

## 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!

### Don't Seek Yourself in the Mind

Some people feel they need to learn about the workings of their mind before they can get anywhere near full consciousness or spiritual enlightenment. This is not true. The problems of the mind cannot be solved on the level of the mind. Once you have understood the basic dysfunction, there isn't really much else that you need to learn or understand. Studying the complexities of the mind may make you a good psychologist, but doing so won't take you beyond the mind, just as the study of madness won't create sanity.

You have already understood the basic mechanics of the unconscious state: identification with the mind, which creates a false self, the ego, as a substitute for your true self that is rooted in Being. You become as a “branch cut off from the vine,” as Jesus puts it.

The ego's needs are endless. It feels vulnerable and threatened and so lives in a state of fear and want. Once you know how the basic dysfunction operates, there is no need to explore all its countless manifestations, no need to make it into a complex personal problem. The ego, of course, loves that. It is always seeking for something to attach itself to in order to uphold and strengthen its illusory sense of self, and it will readily attach itself to your problems.

This is why, for so many people, a large part of their sense of self is intimately connected to their problems. Once this connection is made, the last thing they want is to become free of them; that would mean loss of self. There can be a great deal of unconscious ego investment in pain and suffering.

So once you recognize the fact that the root of unconsciousness is identification with the mind, which of course includes the emotions, you step out of it. You become present. When you are present, you can allow the mind to be as it is without getting entangled in it. The mind in itself is not dysfunctional. It is a wonderful tool. Dysfunction sets in when you seek your self in it and mistake it for who you are. It then becomes the egoic mind and takes over your whole life.

Here is the key: end the delusion of time. Time and mind are inseparable. Remove time from the mind and it stops – unless you choose to use it.

To be identified with your mind is to be trapped in time: the compulsion to live almost exclusively through memory and anticipation. This creates an endless preoccupation with past and future and an unwillingness to honor and acknowledge the present moment and allow it to be. The compulsion arises because the past gives you an identity and the future gives you the promise of salvation, of fulfillment in whatever form. Both are illusions.

Some may feel that without a sense of time functioning in this world would be impossible. There would be no goals to strive toward anymore. People think they wouldn't even know who they were anymore because their past makes them who they are today. After all, isn't time precious? Too precious even to waste?

My answer to that is "no." Time isn't precious at all, because it's an illusion. What you perceive as precious is not time but the one point that is out of time: the Now. That is precious indeed. The more you are focused on time – past and future – the more you miss the Now, the most precious thing there is.

Why is it the most precious thing? Firstly, because it is the *only* thing. It's all there is. The eternal present is the space within which your whole life unfolds, the one factor that remains constant. Life is now. There was never a time when your life was not now, nor will there ever be. Secondly, the Now is the only point that can take you beyond the limited confines of the mind. It is your only point of access into the timeless and formless realm of Being.