

Proving Yourself

There is a wonderful fact that if understood, can bring you great freedom. The fact is that you have nothing to prove to anyone. Never again do you need to think it is necessary to make anyone think or feel any particular way about you. Let's face it...most of what you are trying to prove to others, even now, is not true anyway. So why exert even the slightest effort in attempting to prove something that is false?

Here is why you do such a thing in the first place. You have a false idea of who you are, so you perpetuate that false idea by trying over and over to prove it to others in hope of proving it to yourself. This cannot be done—can you see that? No human being on earth, or anywhere else for that matter, can prove a false idea to be true.

What you believe to be “you” is nothing more than the creation of an image, nothing more than a thought about characteristics or traits you wish to project to others. You do crazy things to create this image in the minds of others. In doing this you do great harm. You actually bring pain upon yourself, whilst believing you are creating happiness for yourself. This is why you are so mixed up. It is why you keep searching for new happiness—because the happiness *you* create does not, and cannot last, because it is false. It disappears as soon as your image of it disappears.

This is why it is so utterly foolish to prove yourself to anyone. You are exactly who you are, regardless of what others see or think of you. You are exactly as you were intended to be and you are good in the purest form. Anytime you depart from who you truly are, you create misery. And please see how often you venture into this misery!

When you attempt to prove anything, you depart from the greatest of all good—the Truth. This is why it hurts. You don't realize the pain because you are sleeping. In fact, you believe it feels good to prove yourself, or prove your point. You know no other way to feel. You do not know True Happiness, so you have learned to substitute excitement, grandiosity and glee.

Before you even ask if there are times when a point needs to be made or a truth proven to another let me say “no.” There is not. When you know the Truth you see it is isolated from everything else for the purposes of proof. It needs not to be proven, or even spoken for that matter. It cannot even be adequately spoken.

Look at all of your difficulties with others. Each one is connected to the thought that these people do not see you—including your ideas—as you wish. This is never more obvious than with personal friendships, as you call them. See how you have parted ways with so-called “best” friends when they stopped seeing you or your ideas as you wished. Why was your interest in them tied to their interest in you? Ponder that question carefully.

See how the more they enjoyed you the more you enjoyed them. In this way you have actually been a prisoner to others. It takes just a little interest by another to affect the way you think and act. Is that not true? If you look carefully, you will see a real loss of freedom in that.

Your rivals, your enemies, are such simply because they have not given you the respect or acknowledgement you think you deserve, correct? Think of how many people you care little for that you have never even had a serious conversation with. In these cases you may have chosen not to enjoy them based on what you *anticipate* they may think of you. How dreadful, because only you suffer from such delusions.

How much time has been wasted on arguments in your head intended to prove your point—to prove that you are who you believe you are? How much anxiety has been the direct result of thinking that others have the wrong idea about you? These are self-inflicted pain and nothing more.

The freedom that accompanies a deep understanding of this very fact is so overwhelming that you may not be able to handle it. You may even believe it, but still not be able to “get” it. This is because of your love for the feelings you get when you believe you have succeeded in proving yourself. The Ego does a masterful job of hiding the pain and glorifying the excitable emotions.

The Ego has convinced you that these things are truly good. They are, however, truly pain and you will not “get” what is being written until you see that fact. Evidence is apparent in the fact that you will not give up these things. You could if you wanted to.

At this very moment, decide to *want* to know this with all of your heart. Start by admitting you do not want to know it. See clearly that you fear the loss of what you think brings you happiness. This is a wonderful starting point. It is sure to bring a glimpse that will invite you further into the Truth.

Make it your work to deny yourself the false pleasure of being right, or proving yourself to anyone. Let the world despise you if they would. Stop spending precious energy convincing the world that you are something you are not. Enjoy the energy that comes from the True Light for you; do not wastefully spend it on impressing others.

You have no reason to explain yourself. When you feel this urge, pay close attention and see the real reasons why you seek to be understood. When seen truthfully you will see it to be unnecessary. It is never true that another person’s happiness is dependent upon your explanation of yourself. In fact it is grandiose to believe this to be true. Tap into the flowing good inside of you; that way there will never be anything to explain.

Stop needing the attention, approval, and possessions of others. It is because of this that you seek to prove yourself in the first place. See instead that you are well. You are well regardless of their words, thoughts and actions regarding you. You are well--*all* is well. From this vantage point True Freedom begins.

There is great irony in letting go of this idea of proving yourself, because in dropping it, you will gain exactly what you've sought in the first place. You will gain the ultimate approval of the only opinion that matters, that of Truth. You will also gain the respect you seek from others as well, because no one can argue or taint the truth. If you are true, they have can have nothing to say or think wrongly about you. You will find the very best of friends along this path.

No, this is not easy. Easy is the path you currently take. It leads to where you now are—confused, anxious and *wanting*. You can no longer accept easy as you understand it. Not if you want something new.

Would you travel the more difficult path if it truly made you happier? It will. And then you may just have a new idea of what “easy” means.

There will be a struggle—but a very worthwhile struggle. And in the end, you will win and so will everyone else. A different kind of “win,” of course. The kind that was truly intended.