

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!

Negativity and Suffering Have Their Roots in Time

All negativity is caused by an accumulation of psychological time and denial of the present. Unease, anxiety, tension, stress, worry – all forms of fear – are caused by too much future, and not enough presence. Guilt, regret, resentment, grievances, sadness, bitterness, and all forms of non-forgiveness are caused by too much past, and not enough presence. Most people find it difficult to believe that a state of consciousness totally free of all negativity is possible. And yet this is the liberated state to which all spiritual teachings point. It is the promise of salvation, not in an illusory future but right here and now.

You may find it hard to recognize that time is the cause of your suffering or your problems. You believe that they are caused by specific situations in your life, and seen from a conventional viewpoint, this is true. But until you have dealt with the basic problem-making dysfunction of the mind – its attachment to past and future and denial of the Now – problems are actually interchangeable. If all your problems or perceived causes of suffering or unhappiness were miraculously removed for you today, but you had not become more present, more conscious, you would soon find yourself with a similar set of problems or causes of suffering, like a shadow that follows you wherever you go. Ultimately, there is only one problem: the time-bound mind itself.

Many believe that they could never reach a point where they are completely free of their problems. They are right. You can never *reach* that point because you are at that point now. There is no salvation in time. You cannot be free in the future. Presence is the key to freedom, so you can only be free now.

Many will also disagree with this and say that they would be deluding themselves if they tried to convince themselves that all is well when they are extremely unhappy at the moment. What keeps them going, they would say, is the hope or possibility of some improvement in the future.

The problem is you think that your attention is in the present moment when it's actually taken up completely by time. You cannot be both unhappy and fully present in the Now.

What you refer to as your “life” should more accurately be called your “life situation.” It is psychological time: past and future. Certain things in the past didn’t go the way you wanted them to go. You are still resisting what happened in the past, and now you are resisting what is. Hope is what keeps you going, but hope keeps you focused on the future, and this continued focus perpetuates your denial of the Now and therefore your unhappiness.

Forget about your life situation for a while and pay attention to your life.

What is the difference?

Your life situation exists in time. Your life is now. Your life situation is mind-stuff. Your life is real.

Find the “narrow gate that leads to life.” It is called the Now. Narrow your life down to this moment. Your life situation may be full of problems – most life situations are – but find out if you have any problem at this moment. Not tomorrow or in ten minutes, but now. Do you have a problem now?

When you are full of problems, there is no room for anything new to enter, no room for a solution. So whenever you can, make some room, create some space, so that you find the life underneath your life situation.

When you do this, you are leaving behind the deadening world of mental abstraction, of time. You are getting out of the insane mind that is draining you of life energy, just as it is slowly poisoning and destroying the Earth. You are awakening out of the dream of time into the present.

Use your senses fully. Be where you are. Look around. Just look, don’t interpret. See the light, shapes, colors, textures. Be aware of the silent presence of each thing. Be aware of the space that allows everything to be. Listen to the silence underneath the sounds. Touch something – anything – and feel and acknowledge its Being. Observe the rhythm of your breathing, feel the air flowing in and out, feel the life energy inside your body. Allow everything to be, within and without. Allow the “isness” of all things. Move deeply into the Now.

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.”