

## 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!

### Surrender in Personal Relationships

*What about people who want to use me, manipulate or control me? Am I to surrender to them?*

They are cut off from Being, so they unconsciously attempt to get energy and power from you. It is true that only an unconscious person will try to use or manipulate others, but it is equally true that only an unconscious person can be used and manipulated. If you resist or fight unconscious behavior in others, you become unconscious yourself. But surrender doesn't mean that you allow yourself to be used by unconscious people. Not at all. It is perfectly possible to say “no” firmly and clearly to a person or to walk away from a situation and be in a state of complete inner nonresistance at the same time. When you say “no” to a person or a situation, let it come not from reaction but from insight, from a clear realization of what is right or not right for you at that moment. Let it be a nonreactive “no,” a high-quality “no,” a “no” that is free of all negativity and so creates no further suffering.

If you cannot surrender, take action immediately: Speak up or do something to bring about a change in the situation – or remove yourself from it. Take responsibility for your life. Do not pollute your beautiful, radiant inner Being nor the Earth with negativity. Do not give unhappiness in any form whatsoever a dwelling place inside you.

*Is nonresistance also to be practiced in the external conduct of our lives, such as nonresistance to violence, or is it something that just concerns our inner life?*

You only need to be concerned with the inner aspect. That is primary. Of course, that will also transform the conduct of your outer life, your relationships, and so on.

Your relationships will be changed profoundly by surrender. If you can never accept what is, by implication you will not be able to accept anybody the way they are. You will judge, criticize, label, reject, or attempt to change people. Furthermore, if you continuously make the Now into a means to an end in the future, you will also make every person you encounter or relate with into a means to an end. The relationship – the human being – is then of secondary importance to you, or of no importance at all. What you can get out of the relationship is primary – be it material gain, a sense of power, physical pleasure, or some form of ego gratification.

Let me illustrate how surrender can work in relationships. When you become involved in an argument or some conflict situation, start by observing how defensive you become as your own position is attacked, or feel the force of your own aggression as you attack the other person's position. That's the energy of the egoic mind. You make it conscious by acknowledging it, by feeling it as fully as possible. Then one day, in the middle of an argument, you will suddenly realize that you have a choice, and you may decide to drop your own reaction – just to see what happens. You surrender. Then observe what happens to the other person's mental position as you no longer energize it through resistance. When identification with mental positions is out of the way, true communication begins.

*What about nonresistance in the face of violence, aggression and the like?*

Nonresistance doesn't necessarily mean doing nothing. All it means is that any "doing" becomes nonreactive. Remember the deep wisdom underlying the practice of Eastern martial arts: Don't resist the opponent's force. Yield to overcome.

Having said that, "doing nothing" when you are in a state of intense presence is a very powerful transformer and healer of situations and people. In Taoism, there is a term called *wu wei*, which is usually translated as "actionless activity" or "sitting quietly doing nothing." In ancient China, this was regarded as one of the highest achievements or virtues. It is radically different from inactivity in the ordinary state of consciousness, or rather unconsciousness, which stems from fear, inertia, or indecision. The real "doing nothing" implies inner nonresistance and intense alertness.

On the other hand, if action is required, you will no longer react from your conditioned mind, but you will respond to the situation out of your conscious presence. In that state, your mind is free of concepts, including the concept of non-violence. So who can predict what you will do?

The ego believes that in your resistance lies your strength, whereas in truth resistance cuts you off from Being, the only place of true power. Resistance is weakness and fear masquerading as strength. What the ego sees as weakness is your Being in its purity, innocence, and power. What it sees as strength is weakness. So the ego exists in a continuous resistance-mode and plays counterfeit roles to cover up your "weakness," which, in truth, is your power.

Until there is surrender, unconscious role-playing constitutes a large part of human interaction. In surrender, you no longer need ego defenses and false masks. You become very simple, very real. "That's dangerous," says the ego. "You'll get hurt. You'll become vulnerable." What the ego doesn't know, of course, is that only through the letting go of resistance, through becoming "vulnerable," can you discover your true and essential invulnerability.

**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.”