Inspirational Emails

Losing Your Soul

God Nuggets, Issue 14

Matthew 16:26 **"What good will it be for a man if he gains the whole world, yet forfeits his soul?** (NIV)

A different aspect of this oft quoted teaching of Jesus on "losing" our soul:

Today I'd like to suggest that **many of us are already disconnected from our soul** - *that eternal part of us, imparted to us by our creator that is our true "heavenly identity."*

Instead of living our life on "soul" power--deeply rooted in God's love, **instead of identifying ourselves with our blissful and eternal state**--*we identify ourselves with our mind*. And in turn, our mind, driven by our unquenchable ego, is almost always in a state of discontent: **fear, anxiety, lust, envy or blind ambition**. There is an acronym that thoughtfully defines **EGO as "Edging God Out" (of our lives)**. This constant striving takes place as the ego attempts to win for itself more security, more recognition, more power, more pleasure, etc.

When our mind/ego is in control we tend to forget we are spiritual (soulful) creations - which is why we can so easily be provoked to irritation, anxiety, anger, depression, etc.

So, how do you know whether you tend to relate to the world as "I am my mind" as opposed to "I am my soul?"

Here's a simple test. In an argument or discussion (particularly involving your opinion or interpretation of the truth or accuracy of something like religion, politics, business or just a set of circumstances) *how important is it for you to be right?* **Does it bother you even "anger" you, to be disputed? Will you do anything to "prevail"** (avoid the discussion, attack or otherwise "disqualify" your opponent)? **If so**, it's because you identify yourself as your mind, which always seeks to be right, so it can survive. To admit being wrong is "death" to the mind, which is why so many people react irrationally when their perception of reality is threatened.

On the other hand, *if you identify yourself as an eternal creation of a loving God, it doesn't really matter whether you're right or wrong - does it?* You decide!

by C.V. Doner