

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!

Relationships As Spiritual Practice

Love is not selective, just as the light of the sun is not selective. It does not make one person special. It is not exclusive. Exclusivity is not the love of God but the “love” of ego. However, the intensity with which true love is felt can vary. There may be one person who reflects your love back to you more clearly and more intensely than others, and if that person feels the same toward you, it can be said that you are in a love relationship with him or her.

True communication is communion – the realization of oneness, which is love. Even in an otherwise addictive relationship, there may be moments when something real shines through, something beyond your mutual addictive needs. These are moments when both your and your partner’s mind briefly subside and the pain-body is temporarily in a dormant state. Usually, though, this is quickly lost again, unless you are able to stay present enough to keep out the mind and its old patterns. As soon as the mind and mind identification return, you are no longer yourself but a mental image of yourself, and you start playing games and roles again to get your ego needs met. You are a human mind pretending to be a human being, interacting with another human mind, playing out a drama called “love.”

As the egoic mode of consciousness and all the social, political, and economic structures that it has created enter the final stage of collapse, these relationships reflect the deep state of crisis in which humanity now finds itself. Millions are now living alone or as single parents, unable to establish an intimate relationship or unwilling to repeat the insane drama of past relationships. Others compromise and remain in dysfunctional relationships for the sake of children or financial security, or some other mutually “beneficial” arrangement.

However, every crisis represents not only danger but also opportunity. If relationships energize and magnify egoic mind patterns and activate the pain-body, why not accept this fact rather than try to escape from it? Why not cooperate with it instead of avoiding relationships or continuing to pursue the phantom of an ideal partner? With acknowledgement and acceptance of the facts also comes a degree of freedom from them. For example, when you know there is disharmony and you hold that “knowing”, through your knowing, a new factor has come in, and the disharmony cannot remain unchanged. When you know you are not at peace, your knowing creates a still space that surrounds your non-peace in a loving, tender embrace and then transmutes it into peace. Your knowing and your acceptance create a space for transformation to happen, for grace and love to enter.

If you continue to pursue the goal of salvation through a relationship, you will be disillusioned again and again. But if you accept that the relationship is here to make you conscious instead of happy, then the relationship will offer you salvation, and you will be aligning yourself with the higher consciousness that wants to be born into this world.

How many people does it take to make your life into a spiritual practice? Only you. Never mind if your partner will not cooperate. Sanity – consciousness – can only come into your world through you. You do not need to wait for the world to become sane, or for somebody else to become conscious before you can be enlightened. You may be waiting forever.

The moment you start to argue, you have identified with a mental position and are now defending not only that position but also your sense of self. The ego is now in charge. You have become unconscious. When your partner behaves unconsciously, instead of arguing, relinquish all judgment. Judgment is either to confuse someone's unconscious behavior with who they are or to project your own unconsciousness onto another person and mistake that for who they are. To relinquish judgment does not mean that you do not recognize dysfunction and unconsciousness when you see it. It means "being the knowing" rather than "being the reaction" and the judge. Being the knowing creates a clear space of loving presence that allows all things and all people to be as they are. No greater catalyst for transformation exists.

If you both agree that the relationship will be your spiritual practice, so much the better. Learn to give expression to what you feel without blaming. Learn to listen to your partner in an open, non-defensive way. Be present. Accusing, defending, attacking – all those patterns that are designed to strengthen or protect the ego or to get its needs met will then become redundant. Giving space to others and yourself is vital. Love cannot flourish without it. When the pain-body has been transmuted and you are no longer identified with mind and mental positions you will experience the bliss of a flowering relationship. Instead of mirroring to each other your pain and unconsciousness, and instead of satisfying your mutual addictive ego needs, you will reflect back to each other the love that you feel deep within, the love that comes with the realization of your oneness with all that is. This is the love that has no opposite.

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."