

THE WAR BETWEEN EGO AND HEART

Letter...

We're talking of the control that ego begins to take, soon after coming into this physical existence. As you know I do not base my journey on the bible, yet I use all I find within it or any other holy book that represents the truth to me as my heart has taught it to me. I'm using the word "heart" to denote the deepest part of humanity. It's what the New Testament refers to as the spirit of man. There is in reality only one Spirit which is God and this spirit resides in every man. By the way... anything I share with you in terms of the spiritual life will always be how I see this journey.

So what I share is *my truth*. If you can use any of it, if any of it resonates with you, then that's great. If not, that's ok also. As for me, it's always a privilege to have opportunity to share what my heart has shown me to someone. After this I've done my part, been edified in the process and what anyone does with what I share is totally up to them. I would assume that you've had enough "church going" to have heard the story of how at one point in his life, Jacob wrestled with an angel all night until the break of day.

As you may know from the teachings of the church, the name Jacob means cheater, schemer etc. Jacob in our bible is a picture of the natural man, the ego, the man who has never surrendered to his heart/spirit, the one we all are until we are defeated in our attempt to be spiritual. Eventually Jacob does surrender once he wrestles with the angel and is pinned to the ground. As you and I enter the spiritual path, we enter it as one whose ego soon gains full control of our life experience. Our heart/spirit loses control soon after we are born as the ego is formed as the result of our five senses kicking in.

As the five senses kick in, they act as an eraser to erase all memory of any prior existence, resulting in me forgetting every prior incarnation I've ever had. The result is that I lose all conscious connection to source and more or less all influence that would come from my connection to it. We begin our spiritual journey on a conscious level at different times in our lives. Some of us can tell you when that happened and some cannot. Once however we find ourselves on a search for God that's really when we discover that his ways are not our ways. Once we are on the path, the war between heart and ego, spirit and flesh begin.

This war is not by any intention by me or by source energy, it's just the way it is. Before I enter the physical realm there is no conflict between myself and source energy, as before physical life I am source energy. I am still this energy after becoming flesh. It's the forming of the ego that creates the conflict. Once however

I'm here, and my personality is formed due to the five senses, the conflict begins. In the process of my incarnating into the physical arena I become fragmented. Only as my ego that has been formed becomes mingled with source, and I am defeated by Jacobs's angel does the conflict ever end.

This conflict is what all who've entered the path find themselves involved in sooner or later. As the angel had Jacob pinned on his back day was breaking and the angel told him to let him go for daylight was coming. Jacob holding fast to the angel told him no! I will not let you go till you bless me. The angel told him that because he had wrestled with God and prevailed his name would be no more Jacob but Israel, meaning prince with God.

One thing is for certain; at the end of the day we are winners and cannot ultimately lose but win. My suggestion concerning you is twofold. Watch how you treat others, and if you haven't already developed a daily time of prayer do so, even if it's only ten minutes each day. Follow your heart in this matter of prayer. In other words pray in whatever way feels right. You impress me as someone who has a lot of anxiety.
Express your feelings to God *and never be afraid of offending him.*

When you get real with God in your prayer time, you make connection to your true source. This never ever fails to net you results. That is law! But it's only in getting real when talking to God that this connection is made. I mention this because there are some who find it difficult to pray from their hearts. Yet this is the prayer that gets results. Praying from the heart is just holding nothing back and telling it to God exactly the way you feel it. When you take the time to talk to God from your heart, there is a connection made. This connection will yield results... *always!*

P.S. Do not look for any feeling... If one comes it comes, if it doesn't it doesn't. Feeling or no feeling the connection will be made. In time, you will know you're getting results. Give the angel time to witness to your heart that your prayers are working.