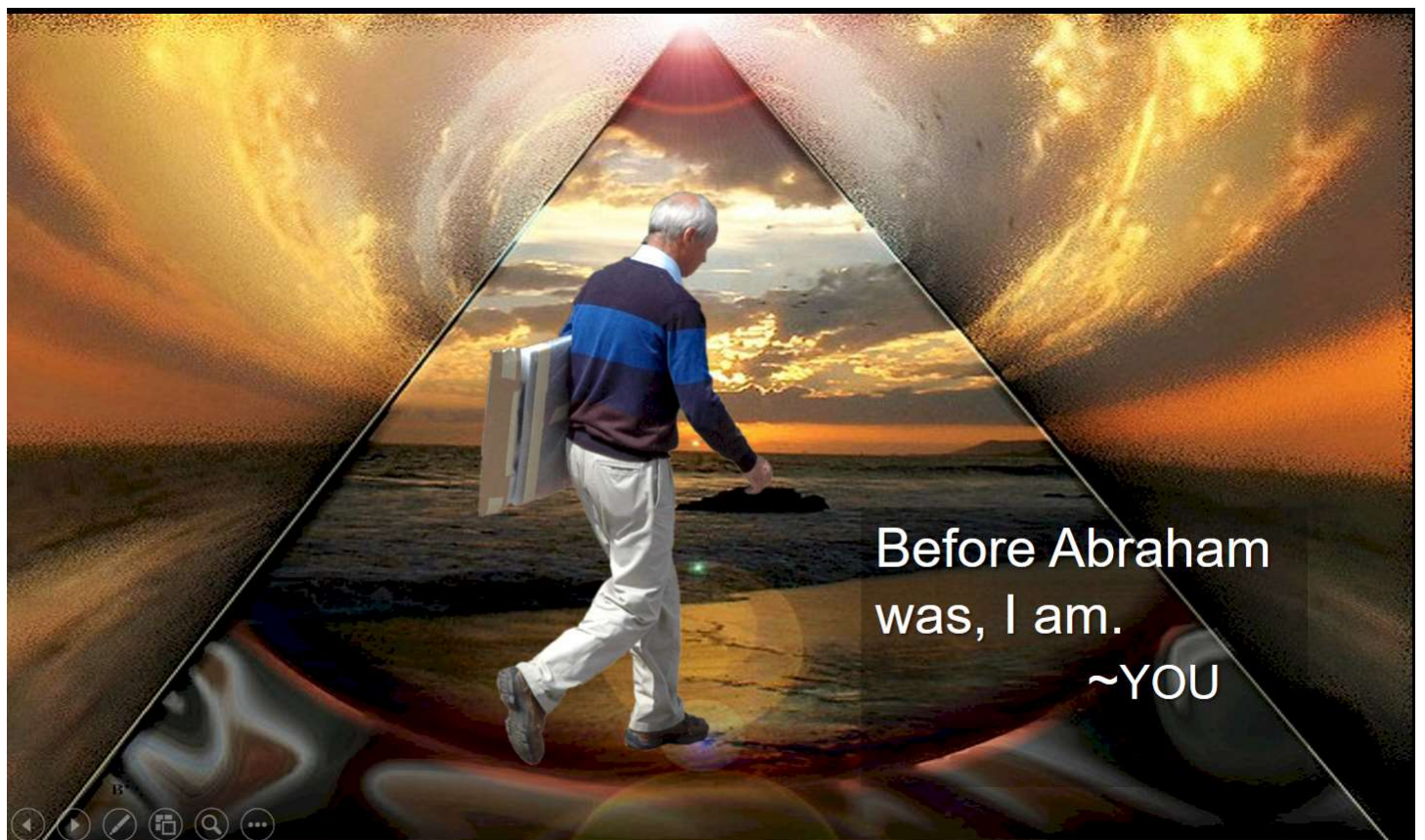
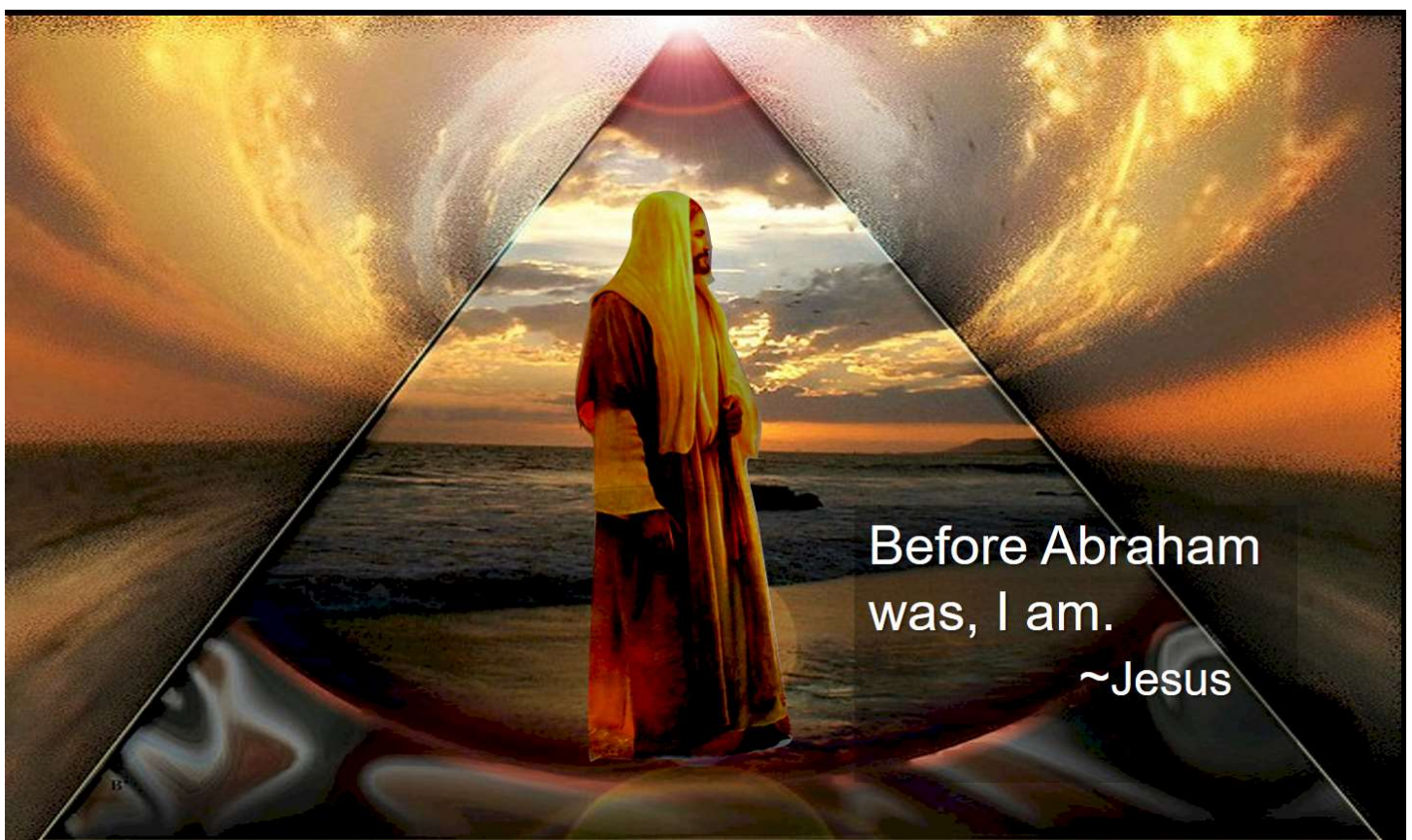


But possible to  
experience when  
you experience God  
**BEING ME.**

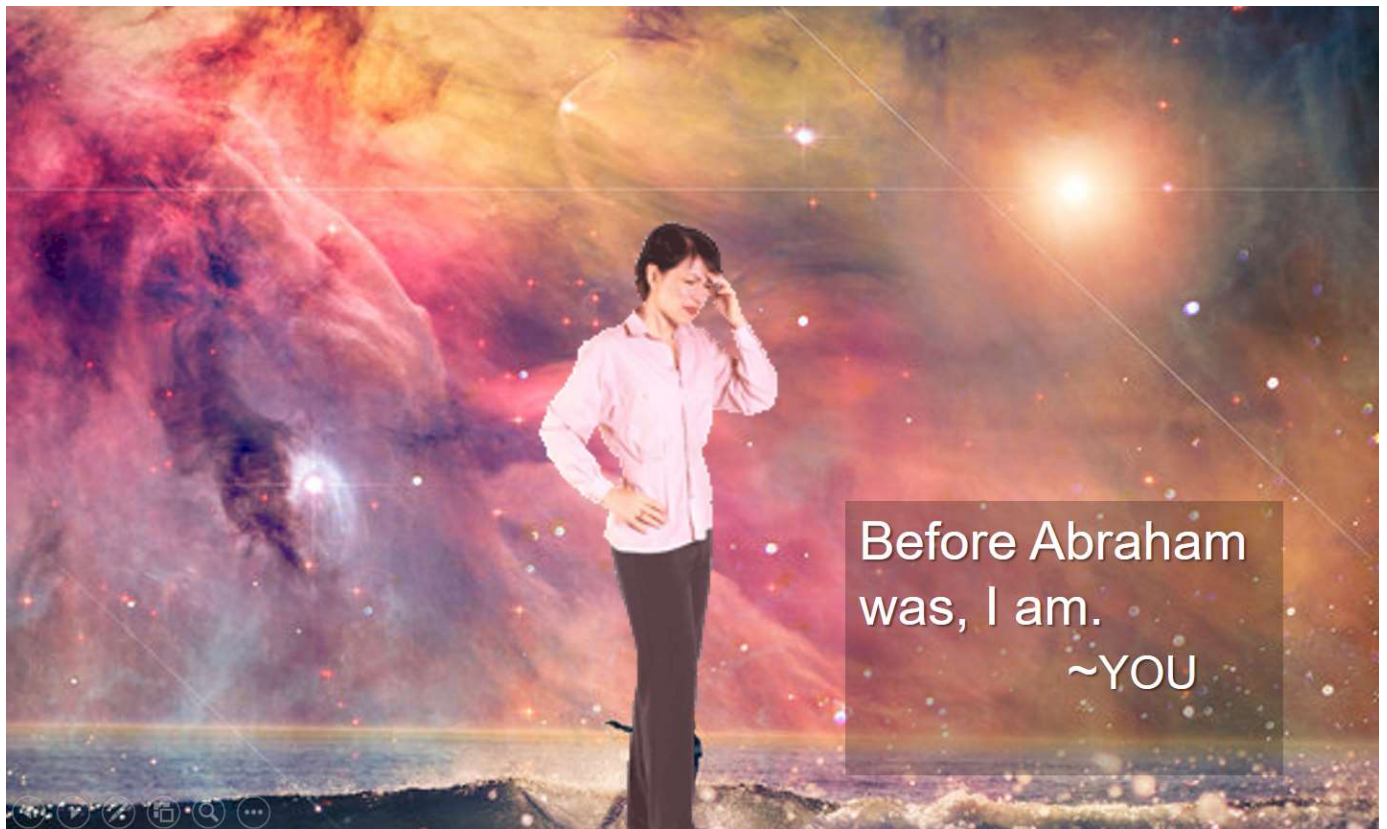
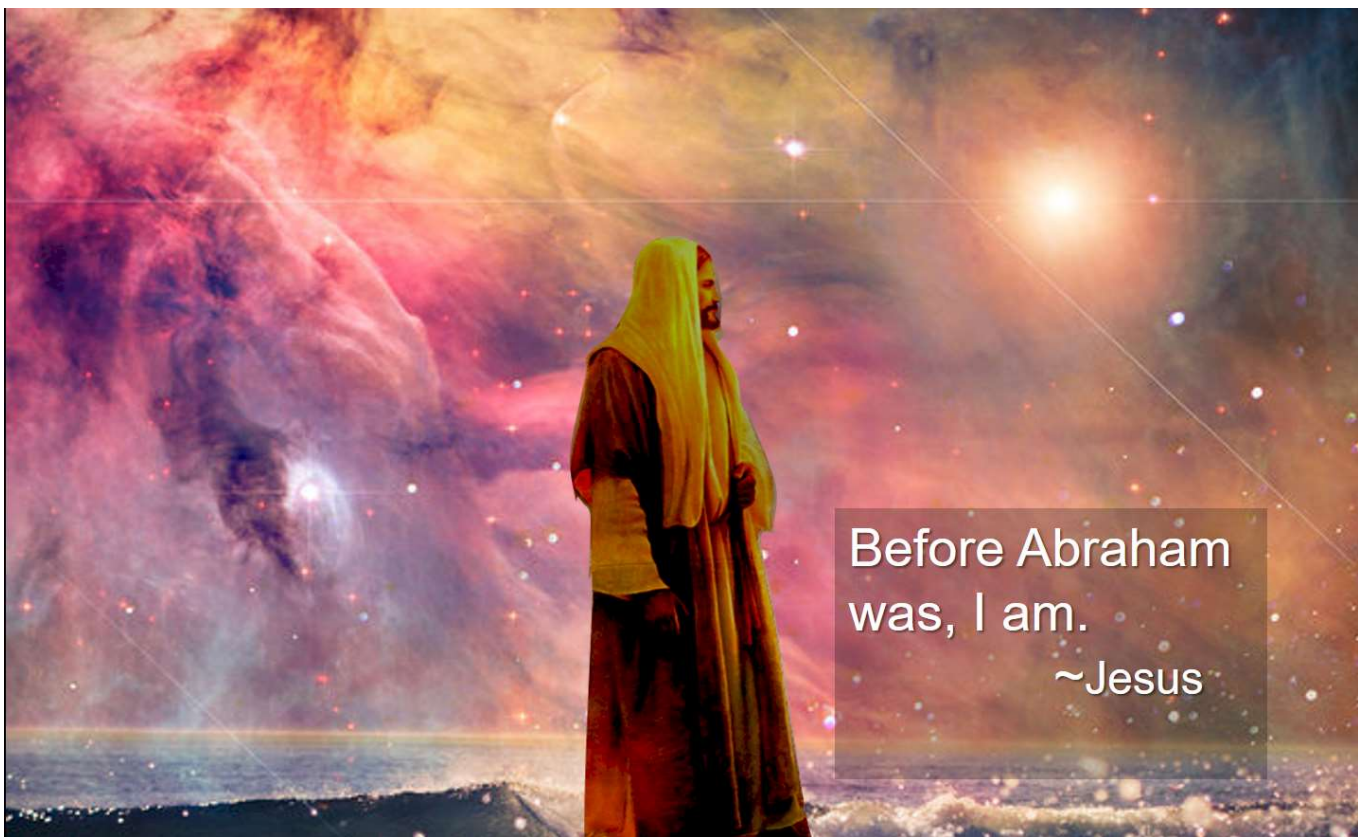


Practice saying the following out loud. Quote Jesus first. Then say the same quote, only as you this time. Let it sink in. Repeat the four part sequence as often as you need.

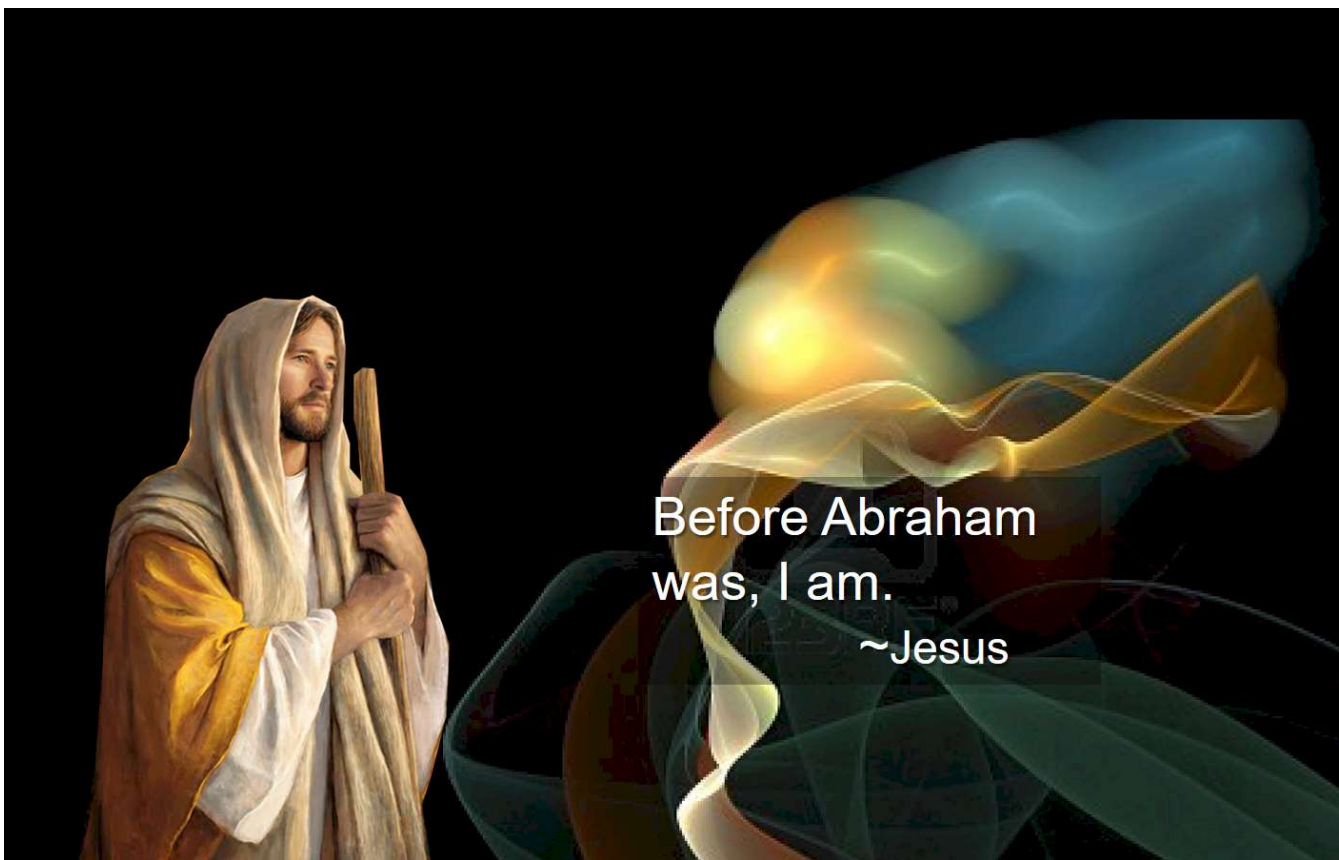




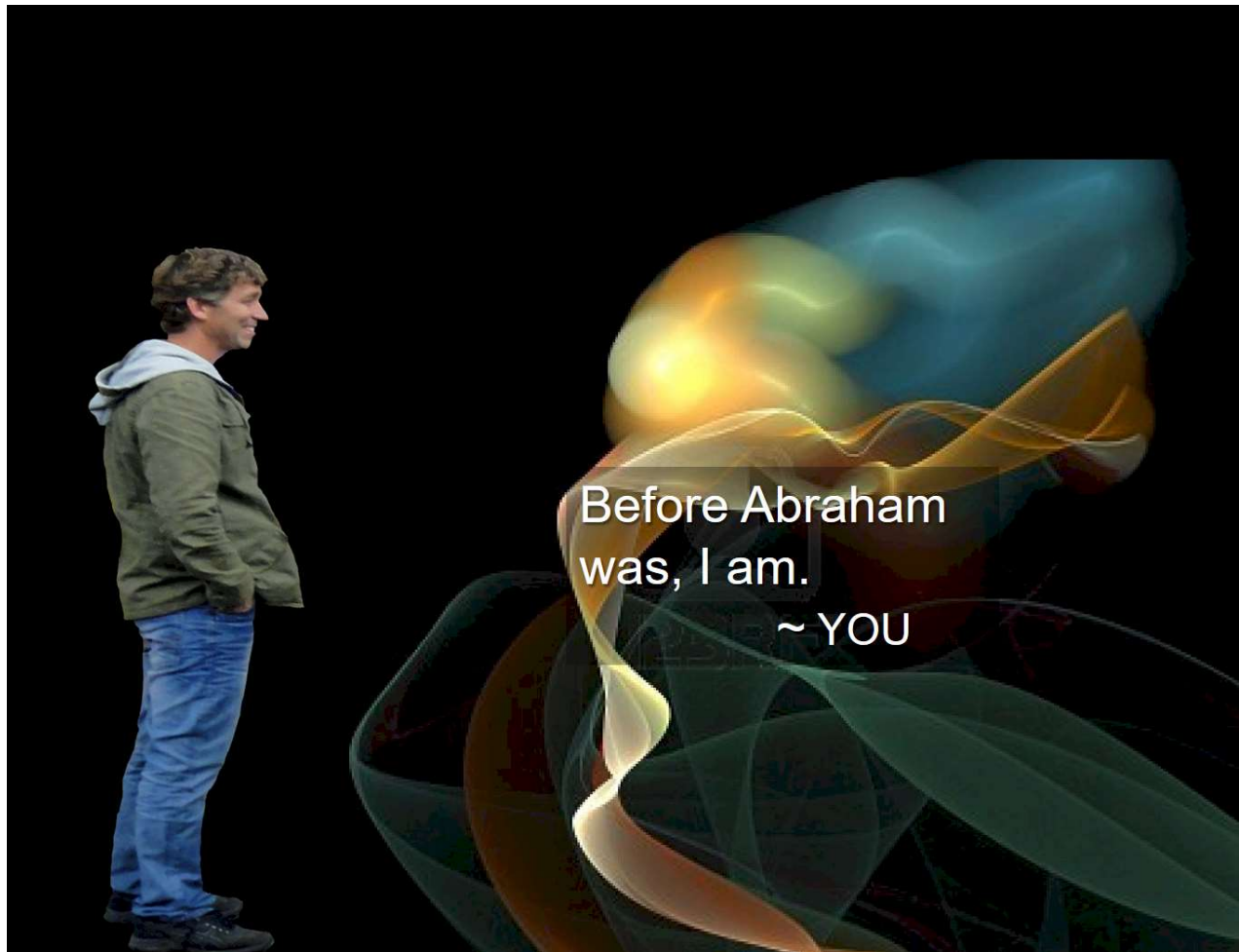




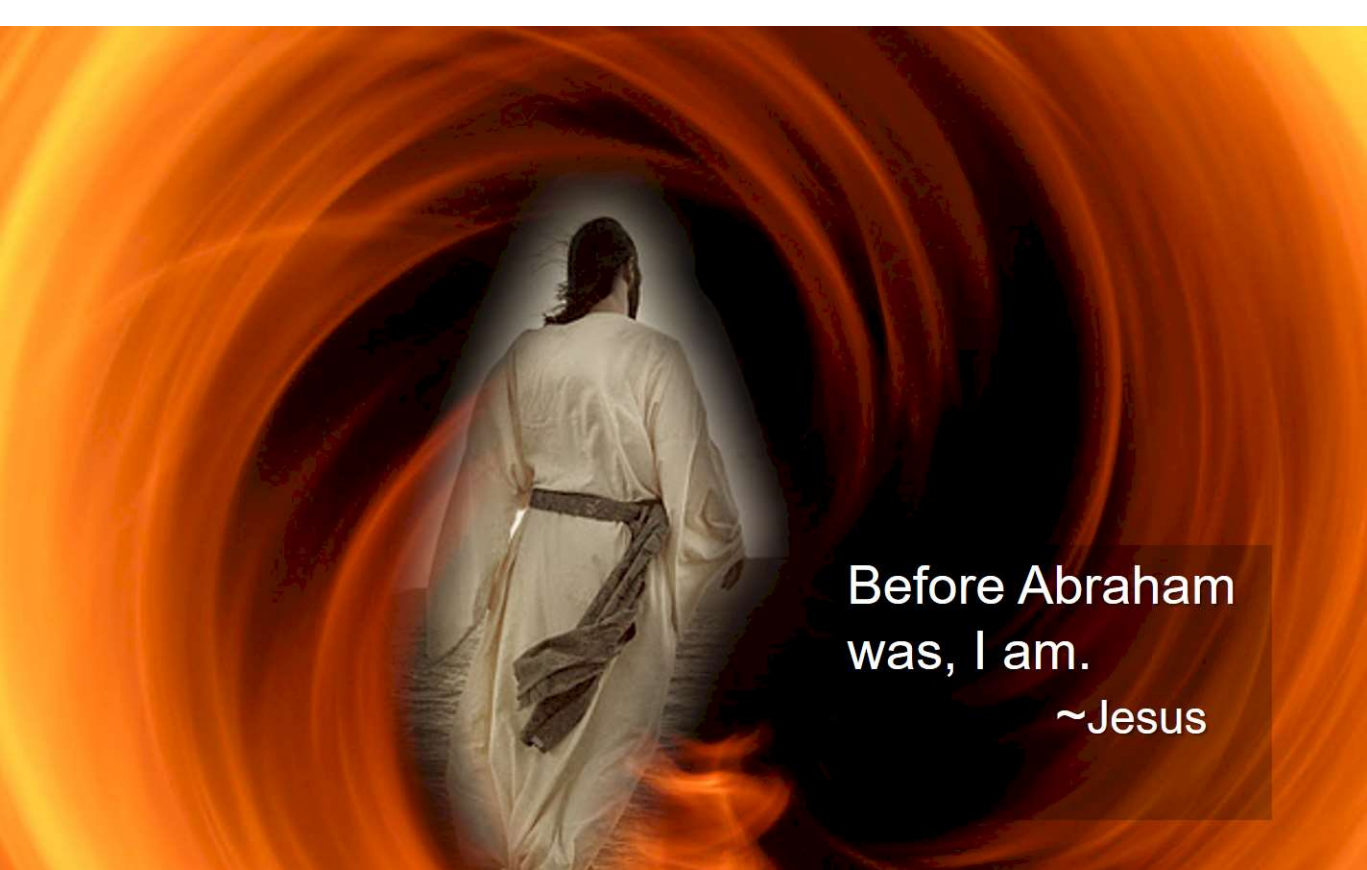




Before Abraham  
was, I am.  
~Jesus



Before Abraham  
was, I am.  
~ YOU



Before Abraham  
was, I am.

~Jesus




Before Abraham  
was, I am.

~YOU





My symbol for Transcendent Consciousness is a mind filled with infinite peace and a heart filled with radiating love.



Our' "I AM Self  
Is our  
God Being Us  
Self

## GOD BEING ME CONSCIOUSNESS

I have been crucified with  
Christ, and it is no longer  
I who live, but it is Christ  
who lives in me Gal. 3:20

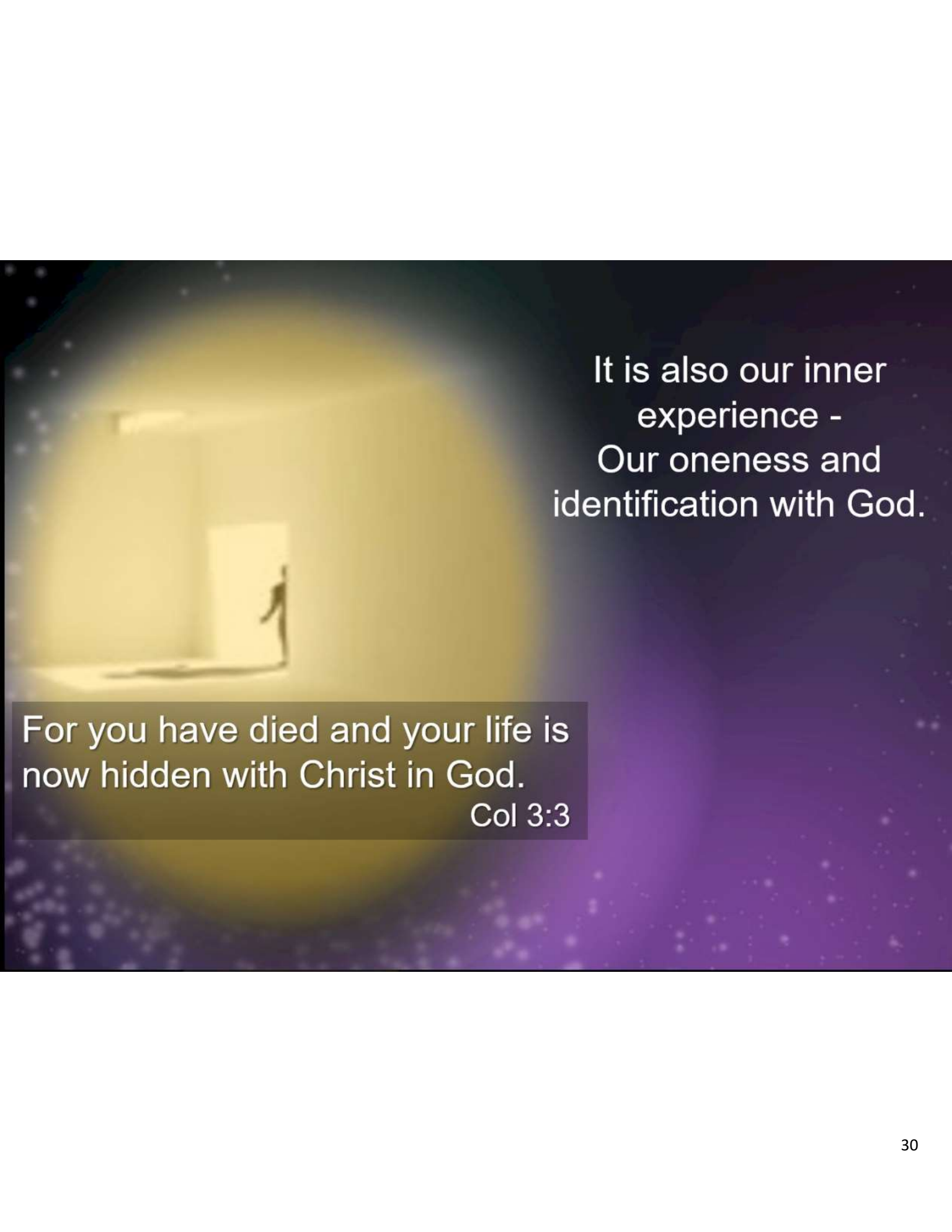
I have been **emptied** of  
my small self.

Now I'm just a shadow  
of my former small self.

Now I identify as my  
True Self, my **I AM** Self,  
**Christ in me**, the hope  
of glory to come:

**GOD BEING ME**





It is also our inner  
experience -  
Our oneness and  
identification with God.

For you have died and your life is  
now hidden with Christ in God.

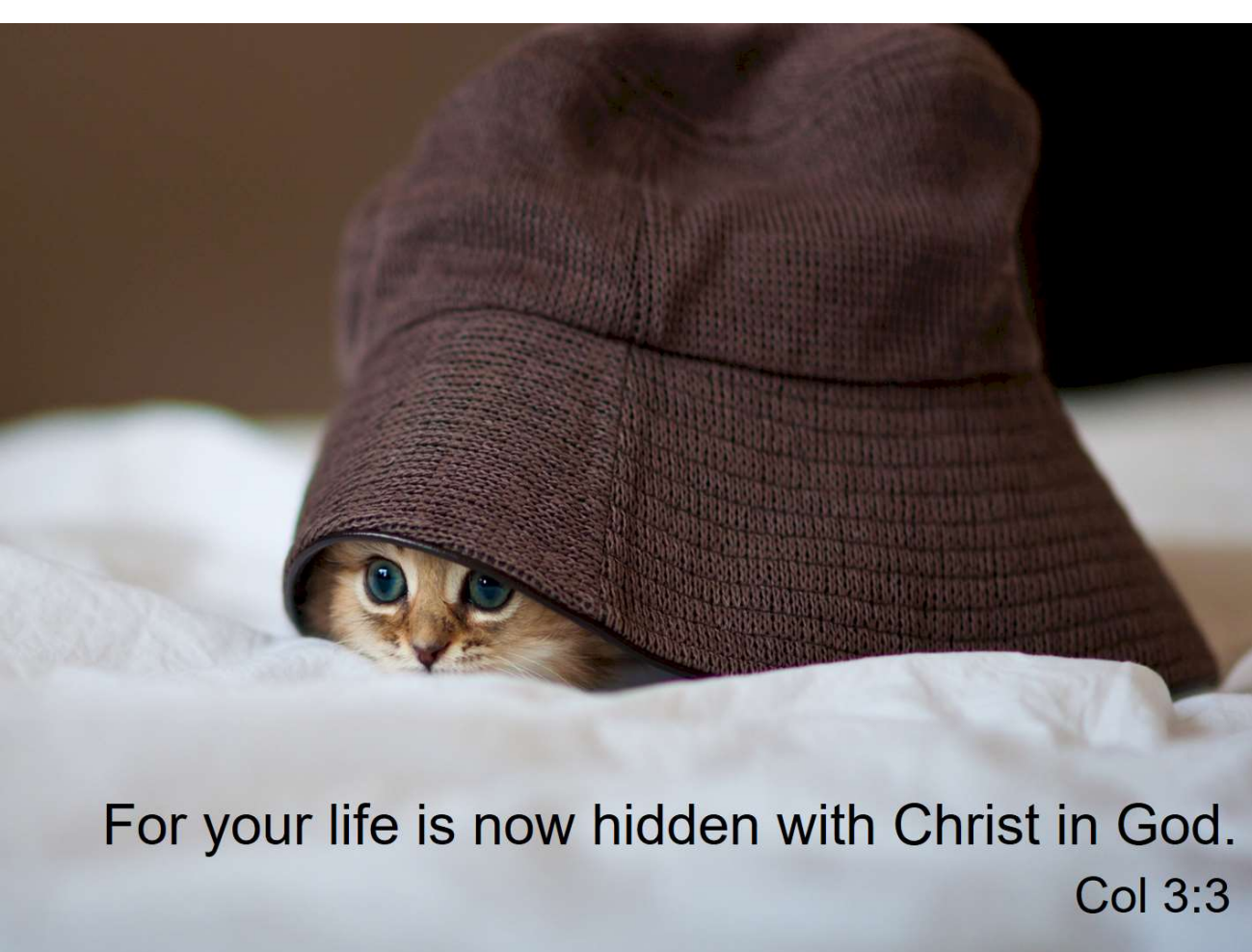
Col 3:3

For you have died and your life is  
now hidden with Christ in God.

Col 3:3







For your life is now hidden with Christ in God.  
Col 3:3



For your life is now hidden with Christ in God.  
Col 3:3

# OUR TWO SELVES

## YOU

the real you,  
always there  
calmly observing  
everything.

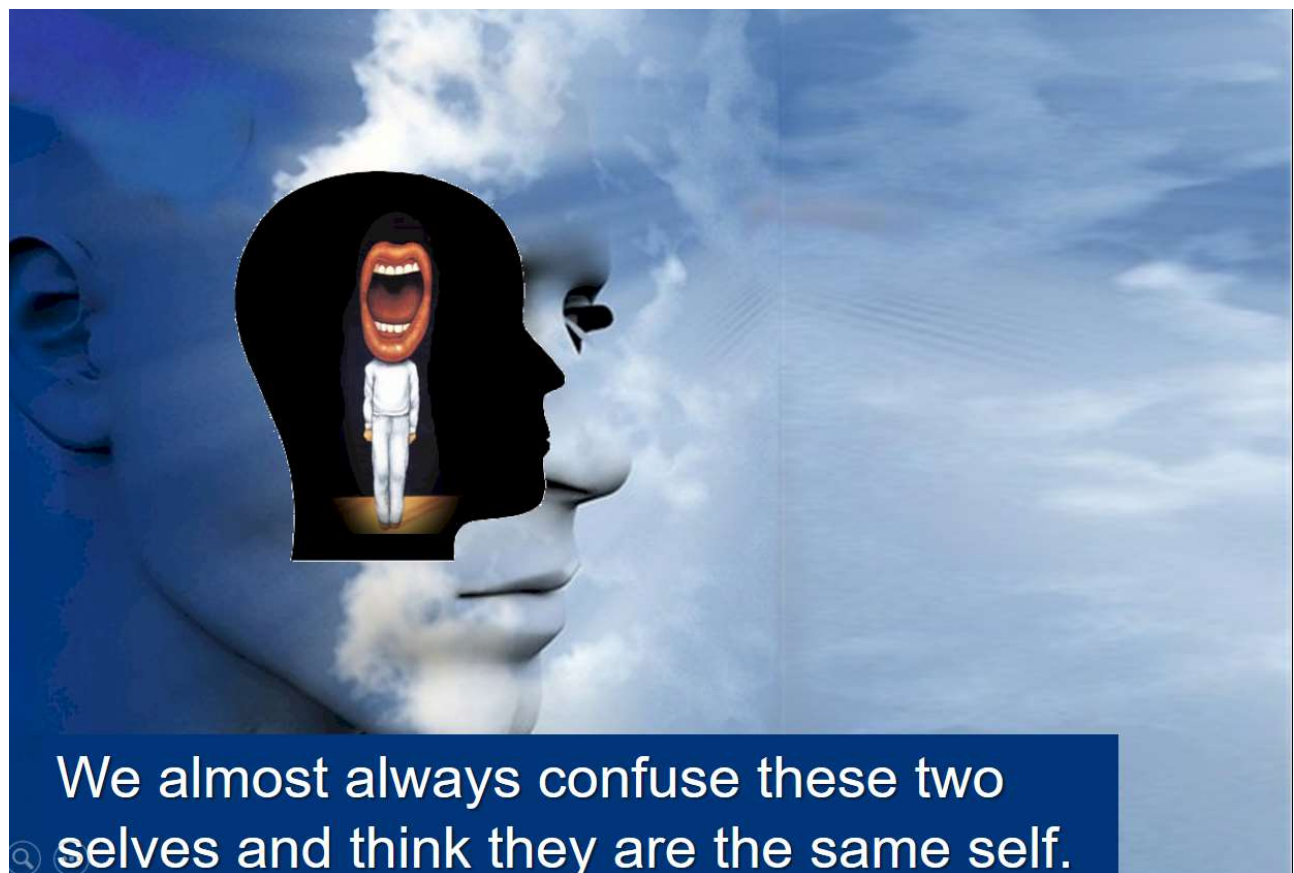
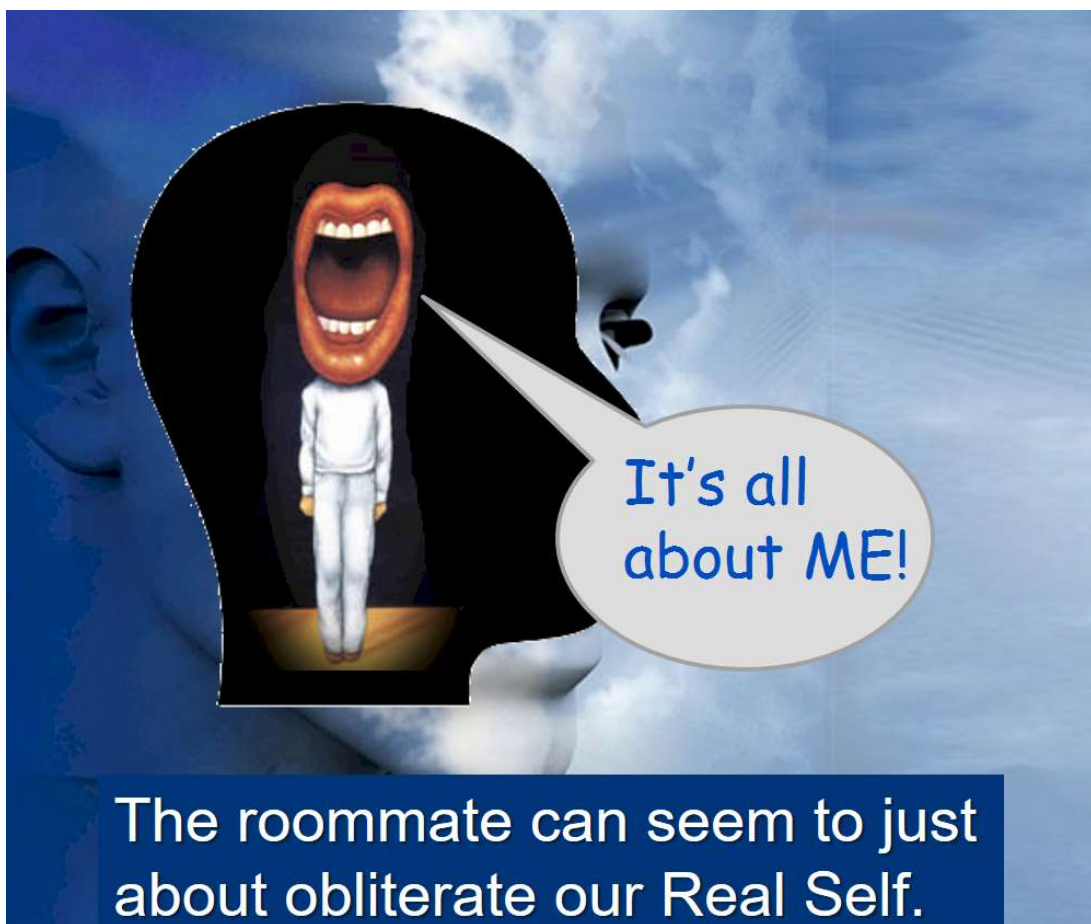
# OUR TWO SELVES

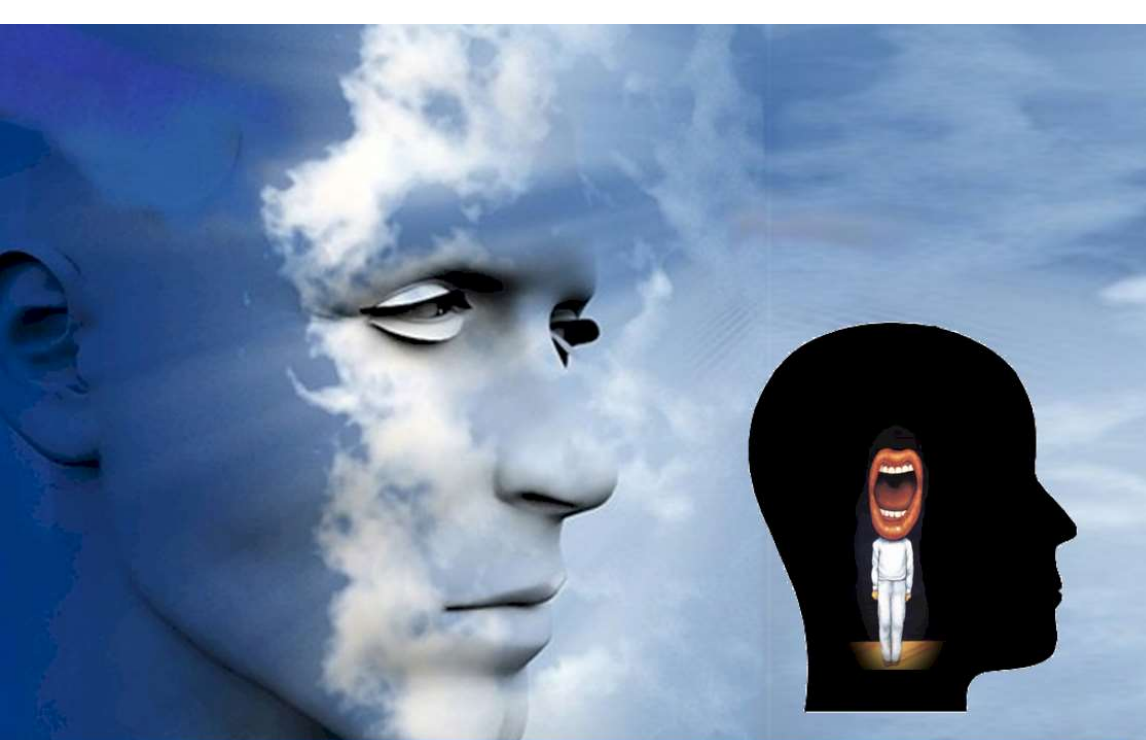
## YOU



**Your INNER ROOMMATE**  
Always talking, commenting,  
chattering *endlessly*







A quiet mind begins by getting some distance between us and our roommate!

Two things want our attention

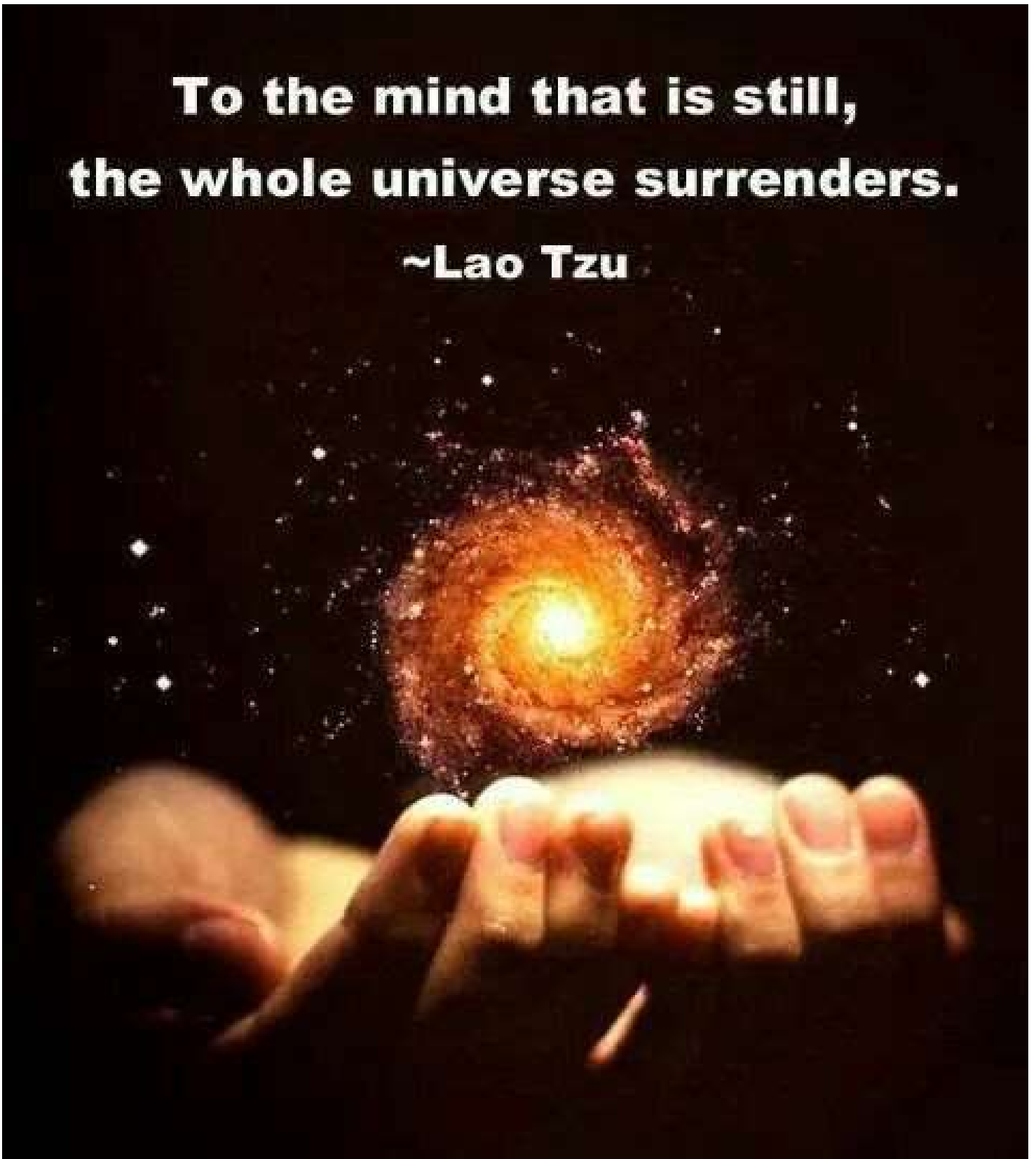
**GOD BEING  
ME**





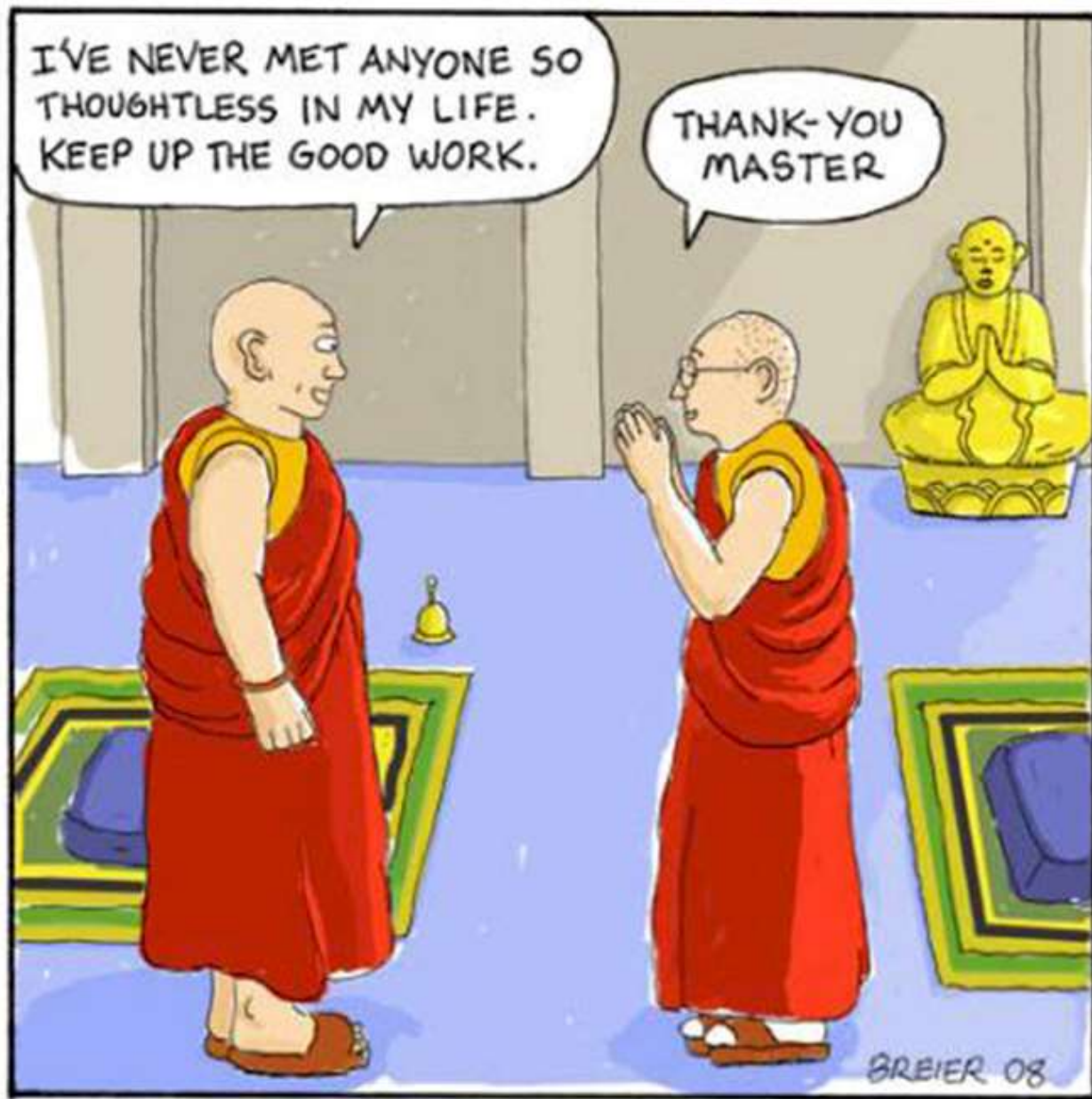
**To the mind that is still,  
the whole universe surrenders.**

**~Lao Tzu**

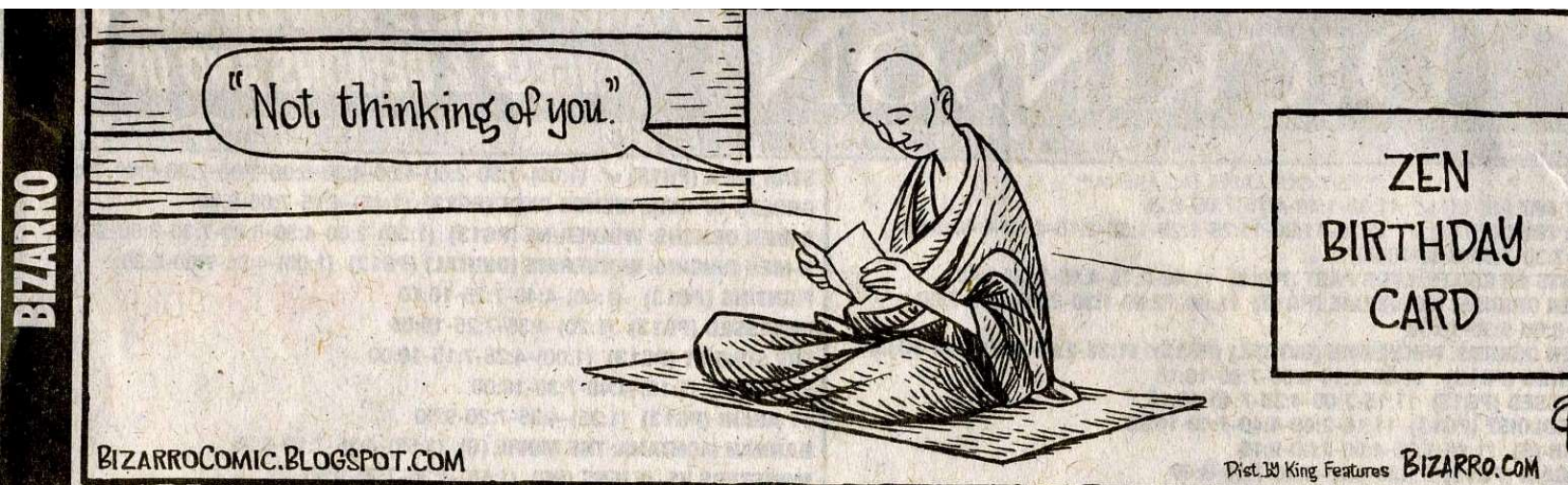


It is challenge to move out of our busy mind into a quiet and still one.

One of the gifts of our Eastern friends is to remind us of the great value of having a quiet mind free from constant chatter as much as we can.



Buddhist Compliment





Here is one way of moving away from our monkey mind of constant chatter to a focused mind which is ware of being aware.

You would like to →

But instead you find yourself ↘

## Meditation/Prayer Time



Sitting peacefully awake in the presence of God

At any point you can ask yourself, "Who is noticing me thinking about all these things?"





"I AM!"



"WHO AM I?"

WHO AM I?

The Cosmic Question





When you get to here, it is likely the monkey mind has left.

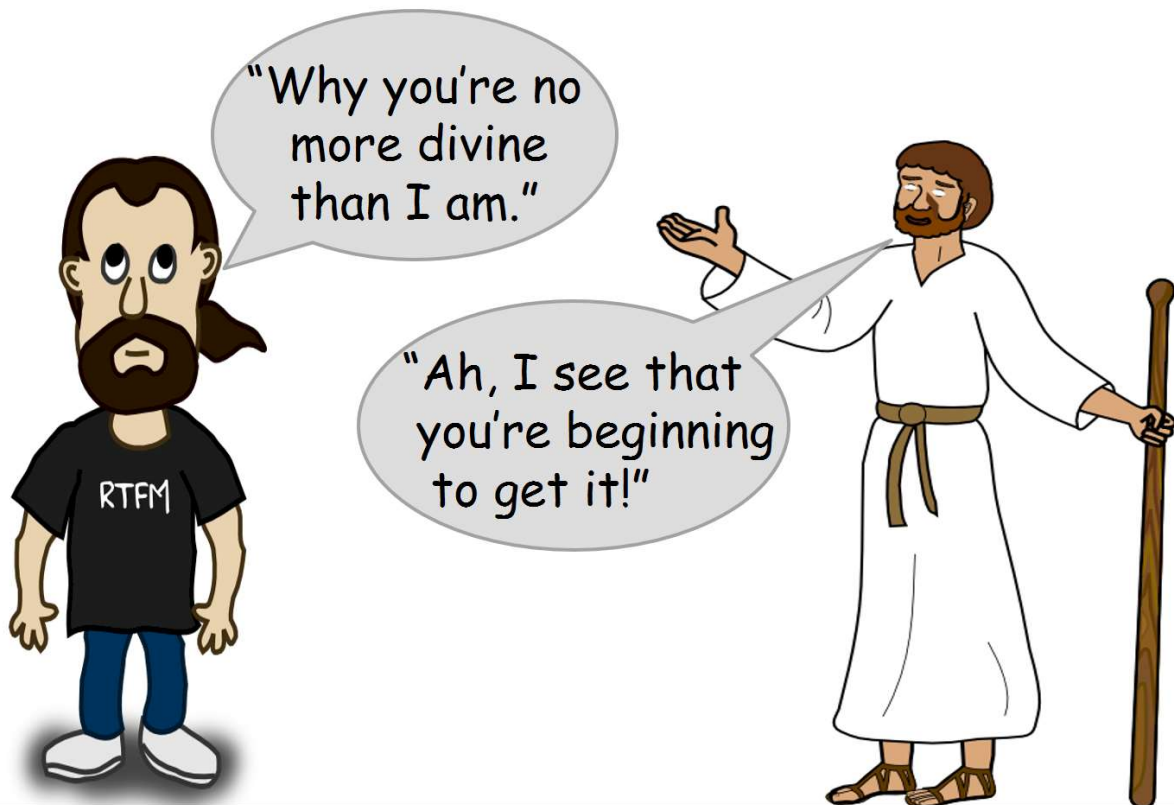


You are left with the simple feeling of being.



I am a spiritual being on a human journey.  
I was never born and will never die.  
I am a piece of God in human flesh.  
In my deepest self, I am divine.

### The Skeptics Insight



Be  
Still  
And know  
That I am  
God

(Psalm 46:10)

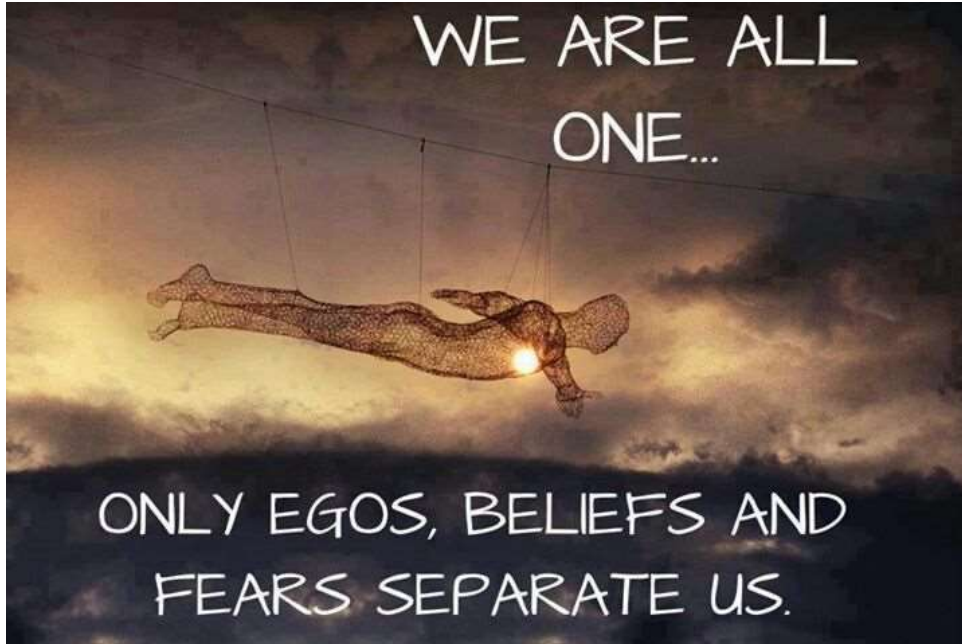
Two meanings – both true.  
When I become still I can know that God is God.  
When I become still I can know that I am god.



## Stage Four to becoming the Real You

### Become Everybody

When you are momentarily, often, or usually in a transcendent state of consciousness, you feel identified with all sentient beings. You look at what appear to be separate persons and yet they appear to be part of one all-pervading consciousness.



Becoming Everybody is the topic of the next chapter on The Peace of Oneness Consciousness.

