

## 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!

### Strengthening the Immune System

Another benefit of the practice of awareness of the inner body in the physical realm is great strengthening of the immune system, which occurs when you inhabit the body. The more consciousness you bring into the body, the stronger the immune system becomes. It is as if every cell awakens and rejoices. The body loves your attention. It is also a potent form of self-healing. Most illnesses creep in when you are not present in the body. If the master is not present in the house, all kinds of shady characters will take up residence there. When you inhabit your body, it will be hard for unwanted guests to enter.

It is not only your physical immune system that becomes strengthened; your psychic immune system is greatly enhanced as well. The latter protects you from the negative mental emotional force fields of others, which are highly contagious. Inhabiting the body protects you not by putting up a shield, but by raising the frequency vibration of your total energy field, so that anything that vibrates at a lower frequency, such as fear, anger, depression, and so on, now exists in what is virtually a different order of reality. It doesn't enter your field of consciousness anymore, or if it does, you don't need to offer any resistance to it because it passes right through you.

If at any time you are finding it hard to get in touch with the inner body, especially when you are in a pattern of worry or anxiety, it is usually easier to focus on your breathing first. Conscious breathing, which is a powerful meditation in its own right, will gradually put you in touch with the body. Follow the breath with your attention as it moves in and out of your body. Breathe into the body, and feel your abdomen expanding and contracting slightly with each inhalation and exhalation.

If you find it easy to visualize, close your eyes and see yourself surrounded by light or immersed in a luminous substance – a sea of consciousness. Then breathe in this light. Feel that luminous substance filling up your body and making it luminous also. Then gradually focus more on the feeling. You are now in your body. Don't get attached to any visual image.

If you need to use your mind for a specific purpose, use it in conjunction with your inner body. Only if you are able to be conscious without thought can you use your mind creatively, and the easiest way to enter that state is through your body.

Whenever an answer, a solution or a creative idea is needed, stop thinking for a moment by focusing attention on your inner energy field. Become aware of the stillness. When you resume thinking, it will be fresh and creative. In any thought activity, make it a habit to go back and forth every few minutes or so between thinking and an inner kind of listening; an inner stillness. We could say: don't just think with your head, think with your whole body.

When listening to another person, don't just listen with your mind. Listen with your whole body. Feel the energy field of your inner body as you listen. That takes attention away from thinking and creates a still space that enables you to truly listen without the mind interfering. You are giving the other person space – space to be. It is the most precious gift you can give.

Most people don't know how to listen because the major part of their attention is taken up by thinking. They pay more attention to that than to what the other person is saying, and none at all to what really matters: the Being of the other person underneath the words and the mind. Of course, you cannot feel someone else's Being except through your own. This is the beginning of the realization of oneness, which is love. At the deepest level of Being, you are one with all that is.

Most human relationships consist mainly of minds interacting with each other, not of human beings communicating – being in communion. No relationship can thrive in that way, and that is why there is so much conflict in relationships. When the mind is running your life, conflict, strife, and problems are inevitable. Being in touch with your inner body creates a clear space of no-mind within which the relationship can flower.

**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.”