

# Andrew Collingwood

## ESSENCE AND PERSONALITY

Essence is what we are born with ; our body. It is a vehicle for the life force energies coming from the source of these energies, whether it is called subconscious, super conscious, God, Spirit, etc.

True personality is made up of our actual functions which express these energies through mind, emotions, body, whereas essence represents the containing apparatus for these functions.

So that while the personality as a vehicle is conditioned by the nature of the essence and can be a true interpreter of the qualities of the essence, it is also very subject to outer impressions. (These take the form of the drawing, pulling power of mineral, vegetable, animal forces, e.g. attraction of things, pull of like and dislike, force of own will towards a goal).

As these are very powerful they rapidly from earliest years exert a strong effect resulting in the phenomena of identification, e.g. being caught in attitudes, emotional concern, rigid patterns of movement and behaviour ; and instead of a whole harmonious functioning of being - i.e. body, mind and feeling all alive together, parts, particularly the mind function absorbs too much of the attention, and becomes out of harmony with the whole.

Personality becomes stronger than essence, develops and begins to rule our lives. As personality grows, essence loses its proper role as a vehicle for emerging insight, sensitivity, feeling and the mind, body and emotions become active as collectors of impressions from outside.

It should be mentioned here that essence, which can be said to be the reality of ourselves - as such, is not necessarily especially pure or perfect. It has its flaws. It has developed as a result of how past influences have affected it, influences present at birth, from heredity, and other less identifiable becoming processes and is in a state of generation or degeneration.

Generation, growth is possible because of a mysterious something inherently present called conscience - a compound of ancient unifying wisdom which has tasted a beneficent stream of becoming.

Degeneration occurs when dispersing energies become stronger than unifying ones e.g. when one is continually going with the strongest and easiest force. This invariably happens until the phenomenon of awakening arises.

This is the gradual arising of an awareness which produces a watcher - a separation of the attention when there is not only the doing, seeing, moving, but also an awareness of that going on.

This awake state allows opposing forces to be held in the awareness and the power of choice to be present. Conditioned, identified man has no choice and his future is predictable - except superficially as his movements continually come under influence of a multitude of impressions.

### **Note on Identification**

Concentration of attention in only one or two functions. The functions are mind; feeling-emotion; body instinctive; body motor; sex. Whole man, man in a good state has attention distributed as a unifying factor throughout the functions - so evokes a sense of harmony.

### **Note on Awakening** (more theoretical)

As awareness grows so is manufactured soul-matter and eventually an "I" in contradistinction to "ego" begins to form.

Man or woman then begins to lose his or her slavery, becomes freer inside and "at home" in all conditions and tends to inhabit a different "world" from the automatic outer-impelled state which is the ordinary psychological one, and although always subject to the psychology of his own nature is able to move beyond the bounds of type and opposites, etc.

### **Want and Wish - Emotions and Feelings** in relation to essence and personality

As a result of the consolidation of energies feeding mind, emotions, body, strong gravity centres develop always attracting to themselves material which enforces this concentration and strong attitudes, opinions and emotions develop.

These are summed up in the experience signified by the words "I want". I, as a separate gravity centre want to grasp more strength - that is my existence, the life of the personality which is becoming a separate unit - ego. On the other hand there is the conscience-memory coming into the awareness, seeing the fluctuations of the "I want, I like, I dislike," etc. noticing them, swinging as a pendulum up and down, in the end getting nowhere of value. This, producing another little separation of attention, a watcher who remembers or is attuned to the sense of growth - being and becoming and its concomitants of service.

The energy resulting from the tension produced by this separation produces the "I wish" which in effect is the wish to participate in the creative becoming.

So, the "I want" is symptomatic of my separating personality, the "I wish" is the unifying participating aspect in beneficent growth.

There is ever a tension between the two.

To differentiate between the nature of these two channels we here use the word "feeling" for that sensitivity emanating from the latter and this energy relates one to others and the world around.

"Emotions" arising from susceptibility to outer conditions as opposed to "feelings" connecting with them are in effect a demand for self-satisfaction.

Difficult to see, to acknowledge? Yes - they are so glorified, energetic and so powerful is the pull into identification (loss of self in exchange for the sensation of a flow of energy through the mind and sensitive areas).

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