

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!

Enlightened Relationships

Unless and until you access the consciousness frequency of presence, all relationships, and particularly romantic relationships, are deeply flawed and ultimately dysfunctional. They may seem perfect for a while such as when you are “in love,” but invariably that apparent perfection gets disrupted as arguments, conflicts, dissatisfactions, and emotional or even physical violence occur with increasing frequency. It seems that most love relationships become love/hate relationships before long.

Being “in love” is at first a deeply satisfying state. You feel intensely alive. Your existence has suddenly become meaningful because someone needs you, wants you, and makes you feel special, and you do the same for them. When you are together you feel whole. The feeling can become so intense that the rest of the world fades into insignificance. However, you may also have noticed that there is a neediness and a clinging quality to that intensity. You become addicted to the other person. He or she acts on you like a drug. You are on a high when the drug is available, but even the possibility or the thought that he or she might no longer be there for you can lead to jealousy, possessiveness, attempts at manipulation through emotional blackmail, blaming and accusing – this is merely fear of loss.

The reason why the romantic love relationship is such an intense and universally sought-after experience is that it seems to offer liberation from a deep-seated state of fear, need, lack, and incompleteness that is part of the human condition in its unredeemed and unenlightened state. When a “special” relationship comes along, it seems to be the answer to all the ego’s problems and to meet all its needs. At least this is how it appears at first. All the other things that you derived your sense of self from before now – your social role, possessions, external appearance, successes and failures, belief systems, and so on – become relatively insignificant. You now have a single focal point that replaces them all, that gives meaning to your life and through which you define your identity: the person you are “in love” with. You are no longer a disconnected fragment in an uncaring universe, or so it seems. Your world now has a new center: the loved one. The fact that the center is outside you and that, therefore, you still have an externally derived sense of self does not seem to matter at first. What matters is that the underlying feelings of incompleteness, fear, lack and unfulfillment so characteristic of the egoic

state are no longer there – or are they? Have they dissolved, or do they continue to exist underneath the happy surface reality?

If in your relationships you experience both “love” and the opposite of love –attack, emotional violence, and so on – then it is likely that you are confusing ego attachment and addictive clinging with love. You cannot love your partner one moment and attack him or her the next. True love has no opposite. If your “love” has an opposite, then it is not love but a strong ego-driven need for a more complete and deeper sense of self; a need that the other person temporarily meets.

Being present and intensifying your presence by taking your attention ever more deeply into the Now is key for true love to flourish whether you are living alone or with a partner. If you stop investing your ego with “selfness,” the mind loses its compulsive quality, which basically is the compulsion to judge, and so to resist what is, which creates conflict, drama and pain. The moment judgment stops you through the acceptance of what is, you are free of the mind. First you must stop judging yourself; then stop judging your partner. The greatest catalyst for change in a relationship is complete acceptance of your partner as he or she is, without needing to judge or change them in any way. That immediately takes you beyond ego.

All mind games and all addictive clinging are then over. There are no victims and no perpetrators anymore, no accuser and no accused. This is the end of being drawn into somebody else’s unconscious pattern and thereby enabling it to continue. You will then either separate – in love – or move ever more deeply into the Now together. Love is a state of Being. Your love is not outside; it is deep within you. You can never lose it, and it cannot leave you. It is not dependent on some other body, or some external form. In the stillness of presence you can feel your own formless and timeless reality as the unmanifested life that animates your physical form. You can then feel the same life deep within every other human. You look beyond the veil of form and separation. This is the realization of oneness. This is love. What is God? The eternal One Life underneath all the forms of life. What is love? To feel the presence of that One Life deep within yourself and within all creatures. To be it. Therefore, all love is the love of God.

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.”