

Jonathan Parker's
**The Secret of Letting Go For
Spiritual Breakthroughs**

Session 2
Let Go of Ego Layers

Day Two Overview

Reading something in a book is not sufficient for the shifts in consciousness necessary for spiritual evolution. It is our experiences that provide the insights, realizations, and wisdom that reveal our Truth.

Every human being's truth is contained in their Soul which is whole, complete, and immortal. Meditation is the method that best enables us to deepen our realization of our Soul and access its qualities.

The spiritual path is an inward journey through our body, mind, emotions, and personality layers. The derivation of the word personality is *persona* which means mask. In the East they are also referred to as *Koshas* which means covering or sheath. They function like a shade around a light which filters our connection with the brilliant being we are inside.

The journey through the koshas is the spiritual journey. It involves relaxing the body and mind and turning our awareness inward with a focused intent to dissolve the illusions of the layers.

The most obvious outer layer is that of the physical body and the senses. We are naturally driven by urges and desires for food, sleep, sex, self-preservation and as a result, much of life is consumed in satisfying them. These primitive instincts lead to our experiences of pain and pleasure. They can impede our inner journey because they demand our attention.

Lying at our core is what is said to be beyond the mind and words and is sometimes described as Sat Chit Ananda which means true, real, or existent and carries the idea that the Self is beyond all impermanence and can never cease to exist.

Chit means awareness or consciousness that pervades all things. Ananda means bliss. When we are one with our True Self or Soul we experience completeness, balance, harmony, and happiness. There is not lack, pain, or struggle.

Every individual Soul is essentially part of the cosmic universal Spirit or One. Through spiritual practices and meditation the layers become thinner and thinner and we experience ourselves with more clarity, energy, and expanded awareness.

The journey involves relaxing the body and mind while turning our awareness inward with a focused intent to dissolve the illusions of the many layers.

In order to awaken, you must become more conscious of the nature of our soul and spirit. Here's how you do that:

*Practice attuning to the subtle energy of your inner space. Be a relaxed neutral observer as you tune in to what your inner experience is. You may start off with an active mind which may be distracting. Know that this is part of the preparation for meditation and as you continue it will become more peaceful. Hold the intention to keep letting go of everything you notice. Once your mind settles (which may take more than a few minutes) make a notation in your mind as to what the state you arrive at is like, (Peaceful, mellow, pleasurable, blissful, spacious, vast, expanded, open-hearted, a sense of presence, loving, quiet, energy, warmth, vibration, radiance, lightness).

The more you put your attention on these qualities and sensations the more they will emerge and the better you will be able to access the soul.

In the beginning you may not notice much, but if you stay with the practice for weeks and months, you will find you are more aware of the qualities of the inner dimensions.

Write down what you are noticing and experiencing. This is really important because by putting your attention on describing your experience with specific words, you are then able to more easily attune yourself and move deeper into the experiences. Once you are conscious of this process, with practice you can be even more conscious of it. List a few of the words you would use to describe your experience.

You can reinforce the connections you do make by creating a trigger or anchor to keep you aware. For example, when you have been meditating for awhile, make note of the feelings and sensations, and ask them to integrate fully into your being. You can then touch your thumb and forefinger together and use that signal as an anchor for the experience.

Then the next time you meditate you can put your thumb and forefinger together and it will help tune you in to your inner realms a lot faster.

At the conclusion of your meditations say to yourself "*fully present, here and now.*" This helps to bring you back to your full normal aware state with the new realizations integrating into your everyday life.

*Close your eyes and put your attention in your heart space. Make this invocation...

- *I ask for a full integration of body, mind and soul...*
- *I ask my Soul to merge into all of my thoughts and feelings*
- *I ask the highest enlightened awareness of my Soul to guide me*
- *I ask the highest enlightened awareness of my Soul to emerge more fully*
- *I ask the Soul to let me know it is present*
- *I open my heart to the full presence of the Soul*
- *I allow myself to be absorbed into the Soul's divine presence*

Pause...allow and feel the sensations of connecting intentionally to your Soul.

You make the request to tune into your Soul and then you allow the presence to guide you deeper and deeper into yourself.

There is no wrong way to do this, so just experience whatever it is you are feeling.

You can trust your very own Soul as it naturally responds to your requests.

The feelings are very gentle and subtle.

The more you open to receive, the more you will receive, so surrender yourself fully to the opening process.