



# StillPoint Retreats

Bi-Weekly Symposium

## Find Your SELF

“Blow up your TV  
Throw away your paper  
Move to the country  
Build you a house  
Plant a little garden  
Eat a lot of peaches  
Try to find Jesus  
on your own.”

John Prine

What wisdom from American country folk music! I have taught<sup>1</sup> quite a bit about the four simultaneous stages of spiritual growth and the archetypal symbols of metaphysics that describe them in our lives as we progress.

Turning in – the turtle  
Simplifying – the snake shedding its skin  
Seeing the bigger picture – the eagle  
Removing obstacles – the elephant

John Prine's lyrics speak to a wonderful teaching for us these days. The poetic image of simplification speaks loudly to the truth that the most important thing in life is our relationship to God. Period. And the complexity of the world and sole focus on the things of the world distract us from the primary reason we have taken birth. The nature of the outer world is change and tumultuousness. To live successfully in this mayhem, we need to balance the outer life with a vibrant inner life that bring us fulfillment and peace, and not destructive, breathless chaos.

The lyrics speak for themselves however, there is a point of clarification which is the hidden gem of the poem. That is "try to find Jesus on your own." At first, I thought he was saying to eschew religious and spiritual paths. However, what he is saying is a very deep understanding of a profound and often overlooked truth.

I have to unpack a layer of two here. First, the concept of Jesus can be experienced in a relationship to a Divine personage, Jesus of Nazareth. And finding a relationship with this personage draws His loving consciousness to us in a beautiful life of devotion. The second understanding is that "Jesus" is a symbol of the Inner Being – many names: Inner Christ, Inner Light, the Teacher, the Guru etc. But cosmically, Jesus represents the **principle of evolution** that transforms us to the nature of the Christ – the consciousness of the Father within creation.

Finding Jesus, the God within, is ultimately a personal event. Religion and spirituality can't do it for you. They can provide much needed tools, but **only you are the craftsman**. Only you can sort out the unnecessary distractions and make time to "find Jesus."

So, "finding Jesus on your own" means making finding your SELF your responsibility and arranging your life to make sure that the finding will occur. Because the last day always

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<sup>1</sup> Although I teach, I want to again and over and over – be absolutely clear that I am not a teacher. I take the true teachings of the great masters of spiritual wisdom and deliver them to you in a specific format designed to help the modern westerner assimilate and appreciate their Truth. Therefore, I am a tutor. I have nothing of my own to say. Everything that has come from the Mouth of God has already been spoken - spoken in many different times, in many different cultures with many different mores and values, with different languages of different grammar, syntax and meaning, and by many different God Realized souls whose words transform in the Silence from which they had been written. StillPoint's sole purpose is to bring you these teachings which underlie all religions, to enrich your spiritual experiences. We honor and love all true religions. We do not compete, rather we complement with the understanding of the root and core teachings from which each has sprung into existence to bring us to God - our goal in this life.

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comes quicker than you plan for, and on the last day everything is gone. Everything is gone but your relationship with God.

I hope you can all join us for the next retreat on the Mind – the instrument, the only instrument that allows us to “find Jesus.”

Only Love, Jerry