

Wednesday Night Study Series – “The Power of Now”

Prayer of Surrender: Spirit of Truth, CARRY ME where you will; BRING TO ME what You will; TAKE FROM ME what You will; AWAKEN IN ME what You will. The Christ MAN is around me. The Christ MIND is in me. The Christ POWER flows through me. And, the Christ MYSTERY exists as me. I believe it. I perceive it. And, now I receive it! I am surrendered. Amen. And, so it is!

Consciousness: The Way Out of Pain

There are two levels to your pain: the pain that you create now, and the pain from the past that still lives on in your mind and body. Nobody’s life is completely free of pain and sorrow, but there is another way than simply learning to live with it or trying to avoid it. The greater part of human pain is unnecessary. It is self-created as long as the unobserved mind runs your life.

The pain that you create now is always some form of nonacceptance, some form of unconscious resistance to what is. On the level of thought, the resistance is some form of judgment. On the emotional level, it is some form of negativity. The intensity of the pain depends on the degree of resistance to the present moment, and this in turn depends on how strongly you are identified with your mind.

The mind always seeks to deny the Now and to escape from it. In other words, the more you are identified with your mind, the more you suffer. Or you may put it like this: the more you are able to honor and accept the Now, the more you are free of pain, of suffering – and free of the egoic mind.

Why does the mind habitually deny or resist the Now? Because it cannot function and remain in control without time, which is past and future, so it perceives the timeless Now as threatening. Time and mind are in fact inseparable.

Imagine the Earth devoid of human life, inhabited only by plants and animals. Would it still have a past and a future? Could we still speak of time in any meaningful way? The question “What time is it?” or “What’s the date?” – if anybody were there to ask it – would be quite meaningless. The oak tree or the eagle would be bemused by such a question. “What time?” they would ask. “Well, of course it’s now. The time is now. What else is there?”

Ecclesiastes 3:15 That which is has already been,
 And what is to be has already been;
 And God ^[b]requires an account of ^[c]what is past.

Yes, we need the mind as well as time to function in this world, but there comes a point where they take over our lives, and this is where dysfunction, pain, and sorrow set in.

The mind, to ensure that it remains in control, seeks continuously to cover up the present moment with past and future, and so, as the vitality and infinite creative potential of Being, which is inseparable from the Now, becomes covered up by time, your true nature becomes obscured by the mind. An increasingly heavy burden of time has been accumulating in the human mind. All individuals are suffering under this burden, but they also keep adding to it every moment whenever they ignore or deny the precious moment that is right now, or reduce it to a means of getting to some future moment, which only exists in the mind, never in actuality. The accumulation of time in the collective and individual human mind also holds a vast amount of residual pain from the past.

If you no longer want to create pain for yourself and others, if you no longer want to add to the residue of past pain that still lives on in you, then don't create any more time, or at least no more than is necessary to deal with the practical aspects of your life. How to stop creating time? Realize deeply that the present moment is all you ever have. Make the Now the primary focus of your life. Whereas before you dwelt in time and paid brief visits to the Now, have your dwelling place in the Now and pay brief visits to past and future when required to deal with the practical aspects of your life situation.

“Take therefore no thought for tomorrow: for tomorrow shall take thought of the things for itself. Sufficient unto the day is the evil thereof.” -Jesus

“Life is available only in the present moment.” -Thich Nhat Hahn

“The secret for health of both the body and mind is not to mourn the past, worry about the future, or anticipate troubles, but to live in the present moment earnestly and wisely.” -Buddha

“When you are in the here and now, sitting totally, not jumping ahead, the miracle has happened. To be in the moment is the miracle.” -Osho

Always say “yes” to the present moment. What could be more futile, more insane, than to create inner resistance to something that already is? What could be more insane than to oppose life itself, which is now and always now? Surrender to what is. Say “yes” to life – and see how life suddenly starts working for you rather than against you.

The present moment is often labeled by people as unacceptable, unpleasant or awful. But it always is as it is. Observe how the mind labels and how this labeling process, this continuous sitting in judgment, creates pain and unhappiness. By watching the mechanics of the mind, you

step out of its resistance patterns, and you can then allow the present moment to be. This will give you a taste of the state of inner freedom from external conditions, the state of true inner peace. Then see what happens, and take action if necessary or possible.

Accept – then act. Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it. Make it your friend and ally, not your enemy. This will miraculously transform your whole life.

Affirmation: I am not my thoughts. I am not the thinker of my thoughts. I am the observer witnessing the thinker thinking the thoughts. Tonight, I am not the voice in my head or any limitation of an inherited collective cultural conditioning, religious indoctrination or even my past experiences. This week, I will mind my mind, free my mind, be free of my mind and surrender to practice “no mind.”