

# Awakening Newsletter

## #17

### Medicine

*The only true medicine is Consciousness awakening to itself.  
- Lonny Jarrett, Acupuncturist*

I don't endorse spiritual practices.

The implication is that through some technique that which is not present can be developed. But anything that can be attained can also be lost, and so is part of the world of phenomena where things come and go. My interest is in that which is always present, eternally here, which cannot be obtained or lost because it is already WHO YOU ARE. This Beingness itself is not harmed or diminished by any of life's experiences. Our attention, however, can be seduced away from this and turned to the story of our life that the mind has become conditioned to identify as "me."

The mind is a self protective mechanism and is quite useful for performing many of life's tasks. It is, however, a poor place to look for our sense of Self, since it is has been essentially conditioned by parents, governments, religions, education and media to serve the needs of these institutions rather than our own. Over time, we accept this conditioning as "me" and begin to play out the story of "me and my suffering". In some blessed lives, that suffering becomes so intolerable that we are driven to find what is deeper than, and prior to, the story of me and my life.

Lonny Jarrett says,

*" The mechanism of mind orients us in time and space by storing memories and generating a self image, a created self. The mind conditions consciousness by personalizing our life experiences through the creation of meaning. After we have stared through that windshield long enough, we come to believe we are the junk that has accumulated on it."*

*The ego's fundamental opposition toward life is that there is a great problem, and something is terribly wrong. This "self" will never heal, in fact, it is the basis of the disease itself. The ego's only commitment is to consuming experience under the pretense of "seeking" as a way to feel better and buy ever more time to 'get ready to be ready'."*

The solution to the problem can never be found within the confines of the problem itself. Ego will never wake up and become Being. That dragon will never be satisfied. Have you

noticed that no matter what you accomplish, it is never enough for Ego? That voice of judgment merely ups its demands for more.

Lonnie continues,

***“And then there is the authentic Self, synonymous with Spirit, that doesn’t need healing because nothing ever happened there. This Self never needs more time to get ready. It is undaunted by the events of our lives and never sees itself as a victim. Its conscience is awakened to care for the whole because it recognizes itself as the whole.”***

But how to get there? says the mind, assuming that it is not already present and needs to be developed. This leads to a search for techniques, practices, and teachings. The most radical medicine is the simplest – turn your attention back to how it feels to be here, now. Way too simple an answer for the mind.

Lonnie Jarrett concludes,

***“So one self will never heal because it is the illness, and the other Self doesn’t need healing because it literally is whole. What is needed is to shift our identification from the small self of the ego that has been victimized, traumatized, misunderstood to the Self that is the will to become at ever higher levels of expression no matter what. It’s really just a question of who, or what, do we think we are?”***

Precisely. In the **Awakening Intensive**, we directly encounter the trance that has become the story of our life, in Gangaji’s words, we “expose the magician’s tricks so they lose their power.” In this encounter, the trance is broken and can no longer define us and we directly experience what has always been present, but obscured by our identification with the story of “me.”

If the only problem is false identification, then the only solution is to know who you really are. And in so doing, what is dissolved is the belief that I am this life, or that anything is at stake in my circumstance. And when nothing is at stake, we find the freedom to play full out in the areas of life that interest us.

## **Awakening Intensive Price Increase**

The cost of the Awakening Intensive will be increasing as of Nov. 9. Register for the September or November Intensives, or any future date, before Nov. 9 to receive the current rate. The September group is almost filled. If you have been contemplating this work, let now be the time. Delaying is one of the ego’s great tricks. Whatever would stop you is the thing that stops you in the rest of your life. You will be filled with gratitude and thankfulness for finally giving this great gift to yourself.

***Comments from the last group –***

*“I was crippled with pain in my body, all twisted up. The transformation, healing, and freedom I now have is something I could have never imagined would take place in 3 days. The pain has left my body and I can move again. I feel like someone laid a blanket of love on me. I am a new woman and ready to enjoy life.” – Mary, Music Teacher*

*“Thank you Jason for showing me the way back home! This incredible feeling just keeps getting stronger and I am loving it! I was constantly looking for what was already there, like a mouse on a wheel. My true Essence has always been with me, but I couldn’t see it. I had read about it, but this work opened my eyes and heart up to experience it. I am so excited about the love and warmth that I feel.” – Connie, Loan Officer*

*“Different paths tell you happiness is inside – that was so alien to me. I got the concept but couldn’t find it. I found me! It never really left! I don’t have to listen to the madman in my head anymore. I have never felt like this before. I am a strong brave powerful woman.” –Adriana, Photographer*

*“The Awakening weekend is a treasured gift. I was giving my power away. I came believing I was damaged goods, that I had to be somebody to be lovable. Now I know I’m not damaged, I am valued for who I am.” – Richard, Tibetan Bowls Performer*

*“Thank you, Thank you, Thank you. I have been in such a space of Gratitude and Sacredness for the Holy experience I went through. I was a woman filled with fear, anger and pain, tired and fatigued in my life. This was a transformative experience – I claimed my power and said goodbye to the fearful woman. Now I get to be sensual and sexy. I am ready to reveal myself and ready for love.” - Tamera, Business Coach*

*“I have been through many groups, nothing nailed me like this. I didn’t get it before, but now I got it! I was incredibly sad, which affected how I saw my whole life. I’m different inside – now I know how to change how I think about things. I lived with not being enough, now I’m here and I can have fun! My purpose is to live my life and I’m ready!” - Melissa, Shiva Collections Gallery*

*“My life was out of control. I was reactive and aware of deep shame, pleasing people, angry about the dance I do that exhausts me. I found my aliveness and my maternal instincts again. I love my children! I love my children!” – Jennifer, Physician*

*"Thanks for the motivation and a very powerful weekend. I have this deep feeling that 'I can do it'." – Ziva, Graphic Design*

*"I let the outside define whether I was good enough. Now I believe my truth, I trust in my heart. The anger I carried got safely released. I am the gift, perfect just as I am." - LeeAnn, Business Development*

**For further information contact Jason Brody, M.S. at [jason@awakeningseminars.com](mailto:jason@awakeningseminars.com) or 760-489-8087.**