

About This Work

The work done by people in the Thursday group is to live as who we really are. I learned this way of working from my teacher, Charles. This work is not about feeling good in the moment. This work is about letting go of what stops us from living as who we really are.

God Created Us In His Image

So God created mankind in His own image, in the image of God he created them; male and female He created them. Genesis 1:27

Did God create us to be neurotic, self-centered, doubting, worrying, lying, closed minded, shut down, manipulative, fearful, angry, insecure, blaming, and judgemental? Each of the above words fits me at some times in my life. Did God create me to live this way? Is this the image of God that I was created in?

Surrender

We're asked to surrender everything; what we'd call bad and good. We're asked to surrender everything that is false; everything that doesn't serve us. And we're asked to surrender our happiness and joy. Everything. Is this scary? It's almost certain that we'll be scared to surrender everything.

In surrender (to God), what serves us will be returned. What doesn't serve us will be removed. What serves us? Everything that helps us to live as who we really are (made in the image of God) serves us; including love, happiness, joy and bliss. Until we completely turn over our lives, we'll be in control, to some amount. Who'll be in control? The neurotic, self-centered fearful part will be in control, some of the time. This part is not made in the image of God.

Charles has told me several times: 'Phil, you need to get out of your own way.' We each need to find what it means for us to get out of our own way. Each time Charles has told me this, I've felt how I was in my own way. Each time what was in

my way has released in some amount; mostly not to return. This letting go of what doesn't serve us, that is in the way of living as who we really are (made in the image of God), is almost always done gradually. It's called a miracle when we surrender completely and forever in an instant. I've written a paper called '[Letting Go](#)' that talks about a way to let go of what is false, and why letting go is almost always done gradually.

Living As Who We Really Are

In religious traditions it's written that we have a True Self and a false self. Living as who we really are is living as our True Self. Each of us will find our own answer for what is our True Self and what is our false self.

The saints of all religions have shown me what it is to live in the image of God. There is no great feeling of 'I've done it!' when a person lives as a saint. Sainthood is the opposite of 'I've done it!' Living as a saint is the most humble way to live. How to be a saint? Not carrying anything, not acting out in ways, that prevents us from living in the image of God.

This Work Doesn't Always Feel Good

People in America want to feel good now! Advertising is about feeling good now. Buy this and feel better. Alcohol, drugs and entertainment are about feeling good now. Keeping active is about feeling good now (or at least not feeling worse now).

I'm grateful that people came before me in this work. They showed me what it's like to live more as who we really are. They were ahead of me in letting go of what doesn't serve them; of getting out of their own way. They revealed the painful process that comes with shedding what is false.

This work, at times, is the opposite of fun. It's painful. What holds us and keeps us trapped has strength. If it was easy to let go of what is in our way of living a life made in the image of God, then everyone would be living as an image of God, as who they really are.

Charles has talked about a point of no return in this work. The point of no return is when a person has let go of enough of their baggage, that they're living in more of who they are really are, and there is enough desire in them to continue to go through the painful process of letting go. Why go through this painful process? Because living as who we really are is to live in the image of God; which is a much happier way, and an easier way, to live than to live a neurotic, fear-filled life.

We're All In This Together

We help lift each other through our letting go of what is false. There is saying: 'Help your sister's/brother's boat across the water, and lo, you have both reached the other shore.'

I don't know a way to move well, and continue to move toward living as who I really am, without the help of other like-hearted people. I give thanks to those who have started this way of living before I did, I give thanks to my sisters and brothers who walk with me, and I give thanks to those who will come and join our walk to live in the image of God.