

# What Are You Seeking?

by Bob Cergol

*~ Presentation notes for a discussion session that was delivered  
at a Self Knowledge Symposium retreat in 2000.*

## QUESTIONS

- 1) What are you seeking?
- 2) How did you get to whatever point in life you find yourself at now?
- 3) What is your direction?
- 4) What purpose does it serve -- is it inward or outward pointed?

## THE PATH: SELF-DEFINITION

To find the Truth, you must find the True Self.

To find the True Self, you must become One.

To become, you must live your understanding.

To understand, you must see clearly.

To see clearly, you must know that which is seeing.

To know that which is seeing, you must know your own self.

## RECOMMENDATIONS

- 1) Examine your life daily -- in earnestness and with total honesty.
- 2) Understand your motivations. (You can lie to others, but not God.)
- 3) Learn how to think. (Cultivate analysis of self and others.)
- 4) Learn how to pray. (Cultivate devotion to a higher power.)

## A PRAYER

Father ...

Guide me that I might see clearly.

Bless me that I might understand.

Strengthen me that I might live my understanding.

*(Prayer is an attempt to have a self-less thought or to think selflessly.)*

## ON BECOMING

Living in personal identity is sleep.

Living in personal identity keeps God out.

Live your understanding: a conscious and/or self-less act is a powerful thing; it invites the higher Self into your life -- "Thy kingdom come, Thy will be done on earth as it is in heaven."

I think the idea of becoming is misunderstood. Many of us have seen words written such as, "You can't become that which you already are." I used to think such words were a clever device to avoid any effort to change and, therefore, a device to reinforce whatever games the one parroting such words was engaged in.

*But it is likewise foolish to think that becoming is an acquisitive or evolutionary process.*

The idea of becoming denotes that a change is required. The change required is not positive but negative, or subtractive. Just as you don't learn the answer, likewise you don't pile on insights (psychological holiness?) and accrue capital [for later redemption] through acts of asceticism (good works?).

I think it would be more to the point to say that we need to un-become. If it is a process of becoming, then it is a process whereby the ego-device becomes less sure of itself. And thereby it becomes less self-centered and more sincere in longing for the answer -- from where-it-knows-not. But all it knows is that it cannot forget the "need to find out" and it becomes more open to surrendering its will to the Source of the answer. So when the time comes it is possible to "receive" the answer.

### A Meditation on Identity

How many here would define the self as the body? (Then you must identify with "the mind," or you are very honest. We underestimate our belief in the body.)

*The remainder of the meditation is intended to be listened to with your eyes closed. If possible, find someone to read it to you. If not, read an item then close your eyes. In either case, allow time for each item to sink in.*

My teacher, Richard Rose said, "The task of the seeker of Eternity is to die while living."

- ❖ Have you contemplated your own death? Can you do so today, now?
- ❖ What will happen to you when you die? Where will death leave YOU?
- ❖ From where does your identity spring?
- ❖ Is your identity dependent upon the body?

- ❖ What is the relationship of identity with the body?
- ❖ Do you define the self as the body?
- ❖ Consider -- deeply: Are you the body?
- ❖ If you are not the body, then are you aware of having a body?
- ❖ Who is this "you" who is not a body but has a body?
- ❖ If you are not your body then what are you?
- ❖ If not, do you think you will have an identity without the body?
- ❖ You are aware of identity. But what comprises this identity?
- ❖ Are you thoughts? Are you memories? Are you experiences?
- ❖ Are you the mind?
- ❖ Do you hope or believe that "you-the-mind" will outlast the body?

A long, long time ago, experiences began happening to a body. Memories were recorded. There is a long recorded history to that identity, so known and loved.

The ego is programmed for self-survival. The ego belongs to the body. It is of the body and inherits the self-survival programming of that body. It serves the survival needs of that body. Its automatic pattern of functioning is an echo of the body's pattern of functioning.

The ego has secured itself like an oyster -- with layer upon layer of protective insulation -- *a constructed identity* ... identity spins identity.

The *self-aware ego* is a fiction, a lie, a contraption born of the body -- made possible by THAT, which animates all forms.

The ego cannot accept this truth because it would be the total contradiction of the ego.

My other teacher, Alfred Pulyan, on knowing the truth said, "There is only one way & that is to quit the egocentric position."

Analysis of this construct is useful but is literally working on the surface. The danger is one of trying to perfect the ego. This sort of activity easily, naturally and automatically becomes *outward focused*. It is *not* looking at the looker! It is a device used by ego to maintain ego. Ego-1 creates Ego-2 to "work on." This device reinforces and preserves Ego-1.

You KNOW that the body dies and is dissipated.

Know, too,  
that the mind,  
which is at all times one with that body,  
likewise is dissipated.

*Nothing of you will remain.*

That which you now take as "you" is not and never was.

If you can see that right here and now, then you will discover the difference between that which is permanent and that which is impermanent. You will discover the difference between that which IS and *that which is merely an experience* and truly has no substance.

To get to this point you must accept yourself right where you find yourself. You must stop lying to yourself about who you have been, about who you are now and about who you think you will become tomorrow. Then you could stop lying to yourself about *what* you are. You are not the body and you are not the mind.

These forms are like peepholes,  
through which the Absolute gazes -- back into itSelf.  
In that process, these forms become animated,  
and the thought arises that the form is the self.  
In reality that form is nothing more than a vision --  
for only the Source itSelf IS.