

Surrender + wu-wei

A few from:

I AM THAT

TOLLE: STILLNESS SPEAKS

WEI-WU-WEI

Q: How do I get at it?

M: You need not get at it, for you are it. It will get at you, if you give it a chance. Let go your attachment to the unreal and the real will swiftly and smoothly step into its own. Stop imagining yourself being or doing this or that and the realisation that you are the source and heart of all will dawn upon you. With this will come great love which is not choice or predilection, nor attachment, but a power which makes all things love-worthy and lovable.

I Am That Ch 1

Q: Is there no need of effort then?

M: When effort is needed, effort will appear. When effortlessness becomes essential, it will assert itself. You need not push life about. Just flow with it and give yourself completely to the task of the present moment, which is the dying now to the now. For living is dying. Without death life cannot be. *I Am That*

M: Whatever you may have to do, watch your mind. Also you must have moments of complete inner peace and quiet, when your mind is absolutely still. If you miss it, you miss the entire thing. If you do not, the silence of the mind will dissolve and absorb all else. *I Am That Ch 47*

Use every opportunity to remind yourself that you are in bondage, that whatever happens to you is due to the fact of your bodily existence. Desire, fear, trouble, joy, they cannot appear unless you are there to appear to. Yet, whatever happens, points to your existence as a perceiving centre.

Disregard the pointers and be aware of what they are pointing to. It is quite simple, but it needs be done. What matters is the persistence with which you keep on returning to yourself. *I Am That ch48*

Surrender, one could say, is **the inner transition from resistance to acceptance, from “no” to “yes.”** When you surrender, your sense of self shifts from being identified with a reaction or mental judgment to being the space around the reaction or judgment. It is a shift from identification with form—the thought or the emotion—to being and recognizing yourself as that which has no form—spacious awareness. *Tolle* P.73

ACCEPTANCE: non-resistance// [Eckhart Tolle] and listen to the audio from Still Speaks

When you say “yes” to the “isness” of life, when you accept this moment as it is, you can feel a sense of spaciousness within you that is deeply peaceful. Tolle P.67

When you say “yes” to what is, you become aligned with the power and intelligence of Life itself. Only then can you become an agent for positive change in the world. Tolle P.43

Let us live gladly! Quite certainly we are free to do it. Perhaps it is our only freedom, but ours it is, and it is only phenomenally a freedom. 'Living free' is being 'as one is'. Can we not do it now? Indeed can we not-do-it? It is not even a 'doing': it is beyond doing and not-doing. It is being as-we-are.

This is the only 'practice'

--Wei-wu-wei