

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!

Portals Into the Unmanifested

The Now can be seen as the main portal. It is an essential aspect of every other portal, including the inner body. You cannot be in your body without being intensely present in the Now. Time and the manifested are as inextricably linked as are the timeless Now and the Unmanifested. When you dissolve psychological time through intense present-moment awareness, you become conscious of the Unmanifested both directly and indirectly. In other words, you feel the God-essence in every creature, every flower, every stone, and you realize: “All that is, is holy.” This is why Jesus, speaking entirely from his essence or Christ identity, says in the Gospel of Thomas: “Split a piece of wood; I am there. Lift up a stone and you will find me.”

Another portal into the Unmanifested is created through the cessation of thinking. This can start with a very simple thing, such as taking one conscious breath or looking, in a state of intense alertness, at a flower, so that there is no mental commentary running at the same time. There are many ways to create a gap in the incessant stream of thought. This is what meditation is all about.

Surrender – the letting go of mental-emotional resistance to what it – also becomes a portal. The reason for this is simple: inner resistance cuts you off from other people, from yourself, from the world around you. The stronger the feeling of separateness, the more you are bound to the manifested, to the world of separate forms and the harder and more impenetrable your form identity becomes.

Surely love must also be one of those portals?

No, it isn't. As soon as one of the portals is open, love is present in you as the “feeling-realization” of oneness. Love isn't a portal. It's what comes through the portal into this world.

Silence is another portal. Every sound is born out of silence, dies back into silence, and during its lifespan is surrounded by silence. Silence enables the sound to be. The Unmanifested is present in this world as silence. All you have to do is pay attention to it.

Just as no sound can exist without silence, nothing can exist without no-thing, without the empty space that enables it to be. Every physical object or body has come out of nothing, is surrounded by nothing, and will eventually return to nothing. Space has no “existence.” “To exist” literally means to stand out. Although in itself it has no existence, it enables everything else to exist. Space and silence are two aspects of the same thing. They are an externalization of inner space and inner silence, which is stillness; the infinitely creative womb of all existence.

If some cosmic convulsion brought about the end of our world, the Unmanifested would remain totally unaffected by this. *A Course in Miracles* expresses this truth poignantly: “Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God.”

If you remain in conscious connection with the Unmanifested, you value, love, and deeply respect the manifested and every form of life in it as an expression of the One Life beyond form. You also know that every form is destined to dissolve again and that ultimately nothing out here matters all that much. You have “overcome the world,” in the words of Jesus, or, as the Buddha put it, you have “crossed over to the other shore.”

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.”