

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!

Working on the Level of Cause or Effect?

How can we create a better world without tackling evils such as hunger and violence?

The true nature of compassion is dual, which is awareness of a common bond of shared mortality and immortality. At this deep level, compassion becomes healing in the widest sense. In that state, your healing influence is primarily based not on doing but on being. Everybody you come in contact with will be touched by your presence and affected by the peace that you emanate, whether they are conscious of it or not.

When you are fully present and people around you manifest unconscious behavior, you won't feel the need to react to it, so you don't give it any reality. Your peace is so vast and deep that anything that is not peace disappears into it as if it had never existed. This breaks the karmic cycle of action and reaction. Animals, trees, and flowers will feel your peace and respond to it as well. You teach through being, through demonstrating the peace of God. You become the “light of the world,” an emanation of pure consciousness, and so you eliminate suffering on the level of cause. You eliminate unconsciousness from the world.

This doesn't mean that you may not also teach through doing – for example, by pointing out how to disidentify from the mind, recognize unconscious patterns within oneself, and so on. But who you are is always a more vital teaching and a more powerful transformer of the world than what you say, and more essential even than what you do.

Furthermore, to recognize the primacy of Being, and thus work on the level of cause, does not exclude the possibility that your compassion may simultaneously manifest on the level of doing and of effect by alleviating suffering whenever you come across it. When a hungry person asks you for bread and you have some, you will give it. But as you give the bread, even though your interaction may only be very brief, what really matters is this moment of shared Being, of which the bread is only a symbol. A deep healing takes place within it. In that moment, there is no giver, no receiver.

All evils are the effect of unconsciousness. You can alleviate the effects of unconsciousness, but you cannot eliminate them unless you eliminate their cause. True change happens within, not without.

If you feel called upon to alleviate suffering in the world, that is a very noble thing to do, but remember not to focus exclusively on the outer, otherwise, you will encounter frustration and despair. Without a profound change in human consciousness, the world's suffering is a bottomless pit. So don't let your compassion become one-sided. Empathy with someone else's pain or lack and a desire to help needs to be balanced with a deeper realization of the eternal nature of all life and the ultimate illusion of all pain. Then let your peace flow into whatever you do and you will be working on the levels of cause and effect simultaneously.

This also applies if you are supporting a movement designed to stop deeply unconscious humans from destroying themselves, each other, and the planet, or from continuing to inflict dreadful suffering on other sentient beings. Remember: Just as you cannot fight the darkness, so you cannot fight unconsciousness. If you try to do so, the polar opposites will become strengthened and more deeply entrenched. You will become identified with one of the polarities, you will create an "enemy," and so be drawn into unconsciousness yourself.

Romans 7:5-6, 19

5 For when we were in the realm of the flesh,[a] the sinful passions aroused by the law were at work in us, so that we bore fruit for death. 6 But now, by dying to what once bound us, we have been released from the law so that we serve in the new way of the Spirit, and not in the old way of the written code. 19 For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing.

Raise awareness by disseminating information, or at the most, practice passive resistance. But make sure that you carry no resistance within, no hatred, no negativity. "Love your enemies," said Jesus, which, of course, means "have no enemies."

Once you get involved in working on the level of effect, it is all too easy to lose yourself in it. Stay alert and very, very present. The causal level needs to remain your primary focus, the teaching of enlightenment your main purpose, and peace your most precious gift to the world.

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."