



Institute for the Awakened Mind

Exercise in Dis-Identification and Recognition of the Central Self

By C. Maxwell Cade

1. I have a body but I am not my body. My body may be in different conditions of health or sickness; it may be rested or tired, but it is not my real "I." My body is my precious instrument of experience and of action, but it is only an instrument. I treat it well; I seek to keep it in good health, but it is not myself. I have a body, but I am not my body.

2. I have emotions, but I am not my emotions. They are countless, contradictory, changing, and yet I know that I always remain I, my-self, in times of hope or despair, in joy or pain, in a state of irritation or calm. Since I can observe, understand and judge my emotions, and then increasingly dominate, direct and utilize them, it is evident that they are not myself. I have emotions, but I am not my emotions.

I have desires, but I am not my desires. They, too, are changeful and contradictory, with alternations of attraction and repulsion. I have desires, but they are not myself.

3. I have an intellect, but I am not my intellect. It is more or less developed and active; it is undisciplined but teachable; it is an organ of knowledge in regard to the outer world as well as the inner; but it is not myself. I have an intellect, but I am not my intellect.

WHO AM I?

I am a center of pure Self-consciousness. I am a center of Will, capable of mastering, directing and using all my psychological processes and my physical body. I am the constant and unchanging Self.