

*Out of the maelstrom of activity – trials, suffering and death –  
we experience resurrection.*

*Any time the false self gives up something,  
it is death to something that was meaningful to us.  
The only thing that truly dies is the false self,  
the ego and the separate-self sense.*

*Resurrection occurs in this life  
when we have significant breakthroughs  
from our dependency on the false self  
with its habitual misbehaviours and lack of understanding.*

Thomas Keating

