

SPIRIT AND EGO, REACTION AND RESPONSE

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Jade Fire:

Greetings! The last time we met we urged you all to leave behind those behaviours that are no more productive. As you remove, instantly you are filled with energies of higher vibrations. You may do nothing to attract energies of higher vibrations, but your constant focus on removing denser energies will be the catalyst that will draw in higher frequencies. Remember, beloveds, drawing in higher frequencies has its own little pitfall.

Let us give you an example. Were this table cloth that you see opposite you a stark, bright, plain white, the tiniest spot upon that table cloth would stand out far more strongly than one that would fall upon the current one, filled with its own patterns. Similarly, when you have your patterns within you, the so-called negative energies that are part and parcel of the universal matrix that you are a significant part of as well, make no real dent. These energies become disguised and part of your own patterns. But as your patterns are eliminated and the energies get white, pure, unstained by patterns, energies that are dense but which you by natural process imbibe just by close contact, will leave a stain that will seem far more obvious than it would have when you had patterns. And how will this stain make itself obvious? By creating a situation that you might, in fact, react to more strongly than you did in the past. It seems a paradox; the more you clear, the stronger do you react.

But there is a difference in the reactions. In the past, when there are patterns, that spot goes unnoticed in the pattern, and therefore you are enmeshed in your reaction. The entanglement of energies with your own reactionary process is so strong that first you need the strength of spirit to free yourself from the reaction, and then to proceed with clearance. As the patterns clear, though the reaction appears stronger, there is no entanglement with the reaction. There is a reaction, there is an out surge, a spurt, and then there is tranquillity, realisation, understanding. There is no brooding, there is no denial, there is no suppression and there is no blame.

These tiny spots are vital as your 'table cloth' is clearing, for they draw your attention to the minutest particle that has been left behind. And now because that minutest particle does not have the strength and support of a pattern, the reaction is far more violent. As human beings, you will not be able to completely eliminate reaction. This must be understood. Often, you erroneously compare yourselves to energies such as ours which you perceive and experience from time to time. And you can experience our energy as completely free of reaction, but this is natural, for in our state of frequency existence, there is no parallel energy of ego. You, on the other hand, are contending with ego at all times. And however white and however pure this table cloth of your spirit will become, the ego will continue to run parallel. It has to. It is the vehicle of the spirit. It cannot be eliminated, and as long as there is ego, there is reaction.

The more often you react, the stronger is ego as compared to spirit. As spirit gains purity, ego's reaction will be slower, more spaced apart, but never completely absent. And you must

not blame yourself, for as soon as there is blame, one more stain has been added to that table cloth. As long as reaction is followed by complete self awareness, by wholeness of understanding, and acceptance, let go of the moment of reaction and move on.

And while we are on this subject of blame, beloveds, as this table cloth gets purer and whiter, the blame that you will experience from outward sources will change in its tone and temper. No more will you be blamed for being mean, nasty, rude, arrogant, angry, insensitive. No, instead you may be blamed for being good and kind and compassionate and giving and sharing. There are some whom you help who resent your help because they feel powerless. They blame their powerlessness on you, for you are extending the hand of help. And so you will experience even this: that those you help might actually turn in anger against you, even as they are accepting your help. And in this what is your learning? You will not be upset by the blame. You will not become upset by their anger. You will become upset that you didn't get the gratitude that you expected. For again, as long as ego runs parallel, expectations of being recognised for what you do, run with it. The trick is not to try and eliminate expectation. The trick is to convert expectation into aspiration. Expectation is outward focussed. Aspiration is about self. Thus it is not about expecting gratitude from another, but converting it to aspiring to be ever in gratitude.

Each time the ego reveals to you some expectations of its own, say *thank you* and convert it to aspiration. Never attempt to fight your ego. Never attempt to resist its strength. The ego has a unique energy – the more you fight it, the stronger it grows. The more you push, the larger it gets. The more you embrace, the smaller it becomes. You all talk of surrender, and you speak in terms of surrendering to a universe, to a higher guidance, to an inner source, to the God outside or the God within, but your first surrender must be surrender to the ego. Surrender. It is a part of who you are. Surrender. And with that surrender comes the truth “*I trust that my ego will allow itself to be embraced by my spirit.*” But till as long as you resist the ego, spirit will not be able to embrace it, and the resisted ego will continue to grow in strength. It is only when spirit embraces ego that the strength of the ego weakens. Each time you condemn ego, you condemn self.

You must understand the energy of the ego. Why is this energy that you are perceiving and experiencing (referring the channelled master) at present, free of the ego? Because it has chosen to move beyond a state of needing a human vehicle with which to manifest itself in all NOW. You have chosen an existence wherein the spirit needs the human vehicle to manifest itself in all NOW. That is the only difference between your energies and ours. Because there is an egolessness, you consider that this a higher state of existence. It is not a higher state of existence because it is egoless. It is a higher state of existence because spirit has a higher frequency. Does ego restrict the spirit from attaining higher states of frequency? The answer is NO. Spirit can reach whatever frequencies it desires.

Babaji: (translated from the original hindi channeling)

I am a resident of the spirit realm. That is the only difference. You have called me Babaji. And Babaji's experience is that earth and the spirit realm are the same. The only difference between earth and the spirit realm is: this body is not in spirit, it is on earth. And till the time the spirit leaves the body, you have to experience life on earth. What is this foolishness? You are living on earth and craving so much for the spirit realm? Why? Is the earth any less? This earth, this mother, is she any less? The craving for the spirit sometimes reduces your inner frequency. You, you, you have chosen the earth. When you are living on earth, you need a fire in the belly for it. A kind of fire that will not let you go into the spirit realm, but will make the earth spiritual. You have a lot of years to live on earth. Change your wishes now. Sometimes you berate yourself so much, have you wondered why? Because you are not in spirit. That is your lament. But it is true that you are not in spirit. You do not reside in the spirit realm. No one here does. You chose to have an incarnation on earth, so why are you eyeing the spirit realm now? Learn to live here. And all the faults that you always see in residents of the earth, some faults are always going to remain. But think, is that word (fault) valid? Are they really faults? Or do you judge them as faults?

And you should also think about this. Your thoughts are always about the spirit realm. If you are so fond of it, why don't you make the earth spiritual? That should be your endeavour now. Not only for you, but for all, let the earth become heaven.

Jade Fire:

And that is the truth. You might compare the earth to the ego and space to spirit. And neither can exist one without the other. For you to experience space, you need the dimension of earth. For you to experience your spirit, you need your ego. But the ego has to be free of all those patterns and you cannot free yourself of patterns if you are so engrossed in fighting the ego.

You must understand why there will be some reaction, however minuscule it might be, and however distant it might be in occurrence, why is there reaction with the ego strain of energy? That is why the divine Babaji came here and spoke of the earth and the spirit existence. To exist on this earth, there has to be a strain of energy that runs through you completely, that will keep you in physicality. And that strain of energy must necessarily be of lower frequency, for higher frequency cannot exist in physicality. And yet spirit continues to move to higher and higher and higher frequencies. If ego were to be completely eliminated, you would have no physicality.

You have chosen to complete this phase of your journey in physicality, and therefore, as spirit increases frequencies, the ego must support it with its own strain of energy that holds you in physicality. As the ego keeps you in physicality, it draws to it, physicality. It does not keep out any energy, for as spirit increases in frequency, ego begins to recognise and live in unity. And therefore, keeping out what it might perceive as very slow and dense would not be an experience of unity and so ego imbibes all energies that come to it, and due to its very strain, due to its very nature, though it does not get completely engulfed by those dense

energies, sometimes they leave a drop. And that drop causes your reaction, but because ego is embraced by spirit of the highest frequencies, as soon as the drop manifests in reaction, it loses all energy. And that why you revert back to a state of complete awareness and love and acceptance.

We hope that this will help you understand the phase of your journey that you are all currently in. For however strong your reaction may be, it cannot affect detrimentally the spirit frequency that you have attained already. Yes, entanglement and reaction may stop for a while further expansion of frequency, but there is no regression. Energy only moves forward.

Do not define ego as positive or negative. It is because you decide to give it this definition, this description, this odious label that you fight it. Ego is your physicality. It is the strain of energy that is required to maintain your physicality. That is ego. What you are confusing ego with, and which most of you confuse ego with, are perversions of the strength and power that you have, which you have not used to their full potential. We repeat, what you mistake ego with are perversions of your own strengths that you have not utilised to their full potential. For example, you have a strength of speaking with power, of leading by the strength of your own conviction, but you have not used it to full potential, and thus sometimes when you speak, this strength is perverted into aggression. And that is what you will define as ego but that is not the ego. **Ego is the strain of energy required by the human world to maintain its physicality.**

So the perversion is a reaction.

Yes, it seems to you that you will not get out of this cycle. But slowly, the distances between reaction and reaction will start getting longer, and then there will come a time, when it will be absent. The nature of reaction also changes. The frequency of reaction also changes and it changes not because ego has diminished, but because the strengths are being realised to the full potential and therefore perversion is minimal. And as spirit embraces ego, ego will move into its rightful place of only maintaining your physicality. The denseness of the ego strain will diminish. But when you fight the ego, its denseness increases. For what is the one truth, the one law of the human world? Survival of the fittest. It is the most natural law of the human world. Many of your species have become extinct, but not all of them due to mankind's rash actions; many of them have become extinct because they did not have the fitness to survive in an evolving world. That which is not fit will naturally become extinct. So when ego is fought against, it must become fit, fitter than you. For if it were not fit, beloved, you would not be sitting here in your physicality.

There are those who say "*I was overcome by my ego and therefore I reacted.*" In fact, there was perversion of an unutilised strength, and that is why they reacted. All reaction is perversion. All reaction has its root in your strength, never in a weakness. When the strength is full, there is response. When a strength is unutilised, however minutely unutilised, there is always the opportunity for reaction to stem from that part. So do you see beloveds, that in truth you have no weaknesses, you only have strengths – utilised and unutilised? And if there is no weakness, can there be a negative? And if there is no negative and there are only

strengths and only positive, can there be duality? You already are in a state of non-duality, but you continue to describe yourselves and others in these terms of strength and weakness and positive and negative, and thus perpetuate duality even as you strive so hard to experience unity. Change your words, your thoughts, your beliefs. That is what you need to do to experience the unity you already are. No more use the word weakness. No one has a weakness. Everyone has an unutilised strength.

All that you perceive in yourselves as weaknesses are perversions of your own strengths. Return home and make a list of all that you believe is your weakness. And then have the courage to write against that, the strength that you are not using.

Be in Light always. Greetings!