

## 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!

### Dropping Negativity

How do we drop negativity? By dropping it. How do you drop a piece of hot coal that you are holding in your hand? How do you drop some heavy useless baggage that you are carrying? By recognizing that you don't want to suffer the pain or carry the burden anymore and then letting go of it.

Deep unconsciousness, such as the pain-body, or other deep pain, such as the loss of a loved one, usually needs to be transmuted through acceptance combined with the light of your presence – your sustained attention. Many patterns in ordinary unconsciousness, on the other hand, can simply be dropped once you know that you don't want them and don't need them anymore, once you realize that you have a choice, that you are not just a bundle of conditioned reflexes. All this implies that you are able to access the power of Now. Without it, you have no choice.

Once a mind pattern, an emotion, or a reaction is there, accept it. You were not conscious enough to have a choice in the matter when it was created. That's not a judgment, just a fact. If you had a choice, or realized that you do have a choice, would you choose suffering or joy, ease or unease, peace or conflict? Would you choose a thought or feeling that cuts you off from your natural state of well-being, the joy of life within? Any such feeling I call negative, which simply means bad. Not in the sense that “You shouldn't have done that,” but just plain factually bad, like feeling sick in the stomach.

It is certainly true that when you accept your resentment, moodiness, anger, and so on, you are no longer forced to act them out blindly, and you are less likely to project them onto others. But I wonder if you are not deceiving yourself. When you have been practicing acceptance for a while, there comes a point when you need to go on to the next stage, where those negative emotions are not created anymore. If you don't, your “acceptance” just becomes a mental label that allows your ego to continue to indulge in unhappiness and so strengthen its sense of separation from other people, your surroundings, your here and now.

As you know, separation is the basis for the ego's sense of identity. True acceptance would transmute those feelings at once. And if you really knew deeply that everything is “okay,”

which, of course, is true, then would you have those negative feelings in the first place? Without judgment, without resistance to what is, they would not arise. You have an idea in your mind that “everything is okay,” but deep down you don’t really believe it, and so the old mental-emotional patterns of resistance are still in place. That’s what makes you feel bad.

When you constantly affirm that feeling bad is okay, you are only defending your right to be unconscious; your right to suffer. Don’t worry. Nobody is going to take that away from you. But here is the real question: Once you realize that a certain kind of food makes you sick, would you carry on eating that food and keep asserting that is it okay to be sick? That is neither smart or healthy.

See if you can catch yourself every time you complain, in either speech or thought, about a situation you find yourself in, what other people do or say, your surroundings, your life situation, even the weather. To complain is always non-acceptance of what is. It invariably carries an unconscious negative charge. When you complain, you make yourself into a victim. When you speak out, you are in your power. So, change the situation by taking action or by speaking out if necessary or possible; leave the situation or accept it. All else is madness.

**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.”