

## 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!

### Realizing Pure Consciousness

When consciousness frees itself from its identification with physical and mental forms, it becomes what we may call pure or enlightened consciousness, or presence. This has already happened in a few individuals, and it seems destined to happen soon on a much larger scale, although there is no absolute guarantee that it will happen.

Most humans are still in the grip of the egoic mode of consciousness: identified with their mind and run by their mind. If they do not free themselves from their mind in time, they will be destroyed by it. They will experience increasing confusion, conflict, violence, illness, despair, madness. Egoic mind has become like a sinking ship. If you don't get off, you will go down with it. The collective egoic mind is the most dangerously insane and destructive entity ever to inhabit this planet. What do you think will happen on this planet if human consciousness remains unchanged?

Already for most humans, the only respite they find from their own minds is to occasionally revert to a level of consciousness below thought. Everyone does that every night during sleep. But this also happens to some extent through sex, alcohol, and other drugs that suppress excessive mind activity. If it weren't for alcohol, tranquilizers, antidepressants, as well as the illegal drugs, which are all consumed in vast quantities, the insanity of the human mind would become even more glaringly obvious than it is already.

I believe that if deprived of their drugs, a large part of the population would become a danger to themselves and others. These drugs, of course, simply keep you stuck in dysfunction. Their widespread use only delays the breakdown of the old mind structures and the emergence of higher consciousness. While individual users may get some relief from the daily torture inflicted on them by their minds, they are prevented from generating enough conscious presence to rise above thought and so find true liberation.

Falling back to a level of consciousness below mind, which is the pre-thinking level of our distant ancestors and of animals and plants, is not an option for us. There is no way back. If the human race is to survive, it will have to go on to the next stage. Consciousness is evolving throughout the universe in billions of forms. So even if we didn't make it, this wouldn't matter

on a cosmic scale. No gain in consciousness is ever lost, so it would simply express itself through some other form. But the very fact that I am speaking here and you are listening or reading this is a clear sign that the new consciousness is gaining a foothold on the planet.

There is nothing personal in this: I am not teaching you. You are consciousness, and you are listening to yourself. There is an Eastern saying: "The teacher and the taught together create the teaching." In any case, the words in themselves are not important. They are not the Truth; they only point to it. I speak from presence, and as I speak, you may be able to join me in that state. Although every word that I use has a history, of course, and comes from the past, as all language does, the words that I speak to you now are carriers of the high energy frequency of presence, quite apart from the meaning they convey as words.

Silence is an even more potent carrier of presence, so when you read this or listen to me speak, be aware of the silence between and underneath the words. Be aware of the gaps. To listen to the silence, wherever you are, is an easy and direct way of becoming present. Even if there is noise, there is always some silence underneath and in between the sounds. Listening to the silence immediately creates stillness inside you. Only the stillness in you can perceive the silence outside. And what is stillness other than presence, consciousness freed from thought forms? Here is the living realization of what we have been talking about.

**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."