

## 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!

### Transforming Suffering Into Peace

Being cut off from your feelings is not surrender. In certain extreme situations, it may be impossible for you to accept the Now. But you always get a second chance at surrender. Your first chance is to surrender - each moment - to the reality of that moment. Knowing that what is cannot be undone - because it already is – you say yes to what is or accept what isn't.

Then you do what you have to do, whatever the situation requires. If you abide in this state of acceptance, you create no more negativity, no more suffering, no more unhappiness. You then live in a state of non-resistance, a state of grace and lightness, free of struggle.

Whenever you are unable to do that, whenever you miss that chance – either because you are not generating enough conscious presence to prevent some habitual and unconscious resistance pattern from arising or because the condition is so extreme as to be absolutely unacceptable to you – then you are creating some form of pain, some form of suffering. It may look as if the situation is creating the suffering, but ultimately this is not so – your resistance is.

Now here is your second chance at surrender: If you cannot accept what is outside, then accept what is inside. If you cannot accept the external condition, accept the internal condition. This means: Do not resist the pain. Allow it to be there. Surrender to the grief, despair, fear, loneliness, or whatever form the suffering takes. Witness it without labeling it mentally. Embrace it. Then see how the miracle of surrender transmutes deep suffering into deep peace. This is your crucifixion. Let it also become your resurrection and ascension.

*I do not see how one can surrender to suffering. As you have already pointed out, suffering is non-surrender. How can you surrender to non-surrender?*

Forget about surrender for a moment. When your pain is deep, all talk of surrender will probably seem futile and meaningless anyway. When your pain is deep, you will likely have a strong urge to escape from it rather than surrender to it. You don't want to feel what you feel. What could be more normal? But there is no escape, no way out. There are many pseudo escapes – work, drink, drugs, anger, projection, suppression, and so on – but they don't free you from the pain.

Suffering does not diminish in intensity when you make it unconscious. When you deny emotional pain, everything you do or think as well as your relationships become contaminated with it. You broadcast it, so to speak, as the energy you emanate, and others will pick it up subliminally. If they are unconscious, they may even feel compelled to attack or hurt you in some way, or you may hurt them in an unconscious projection of your pain. You attract and manifest whatever corresponds to your inner state.

When there is no way out, there is still always a way through. So don't turn away from the pain. Face it. Feel it fully. Feel it – don't think about it! Express it if necessary, but don't create a script in your mind around it. Give all your attention to the feeling, not to the person, event, or situation that seems to have caused it. Don't let the mind use the pain to create a victim identity for yourself out of it. Feeling sorry for yourself and telling others your story will keep you stuck in suffering.

Since it is impossible to get away from the feeling, the only possibility of change is to move into it; otherwise, nothing will shift. So give your complete attention to what you feel, and refrain from mentally labeling it. As you go into the feeling, be intensely alert. At first, it may seem like a dark and terrifying place, and when the urge to turn away from it comes, observe it but don't act on it. Keep putting your attention on the pain, keep feeling the grief, the fear, the dread, the loneliness, whatever it is. Stay alert, stay present – present with your whole Being, with every cell of your body. As you do so, you are bringing a light into this darkness. This is the flame of your consciousness.

At this stage, you don't need to be concerned with surrender anymore. It has happened already. How? Full attention is full acceptance, is surrender. By giving full attention, you use the power of the Now, which is the power of your presence. No hidden pocket of resistance can survive in it. Presence removes time. Without time, no suffering, no negativity, can survive.

The acceptance of suffering is a journey into death. Facing deep pain, allowing it to be, taking your attention into it, is to enter death consciously. When you have died this death, you realize that there is no death – and there is nothing to fear. Only the ego dies. Imagine a ray of sunlight that has forgotten it is an inseparable part of the sun and deludes itself into believing it has to fight for survival and create and cling to an identity other than the sun. Would the death of this delusion not be incredibly liberating?

Do you want an easy death? Would you rather die without pain, without agony? Then die to the past – every moment, and let the light of your presence shine away the heavy, time-bound self you thought of as “you.”

**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.”