

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!

The Source of Chi

Having access to the formless realm is truly liberating. It frees you from bondage to form and identification with form. It is life in its undifferentiated state prior to its fragmentation into multiplicity. We may call it the Unmanifested, the invisible Source of all things, the Being within all beings. It is a realm of deep stillness and peace, but also of joy and intense aliveness. Whenever you are present, you become “transparent” to some extent to the light, the pure consciousness that emanates from this Source. You also realize that the light is not separate from who you are but constitutes your very essence.

The Unmanifested is the source of chi. Chi is the inner energy field of your body. It is the bridge between the outer you and the Source. It lies halfway between the manifested, the world of form, and the Unmanifested. Chi can be likened to a river or an energy stream. If you take the focus of your consciousness deeply into the inner body, you are tracing the course of this river back to its Source. Chi is movement; the Unmanifested is stillness. When you reach a point of absolute stillness, which is nevertheless vibrant with life, you have gone beyond the inner body and beyond chi to the Source itself: the Unmanifested. Chi is the link between the Unmanifested and the physical universe.

So if you take your attention deeply into the inner body, you may reach this point, this singularity, where the world dissolves into the Unmanifested and the Unmanifested takes on form as the energy stream of chi, which then becomes the world. This is the point of birth and death. When your consciousness is directed outward, mind and world arise. When it is directed inward, it realizes its own Source and returns home into the Unmanifested.

Then, when your consciousness comes back to the manifested world, you reassume the form identity that you temporarily relinquished. You have a name, a past, a life situation, a future. But in one essential respect, you are not the same person you were before: You will have glimpsed a reality within yourself that is not “of this world,” although it isn’t separate from it, just as it isn’t separate from you.

Now let your spiritual practice be this: As you go about your life, don’t give 100% of your attention to the external world and to your mind. Keep some within. I have spoken about this

already. Feel the inner body even when engaged in everyday activities, especially when engaged in relationships or when you are relating with nature. Feel the stillness deep inside it. Keep the portal open.

It is quite possible to be conscious of the Unmanifested throughout your life. You feel it as a deep sense of peace somewhere in the background, a stillness that never leaves you, no matter what happens out here. You become a bridge between the Unmanifested and the manifested, between God and the world. This is the state of connectedness with the Source that we call enlightenment.

Don't get the impression that the Unmanifested is separate from the manifested. How could it be? It is the life within every form, the inner essence of all that exists. It pervades this world. Let me explain.

You take a journey into the Unmanifested every night when you enter the phase of deep dreamless sleep. You merge with the Source. You draw from it the vital energy that sustains you for a while when you return to the manifested, the world of separate forms. This energy is much more vital than food: "Man does not live by bread alone." But in dreamless sleep, you don't go into it consciously. Although the bodily functions are still operating, "you" no longer exist in that state. Can you imagine what it would be like to go into dreamless sleep with full consciousness? It is impossible to imagine it because that state has no content.

The Unmanifested does not liberate you until you enter it consciously. That's why Jesus did not say: the truth will make you free, but rather: "You will know the truth, and the truth will make you free." This is not a conceptual truth. It is the truth of eternal life beyond form, which is known directly or not at all. But don't attempt to stay conscious in dreamless sleep. It is highly unlikely that you will succeed. At most, you may remain conscious during the dream phase, but not beyond that. That is called lucid dreaming, which may be interesting and fascinating, but it is not liberating.

So use your inner body as a portal through which you enter the Unmanifested, and keep that portal open so that you stay connected with the Source at all times. It makes no difference, as far as the inner body is concerned, whether your outer physical body is old or young, frail or strong. The inner body is timeless.

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."