

Cosmic Dimension Meditation #2:
Breaking Out of the False Ego by Shifting Perspectives
Summary of Meditation Class of Tuesday Nov. 15th
By Diane Weiner

(based on “The Cosmic/Peri-Personal Dimension of Our Identity” by Pir Vilayat Khan on the website <http://universel.net>)

In the Sufi perspective one does not attempt to erase the ego as one progresses on the spiritual path. Instead, the aspirant learns that our usual notion of ourselves is “a faulty representation of who we really are—the actual self being called our **real** ego.” The faulty representation of ourselves is called the **false** ego.” The poor representation of ourselves is like a two dimensional photograph which is a diminished model of a three dimensional panorama. We actually consist of the self we think we are plus the cosmic aspect of who we are... “a bountiful seedbed of which the small self is a manifestation and a unique actuation as each of us.”

In the Tuesday class this week we first read a list of qualities which make up a small part of the seedbed including joy, wisdom, compassion, health and intelligence, and were challenged to choose one to draw upon and highlight in our daily life. The Sufi ideal is not to escape life but to make life richer and more meaningful by drawing from the cosmic dimension qualities which we may activate in life.

Next we discussed a story about children trying to understand how several perspectives (on the source of sand on a beach) can all be “correct”. Can it be that the sand came from larger rocks being broken and from God’s creativity and from a huge explosion? How can we all be right?

Point of View Meditation

Imagine you are on a lovely beach, walking on soft sand. The temperature is just right and you breathe the fresh air and look out at the blue water. Take a little time to enjoy the beach. Next, shift perspectives to become a kayaker out on the waves, looking back at the person you had been, walking on the beach. Feel the waves and action of the kayak. After a little while, become a seagull in the blue sky. Dip and swerve and enjoy your flight. Look at the humans down on the beach and in the kayak. Choose two more people or animals to be on the beach and take time to notice their perception of the beach and how they feel. Finally, come back to being the original person on the beach and notice how your vision was enriched by all the points of view you sampled.

Could you employ such visualization in your daily life to break out of one usual perspective and entertain new possibilities?

This may help us to gain flexibility of thought and compassion, and even challenge our identification with “false” separated egos, moving toward more integrated “real” egos. In such a re-identification we may lose the feeling of having the “best” point of view but we may gain an experience of more of life’s variety and meaningfulness.