

Five Paths CD - Path II - Via Negativa - letting go

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“God is not found in the soul by adding anything but by a process of subtraction.”
Meister Eckhart

All religious traditions teach us that in order to find yourself you must first lose yourself.

“Whoever wants to save his life will lose it, but whoever loses his life for my sake will find it” says Jesus in Matthew 16:25

Tyler Durden (Brad Pitt) says in Fight Club. “It’s only after we’ve lost everything that we’re free to do anything.”

This is not very attractive offer to the modern mind addicted to having it all rather than losing it all but it is an essential learning if you want to go beyond the illusion that more will make you happy. You need to let go of the layers built up over years of learning, conditioning and socialisation if you want to uncover the essential Self at the core of your Being - what Henri Nouwen calls the 'unadorned self'. “A state in which I am completely vulnerable, open to receive and give love regardless of any accomplishments.” A state of freedom, of relief from the pressure to achieve. A state of grace.

How is this to happen?

By a process of subtraction and letting go ... of all identity, of all knowledge, of all attachments.

This meditation takes you to a place where you feel safe to let go and enter into the freedom beyond fear.

“Who are you that we may call you by name?”

“What is it that you know?”

“What is it that you are holding onto?”

Answer ... then let go ... sink further into the dark ground of your soul.

“In letting go of identifications, we suddenly realize who we really are: not the ‘I am’ of myself, but the great ‘I AM’ of God.” Thomas Merton

music: Fading Glow - Jon Hopkins from the album Opalescent, Just Music – TAO 006,

<http://www.justmusic.co.uk>

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www.qr8.co.uk