



AWAKENING YOUR UNIQUE SELF

Week 2 Transcript

Welcome, everyone. Brett Thomas speaking here. I want to welcome you to Week 2 of *Awakening Your Unique Self*. I have one brief announcement, then I'm going to introduce a special person who's going to introduce Marc. Then we're going to be rolling. When Marc asks for participation, if you want to share you can raise your hand by pressing 1 on your phone if you called in with a telephone. If you're using Skype, you can use the virtual keypad within the Skype program to raise your hand.

What I'd like to do now is introduce Lori Galperin. Lori's one of the leading trauma therapists in North America, widely published, a clinical leader, and the co-board chair, along with John Mackey, of the Center for World Spirituality. And now, Lori, I'd like for you to introduce Marc. Please go right ahead. Welcome.

Lori: Thank you, Brett. Dr. Marc Gafni is the initiating thought leader, together with Ken Wilber, of World Spirituality based on integral principles, as well as the leading theorist and spiritual teacher of Unique Self enlightenment. Marc is the director of the Center for World Spirituality and a rabbinic lineage holder in Bible, Talmud, and Kabbalah.

Marc Gafni, has been called a master of the heart and a trailblazing visionary in opening up new possibilities for love, Eros, and relationship. He's a guest editor of the *Journal of Integral Theory and Practice* on issues of integral spirituality, and has been a faculty member of JFK University.

Marc Gafni is also the author of eight books, including the national bestseller *Soul Prints*, and *The Mystery of Love*, which is an exploration of the relationship between the erotic and the sacred. His latest book, *Your Unique Self - The Radical Path to Personal Enlightenment*, was named Number 1 in 2012 in Spirituality by *USA Book*



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News.

Most of all though, we want to share with you who Marc Gafni is as a visionary, spiritual artist, and teacher. Many people who know him agree that he is truly one of the great spiritual teachers of our generation, and we know him well as our teacher and good friend.

The power of Marc's mind and heart are truly unique in his generation, as is his commitment to evolving the source code, his depth and courage as a teacher, and the penetrating quality and depth of his transmission, if one is open to it. Most importantly though, he's not about claiming authority, but about radically empowering his students to claim their unique voice and destiny, towards which he commits his transmission energy, awake mind, heart, and love.

Marc: Hello, everyone. Good evening. Hey Brett, do you think we could hear everybody say hello to everybody?

Brett: I'm going to switch on everybody's Mike for just ten or fifteen seconds for everybody to say hello and present and then we'll go back to mute.

[Everyone says hello!]

Marc: Thank you, thank you, thank you. Awesome. Awesome. So there are people with us, we are in a global classroom. There are people with us from 15 countries around the globe, different time zones. And feel, as we enter the space, the wonderful energy of Unique Self awakening around the world. Feel the interconnected sense between all of us, feel the invisible lines of connection. Feel the palpable integrity and excitement as our community comes together with the fierce grace and dedication to transformation, to evolution, to actually shift. Most adults stop any and all development at age 26. In most statistical studies, development



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ends at age 26.

Our community is about shattering that paradigm, about being genuinely involved in evolution, genuinely involved in my own personal transformation, genuinely involved in becoming more, because we can only be what we are willing to become. We can only be what we are willing to become.

So I am beyond delighted to be on this call. About 2500 of us went through the mini course, and according to statistics and how these things work and the analytics, that that would mean that about 70 people would join the course. About 150, 160 people are in the course the first time it's being offered, which is just completely wonderful. I want to really just welcome every single individual person. There's no one extra here. We were all meant to be here, this is an intended event in the course of things, and it's exciting, it's important. So thank you—thank you for being here.

Let me make a couple of announcements. Number one, we started a new practice this week. We put up, after the first week I wrote a recap, a recapitulation of the entire first week and my commitment to you is to actually write a recapitulation every week. If someone would like to help me edit that, take a little bit off of Lesley, who's running communications, then just email myself or Brett or Leslie, that would be great. But basically we'll do a recapitulation every week that will be there by the next day, number one. Number two there will be a transcript by the next day. This week it took us a few days to get the transcript together, but by tomorrow evening you'll have a transcript as well. So know those two things.

Three. I'm really excited to announce that I'm going to be doing a wonderful, wonderful bonus. We're going to be doing three live at least one-hour question-and-answer periods independently of the ten phone calls. Those are going to be on Saturdays. They're going to be Saturday morning at 9 AM Pacific time, in order to allow both the West Coast, the East Coast, and Europe to participate in the call



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which is not in the middle of the night. So big applause to our European friends. Quite a few are on the call right now. This is for you, friends. So that's the Q&A session.

Couple of other announcements, really good ones. One, buy the book! Everyone get the book. I want to be able to give assignments from the book or at least refer to it. The book is an important tool.

I remember—if I could share with you just briefly, for a moment—when I was teaching with Ram Dass a number of years back. Ram Dass is a spiritual teacher who was important in the late sixties, early seventies, wrote a book called, *Be Here Now*. So I was teaching with him in Maui. We had given a 10-day seminar together. We were exhausted at the end. There was a party at Ram Dass' house, and an author named Wayne Dyer, who was a fairly well-known author in the human potential movement whom I'd never met, came to the party. At the party there were 25 people. And I'm watching Wayne, and Wayne is button holing everyone at the party and saying, "You've got to buy my book! It's fantastic! It's going to be totally important for you."

And I'm looking at him with some level of disgust, I must say. I mean the guy sold twenty million books, like, really? Really? Is that all you can talk about at a party? Then as I watched him, I was so ashamed of myself. Because I realized that actually, he was right and I was wrong. He wasn't selling books. He was just passionately, wondrously in his Unique Self, sharing his Dharma, his teaching, his message. For him, it was beautifully and appropriately critical that everyone actually had that book! So Wayne, thank you for being my teacher in that matter.

Get the book, it's important. Just having it with you and being able to refer to it will make a real difference. You can get it on Amazon.com. That's the third announcement.



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The fourth announcement is just really delightful. There are—we need a drum roll, I don't know if we have drum rolls on Maestro Conference but if we did we would make a drumroll at this moment—there are about 300 or 350 comments in the portal. That's unbelievable. That's fantastic! And that's just from the small portion of the community that's actually made it to the portal. So I really want to invite everyone to make it to the portal.

There are supplementary videos, there are audios. There are, every week, a core practice and an assignment. I spent, myself, several hours this week on the portal, trying to answer virtually every single comment. That's unusual in this kind of context, but it's part of our Unique Self connection.

As we're talking about Unique Self, we've got to walk our talk, we've got to live our talk. So I want to be there to receive, to live, to guide, to engage, to laugh with you, to cry with you, to be in this process of awakening together. One of the places we really get to meet is in the portal. So go to the portal.

At the end of every offering in the portal, the portal is divided by weeks, Week 1, Week 2, Week 3. We put up the new week always right after the phone call. So this evening after this phone call, all of the material for Week 2 will be up.

Then, at the bottom of each one of the offerings, let's say at the bottom of the video offering, or at the bottom of the assignment, there is a place for comments, questions, inquiries. We've had so many fantastic conversations this week in that portal. So I really invite you to take full advantage and really be there, show up. Be witness to each other, meet each other, speak to each other.

I don't mean to encourage this by any kind of inappropriate dangling of a carrot, but I will mention at least six people I know who are in their lifetime relationship



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through people they met in the portal. Just sayin', just mentioning that—just so you know. It's fantastic. It's a wonderful way to meet someone, to engage, to create friendships that ultimately will move out of the portal and you'll meet each other in all sorts of ways in life.

This is a community walking together, and part of the reason to be here in this course is to support each other. Because we can't engage in the journey of awakening by ourselves. The journey of awakening needs a We Space, it needs to create a new social network. It needs to create a community with an interweb of relationships, of support, of engagement. In order to allow this great enterprise of the evolutionary awakening, awakening to your—to our—Unique Self, to take place.

So that's pretty much what we have in kind of, as it were, business. Holy business. Wonderful business. So thank you, everyone.

[Deep breaths]

So let's take a deep breath, now. If you're driving, don't sit upright in your chair if that's the way you're listening, but if you're not driving, sit upright in your chair or on the floor, uncross your legs, let your spine become erect, reaching up to the heavens and reaching down as you become an axis mundi, a pole connecting heaven and earth in full posture.

Just breathe. Let's just breathe into the presence of being here together in this space. As you breathe, and follow your breath, perhaps put your hand on your belly and feel the belly expand on the in-breath.

[Deep breath in and out]

And the belly contracts on the out breath. As you breathe and you gently focus



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meditatively by following your breath, presence your True Self. We talked last week about True Self. True Self is the dimension of you that's beyond your personality. When your personalities no longer there, your True Self is there. When your public posture is no longer there, your True Self is there. When your emotions have long subsided, your True Self is there. When your body is no longer present in this incarnation, in this manifestation, your True Self is there.

Take away everything that you normally identify as you, and you're still there. That's what it means to awaken to True Self. So feel, presence your True Self. After everything, you are still there. After all the identities are stripped away, you participate directly in the seamless code of the universe, in the Ground of Being. This isn't a dogma. In the *Awakening Your Unique Self* course we are interested in scientific spirit, and scientific approaches to meaning. By scientific I mean it's empirically verifiable. You can check it, you can access it yourself, or you can check with people you trust deeply who can tell you that they accessed it.

Just like we check with the mathematician to know that the equations of relativity are correct. In Berlin, you can stop by a museum today where they have Einstein's equations on display. There's this long, huge table filled with zillions of equations. On the bottom Einstein writes, "Therefore, obviously, $E = mc^2$."

You can only laugh when you see it, but we trust Einstein. We trust him because we trust he did the equations well, because they were checked by a community of the adequate. So when I say to breathe, and follow your breath, and then access your True Self that lies beneath and beyond your personality and know that it's there, you can trust that the most subtle and speculative minds and hearts that ever lived for the last 5000 years have done scientific experiments of spirit in which they enacted practices that allowed them to access the eye of the spirit, a faculty of perception that revealed True Self, that revealed the empirical fact that who I truly am is that I am part of the seamless code of the universe.



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And that awakening to enlightenment is no longer the province of the elite and the few. We're moving towards—we talked about last week—the democratization of enlightenment. Enlightenment meaning: knowing my true identity, knowing that I am True Self being my part of my birthright, being the place from which I live. So feel, feel that presence of True Self. After everything is stripped away, you're still there. You're not your body, you're witness to your body. You are not your emotions, you are witness to your emotions. You are not your thoughts, you are witness, you hold your thoughts. You're not even your awareness, because you are aware of your awareness. Everything is rising in your consciousness in this moment.

That's the experience of True Self. And we'll spend, in four sessions from now, an entire session of 90 minutes doing six different practices. One of them for sure will allow you to get a direct access of True Self. But for now, even if you just have a glimmer of recognition as you hear my words, "Ah! True Self, that which is beneath my personality," that by itself is a moment of access to True Self.

As you feel into True Self, and as you access that space, just breathe. And while you are breathing, at this moment Brett is going to put you into a dyad, groups of two. I'm going to ask you not to say hello to each other, just sit in the dyad. I'm going to continue the meditation and at a certain point in the meditation you're going to do a dyad exercise, meaning a partner exercise with the person who is with you in the dyad, in the dyad box. That's how Maestro works. You can actually be put in a box with someone else. So Brett's now going to place us all in dyads, just sit quietly. We'll continue the meditation. I'll wait a moment until everyone is in the dyad. We'll continue the meditation, and we'll do partner work in a moment or two.

Brett: Okay, everybody is now in a dyad.

Marc: So feel into the question, who are you? I am True Self. I am part of the



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seamless code of the universe. How does culture answer the question of, "Who are you?" Culture says, "I'm a separate self. I'm separate from All-That-Is."

On one level, that's true. There need to be appropriate boundaries to my persona. I need to have a healthy separate self. But then when I awaken to enlightenment, which is no less or more than sanity, I realize I'm not merely separate self, I'm also True Self.

But True Self is not all of who I am. When I actually awaken more deeply, I realize that I have an irreducibly unique perspective. True Self plus perspective equals Unique Self. Now we're going to access the experience of Unique Self, because you already have inside of you an experience of Unique Self.

In this past week in the portal, many people wrote Unique Self confessions, or confessions of greatness—because my greatness always emerges and emanates from my Unique Self. The Unique Self formula, the Unique Self mantra—if we can use a word from Sanskrit—the Unique Self epigram is: The essence of who I am is revealed in my moment of greatness.

Culture often tells us that who we are is revealed in our moment of failure. When a public figure has a moment of failure, we freeze-frame on the failure, then we project it into the world and we say, "This is who they are." And we use it to sell newspapers, and we use it to feel better somehow about our own experience of brokenness. We use it because sometimes we're moved in our smallness to destroy life force. It's one of the tragedies of contemporary society. We freeze-frame in a person's moment of breaking.

Freud had another way of talking about who you are. Freud says, who you are for real, underneath, is your dark, raging impulses. Your dark id rages through you, that you keep hidden from society. Other people say that who you really are is your



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competent self, your functional self. Therefore the great crime in modern society is to be dysfunctional. Your competent social self.

Of course, all of these are true but highly partial. Who I am is not my moment of failure, who I am is not my dark impulses, and who I am is not merely my competent and functional self. Who I am is my awakened Unique Self. The unique essence that lives in me, as me, and through me, that never was, is, or will be other than through me. The place I can access that, where I can feel its energy coursing through me, is by identifying in my life a moment of greatness.

That moment could be public, or it could be private. It could be about doing something inner subjectively, interacting with another person, or it could be a moment by myself sitting quietly. It could be walking by the ocean or speaking to my son. It could be making love, or it could be stepping out of a relationship. It could be stepping into a relationship. It could be a moment of reading, or a moment of profound creativity or insight. But it's a moment where you were fully in your uniqueness. You felt your own Unique Self alive.

So the invitation, from the perspective of your Unique Self, it's not like the old traditions said, confess your brokenness, confess your sin. There's moments for that. There are moments to engage and recognize shadow. But that's not the core of it. The core of it all is to confess your Unique Self, to confess your greatness. So in this moment I'd like to ask each person in the dyad—and do it with so much grace and so much audacity—to confess your Unique Self.

Let one person just begin to talk, you'll work that out between you. Take, literally, ninety seconds to two minutes to confess your greatness—whatever comes through. The person who is listening, who's receiving the confession, you're the high priest in the Temple, as it were. You are receiving the confession. Your job is to say, if the person falters, "Is there more? Please share more." That's it. No comment, no



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evaluation, and when the person finishes you say, "Received." Then you switch positions, and you begin.

Brett will ring a bell or let us know after two minutes have gone by, then switch positions. On three, begin. One, two, three.

Brett: Welcome back, you're in the main room. Go right ahead, Marc.

Marc: Thank you. Everyone, thank you so much. Brett took me on a little tour of different dyad sessions and they were just so beautiful and so stunning and so moving. I want to ask a couple of people, just maybe two people, to share and to stand up and let us get that experience and witness your Unique Self. I want to share, not only for yourself, but for the sake of the larger evolution. For the sake of bringing Unique Self and its energy into the world, for the sake of modeling that so we can kind of feel what that is. So I'd like for one or two people to share, to just share with us in a one-minute, in a 60-second clip, one of two things. Either share your moment of greatness, or share the experience—what it felt like to you—to access that Unique Self energy.

So either share your actual moment of greatness or share with us what it felt like for you to access that Unique Self energy. You could share the experience you just had now in the dyad, or the experience you had in the portal during the week. Let's have a couple of hands, just stand up and really be counted here.

Brett: Press 1 to raise your hand if you would like to share. I'll call you by name and give you a mic. We're going to start with Linda Ryan. Linda, your mic is on, go right ahead, we can hear you.

Linda: Thank you. I was hoping I'd be called. I was with Sydney and we just had the most loving, warm experience. We both shared and then we had a little extra time



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and we just talked about the connection we were feeling right then and the warmth and the love and we resonated with each other's stories so much that the third thing, the synergy, became the main point.

Marc: Linda, this is very important. Linda, thank you so, so much. This is so important. When Unique Selves meet, separateness creates alienation. When I'm a separate self, we're alienated from each other, and there's always some kind of competition.

You would think that if I'm unique, I'm different, I'm separate, but what we talked about last week is that uniqueness and separateness are different. Linda is telling us so beautifully that uniqueness is the currency of connection. Once there are two Unique Selves, all of a sudden there's this new We Space created, this new connection. Linda, thank you so much. That's awesome. Thank you. Thank you, thank you, thank you.

Chahat.

Brett: Thank you, Linda. Chahat, okay, let me give Chahat a mic. Let me locate you with all these names—there you are. [Laughs] Okay, Chahat, you have the mic. Hello, Chahat.

Chahat: Hello, Brett. Hello, Marc. Well, the experience of accessing Unique Self is always the incredible light, the lightness and the endless possibility that you have access to. It's so overwhelming.

Marc: Chahat, tell us in first person about your experience. What's your experience?

Chahat: My experience is an experience of light, light and endless possibility. The happiness, the greatness is so overwhelming, beautiful.



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Marc: Wonderful, that's fantastic. I'm going to ask everyone to speak again in first person. You know, my experience is light. Chahat says three beautiful things: light, this experience of lightness as opposed to a kind of heaviness, and experience of endless possibility, because Unique Self is the divine point. Unique Self is, as it were, God in first person. It's God living as you, being lived by love, being lived by the unique incarnation of love intelligence and love beauty that is you, that lives in you, as you, and through you. That's the experience of Unique Self. So that is the God point. That is the point of infinity, uniquely expressed through you.

The best understanding, the best way to talk about the God force is that God is the possibility of possibility. What a wonderful way to talk about source, about God. God is the possibility of possibility, so when Chahat accesses Unique Self, she experiences naturally infinite possibility. And finally, Chahat talks about joy or happiness, because joy—and joy's always there—because joy is a kind of energy. Joy is, in Hebrew, *chiyut*, or the Chinese word *chi*. Joy is an energy. It's an energy that you access from the universe. The way to access that energy—we're going to talk more about this in several weeks—the way to access that energy is as if you had an extension cord, and you plug that extension cord into the wall. But the actual plug-in is your Unique Self.

So your Unique Self is the way you access the portal of living alive joy energy in the universe.

You can't pursue happiness, right? It goes in the other direction. Happiness is always available, not by pursuing it, but as a natural byproduct of doing something else other than pursuing happiness. So in the American foundation documents, life, liberty and the pursuit of happiness; life is good. Liberty's good. The pursuit of happiness doesn't work. You pursue happiness and it runs in the other direction. But what does work is, you actually pursue passionately something other than



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happiness, and as a natural byproduct of that passionate pursuit, you're actually filled with a genuine joy. Not a superficial, saccharine kind of happy or fun, but a genuine, deep joy.

What is it that you pursue passionately, that as a byproduct of that pursuit you access joy? Unique Self. The pursuit of, the incarnation of, the living of your Unique Self, the byproduct of living your Unique Self is a genuine experience of joy, and then paradoxically you create a virtuous circle.

Since Unique Self is the plug-in, as it were, to the unique energy that the universe has available to you, the more you live your Unique Self, the more you're plugged into joy, the more you access joy, the more you open, the more your creativity opens, and a virtuous circle is created.

Chahat, thank you so, so much. That's completely wonderful. Deep bow to you sister, awesome.

I want to say to everyone, at this moment, Chahat is one of my senior students. She's one of the people who holds our student community. I've asked her, and a few other people, to be on the portal, chatting with people and talking. I've empowered Chahat to teach Unique Self in Holland. I really want to welcome you, Chahat, to the community, and to really be with us in the portal engaging people this week. Thank you, deep bow. Thank you very, very much.

Chahat: Thank you.

Marc: Awesome, everyone.

So let's just finish here. Actually I would love to spend the evening, honestly, just listening to everyone. But I want to go the next step this week. So we're going to



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come back, and we're going to hear from everyone again when we do a major exercise towards the end of the call. Now we're going to kind of step into a conclusion, a kind of recapitulation of every place we've gotten, in a moment or two.

Then we're going to go the next step, a huge next step this week. So first, just to recapitulate, I want to encourage everyone to go, you can actually watch this recapitulation. One of the people in the portal commented, I had posted a movie clip from the movie called, *The Legend of Bagger Vance*.

Someone in the portal commented, "There must be the wrong thing here, there's just something with Will Smith in it." But actually, Will Smith is one of the stars with Matt Damon, of *The Legend of Bagger Vance*. Actually, *The Legend of Bagger Vance* is a very, very important film. It's about golf. It's about a golfer who's gone through enormous trauma in the war. He comes back home. He's kind of lost his game. There is a particular tournament that's happening in the south. They need some local boy to play against the two major players in the world. Somehow they convince him to do the tournament, but he can't find his swing.

Then a caddy appears, who is, of course, Will Smith. The caddy is Source. The caddy is Will Smith, God in disguise, the love intelligence of the cosmos addressing you personally—in disguise. So it's a complete Unique Self moment. I want to just read for you this scene, and I want you to feel into it, because the whole story is here.

Matt Damon as the golfer is out in the field, and he can't quite get his swing. Everyone's kind of disappointed, he can't get his relationship together because he can't get his swing. He's been drunk for the last five years and he can't find his way out of addiction.

There's this moment when the caddy, Will Smith, says to Matt Damon, "I think it's time."

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Matt Damon says, "Time for what?"

"Time for you to see the field."

"The field," says Matt Damon. "I see the field, it's 445 yards long, it's got a little black flag of the end of it, it's 12 strokes ahead of me, the field? Come on."

Will Smith says, "That ain't it, because if you'd seen the field you wouldn't be hacking at that ball like you was chopping at weeds out from under your front porch. Just gimme the club. Hey, sorry I brought it up. Here, you going to take that club? Take that club and hack away."

Matt Damon walks up and he is about to hit the ball and he realizes he can't do it. He needs to know something. He can't find his swing. So he turns to Will Smith and he says, All right, what's the field? And Will says, "Here. Fix your eyes on Bobby Jones."

And Bobby Jones is this international, fabulous, beautiful golfer.

Matt Damon fixes his eyes on Bobby Jones. In the movie you watch Bobby Jones, and Will Smith is talking, describing as Bobby Jones finds his way into what we're calling True Self. Because the field *is* True Self. This is Will Smith talking, the caddy talking to Matt Damon.

He says, "Look at his practice swing. Almost like he's searching for something, then he finds it. Watch how he settles himself right into the middle of it. Feel that focus. He's got a lot of shots he can choose from, duffs, and tops, and skulls. But there's only one shot that's in perfect harmony with the field. One shot that's his authentic shot. And that shot's going to choose him."



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My friends, that's what your Unique Self does. Your Unique Self is looking for you. Your Unique Self is looking for you, desperately searching for you. Will Smith goes on and says, "There's a perfect shot out there. There's a perfect shot out there trying to find each and every one of us. All we gotta do is get ourselves out of its way. Let it choose us."

Then they look at Bobby Jones, the other golfer. Look at him. He's in the field. So does everyone understand what this is about? I'm going to read just a little more.

We've got to get out of the way, meaning we need to move beyond the insanity of believing that I'm only a separate self. I've got to find my way in the field, meaning the seamless code of the universe, where I live in that field and that field lives in me. Where I'm in perfect harmony with that field, then the shot chooses me.

Will Smith goes on, the caddy, and says to Matt Damon, "You can't see that flag as some dragon you've got to slay." He's talking about the flag on the golf course. "You gotta look with soft eyes. See the place where the tides and the seasons and the turning of the earth all come together, where everything that is becomes one. You gotta seek that place with your soul, Junah. Seek it with your hands. Don't think about it, feel it. Your hands is wiser than your head is ever gonna be. I can't take you there, Junah. Jus' hopes I can help you find a way. It's jus' you, that ball, that flag, and all you are. Seek it with your hands. It's the home of your authentic swing."

My friends, it's the home of your Unique Self. I want you to feel this, because when you actually realize that it's not just that you're searching to awaken your Unique Self. Your Unique Self is searching for you. Meaning, All-That-Is, all of reality seeks you to express a dimension of Being and Becoming. To enact something critical that needs to be enacted in the world, that can only happen through you. We always talk about man and woman in search of God. God is in search of man and woman of Unique Self, of the unique expression that's you.



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Which means that actually all of reality conspires to help you, to support you in awakening to your Unique Self. So when you begin the search, what you're going to notice last week and this week that when you genuinely commit to the search, when you genuinely commit to being in harmony with the field, when you get out of the way of the narrow contraction and grasping of the egoic mind which is in its own petty way comparing yourself to everyone else. You find the inner rhythm and you get quiet. You live in the field, and you might get quiet by watching the ocean. You might get quiet by chanting. You might get quiet by meditating. You might get quiet by just sitting quietly.

When that happens, then your Unique Self arises in you. That's what it means to begin to awaken to your Unique Self. I want to invite everyone as a regular practice in the morning, do a simple True Self practice for about sixty seconds. Get quiet. Follow your breath. Listen to a beautiful piece of music. Look at pictures from nature. Meditate on a phrase that's comfortable to you. Chant. Whatever you can do to quiet your mind, to settle into the field.

Then, access a moment of your greatness. Think of one moment where you were yourself. You ran faster than you could run. You were more comfortable in your skin than you ever were. Your words somehow formulated better than they ever did. You felt most comfortable in your body, in your expression, in your engagement, in your laughter, in your tears. Find any moment when you were in your Unique Self, a moment of greatness, public or private.

Access that moment and confess your greatness to yourself. Meaning, say to myself, "Wow, that was my greatness. I confess my greatness." Because my friends, if you're nothing, if you're just a skin-encapsulated ego, if you're just a bunch of drives, a bundle of nerves, of determined responses, of preprogrammed actions and reactions, if you're just a side effect in your own life then there's nothing the world



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expects from you. So to confess your brokenness is actually a waste of time. You confess your brokenness. Where does that get you?

Confess your greatness. Confess your Unique Self. Because the only thing in the world that obligates you, that calls you, the only call you have to answer, the only judgment you'll ever be judged by is:

Did you live your story?

Did you respond to the call of your Unique Self?

Did you give the Unique Gift?

Did you live the Unique life?

Did you write the Unique song?

Did you verse the Unique poem that's yours and only yours to write alone?

Were you the snowflake essence of yourself that—unlike a snowflake—never melts?

That's the only question that's significant in your life. That is the reason you're born. That is the purpose driven life. To live the Unique expression of you, and give the gift, the wisdom, the Being and Becoming that comes from that Unique expression. And everything flows from that.

So that's the end of our recapitulation. Let's take a breath. We'll take a break, break's over. It was a short break, sorry about that.

Now we're going to go the next step. The next step's big, my friends. It's really, really big. So I want to invite you to really step in in a big way. Because awakening to your Unique Self—and for the next period of time on this call I'm going to do kind of a long, extended meditation. I'm going to go through a number of stages, so I want you to listen to this, not like a lecture. This is not a lecture. This is what we call, in the old Hebrew tradition, it's called a *derasha*, meaning speaking the wisdom. A reality



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consideration, it was called in Hinduism. In Buddhism it's called the Dharma, it's the Tao, it's the way. It's speaking the wisdom that's the best wisdom we have in our deepest internal look at the nature of reality.

So I want to speak the Dharma to you. And in the Dharma, we realize that we transcend, we end the trance of separate self. I realize that I'm True Self. The total number of True Selves is one. I then awaken to my Unique Self. And now, in our second week, we go the next step. Because awakening to my Unique Self is insufficient. I have to awaken beyond my Unique Self to my Evolutionary Unique Self—beyond my Unique Self to my Evolutionary Unique Self. I want to talk to you about that.

There's a second critical dimension of awakening that's utterly critical to your Unique Self realization. I want to give you a direct transmission of this, and I received a direct transmission of this, this second dimension of Unique Self enlightenment, from my teachers, my sacred teachers in evolutionary mysticism.

The best way I could describe myself is an evolutionary mystic. Our lineage, our tradition is a tradition of evolutionary mysticism. Drawn not from one religion, not from one tradition, but actually from the best of the great traditions from the traditional world, and from the best of the great evolutionary understandings in the modern world and the postmodern world.

In evolutionary mysticism, this tradition of evolutionary mysticism, that is evolving, that is emerging today, we are evolutionary mystics. It's going to become really clear to you, I hope, in the next twenty minutes. In evolutionary mysticism there is an idea called *tikkun*. *Tikkun* is the unique fixing that you have to do in the world. And the word *tikkun*, it's a Hebrew word, has the same letters as the word *tinok*, which means baby. The baby is born because the baby has a unique fixing, a unique evolutionary healing that the baby has to offer.



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Actually, every action that we take in the world can be invested with evolutionary intention when I begin to awaken to the evolutionary context. Said simply, to awaken, not just to your Unique Self, but to your Evolutionary Unique Self, is actually a shift in your alignment.

You can be practicing your whole life. You can do this spiritual state and that spiritual path. You can have this kind of Shamanic experience, and all those states and all those experiences recede. And you're kind of back where you were and you kind of wonder, "Why don't the good times last?"

Why doesn't it actually make a lasting effect in your transformation? Why do you seem to shift back so quickly into the separate self and the ego self? The reason is, because states of consciousness, as important as they are, are insufficient to shift. You not only have to awaken to your True Self, and then awaken more deeply to your Unique Self, the unique expression of True Self, the personal face of essence that lives in you, as you, and through you. But you actually have to allow yourself to awaken to the evolutionary context that your Unique Self lives in, and realize that your Unique Self is not merely a Unique Self, it's an Evolutionary Unique Self. So what you do is, you actually shift your perspective to align with the evolutionary imperative, the evolutionary impulse, which expresses itself as your Evolutionary Unique Self.

You shift your perspective the way the Kabbalists said it, the way the evolutionary mystics said it in every tradition. You shift your perspective from your will—from your narrow, contracted, constricted, egoic will—from what is considered your side to God's side. Again, the God you believe in doesn't exist. When I say God here, I mean in this moment.

We're going to unpack this word God. We need to work with this word, but for now the God you don't believe in doesn't exist. We're not talking about the mythic God or



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the Santa Claus God. We are talking about God as the evolutionary imperative, the evolutionary impulse that moves through every stage of evolution. For the evolutionary mystic to awaken means not just to have a profound mystical state. You can skip that if you want to.

You actually have to shift your alignment. When you shift your alignment, you no longer align with your will. You align with the will of the cosmos. The will of the cosmos, the purpose of the cosmos is expressed through the evolutionary impulse that moves through everything and awakens uniquely in you.

That's what it means to align with God's will. I don't mean God in the old, mythic sense of the ethnocentric God who created the world in six days and is anti-science, vengeful, and anti-humanity and certainly anti-sexual and doesn't like women that well either, right? When I refer to God here, I'm talking about what I might call the third face of God. God in third person. Unique Self by itself is God awakening in you, the unique creativity awakened in you.

But you can also look at this God force as a third person, as the creative principle that flows through all of reality. What evolutionary scientists today are calling the ceaseless creativity that creates higher and higher levels of emergence.

So by God, I'm referring to the evolutionary process of unfolding which derives and animates the cosmos on every level of existence. When I talk about God's will, it's the will of the cosmos. God is what Aurobindo and Abraham Cook call the evolutionary imperative. The older sister of many people who work in the evolutionary field, Barbara Marx Hubbard, really made a great contribution called the evolutionary impulse. It's the creative force of the cosmos that is, intends, and moves All-That-Is towards healing and transformation. It's the evolutionary impulse that lives in you, as you, and through you.



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So to awaken to your Unique Self means to shift your alignment, to awaken to the impulse to evolve that personally appears in you.

You are the personal face of the process of evolution. It's the divine creativity surging in you at this very moment that's reaching towards higher and higher expressions of the good, the true, and the beautiful; Plato's great triad. So to awaken to your Unique Self is to realize, as the evolutionary mystics taught us in every great tradition, premodern, modern, and postmodern, that you live in an evolutionary context.

To awaken to your Unique Self is to realize that your True Self is not static. It's unique. We thought the divine field was an eternal absolute. Then we realized that your True Self was just the beginning. Your True Self is the awakening to your unqualified, eternal, absolute and unchanging consciousness. Then you awaken to the unique nature of your True Self.

But then you awaken more deeply to the evolving nature of spirit. You realize that not just spirit, but actually all of reality—and I'm going to break this down for you even more deeply—but all of reality is evolving. As we move into modernity, and Darwinian science, the contemporary evolutionary mystics realize that their initial insight into the evolution of spirit—that all of spirit evolves—applies not only to spirit.

The physiosphere—the cosmos, the stars, the biosphere, the biologic world—it's all evolving. As my teacher, my lineage master, Abraham Cook, wrote, “All of reality, matter, body, mind, soul, and spirit, is always evolving. All of reality is always evolving.”

I'll read you a passage from Cook, it's gorgeous. He says, “The theory of evolution, the science of evolution, is most aligned with the most profound secrets of the



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Kabbalah and of evolutionary mysticism in all the great traditions. Evolution precedes on an ascending trajectory, and provides the optimistic base for the world. How is it possible to despair when one sees that everything is evolving and ascending?"

Cook goes on, this evolutionary mystic, Cook, goes on—my teacher—and he writes, "When we penetrate the very center of the principle of ascending evolution, we discover that at the center is the divine principle that's enlightened with absolute clarity. For evolution is infinity in realization that realizes itself through bringing infinity from infinite potentiality to infinite actuality. Infinity through evolution enlightens all dimensions of reality, all of God's manifestations."

Listen to this, everyone, "All of reality evolves, in a sense, as is evident in its parts. This ascension is general as well as particular." Wow. Wow. That's an evolutionary mystic. When you really get this, when you really get that all of reality is always evolving, when you get that there is the evolution of the cosmos, cosmological evolution, then there is biological evolution, then there's cultural evolution, it's all evolving. Wow. It just changes everything. You'll see why, and how dramatically that's true, in a few moments. But you realize that evolution is the inner mechanism of all of reality.

You know, you realize that actually, from the moment of the Big Bang, when the unmanifest becomes manifest, and that great mystery, that great explosion—from that moment, when the unmanifest becomes manifest, in that first point all of reality is evolving. And in a manifest world the expression of the divine, which is All-That-Is, which is all of reality, evolves and deepens, and ascends higher and higher. And ultimately, when you really realize and understand this on the inside of the inside, you realize that it's actually the description of the evolution of God. The God principle, the God reality, the creative principle, all of creativity, all of God, all of eros evolves to higher and higher levels.



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To be a human being is to have the specific privilege and wild responsibility that is; the human being actually awakens and becomes aware of evolution, becomes aware that evolution is actually happening. So in this broader evolutionary mystical context, what we can say is that in the awakened Unique Self, evolution becomes conscious of itself. In the awakened Unique Self, evolution becomes conscious of itself. It's the awakened Unique Self feeling the imperative evolution consciously alive in herself that's called to give her Unique Gifts for the sake of the evolution of all of reality. So the Unique Self is the full realization, the Unique Self when it's in full realization is more accurately termed the Evolutionary Unique Self. The awakened Unique Self that's evolved beyond your awakened Unique Self—that has evolved beyond exclusive identification with the ego—is constantly being called by and as the evolutionary impulse.

When you consciously align with your Unique Self, and your Unique Self awakens to the evolutionary context, to the evolutionary impulse that uniquely expresses itself in you, as you, and through you, and you align with that impulse, everything changes.

You don't escape ego by bashing ego. You escape ego through the strange attractor, the evolutionary attractor of awakening to your Evolutionary Unique Self. Your ego always is present. It should be present. But you evolve beyond the exclusive identification with ego. That's evolution acting in you. When you awake from separate self to True Self, from True Self to Unique Self, and you awaken to the evolutionary impulse living in you, that's actually you participating in evolution. That's actually evolution acting in you the same impulse of evolution that moves the sun and the stars moves, lives, alive in you, as you, and through you.

I want you to just hear this with me. Let's feel this even more deeply. Let's kind of feel this, what this means. You have to begin to have an evolutionary relationship to



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life. We've all tried to change, and it's hard to change. We've tried so many paths of changing. Sometimes it happens, but often it's virtually impossible to make a radical shift.

But there's a shift that we can make. It's a shift in alignment, and that shift changes everything. We change our entire orientation to life. We make a choice, and the choice is to awaken, to align with something higher, with a deeper dimension of reality, a deeper dimension of Being and Becoming.

What happens is, when we shift alignment we have access to something that's always there and we have the power to choose that alignment. We shift from our will, from our side to God's side—from our will to God's will. Thy will be done, meaning the will of the cosmos, the will of the evolutionary impulse awakening in us. Just feel into this.

What this means, what this can mean, it's not about having a radical, wild mystical experience. Experience fades. The mystical experience can support the awakening of your Unique Self. An awake experience is important. You need to awaken to some glimmer of True Self in order to clarify and realize your Unique Self, and not have your ego hijack your Unique Self. The ego always tries to hijack the Unique Self. So you need to awaken to True Self so you're not grasping on to some uniqueness which you're probably misidentifying because you're trying to use it to prove to yourself that you exist. So you have to clarify the egoic contraction, you have to expand into this larger sense of True Self, then your Unique Self naturally arises.

We're going to do work to help it arise, to help it emerge. So think and ask yourself, what do you really want? You want to play a larger game. You want to move beyond the survival wiring that served us well until now, but it's insufficient. You want to move beyond the separate self egoic contraction, competitive brutality. You want to play a larger game. To play that larger game, we awaken Unique Self. We awaken to



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Unique Self as a unique expression of the evolutionary impulse that lives in you, as you, and through you. Evolution itself is calling you.

That part of you that reaches beyond, that cares about something beyond, that thrives on change, that deeply wants to be a unique expression of the good, the true, and the beautiful, that knows that you've got a Unique Gift to give to All-That-Is, that knows that you're somehow Superman, that you have superpowers and you're frustrated by the smallness of your life. You feel this urge to step up, this urge to contribute, this urge to speak, to be heard, this urge to change things, to shift, transform—that *is* the evolutionary impulse. That's the evolutionary impulse awakening in you, as you, and through you.

So let's deepen. Let's deepen, I want you to feel deeply, as best as you can, this sense of evolution happening. I'm going to take you on a meditative journey for a few minutes before we move to our exercise. In this meditative journey, we're going to experience five Big Bangs. There's not just one Big Bang. Big Bang is the name that science gave it. It was actually a pejorative term given by scientists who didn't actually believe in the Big Bang. The Big Bang: that first great flaring forth, as Thomas Berry and some of his students like to call it. It's not just the Big Bang. It's a great flaring forth of reality, when the un-manifest explodes into the manifest.

We're going to go on a meditative journey to actually feel this great flaring forth. To feel the five Big Bangs—and ultimately, the fifth Big Bang is no less than you awakening to your Evolutionary Unique Self.

When you realize that the next step of evolutionary creativity depends on you, when you realize that your next set of actions can shift and affect, through the internal mysticism of the internal cohesion of All-That-Is, the realization that everything is fully connected, that we're in a system in which nothing's separate from anything else. The great butterfly effect that we talk about in physics is true on all levels of



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reality.

A butterfly flaps its wings in Tokyo and something happens in New Orleans. When you shift something in your consciousness, so much more happens than a butterfly flapping its wings. When you shift something in your consciousness, when you awaken to your Evolutionary Unique Self, something shifts in the entire system and you actually become responsible for everything.

Because, my friends, who was it who began the whole story? Where were you at the Big Bang? Where could you have been? Could you have been anywhere else than right there? In that moment of singularity, when it all happened, where could you possibly have been? As you take this course, as you listen to my voice right now, and we enter our meditation, try to remember. Remember that great event, my friends, that great event when you breathed out and created this entire cosmos. Remember the great emptying when you threw yourself out as the entire world wanting the evolution of the good, the true, and the beautiful. Remember the forms and the forces through which you have traveled thus far. You emerged as helium and oxygen and carbon, and you became galaxies, then you moved to planets, to verdant planets filled with vegetation, reaching upwards to the sun through the miracle of photosynthesis, until you became animal, stalking day and night, restless with your weary search, through primal men and women, primates millions of years ago yearning for the light, to the very person you are now, listening in this very moment.

Remember who and what you have been, what you have done, what you have seen, what you actually are in all of those guises; the masks of God and Goddess, the masks of your own original face, expressed irreducibly simply as your Evolutionary Unique Self. Feel into it, my friends. Feel into what we know in this generation that we've never known in any previous generation. We are the first generation to actually learn the comprehensive scientific dimensions of the universe story. We know that the universe is, in fact, a story. It's got a beginning, a middle. We know, for



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the first time, that the universe scientifically has purpose. It has direction. It emerged 13.7 billion years ago. We now live on a planet orbiting our sun, one of the trillions of stars in one of the billions of galaxies in an unfolding universe that's profoundly creative and interconnected.

Feel into it, friends. The single immense energy event that began in that tiny speck. You were there. You breathed out, and it unfolded over time to become galaxy and stars, palm and pelicans, the music of Bach, each one of us as Unique Selves alive today. It took 13.7 billion years of evolution to produce the unique singularity that's the unique, irreducible you. All of reality waited for your birth. You're not extra, there's no one like you that ever was, is, or will be.

That, my friends, is the great discovery of contemporary science. All of evolution leads to you. And we realize that the universe isn't simply a place, but it's a story. It's a story in which we were immersed, to which we belong, and out of which we emerge. Just as the Milky Way is the universe in the form of a galaxy, in an orchard is the universe in the form of a flower, you are the universe in the form of a Unique Self. Every time you're drawn to look through your unique set of eyes, your unique perspective that no one else can see through, your unique way of looking, engaging, living, and breathing in the world, when you reflect uniquely and give your gift into the awesome, grander beauty and complexity of the universe, the universe is awakening to itself, to your Unique Self. Feel that. Feel that alive, awake in you, in this moment, right here, right now.

Yeah. Know it. Let's begin, friends. Let's go back together to the very beginning. How did it all start? There was a beginning, a beginning, a great flaring forth of light and matter, luminous matter that would eventually become stars and galaxies. And the dark matter that no one's ever seen. All of space and time in mass and energy began as a single point that was trillions of degrees hot, and instantly rushed apart.



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Feel it, feel it. The universe isn't simply a vast space in which things existed, large things like stars and small things like atoms. That's what we used to think. Scientists knew that matter changed form in the universe, but they assumed that the universe as a whole wasn't changing. That was wrong.

The universe itself is unfolding, the universe itself is a story, and you're a unique letter, a unique chapter in that story. In the beginning, the universe brings forth quarks and leptons, and the quanta collide and a gluey form called plasma emerges. Then, these elementary particles begin forming stable relationships. And those stable relationships, that initial bonding, begins the entire process of evolutionary emergence and unfolding.

Feel into it, my friends. 13.7 billion years ago we were a singularity, a single point. We were smaller than the head of a pin. Nothing, no thing, and in that no thing was literally everything. Everything was there.

We were there. You were there. We were all then there. Everything that was coming into existence was encoded, as scientists and emergent scientists know today. Scientists of emergence know all the information was encoded in that initial moment of the Big Bang. Once the Big Bang happens, all information, all possibility—because, remember, God is the possibility of possibility—so all possibility is encoded in that moment.

And then the impulse to evolve, part of that encoding, begins from inside that point. The great universe story, the great story, the history of God, the history of reality, begins to unfold. The evolutionary impulse begins to move. Cosmic firestorms, chaotic burning, wildness, slowly forces of bonding causing the universe to closer and closer to gather, burning balls of hydrogen gas, intensity, supernovas exploding, ultimately giving birth and intense heat to higher elements. Carbon and oxygen, those elements scatter across the galaxy and they organize again into planets,



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including Earth. That, my friends, is the first Big Bang. That's cosmological evolution. That's the evolution of the cosmos.

Understand this, get this, because it's a bigger deal than you can possibly imagine. A hundred years ago, we didn't know that the essence of reality was everything evolving in every moment. Einstein thought that everything was happening in an eternal universe. We now know it's all evolving, the evolutionary impulse, the first Big Bang, in which nothing gives birth to something. Then the cosmos emerges.

So the Big Bang gives birth to the first great cycle, the first Big Bang of cosmological evolution. Then, it bangs again. The second Big Bang. The cosmos, the inert and inanimate cosmos, that is nonetheless sentient, self organizing, ceaselessly creative, that ceaselessly creative cosmos then awakens in this huge leap of emergence unexplainable by any force; and life is born, the second Big Bang.

You unleash creative, dynamic life. Biological evolution comes into being; that movement in which quarks bond together, drawn together by the Eros, the animating Eros, the movement of higher and higher levels of mutuality, recognition, union, and embrace. That relationship, that attraction, that currency of connection that inheres in the cosmos and those quarks become atoms and those atoms become molecules. Those molecules become complex molecules. Then at some moment, against any possibility of chance, those molecules awaken, guided by what some emergent scientists are calling the Fifth Force—guided by an internal Eros.

An internal Eros, this is not intelligent design, this is not a Santa Claus God from the outside saying, "Let there be." It's the ceaseless creativity of the divine creative principle, the evolutionary impulse moving the cosmos itself, intelligent, awake. The cosmos is intelligent. The cosmos is infinite being and infinite intelligence, encoded information that guides the evolutionary impulse. In biological evolution, the second Big Bang takes place. The first Big Bang takes billions of years. The second Big Bang



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takes hundreds of millions of years. Then, after this second Big Bang, after biological evolution, after life awakens to single cell and then complex multicellular, then the first organisms, then, early, early plants. Then early animals then neural nets ultimately come to primates and the Triune brain. There is an entire process of evolution, the great second Big Bang.

Then it explodes again for a third time, and the third time you're inside and you're there. This is all happening with you, in you. The third Big Bang is the beginning, not of biological, but it's the third grade movement of evolution. It's actually cultural evolution. It's only some fifty thousand years ago that this begins. Time begins to contract, things begin to move in real time.

The creative evolutionary impulse moves into the next phase. It's the Big Bang of the human heart and mind. Culture is born. There's artwork on cave, there's this great leap forward, there is burial. There is celebration of cycles of moon and sun. Musical instruments honor the cycles of life and death, and cultural evolution—this new great emergent. And each emergent is undetermined by that which comes before it. Each one is drawn forward by the very Eros of the cosmos. And it goes through cycles. We go from early cycles of hunter-gatherer, then a horticultural; early farming instruments. Then more sophisticated farming instruments. Then to more dramatic and more advanced techno-economic basis until we finally come to the industrial revolution. We come to the information revolution some forty, fifty years ago. These are stages of evolution. Evolution moves, always, through stages. You're organizing power from hunter-gatherer to horticultural to agrarian to industrial to information.

We move from cave paintings to crop circles, and from crop circles we move to pyramids, then we move from pyramids to Lao Tzu. From Lao Tzu we move to Shakespeare. The family unit moves from a two-, three-, four-person unit to a clan, to a bigger tribe, to a city, to a state, to a nation, to a global village. We move from



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preverbal to early symbol to early concepts, to verbal, to writing. We move from papyrus, to printing press, to phone, to fax, to Internet, to instant Internet.

We begin just barely walking and then we're fully erect and then finally, there's kind of a sled that carries us, then there's a chariot. Then we're riding horses. Then there's a plane, then there's a space shuttle. There's cosmological, biological, cultural evolution, and it's happening. Then, my friends, the fourth Big Bang happens. For the first time, a couple of hundred years ago, it's just happened, the fourth Big Bang.

For the first time, evolution awakens to itself. We've become aware of evolution. Evolution begins to realize all the previous cycles. We're able to look back at the story. We're able to tell the story of the story. We begin to realize that there is a purpose, there is a direction, there's a story. We're going someplace. Evolution is moving to higher and higher levels of love, to higher and higher levels of recognition, mutuality, union, and embrace.

The human being erupts in this great cultural evolution. We begin with egocentric. Egocentric love. I love only those people who are connected to me and to my family. Then I awaken from egocentric to ethnocentric love. My felt sense of caring, concern, and love extends beyond me to my people. I'm willing to sacrifice for my people, and live and die for my people. I extend my love to my full people.

Then it bursts forth again, this force of evolutionary love. I begin to actually love, not only my people, not only my ethnocentric tribe, but I move from the ethnocentric to worldcentric. Then I actually begin to experience myself as a global citizen, that everyone's part of this whole story, that I'm actually related to everybody in the globe. Although I may locate myself in a particular place, and I include my ethnocentricity, I transcend and include. My egocentric doesn't disappear. I still care for myself and my family in a particular way. I transcend and include and I become ethnocentric in my love. That doesn't disappear. I then become worldcentric in my



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love. My felt sense of caring, concern, extend to the entire world.

Then I awaken yet again. I become kosmoscentric. I awaken as True Self, as a unique expression of True Self, as Unique Self. I awaken as Evolutionary Unique Self, which is the fifth Big Bang. I awaken as Evolutionary Unique Self. Evolution awakens, not just generally, not just human beings seeing the evolutionary process. We actually begin to realize that we are the center of the process at this moment, that our creativity and our consciousness and our expanding circles of love, and our depth, and our creativity, and our Eros, and our evolving conscious uniqueness are actually the eyes of the universe, are the feet of the universe, are the hands of the universe.

Evolution awakens uniquely through us as the evolutionary impulse awakens as your Evolutionary Unique Self. So in this moment, on this call, if for the first time you're actually experiencing yourself, or you're re-experiencing yourself, as I am right now. Myself, not just as a limited separate self Marc Gafni, it's my life. What a pathetic and sad and tragic way to live. My limited life, by myself in my skin-encapsulated ego. What a lonely, alienated way to live.

But I actually realize, in this moment, that the evolutionary impulse is awakening through me. God's having a Marc experience. God's having a Terry experience. God's having a Mary experience. God's having a Tonya experience. God's having a Christina experience, God is having a Judith experience, God's having a Kathleen experience, and a Leanna experience. God's having a Marge experience. Hi, Marge. Can you feel that?

The entire process of evolution is, in this moment, awakening to itself, realizing itself as Steve, as Brett, as Ken. 'Oh my God' takes on a new application, a new meaning. 'Oh my God,' meaning—you. You, oh my God, awakening in you, as you, through you.



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When you feel that awakening of the fifth Big Bang awakening through your awakening, you realize that—wow—I'm part of the whole thing and the whole thing is part of me. The next minute depends on me. The next unfolding of goodness, of the good, the true, and the beautiful, depends on my ability to wake up and give the Unique Gift that emerges from my unique perspective, that is an expression of my unique creativity that no one in the world has but me.

So you think you need Prozac to make yourself feel like your life's meaningful, really? Now Prozac's good, and drug stabilization is, of course, good. And you should use it, because it's a wonderful new invention. And I mean that kind of half kiddingly. What I mean is, if you want to find and access your deepest sense of meaning, if you want to access joy, if you want to access a sense of being ultimately needed by All-That-Is—access, awaken to your Evolutionary Unique Self.

That's what this meditation is about—the ability to awaken and experience reality as your Evolutionary Unique Self, as God living in you, as you, and through you, as a unique expression of the love intelligence and love beauty that initiated reality itself.

When you awaken in that way, you experience outrageous love. We said last week, the only response to outrageous pain is outrageous love. Do you think the movement from the un-manifest to the manifest, from nothing to something was anything less than outrageous love? Then infinity being willing to contract itself into a point and to begin the entire story of evolution again? Is there anything less than outrageous in that? And you realize that that outrageous love moves through five great Big Bangs, through cosmological, through biological, through cultural evolution that then awakens as you in this moment. That the very next step of evolution in some particular unique expression of love, of love expression of love intelligence, expression of love beauty depends absolutely on you. There is no one else in the world who can speak to that corner of un-love in the way that you can, other than you.



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What I want to invite us to do now is a very simple exercise. Take a piece of paper, a simple piece of paper. We're going to do a sentence completion. We're going to do it in two steps. I'm going to ask people to share what emerged from your sentence completion. So just grab a piece of paper, sit in your seat quietly, gently, as the evolutionary impulse living uniquely in you. Feel it arising in you.

Know how ultimately, radically, wildly unique you are. My friends, we come in this course to speak dangerous words. I ask only that you listen dangerously. These words are dangerous to your sense that you're small, to your feeling that you're alone, to your feeling that you're invisible, you don't matter, to your hidden beliefs, to my hidden beliefs, that I'm extra on the set, that I'm worthless, that I'm inadequate, that I'm somehow bad, to your belief, to my belief, that somehow I'm too much or not enough.

These are dangerous words. I ask you only, my friends, in great love, in outrageous love, to listen dangerously. Listen dangerously. Just get a sense now, I can give you one more meditative moment then we're going to do the exercise, and we're going to finish by hearing people and what you experienced during the exercise. Just see if you can get a sense of it. I want you to get a sense of the biology, the cosmology of Unique Self. Physical atoms each have their own specific unique energy signature. Wow. Similarly, assemblies of atoms radiate their own identifying unique energy patterns. Actually, every material structure in the universe, including you and me, radiates a unique energy signature.

So uniqueness begins at the level of cosmological evolution. Each atom's unique. Because the distribution of its positive and negative charges, coupled with its spin rate, generates a specific vibration or energy pattern. So wow. Then you ascend the great chain of being from matter to body from cosmological evolution to biological evolution, and you come to what we might call the second Big Bang of Unique Self,



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the biology of Unique Self. Now again, just feel this and know how this works. Every single human being is biologically unique, with unique molecular and cellular signature.

And your cellular signature is comprised of two distinct dimensions of uniqueness, which together compromise who you might call the Unique Self perspective of yourself. There's a molecule that exists in a cell that is a DNA molecule. The DNA is the star of genetic research, the double helix structure that contains the objective biological codes of Unique Self.

But that's just one dimension of the unique complex, the unique, complex cellular signature that comprises you. It comprises every human being. But there's actually a host of other factors that interpret your DNA, which is, what's been called by leading biologists, the unique perspective of your self.

That comes from epigenetics, the control of your perspective above genetics. So you have both the unique perspective, and a unique essence. These components make up the irreducible uniqueness of your biology, your biological essence. That's a big deal, my friends. Right? It's like, really? There's utter, irreducible uniqueness. The uniqueness resides in the proteins, there like a puzzle piece. We talked about that last week.

When the protein piece encounters a molecule that's an energetic and physical complement—remember, uniqueness is the energy of connection—then the two bind together, like human-made products with interlocking gears.

Then, as one biologist wrote, the meeting or binding that takes place between the receptor protein and the resident molecule is actually described by biologists as a locking key. So cells possess a unique, tuned receptor protein for every environmental receptor that needs to be read. Receptor proteins are the way the cell



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“perceives” the environment. That's the unique perspective of the cell. So when the cell operates in the greater field, remember Bagger Vance? Feel the field. When the cell is in the larger field, and when it's not a cancer cell. A cancer cell is separate self. A cancer cell isn't in the larger field, the larger organismic field of the body. But when the cell operates in the larger field, in unique complementarity with the fifty trillion other cells, it then emerges in its uniqueness.

It's the unique tuned receptor protein that is the unique perspective of a cell. This notion of True Self, of the field plus perspective, operates on the biological level. And then, when you actually awaken as a Unique Self, then on the cultural level, on the human cultural interior level, when the psyche awakens as an Evolutionary Unique Self again, that same uniqueness that existed in cosmological evolution—the first Big Bang—exists in biological evolution—the second Big Bang—exists in cultural evolution—third Big Bang. Evolution becomes aware of itself, fourth Big Bang. And fifth Big Bang, evolution awakens as its unique perspective which is you.

You are a cell in the larger organism of reality, existing in complementarity with seven billion other cells, with the unique ability to receive and to act in this larger evolutionary We Space. However, you're fully autonomous. You're fully free. And the way you're created is, the way you've evolved through the evolutionary impulse is, it's only by freely choosing to love—meaning to connect, to give your gift—that you become part of the larger organism, even as you fully retain your individuated and separate identity.

So separate self becomes True Self, the larger field. The larger field awakes as Unique Self, which awakens then as Evolutionary Unique Self.

That's the end of the meditation, my friends. Now stay in it. Here's the exercise. You have your pen, you have your paper. The exercise is as follows. It has two steps to it. It's a sentence completion. I'm going to give you a sentence, I'm going to ask you to



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complete it and to write it down. Here we go.

As separate self, what motivates me is _____.

Be honest here. Be real. We all have separate selves, we all have ego selves. Just be honest. We're fear driven, we have a lot going on, we're trying to survive. But just feel into that and be separate self. Let Evolutionary Unique Self recede into the background for a moment. As separate self, what motivates me is: sentence completion. Next, and don't spend a lot of time, just write.

As separate self, what frightens me is [complete the sentence].

As separate self, what excites me is [complete the sentence].

As separate self, the purpose of my life is _____.

And now, my friends, awaken. Awaken in the way that only you can—uniquely, gorgeously—the irreducible gorgeousness that's you. Now we do the exercise again.

As Evolutionary Unique Self, what motivates me is [complete the sentence].

As Evolutionary Unique Self, what excites me is [complete the sentence]. Take your time.

As Evolutionary Unique Self, the purpose of my life is _____.

And just feel the difference. I want you to notice—keep writing if you're writing—you were actually able to access both voices and both parts that live in you. You are able to speak from separate self, and you should be because you need to have a separate self. If you don't have a separate self, you're psychotic. You have to have a



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healthy, individuated separate self, in the simple meaning of the term. What Otto Kornberg called a healthy, organized, egoic structure. It's important to access that, and to access its fear. Its fear can help you avoid traps and to know its limitations, to know its boundaries.

But then, you want to transcend beyond the exclusive identification with separate self. You awaken to True Self. You are part of the larger field. Will Smith, speaking to Matt Damon. You are in the field, and the field's in you. Then you awaken as a unique expression in the field, and you realize that in the field there's a specific swing that's yours, and that swing is going to choose you. It's not going to choose anyone else. That swing is looking for you with everything it's got. It's one swing. It's your swing.

Then you realize, it's not just you in your local life. You realize that actually, you are the ultimate expression to date of the evolutionary impulse, moving through cosmological, biological, cultural evolution, ultimately awakening to itself, the fifth Big Bang. Finally, in this moment, right here, right now, awakening in you, as you, and through you, as Evolutionary Unique Self.

As Evolutionary Unique Self what motivates me is, as Evolutionary Unique Self what excites me is, as Evolutionary Unique Self the purpose of my life is. . .

I want to just invite a few people, as we move to close our call, to share with us how you completed the sentence.

Anyone who would like to, you need to raise your hand, and really speak as unique evolutionary impulse. Step up for yourself, if you can, and step up for our community. Step up for this process that we're actually going through here, all of us together.

I'm going to ask you to raise your hand. I believe you press 1 in order to raise your



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hand. I'll call on you and Brett will open up your microphone.

Give us, either tell us your actual experience of moving from separate self to Evolutionary Unique Self, or actually share with us your actual sentence completions, so we can actually hear as Evolutionary Unique Self. Press 1 to raise your hand. Heather.

Brett: Heather you've got a mic, go right ahead.

Heather: Hi. My experience was a felt sense inside of me that shifted when I went from the separate self sentences to the Unique Self sentences. In my heart center I felt kind of itching, burning sensation that is pleasurable, it's kind of—I want to be doing something. I want to be engaged in something. My answers shifted along with that, very much around the word passion, so that kept coming up for me really insistently.

Marc: Beautiful. So Heather describes, thank you Heather, Heather describes a kind of itch, a kind of urgency. I want to be engaged, and it's a pleasurable sense she says. There's a kind of urgency, a friend of mine calls this an ecstatic urgency and it's a beautiful phrase. There's a kind of sense of there's something to do. It's not just Being, which is True Self. But it's the actual experience of Becoming, awakening, yearning, to emerge in you.

In True Self it's about the urge to merge, and in Evolutionary Unique Self it's about the urge to *emerge*. Heather, thank you so, so much. Deep bow. Thank you. Thank you. Who's next? Give us another hand here. I really urge you, this is the moment to be audacious, to step forward, to have your voice heard. Sarah.

Sarah: As a Evolutionary Unique Self what excites me is actually union, away from my independence.



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Marc: Yeah, yeah.

Sara: So it's a union with all of the other selves, so to speak.

Marc: Right. As separate self, I'm afraid of being absorbed. But as Evolutionary Unique Self, I'm excited by union. Right? So all of a sudden Sarah emerges here as one of the great mystics. To be excited by union was the promise of the greatest mystics. What ordinary human being is excited by union? Sarah, that's awesome. That's what happens when you move from separate self, you identify with your Evolutionary Unique Self. Oh, Sarah, thank you so much.

Sara: Thank you.

Marc: Beautiful. Thank you, thank you. Who's next? Just give us a sense of it. Tess, give us a sense.

Tess: Hi. As Evolutionary Unique Self what motivates me is my highest limitless possibility. I truly believe that it's possible, and I'm excited.

Marc: Yeah, as Evolutionary Unique Self I'm actually motivated, and Tess, I just want to check in with you—that's not an intellectual idea, can you actually feel that in your first person?

Tess: Yes.

Marc: Yes! Do you hear that yes?

Tess: Becoming my limitless self, it's—yeah, I can really feel it.



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Marc: Yeah, and we can feel you feeling it. It's not an intellectual experience, it's not a cognition. You actually feel yourself being motivated by limitless possibility, which is exactly what Chahat talked about earlier when she talked about Unique Self being the experience of endless possibility. That's the God force in you because the God force is the possibility of possibility. Evolution *is* possibility. So you actually feel that possibility awakening in you, and the contraction shifts. Your relationship to your own personal wounds, as important as they are, begins to shift. Can you feel that?

Tess: Yes, so much, so much.

Marc: Yeah. Thank you, thank you. Thank you, Tess. One or two more people, just so we can hear the voices and actually go through the process. We can hear the voices actually going through the process and kind of feeling it here. So I'm going to ask some, there's a whole bunch of great men on this phone call, so I'm going to ask the men to step up a little bit, okay? Let's feel the Evolutionary Unique Self living in its, not in its man form but in its gendered, masculine man form. Let's hear some of the men here. Let's balance some gender here. Let's feel and experience that Evolutionary Unique Self as it emerges here. As it emerges. So who do we have here?

Brett: How about Timothy?

Marc: Timothy, take it away, thank you.

Timothy: As separate self what motivated me was survival. What frightened me was death, what excited me was success. My purpose was to survive, personal survival and personal meaning. As Evolutionary Unique Self, I really felt a huge shift, and what motivated me was helping others. Was excited me was working together, and my purpose is unity.

Marc: Wow. Wow. And you can feel that, and what's exciting about this, friends, is,



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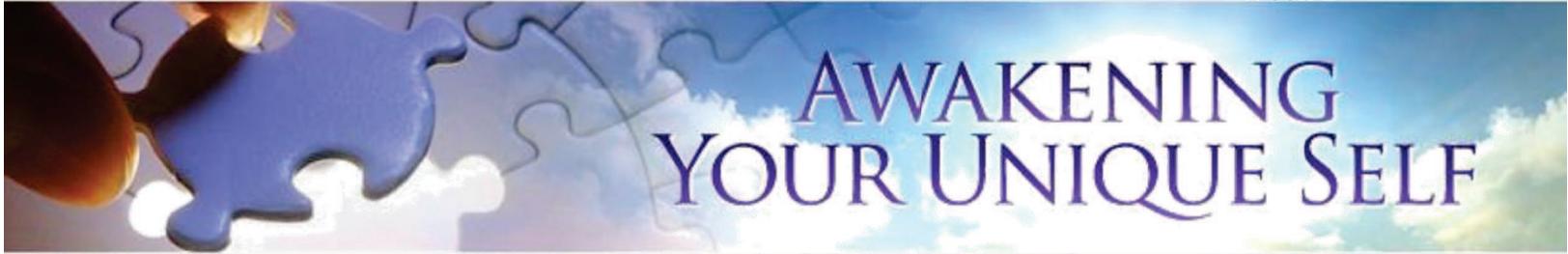
Timothy's not speaking from an idea—you can hear it in his voice—he's not speaking from an idea, he's speaking from an awake sense in which you feel the evolutionary impulse alive in him. The men are speaking out thank you. Paul, take it away.

Paul: My experience was, in the first case, this fear, protection, and when I spoke from Unique Self it was this kind of whoosh of opening up and looking for connection and love.

Marc: So Paul, this whoosh of opening up, and this interior awaking in you actually looking for connection and love, and Paul, I want you to hear this, my dear friend, it's so exciting. The same thing that causes quarks to become atoms and a single boundary falls around them, being that Eros of connectivity, of looking for higher levels of mutuality, recognition, union, and embrace. Everyone, what happens when quarks become atoms, you just heard that happen in Paul.

Did you feel the shocking drama of that? The same movement of connectivity, of moving towards bonding, the allurements which is part of the evolutionary impulse, the movement of connectivity—love by any other name—is that Paul feels that whoosh of awakening, he feels interior movement towards connectivity, towards connecting engagement. Paul, Mr. Evolutionary Impulse Uniquely Living as Paul, thank you. I'm just kind of radically delighted. Thank you, everyone. Thank you, thank you, thank you. I'd love to hear everyone, but we're a little bit over time, so I want to end in this following place.

What is the first Big Bang? The first Big Bang is a holy, sacred, ecstatic, Yes! Yes, if you have the Unique Self book, read the last chapter. The last chapter's about Yes, the ecstatic holy Yes. The Yes in which the unmanifest says Yes to reality, and cosmological evolution begins. There's emergent life, emergence that doesn't come from what's before it, that's drawn, attracted. It's the evolutionary attractor that



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draws forth life which is the second Big Bang, which is the second dramatic Yes. Then the third Big Bang, as human beings step in and cultural evolution begins with this dramatic Yes! Finally, evolution awakens to itself, four and five, as you and I, in this moment, awaken to our Evolutionary Unique Self. What we're saying is, "Yes, Yes, and Yes again." That's the ecstatic Yes! of awakening.

So our practice this week—every week we have a practice and a core assignment. The practice this week you'll find in the portal. The portal will be open, I believe, right after the call. The portal will be open already, is that correct? Leslie, Brett? That's correct, awesome. So the portal will actually be open right after the call and there's a core practice in the portal. The practice for this week, just like last week's practice, and you can do both of them.

Last week's practice was: What does reality want to experience through me in the next moment? A kind of constant consciousness practice to use through the week. It's a fabulous practice. People did it and commented on it, and you can take that practice with you. The new practice we're adding this week is, say Yes! In every moment, say Yes. You'll actually read the practice in depth, on the portal, and do the practice, and share with us the experience of waking up and saying Yes to reality.

Then, they'll be an assignment for this week, and I say assignment in a sense of invitation, of delight. We're going to send you a Unique Self inventory. A Unique Self inventory, which is one of the many Unique Self tools we're going to be sharing with you for the first time in this course, and ask you to fill it out and share it. Share your Unique Self introspective process so we can get a sense of it, and through your sharing, we'll be able to comment, and we'll actually use that. Just like this week we used last week's assignment, the Unique Self confession. We'll use it next week, in our call next week.

So this week is about saying Yes. Saying Yes to reality, saying Yes to All-That-Is in

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the most wondrous, dramatic way. So, my friends, we're about to end, and I want to thank everyone, just so much, for being present, for being with us. You'll actually receive an email tomorrow for the first Q&A session that will be on Saturday within about a week. We're going to have an hour or, if it's more than an hour, I'll stay on the line as long as you have questions. So we'll have an enormous amount of time for Q&A.

Really ask yourselves, are you big enough to be the one? Are you a big enough lover to be the one? Is your heart big enough to be the one? Do you have enough guts, courage, and audacity to be the one? All hangs in the balance, my friends. The future of the world depends on your next act—your awakening to your Evolutionary Unique Self.

That's not a dogma, that's actually the nature of reality as revealed through the great traditions, as revealed through evolutionary science, as the best take on reality that we have in this moment

Thank you. Thank you for being you. Have a beautiful week. Let's open the microphones, just so we can say good night to each other. It was such a delight to be with you.

Brett: All mics are open.

[Everyone says good night.]