

Wisdom I “heard” at the IM school for Healing-- September 1999

Don't limit yourself to the finite, the conditions. You really are. This can't be said in a more accurate way, but be that rather than this.

You are not a finite limited person looking for reality, you are THAT appearing as THIS. Each of us is a union or intersection of different dimensions: spiritual dimensions, and physical, emotional and mental dimensions. Becoming aware of the conditions, defenses, masks, vicious cycles in which we have become entangled is the first phase of the healing work. The fact that we are NOT these defenses, that what we really are is inviolable awareness is what allows us to be aware, and eventually to shift our identity.

Remember: re-member yourself as your wholeness. Each cell has a memory of its divinity.

We are fragmented, dis-membered, but we can re-member ourselves. All life has a memory of divinity, because life *is* divine movement. Deeply contacting the living organism we can connect with the universal life force or field, and align with divinity and wholeness.

Relationship is a context to open and deepen your awareness of your divinity. Recognize that you as well as the other person are divine. You can do this in Sangha.

The view of separateness: from others, from the Universe, from the divine, from our deeper self, is the greatest illusion we live in. Through relationships, we can get to know ourselves more deeply, we can experience the place in all of us where we are deeply connected, we can open our hearts to spirit. We are all windows and mirrors for each other.

The energy patterns which condition you are deeply embedded--can't shift by thinking alone. Love has to wash through the body..

We have spent lifetimes building old habits, blocks in our energy, and conditioned responses. These congealed life forces are like a powerful rope which cuts off our life force. In Buddhism it is called an “entity of craving.” And certainly since birth our physical, emotional and mental organism has built conditioned responses by the reactions to family and environment. We can get to actualize these old responses and complexes and expose them to our awareness. They are so unconscious, and so seeming comfortable. It takes time, and these new ways have to marinate, sink all the way into the body.]

Life is beautiful, open, sacred, unbounded, infinite, creative. Be grateful that you ARE, you are alive you are Aware: everything else is secondary.

Each moment is sacred: because the dimension of life, awareness, being, is sacred, and is present. If we unfocus from the contents and become aware of the Consciousness dimension, then we move into wholeness. The greatest gift we could ever receive is actually already present as our birthright: the miracle of is-ness, life and consciousness. Each moment has a touch of the timeless, infinite.

Space and time move through you, not the other way around. Body is part of you, and you extend beyond the body. Remember who you really are.

We can shift our view: inside-out--to see that the entire world of our experience is outside our body, but not outside our experience, not outside of consciousness. We even extend beyond the universe. And we are not victims: we create our own experience. This is true not only in a psychological sense, but in a cosmological sense. The I behind the I is creative. And you are responsible for the environment and contributing back to the Earth itself.

Each moment, at the core of your being, all possibilities are open to you.

If you are aware of who you really are, if you shift to that being, then you have real choices, freedom to align with the cosmic intelligence and love and power. You are not limited to being a wave. All the possibilities of the Ocean are available to you.

The illusion of progress: stop judging:

Usually the ego is mistaken about where it is on the path. Things happen underground, movements we are unaware of. Often we go through our process and see no results. And then one day, the universe opens. Love pours through. Awareness dawns.

Just as the sky begins to get bright at dawn and we think “oh, this is bright,” and then the pinpoint of the sun really comes up and we are overwhelmed: “Oh, this is Really it.”

Or, you find yourself facing more of your defenses than when you started. This is a good thing. These conditionings are always there, but unconscious. Like when you first pump water up from your new well, and all the sediment comes with it. Or you shine a light in the room and see all the dust motes. Have faith that the clear water is coming through soon.

So stop judging yourself and others so harshly. Stop judging at all, and just allow them and you to be. Listen to what they have to say but hear beneath the words to experience the “emotional backing” of the words. When someone tells you something they have learned, is there a need for approval and agreement? Are they trying to control you? Are they avoiding listening to you? Or is it given freely and cleanly: this is something you might find useful.

Practice “I Don’t Know. I can’t figure it out.”

I don’t know how. I can’t figure it out. These are the doors to deep wisdom. Our culture has painted these with red x. so we are lost. We live in a culture that gives us militarized values. But the capacity to rest silently in the moment, in the arms of the holy... this is the essence.

We are spiritual friends.

We are all on this journey together. Despite the surface differences in human beings, we all want happiness. And we can all serve as each other’s beloved. We are connected in the depths of the heart, the deep mind and consciousness, the silence where we feel each other’s presence.

Everything that happens in the group is for everyone. You never know when someone will be a vehicle for great wisdom. And you never really know who among us will actualize their wisdom, or how far along on any path we or they are.