

## 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!

### Have Deep Roots Within

The key is to be in a state of permanent connectedness with your inner body – to feel it at all times. This will rapidly deepen and transform your life. The more consciousness you direct into the inner body, the higher its vibrational frequency becomes, much like a light that grows brighter as you turn up the dimmer switch and so increase the flow of electricity. At this higher energy level, negativity cannot affect you anymore, and you tend to attract new circumstances that reflect this higher frequency.

If you keep your attention in the body as much as possible, you will be anchored in the Now. You won't lose yourself in the external world, and you won't lose yourself in your mind. Thoughts and emotions, fears and desires, may still be there to some extent, but they won't take you over.

Please examine where your attention is at this moment. You are listening to me, or you are reading these words in a book. That is the focus of your attention. You are also peripherally aware of your surroundings, other people, and so on. Furthermore, there may be some mind activity around what you are hearing or reading, some mental commentary. Yet there is no need for any of this to absorb all your attention. See if you can be in touch with your inner body at the same time. Keep some of your attention within. Don't let it all flow out. Feel your whole body from within, as a single field of energy. It is almost as if you were listening or reading with your whole body. Let this be your practice in the days and weeks to come.

Do not give all your attention away to the mind and the external world. By all means focus on what you are doing, but feel the inner body at the same time whenever possible. Stay rooted within. Then observe how this changes your state of consciousness and the quality of what you are doing.

Whenever you are waiting, wherever it may be, use that time to feel the inner body. In this way, traffic jams and lines become very enjoyable. Instead of mentally projecting yourself away from the Now, go more deeply into the Now by going more deeply into the body. The art of inner-body awareness will develop into a completely new way of living, a state of permanent connectedness with Being, and will add a depth to your life that you have never known before.

It is easy to stay present as the observer of your mind when you are deeply rooted within your body. No matter what happens on the outside, nothing can shake you anymore.

Unless you stay present – and inhabiting your body is always an essential aspect of it – you will continue to be run by your mind. The script in your head that you learned a long time ago, the conditioning of your mind, will dictate your thinking and your behavior. You may be free of it for brief intervals, but rarely for long. This is especially true when something “goes wrong” or there is some loss or upset. Your conditioned reaction will then be involuntary, automatic, and predictable, fueled by the one basic emotion that underlies the mind-identified state of consciousness: fear.

So when such challenges come, as they always do, make it a habit to go within at once and focus as much as you can on the inner energy field of your body. This need not take long, just a few seconds. But you need to do it the moment that the challenge presents itself. Any delay will allow a conditioned mental-emotional reaction to arise and take you over. When you focus within and feel the inner body, you immediately become still and present as you are withdrawing consciousness from the mind. If a response is required in that situation, it will come up from this deeper level, just as the sun is infinitely brighter than a candle flame, there is infinitely more intelligence in Being than in your mind.

As long as you are in conscious contact with your inner body, you are like a tree that is deeply rooted in the earth, or a building with a deep and solid foundation. The latter analogy is used by Jesus in the generally misunderstood parable of the two men who build a house. One man builds it on the sand, without a foundation, and when the storms and floods come, the house is swept away. The other man digs deep until he reaches the rock, then builds his house, which stands firm in the storm.

**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.”