

Jesus on Catching  
the Bull.

Lars Gimstedt



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**Edition 1**, revision date March 4 2015.

ISBN

978-91-88137-05-0 (Paper back)

978-91-88137-06-7 (EPUB version)

978-91-88137-07-4 (LIT version)

978-91-88137-08-1 (MOBI version)

978-91-88137-09-8 (PDF version)

The paperback version and the Kindle version (MOBI) are available on Amazon.com, other Amazon internet stores and many other internet bookshops affiliated with Amazon. The other versions, including the Swedish versions, are available at [http://psykosyntesforum.se/Jesus\\_on\\_Catching\\_the\\_Bull.htm](http://psykosyntesforum.se/Jesus_on_Catching_the_Bull.htm)

Typeface Bookman Old 12. Page size 6x9”  
(15,24x22,86 cm) Margins: hor 2,0, vert 2,0.

## About the author:



Lars Gimstedt works as a psychotherapist in Linköping, Sweden. His formal training was as a quantum physicist, and he has worked as an engineer and a manager in corporate business for 30 years.

In the middle of his life, he started to study Psychosynthesis, CBT and NLP, and worked part time as a psychotherapist during ten years, until he started to work full time in his company PsychosynthesisForum.com in 2003 with life and leadership coaching, psychotherapy and with internet e-courses and e-books.

Previous books by Lars Gimstedt:

Stairway. 10 Steps to heaven. (March 2014)

I, Yeshua. Awakener. (May 2014)

A Course To Miracles. (Edited by Lars G, Nov 2014)

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## Prologue.

I was an unreflecting atheist up to forty. Provoked by my partner at the time, who then was intensely into the New Age movement, I decided to read “A Course in Miracles” (ACIM), with the purpose of proving her wrong.

This brought me onto a path of spiritual awakening, which ultimately led me to change my career from being a physicist and an aerospace engineer into becoming a psychotherapist.

(For the longer story, read my partly self-biographical book “Stairways, 10 Steps to Heaven”:  
<http://psykosyntesforum.se/Stairway.htm>).

This is now thirty years ago, and in addition to ACIM, I have since then read hundreds of books about psychological and spiritual growth, and I have become trained in and I have worked professionally with spiritually oriented psychotherapy (Psychosynthesis). I have produced numerous courses and books about personal and spiritual growth and about awakening to one’s true self, or one’s Self as Psychosynthesis calls one’s Higher I. (See PsychosynthesisForum.com.)

All this has of course affected me myself in positive ways, and I think my life experiences, in combination with the knowledge I have acquired, have helped me to change from being a rather egocentric square-headed engineer into becoming what I would like to think, a more mature and humble person.

The message that has stood out for me, first in ACIM and in many other books, is how our ego makes us “unconscious”, unaware of our true identity - divine

beings one with God. I just finished reading a very vivid description of how the ego does this, and how the ego does this on purpose, with the aim of strengthening itself, in Eckard Tolle's books "The Power of Now" and "A New Earth".

Reading these books brought back to me all the similar descriptions of the ego that I have read over the years, and I got a daunting realization: I have failed to learn one of the things I during thirty years have repeatedly tried to teach my clients:

*"Insights might feel good, and might motivate to change, but insights in themselves do **not** lead to inner change."*

I realized that despite all my accumulated psychological knowledge and experience, despite all my insights on how the ego works, despite all the exercises in conscious awareness and in meditation that I have practiced and taught, I am still firmly caught and held in place by my "rational thinking process", which is one of *my* ego's strongest tools.

Even writing the text above is the result of this inner subconscious and automatic process, a process in which I am helplessly caught by all the thought models I cherish, by my memories and by all my accumulated knowledge, by my images of the future (where I have succeeded in making *you* believe my "insights"...) )

Having come this far in this foreword, I just now feel extremely frustrated. Writing in the way I have done up to this point keeps me from being fully present in the Now, which according to many seemingly enlightened persons is the only "portal" to True Reality.

Being so deeply conditioned, so governed by ego impulses in the form of “scientific thinking”, evaluating things against experience, knowledge, memories, subconsciously always planning what to say ... all this forces my mind into either the past or into the future. I can never be truly present.

This makes me feel really hopeless. With this I mean both hopeless as a person, and that I am experiencing hopelessness.

So, what is the meaning of writing on?

...

It feels completely meaningless.

...

I give up.

... ..



... ..

... ..

Giving up, the thought comes:

*Don't think. Intuit.*

Huh? OK... But, how do I do that?

*You don't do it. Stay in the present, and let it happen.*

OK... And where does this voice come from? My subconscious mind? How do I know I'm not just making this up, but subconsciously?

*You cannot know. All I ask you is to be willing to trust that you are not making this up. Your mind provides the words, but the thoughts come from me.*

I would like to believe that, but other parts of my mind have thousand objections. For example - who are you, if you are not a subconscious part of my mind?

*I am a subconscious part of your mind. What you do not realize, is that your mind is much more than you know. I come through a part of your mind that you have never used or even experienced, except for short glimpses. A part that belongs to your true Self.*

I can be willing to be open to that. So you are both part of my true self, and you are coming through my true self. Feels like a paradox, but a meaningful one...

*Good. That you are accepting the paradox shows that you are starting to let go.*

I know that I maybe should let go of the need of knowing who you are. Can I at least use a name for

you? It really feels like I am having a real conversation with a real person.

*Of course. Being open and present does not exclude having needs. You can call me The Holy Spirit, or Jesus, if you prefer the more personalized name I had when I lived on Earth.*

Ouch. When you say that I can really feel how my ego boosts and inflates itself... You just now chose to talk to me!

*I have not chosen just you. Everyone is chosen; I talk to everyone, all the time. But, you just now chose to listen, and you chose to be willing to stay present with it.*

Now my ego shrunk again... which feels like a relief. But I am terrified that it will take over, at any moment.

*As long as you stay in the present moment, staying aware of your ego, you will be OK. I will help you stay aware, by reminding you when your presence falters. It will, but dozing off needs not be the same as falling asleep, as long as you let me be with you.*

But, what happens if I “doze off” as you call it? I interpret it as what happens to me when I start to analyze and evaluate. When I start doing that, I usually go on for ever...

*Now you are exaggerating. But even if “for ever” is a long period of time, it does not matter - it is just a slight waste of your time. I am outside of time, so it does not affect me. The instant you become aware of having slipped out of being present with What Is, you can take*

*our conversation up again, and we will just continue where you left off.*

When you say that, I just realized that we actually have made breaks already, the last one lasted three days. Despite this, it still feels like I am talking to you without interruptions at all. Feels strange...

*This shows that the part of your mind you are using just now is also outside of time.*

I need to digest this... So this is what's going on just now: I am writing down a conversation with you, Jesus, and I am doing this into a manuscript for my next book. I while ago, I got an impulse to write it, and the reason I think I had for doing this, was that I wanted to write about spiritual awakening. Or something like that... I don't even know what the title shall be, and I haven't the foggiest about its content either...

*Just let it come to you. Maybe you should listen more to what you yourself tell others, like the funny sign you posted on Facebook a while ago:*



OK, OK. Easy for you to say, not having to wait for anything... But OK then. I am listening. What do you suggest?

*Good! Ask and you shall be given, knock and the door shall be opened. I have tried for two millennia convincing people that this is literally true, not just something symbolic.*

So you mean I can actually ask for your direct advice?

*Of course! Shoot, man.*

Now you make me nervous. It almost feels like the old fairy tales, where someone meets a genie and gets ten wishes to be fulfilled.

*If you recall, these fairy tales often tell you what happens when you choose unwisely. So, my first suggestion is: refrain from asking me to just give you what to write. Let us together explore the field you want to describe.*

You really are intent on letting us have our free will, aren't you?

*In order for anything new to be created, creativity is necessary. Creativity comes from the joining of different free minds.*

I'm not sure I'm following you there, but it feels intuitively right.

*That is good enough. Do you have an idea for this book?*

I am working together with God! Jesus Christ... oops man, excuse me for misusing your name. But still - this will take me while to digest. But, never mind - here goes nothing...

I had a while ago the idea to use a concept I have used already in one of my previous books and in an e-course: the images in the ancient Buddhist story "The Bull and His Herdsman". The symbols in the story mean a lot to me and they have helped me to stay on my spiritual path, since many years.

*Good idea! And also, a welcome diversion from all the Christian symbols. Even if they are important to many, they have sometimes been used in unhelpful ways.*

OK. How shall we start?

*Just insert the symbols, together with the poems you have found, into this book, and let us explore together what can be said about awakening to your True Self.*

I feel how having a structure like this calms my inner engineer... Can there be a risk that my ego and my rational thinking take over again?

*You will be OK as long as you see the symbols not as Truth, but as temporary signposts pointing at Truth, for the reader to discover for him- or herself.*

Thank you. I at least realize the truth in the sign you reminded me of above, about “relax and have a good day”. Listening to you, it feels like I can allow myself to do what the sign says.

*Good, creativity is enhanced also by being in a relaxed state of mind. Another suggestion: using all one’s senses enhances learning. You could inform your readers that you have recorded yourself reading the poems.*

Of course. Here it is:

[http://psykosyntesforum.se/PsF\\_0892\\_The\\_Bull/PsF\\_0892\\_The\\_Bull\\_1.html](http://psykosyntesforum.se/PsF_0892_The_Bull/PsF_0892_The_Bull_1.html) .

*Fine. So, let us start!*

OK... but first, I just got an idea for a title of this book - would it be OK with you if I called it “Jesus on Catching the Bull”?

*That’s got a nice ecumenical touch to it. As long as you make clear that we are co-creators in this endeavor, go for that.*

Thank you for trusting me in letting me use your name like this.

So, here comes the first image:

