

## 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!

### Create No More Pain in the Present

Unconsciousness creates it; consciousness transmutes it into itself. St. Paul expressed this universal principle beautifully: “Everything is shown up by being exposed to the light and whatever is exposed to the light - itself becomes light.” Just as you cannot fight the darkness, you cannot fight the pain-body. Trying to do so would create inner conflict and thus further pain. Watching it is enough. Watching it implies accepting it as part of *what is* at that moment.

The pain-body consists of trapped life-energy that has split off from your total energy field and has temporarily become autonomous through the unnatural process of mind identification. It has turned in on itself and become anti-life, like an animal trying to devour its own tail. Why do you think our civilization has become so life-destructive? But even the life-destructive forces are still life-energy.

When you start to disidentify and become the watcher, the pain-body will continue to operate for a while and will try to trick you into identifying with it again. Although you are no longer energizing it through your identification, it has a certain momentum, just like a spinning wheel that will keep turning for a while even when it is no longer being propelled. At this stage, it may also create physical aches and pains in different parts of the body, but they won't last.

Stay present, stay conscious. Be the ever-alert guardian of your inner space. You need to be present enough to be able to watch the pain-body directly and feel its energy. It then cannot control your thinking. The moment your thinking is aligned with the energy field of the pain-body, you are identified with it and again feeding it with your thoughts.

For example, if anger is the predominant energy vibration of the pain-body and you think angry thoughts, dwelling on what someone did to you or what you are going to do to him or her, then you have become unconscious, and the pain-body has become “you.” Where there is anger, there is always pain underneath. Or when a dark mood comes upon you and you start getting into a negative mind-pattern and thinking how dreadful your life is, your thinking has become aligned with the pain-body, and you have become unconscious and vulnerable to the pain-body's attack. “Unconscious,” the way that I use the word here, means to be identified with some mental or emotional pattern. It implies a complete absence of the watcher.

Sustained conscious attention severs the link between the pain-body and your thought processes and brings about the process of transmutation. It is as if the pain becomes fuel for the flame of your consciousness, which then burns more brightly as a result. This is the esoteric meaning of the ancient art of alchemy: the transmutation of base metal into gold, of suffering into consciousness. The split within is healed, and you become whole again. Your responsibility then is not to create further pain.

Let me summarize the process. Focus attention on the feeling inside you. Know that it is the pain-body. Accept that it is there. Don't think about it – don't let the feeling turn into thinking. Don't judge or analyze. Don't make an identity for yourself out of it. Stay present, and continue to be the observer of what is happening inside you. Become aware not only of the emotional pain but also of "the one who observes," the silent watcher. This is the power of the Now, the power of your own conscious presence. Then see what happens.

The process that I have just described is profoundly powerful yet simple. It could be taught to a child, and hopefully one day it will be one of the first things children learn in school. Once you have understood the basic principle of being present as the watcher of what happens inside you – and you "understand" it by experiencing it – you have at your disposal the most potent transformational tool.

This is not to deny that you may encounter intense inner resistance to disidentifying from your pain. This will be the case particularly if you have lived closely identified with your emotional pain-body for most of your life and the whole, or a large part, of your sense of self is invested in it. What this means is that you have made an unhappy self out of your pain-body and believe that this mind-made fiction is who you are. In that case, unconscious fear of losing your identity will create strong resistance to any disidentification. In other words, you would rather be in pain – *be* the pain-body – than take a leap into the unknown and risk losing the familiar unhappy self.

If this applies to you, observe the resistance within yourself. Observe the attachment to your pain. Be very alert. Observe the peculiar pleasure you derive from being unhappy. Observe the compulsion to talk or think about it. The resistance will cease if you make it conscious. You can then take your attention into the pain-body, stay present as the witness, and so initiate the transmutation.