

### 3 Bodies, 3 Stories of Suffering

The thought “I am my body” actually produces three bodies with three different stories:

1) a **physical** (instinctual) body we can identify with, which gives us *angry* stories of obsessively needing to control,

2) a **mental** body that we identify with as the mind that creates *fearful* stories out of the need to compulsively *avoid fear and doubt*, and

3) an **emotional** body, which gives rise to identifying with our emotions that makes us tell hysterically *needy* stories out of the need to experience love and/or respect.

Physical, mental, and emotional stories become our reality, and the perception of our circumstances in life is filtered through these limited stories that veil who we *really* are: *Limitless Being*, *Infinite Intelligence*, and *Love*.

The “I”-thought expands and the ego begins producing endless variations of these three stories about protecting the body so that it can survive in a world it perceives as separate

and hostile, instead of knowing itself to be full of the Divine spark of creation.

### **Story #1: “*I am my body*”**

**Ego identification with the physical/instinctual body:**

#### **The Warrior-ego Archetype**

In the archetypal ego Story #1, “I AM *Limitless Being*” or “I AM *Pure Awareness*” contracts to the thought, “I am my body.” As a result, we:

- *identify with physical aches, pains, and diseases (my arthritis, my cancer, etc.),*
- *create stories about who’s trying to control this body,*
- *make sure we protect this body,*
- *do everything to make this body comfortable,*
- *conserve the energy of this body,*

- use this body to *take control of other* bodies,
- use this body to *enter other bodies* for pleasure,
- *feed* this body,
- are *responsible* for what this body creates through its will, its actions, and its behaviors.

We do all of this in the name of trying to experience as much pleasure and avoid as much pain as we can in the short lifetime this body is giving us.

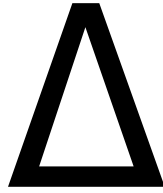
**I AM**

***Limitless Being/Pure Awareness***

β

contracts to

***I am my body***



**I AM**

**I AM**

***Total Stillness/***

***Love***

***Infinite Intelligence***

The ego identified with the physical/instinctual body (“I” identified as a physical body) appears to be the ego most directly focused on *external power*. Typical of this ego identification would be:

- stories of an instinctual *aversion to fear*: the waging of an aggressive campaign to control its living condition by attacking and eliminating fear, and objects of fear,
- *using fear as a catalyst to take action*: overcome fear and turn it into power—a victory medallion,
- *keeping others at a safe distance* by clearly defining its boundaries,
- *overtly threatening any violation of its boundaries* with clear consequences,
- letting others know *it will do “whatever it takes” to win* any competitions or battles,
- *power and control over a very small sphere of influence* like the immediate family, or

- *control or domination over a very large sphere—corporate, union, religion, political.*

**Physical Body/Instinctual Power**  
**Using anger to control:**  
**moving “*against*” others**

*Anger is the emotion that drives this ego story.* Anger is first experienced as a physical impulse—an instinctual, gut reaction to the possibility of attack.

- The emotion of anger contains the *energy* to take the actions necessary to rise up against any possibility of attack, or attempts from “others” to control.
- The physical body *relies primarily on automatic, instinctual reactions.*
- In this story, we are *slaves to our instinct to protect ourselves* by angrily moving “against” others.

**Ego strength and power in Story #1**

Indications of a strengthened ego, identified with the physical/instinctual body, would include stories of:

- certainty about the ability to *consistently demonstrate the gaining and maintaining of control* over its sphere of influence—i.e. enforcing its boundaries,
- certainty about the *moral force of the rules it has set up* and expects others to respect,
- *crusades (even vendettas) against oppressors*, or against anyone who appears to threaten this ego's freedom or sphere of influence in any way,
- *knowing in your gut that you are "right,"* and others (that oppose you) are "wrong,"
- the ego instinctively and automatically *setting itself "against" others egos or situations of possible threat* to prevent them from winning any kind of advantage or control,
- *righteous anger*, which this ego uses to control the outside world,
- *moralizing or sermonizing*,
- *personal responsibility* about the world this ego creates by its actions,
- setting itself in front of the tiger, *looking the tiger in the eye, showing no fear, and driving all tigers (objects of fear) away.*

### **When the ego wakes up from Story #1**

When a person with the ego identified in the physical/instinctual body wakes up,

- ***the true power of Limitless Being is realized,***
- ***the instinctual body becomes a pure servant to Awareness Itself,***
- ***there is no more struggle, because there is no more doubt about the outcome: a continuous heaven on earth,***

- ***the concept of personal doership, which carries the burden of responsibility for failure—and the glory of success—is surrendered to the realization of Limitless Being,***
- ***the individual personality remains, without the attachments and aversions of the ego—a heroic and powerful Servant to the Universe that sees Divine Presence in every Being. “Honor each other” is its only command.***

## **Story #2: “I am my mind”**

**Ego identification with the mental body:**

**The Seeker-ego Archetype**

After we have the thought “I am my body,” instead of realizing “I AM *Limitless Being*,” we begin to have other thoughts and stories:

- *fear* about the survival of this body or other bodies dear to us,
- *fears and doubts* about the intentions of others toward my (body’s) survival,
- thoughts that constantly invoke *images or pictures* of *possible threats*, or *self-talk* about the possibility of threat (“What if a tiger were to suddenly appear?”)—no longer the immediate physical, gut response to an object of threat (like the tiger), but just *mental worry*.

The mind begins to think up ways to survive and get secure from these mentally perceived threats.

Thus, *Total Stillness* contracts to become a chattering mind, constantly thinking and talking to itself, rather than resting in that quiet place of *Knowingness*, where the mind is just a valuable tool and servant.

Identification with *Infinite Intelligence* contracts to become identification with the limited intelligence of the mind. “I AM *Stillness and Infinite Intelligence*” becomes “I am my mind.”



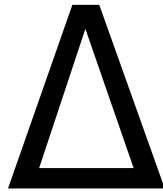
**I AM**

***Limitless Being, Pure Awareness***

contracts to

β

*"I am my body"*



**I AM**

***Total Stillness,  
Infinite Intelligence***

**I AM**

***Love***

contracts to

β

*"I am my mind"*

Many of us have the experience that our minds have taken over, because we can't stop the thoughts.

So then, naturally, we have the thought: "I am my mind," which is *the thought that produces the fear that we will never know enough to be able to protect ourselves.*

Thoughts and worries:

- Thoughts and worries about *not knowing enough* (to avoid danger): "Am I good enough, smart enough, will I attract the right relationship, are they on my side or against me, is life against me, will I ever be safe?"
- "Should" thoughts: "I *should* do this, I *shouldn't* do that"
- Thoughts about *duty and obligation* to this or to that
- Detached, separating thoughts like "I know what they're thinking," or "I think I'll just sit back and *observe*," etc.
- Thoughts in the form of *questions* like, "How do I avoid pain?" "How do I stay free?"

In Story #2, we become *slaves to our thoughts* even though our nature is *Infinite Intelligence*.

**FYI:** Did you know that every cell in your body carries the genetic information of the entire human race since the beginning of time? We are tied into a cosmic biocomputer at the cellular level.

But we settle by trying to figure things out with a mind that spends most of its energy worrying about how we can get *certainty* in an obviously *uncertain* world of circumstances we know we will never be able to control.

We identify with these thoughts and start saying things like: “I am confused, I am OK, I am not OK, I am afraid, I am shy, I am pushy, I am strong, I am weak, I am beautiful, I am ugly,” etc.

Does anything here sound familiar? It’s all a mistake—the good and the bad—because you are *Infinite Intelligence* and *Total Stillness* that has made the mistake of thinking you are your mind.

### **Mental Power: The Power of Thinking:**

**Using the mind to avoid fear and doubt—**

**moving “*away*” from others**

The mental body goes about its acquisition of power by:

- *gathering and hoarding enough information* about what and who could be threatening so that fear is diminished and can be avoided,
- *devising elaborate strategies for possible escape*,
- creating *clear and powerful identities* so that we won't have doubts and fear about ourselves,
- *hiding in roles* that are so clearly pre-defined that we never have to worry about the question, "What should I do?"

The mind *worries* about *possible future danger*: for example, the possibility of future tiger attacks. The mind is responsible for the *creation of all fear that is not an instinctive present reaction to immediate physical danger*—like actually meeting a tiger.

The mind primarily uses past stories as references for both fear and the possible elimination of the fear in the future—asking the dual questions, ***“What threatening thing could happen in this situation, and how can I avoid it?”***

Note that the ego identified with the mental body is not trying to move “against” the potential threat (like Story #1), but rather moves “away”—trying to escape or avoid the perceived physical and/or psychological danger—the opposite of action heroes' stories.

*The mind wants to know everything about anything that could possibly be threatening*—from every possible angle—so that the danger can be avoided. For example:

- What direction is the tiger coming from?
  - When is a attack most likely to come?
  - Are tigers in this region aggressive man-eaters?
  - Can they climb trees, how can you tell if they're hungry?
  - What are the statistics on tiger attacks and survival of tiger attacks?
- etc.

The idea is to “run *away*” from the tiger (danger) until you have gathered enough information to take an action that you have finally (mentally) evaluated as safe.

## **Ego strength and power in Story #2**

Indications of a strengthened ego identified with the mental body would include:

- *expertise* in an area of specialization that you can retreat into,
- *loyalty* to a group, person, or organization, whom you can count on (at least partially) to help you and protect you,
- knowing that you have *the wits to verbally talk your way out of danger* with humor and/or bravado,
- *a clear identity with strong beliefs* and values that give the ego as much clarity and certainty as possible,
- *a clear role that has precise rules* and guidelines that can be followed with competence,
- living a *lighthearted Peter Pan life of fun* and no commitments.

## When the ego wakes up from Story #2

When a person wakes up from the ego identified with the mental body,

- ***the mind quiets,***
- ***intuitive wisdom flows directly into consciousness from the Source of Infinite Intelligence,***
- ***faith in Infinite Intelligence replaces belief in the abilities of the rational, cause/effect-oriented mind,***
- ***the once-questioning mind now serves by “honoring the Self” with full realization that it is part of Limitless Being, aware of Total Stillness and Infinite Intelligence.***

**Story #3: “I am my emotional experiences”**

## Ego identification with the emotional body:

### The Orphan-ego Archetype

The final piece of this tragic mistake in identification is that after we begin to believe “I am my body,” we look to others for connection to fill our need for love/respect.

- We try to protect this body by acquiring *external* power from others through the experience of *connection*, instead of realizing ourselves to be connected to everything in the universe as *Love*.
- We have the experience of *connection* by feeling the *emotion* of love/respect from others. (I use both “love” and “respect,” because some egos fixated in the emotional body do not label their need as “love,” but rather call it “respect” (respect=love). Other egos want both love and respect, or equate the two: love=respect.)
- We become *needy for the feeling* of love/respect, and we worship experiences of that feeling.
- We constantly work on *creating an image* that we hope others will love, in order to overcome doubt about our worthiness to get love/respect.

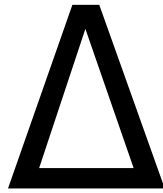
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β

β



***“I am my mind”  
experiences***

***I am my emotional***

In the need to find the experience of love, we begin to recognize and identify, label and *experience* all sorts of other feelings that we know are *not* love.

This labeling of sensations—which we talk about and analyze as emotions—create a story in which we begin to believe that *“I am my emotional experiences.”*

- We believe that *feelings are most important* (“deeper than mere thoughts”).
- We believe feelings must be *expressed, acted out, or rejected*.
- We believe that outside *circumstances have the power to make us feel a certain way*, and that the only way to feel better is to change those circumstances (win the lottery, e.g., and all will be well).
- We perceive ourselves as *victims of our feelings*, and start saying things like, “Well, that’s just the way I am—I’m just feeling hurt, and that’s my truth, etc.”
- We feel unloved or loved—worthy or unworthy of love—depending on our story of what experiences *we perceive the outside world is giving us or not giving us*.
- Our perception is totally dependent on what we’re feeling in the moment when we make the perception. *We become slaves to our emotions* instead of ***realizing we are Love, and don’t need to look anywhere but inside.***

## **Emotional Power: The Power of Connection**

**Using the talent for connection to get love/respect:**

**moving “*toward*” others**

***The emotional body gets its power by connecting with others***—alliances, partnerships, tribes, countries, races, traditions.

The attachment to external sources of power is paramount—feelings/experiences of respect and love are sought after for emotional power. But the fear of *not* belonging, being abandoned, or fired (dis-connected) is always lurking close by.

### **Ego strength and power in Story #3**

Indication of a strengthened ego identified with the emotional body would include:

- having people in your life that clearly *need* you,
- knowing you are *needed* in a business, artistic, or creative venture,
- *pride* about your contributions to the world or to individuals,

- *financial success that is recognized, and/or symbols of wealth—houses, cars, yachts, life style, etc.,*
- *prestige, achievement, status, adulation, or being secure as the center of attention,*
- *stories of the ego that move “toward” others out of the need for connection—making friends with the tiger and proving you are worthy of its love.*

### **When the ego wakes up from Story #3**

When a person wakes up from the ego identified with the emotional body:

- ***Love is a continuously realized as Essence, no matter what circumstances in life appear.***
- ***“All is One” is expressed by knowing you are connected to everything and everyone—a universal family of Love.***
- ***Kindness, Compassion, Love, Joy, and Devotion to the Beloved flow effortlessly as natural expressions of Love in human form.***

**Life as a movie**

Our identification with body, mind, and emotions is tantamount to believing that a movie is reality.

It's true, when we go to the movies, sometimes we get caught up in the movie, and identify with the characters on screen, but when the movie is over, we know it was just a movie, even though the images may stay with us as reality for quite a while—or show up in our dreams.

At any time during the movie, we know we can turn toward the projector and realize that everything on the screen is just a result of the light projected from the back of the auditorium. In fact, when we go to the movies, we *do* realize what is real, and what is illusion,. But we (deliberately) forget that reality so that we can identify with the story on the screen.

The problem with identifying with the movies of our lives—with body, mind, emotions and circumstances—is that our senses are so convincing in telling us our movie is reality, only a few of us ever turn toward the Light of who we really are, and realize “This movie is not real; it is a dream. I must wake up from this dream and see I’m just watching a movie that is projected by my mind (ego).” ***“Put your ego (stories) under your pillow and Wake Up!”***

As long as we don't see that this limited perception of life as movie-stories of moving "*against*," "*away*" from, and "*toward*" *others* can ultimately only bring emotional suffering and lack of fulfillment, we will co