

## **Wednesday Night Study Series – “The Power of Now”**

**TNH Mindfulness Training 7:** Aware that life is available only in the present moment, we are committed to training ourselves to live deeply each moment of daily life. We will try not to lose ourselves in dispersion or be carried away by regrets about the past, worries about the future, or craving, anger, or jealousy in the present. We will practice mindful breathing to be aware of what is happening in the here and the now. We are aware that real happiness depends primarily on our mental attitude and not on external conditions, and that we can live happily in the present moment simply by remembering that we already have more than enough conditions to be happy.

**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!

### **The End of Your Personal Drama**

Most of the so-called bad things that happen in people’s lives are due to unconsciousness. They are self-created, or rather ego-created. I sometimes refer to those things as “drama.” When you are fully conscious, drama does not come into your life anymore. Let me remind you briefly how the ego operates and how it creates drama.

Ego is the unobserved mind that runs your life when you are not present as the witnessing consciousness, the watcher. The ego perceives itself as a separate fragment in a hostile universe, with no real inner connection to any other being, surrounded by other egos which it either sees as potential threats or which it will attempt to use for its own ends.

The basic ego patterns are designed to combat the ego’s own deep-seated fear and sense of lack. These patterns are resistance, control, power, greed, defense, and attack. Some of the ego’s strategies are extremely clever, yet they never truly solve any of its problems, simply because the ego itself is the problem.

When egos come together, whether in personal relationships or in organizations or institutions, “bad” things happen sooner or later: drama of one kind or another, in the form of conflict, problems, power struggles, emotional or physical violence, and so on. This includes collective evils such as war, genocide, and exploitation – all due to mass unconsciousness.

Furthermore, many types of illnesses are caused by the ego’s continuous resistance, which creates restrictions and blockages in the flow of energy through the body. When you reconnect

with Being and are no longer run by your mind, you cease to create those things. You do not create or participate in drama anymore.

While it is true that whenever two or more egos come together, drama of one kind or another ensues, even if you live totally alone, you can still create your own drama. When you feel sorry for yourself, that's drama. When you feel guilty or anxious, that's drama. When you let the past or the future obscure the present, you are creating time, psychological time – the stuff of which drama is made. Whenever you are not honoring the present moment by allowing it to be as it is, you are creating drama.

Most people are in love with their particular life drama. Their story is their identity. The ego runs their life. They have their whole sense of self invested in it. Even their – usually unsuccessful – search for an answer, a solution, or for healing becomes part of it. What they fear and resist most is the end of their drama. As long as they are identified with their mind, what they fear and resist most is their own awakening.

When you live in complete acceptance of what is, that is the end of all the personal drama in your life. Nobody can even have an argument with you, no matter how hard he or she tries. You cannot have an argument with a fully conscious person. An argument implies identification with your mind and a mental position, as well as resistance and reaction to the other person's position.

The result is that the polar opposites become mutually energized. These are the mechanics of unconsciousness. You can still make your point clearly and firmly, but there will be no reactive force behind it, no defense or attack. So it won't turn into drama. When you are fully conscious, you cease to be in conflict.

“No one who is at one with himself can even conceive of conflict,” states *A Course in Miracles*. This refers not only to conflict with other people but more fundamental to conflict within you, which ceases when there is no longer any clash between the demands and expectations of your mind and what is.

Through allowing the “isness” of all things, a deeper dimension underneath the play of opposites reveals itself to you as an abiding presence, an unchanging deep stillness, an uncaused joy beyond good and bad. This is the joy of Being; the peace of God.

**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.”