

Peace: Easter Season 2026

Happy Easter!

Easter, the remembrance of One rising from the dead. When we die unto our own egos, we rise from the dead and enter into a new dimension of existence.

In Philippians 7-10, Jesus is described as emptying Himself of his divinity and assuming his humanity. In the Sufi tradition, one practice is to render one's divinity in one's humanity and one's humanity in one's divinity. Be one before one and two.

Such is our practice to recognize our ego functioning for just what it is: a function much like our breathing function. When we over-exert ourselves, we become breathless. When we over-indulge our egos we invite unnecessary pain and suffering for ourselves and others.

Hence, our practice is to Love God and our Neighbor. To love, we simply surrender our need to perpetuate our idolization of the Great Trinity of our own making: Me, Myself, and I. We can love ourselves, accepting all our egoic ways for what they are – a means to safeguard our false identities and to otherwise survive in the phenomenal realm. We recognize that “ego” is just a theoretical construct we have created that, in reality, is nothing more than electricity passing through synapses in our neuro-networks and, hence, unconscious until we consciously realize that we are aware thereof. We are an amalgam of conditioned habit patterns of behavior which are a product themselves of our belief systems. We pause and smile at our own human foibles.

Who we think we are, is not who we are. Our concept of our self we have created over time by acculturating into a family, state, and church however we each have configured for ourselves. Who we think we are is a *concept*, but a mental construct. If we sense reality as it is, we realize we are nothing more than the space from within which we emerge. We are children of God. Thus, we must pray without ceasing. (1 Thess 5:17)

We need our egos *to survive* in the phenomenal realm. Ego is neither good nor bad, right nor wrong. Ego is just ego, a theoretical construct. Yet, we surrender our egos *to live*. There is a big difference between existing in a survival mode (a world of duality: good-bad, right-wrong) and a living mode (what is, *is*). When living, we realize *the kingdom of God is at hand*. (Mark 1:15)

So this Easter let awaken to our reality as children of God, serving others as prayer. We serve, understanding that the eye through which we see God is the same eye through which God sees us; our eyes and God's eye are one eye, one seeing, one knowing, one love. Adapted from Meister Eckhart, Sermons of Meister.

How to realize such a reality, engage in a Zazen practice? Please refer to:
www.wrmosb.org/zazen-effect.html

Happy Easter and many blessings to you and yours.

Peace & Joy! :-)

White Robed Monks of St. Benedict