

The Tip of The Iceberg

We've all heard the common expression "that's just the tip of the iceberg." An Iceberg is actually a great analogy to understanding better who you really are. The vast majority of the mass of an iceberg floats under the surface of the water and only its "tip" is visible above the surface.

The same is true with you. The visible part of you- that part that you experience as "you" - your personality, your ego, your memories, your life since birth, is like the tip of the iceberg only. Everything you can experience through your five physical senses is like what you can see above the surface of the water. But the vast majority of who you really are lies below the surface. It's very real, we just can't perceive it with our physical senses- because it's not physical- it's spiritual. It is matter so much more refined that it eludes all our physical senses and abilities to measure, but not our ability to perceive or feel directly if we can learn how to slow down the rapid chatter of the mind enough to experience it.

The non-physical, or spiritual part of you is actually the bulk of who you really are. It is an eternal being that existed before "you" were born and will continue to exist after "you" die. It contains vast wisdom and experience and incredible "super human" powers of strength and discernment and an undying will to be free and to create and to let the power of love flow through it. It is the "Self" (capital S) while the smaller part of you (the tip of the iceberg part of you) is the "self" (small s). Understanding that there is both a Self and a self and that one is eternal and the other temporary is one of the most important understandings you can come to in terms of understanding your life and doing what you came here to do.

There have probably been times in your life (since birth) that you've experienced this sense of being much more than your physical body and mind. Usually it's in times of extended quiet and contemplation. Meditation is one of the best ways to experience directly the truth of who you really are. Sometimes it's during times of extreme trial where your concept of who you are is really stretched and challenged. We've probably all heard of "near death" experiences where people experience this awareness that they are so much more than they thought they were.

Questions to Ponder:

- Is there more to who I really am than this mind and body that started at the day of my birth?
- When in my life have I experienced myself as being more than who I thought I was?
- How can I experience that more often?