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What to do with our “stuff?”

First we must distinguish between that which is done/cooked, no longer serves me. As Alan Watts put it, “When you get the message, hang up the phone!”

Then there is our stuff that is in process--still working on. Then there are three paths to follow and sometimes our choice is more than one: **to release; to heal, to transform.**

The process of release or letting go is usually reflective of the realization that a thought, idea, or pattern of behavior no longer serves me--I have learned all I can from it. Now the tricky part here is that this process of release or letting go is not done by our small or limited consciousness. Release and letting go and also healing and transformation are processes of our higher self and higher consciousness. I say this because there are going to be times when we know that a pattern of thought and behavior is done, is finished and yet there will sometimes be this gnawing doubt of whether or not I am covering something up. Most often that doubt comes from our limited personality consciousness. There is a knowing within each one of us, a deep knowing, of when something is done and when it is not.

Another tricky piece here is that processes like grieving or forgiveness work within stages or layers. I might be finished with one layer of grieving or forgiveness and then another one begins to unfold. The trap that sometimes is set by the limited consciousness is saying “Oh I thought I dealt with that, but I guess I really didn't. I guess I was fooling myself” which is **not** the truth. Let us say, with grieving for example, we know we have done everything we could do at this particular stage and also that there still might be some work to be done on another layer or level of consciousness. That does not mean the work I did originally was useless, it simply means that there is more to deal with. In many ways I could not have dealt with the whole ball of wax to begin with. I needed to take it in stages. Like that wonderful expression “how do you eat an elephant” and of course the answer is ‘a bite at a time.’

To heal:

There are certainly going to be times when we recognize a piece of woundedness in our lives sometimes going all the way back to childhood. Some of these we can discount as simply being a wounded ego but there are others that need more attention. For instance, when I have experienced lack of love or affirmation where it could have or should have existed. Again, this can be rather tricky territory. Essentially our divine self can never be wounded for it is always whole and one with God. However, because of our self-imposed vulnerability sometimes it certainly seems as if God or Spirit has been absent from our lives. This is to say that most of our healing takes place on a deep level of awareness that allows us to know that we have never been left alone. And there are going to be times when our woundedness or sense of woundedness can be quite severe and we might need to go back more often than once to verify the truth of Who We Are. Again, to the small self which has also experienced some aspect of this woundedness, the reinforcement of the truth of who you are is never going to be enough.

You see, the small self like the intellect is never going to be satisfied, it is always going to hunger for more. So we are the ones who must decide, with our connection to our divine consciousness, whether we are willing and able to let go of that supposed woundedness and move on to joyful awareness. As we are taught in A Course in Miracles 'you have already learned to know through pain or to learn through pain, now it is possible in your choice to learn through Joy.'

Transformation:

We have a beautiful model of this, but like so many priceless pieces of wisdom, once we've heard it a few times the mind is not satisfied. It wants to move on to something more dramatic. However, the model that we speak of is what you call a prayer Saint Francis, which is a powerful model of transformational energy. It does not deny or try to get rid of negativity, Spirit realizes that through the power of divine grace, the negativity can be transformed into a higher reality.

Lord make me an instrument of your peace:

and let these energies be transformed within me as I align myself to the deepest truth of who I am:

Hatred into love

injury, pardon

doubt, faith

despair, hope

darkness, light

sadness, joy

It is probably quite clear from those examples how this transformation can only happen within my Divine or higher consciousness. Not through Force but through openness, willingness and belief in the POSSIBILITY of these transformations.

“If there is something that you have outgrown, there is no way to carry it with you to the Upper Room. However, we have to say that if you have had an investment in fear or in anger or in shame or self-doubt or debasement, they may need to be re-known in order to be acclimated to and then moved beyond as you lift to the Upper Room. In fact there is no self-abasement at that level of vibration. So what you integrate, in some ways, is what you may call acceptance, or allowance, but for the purpose of integration and moving beyond what has stood in the way of your expression. If there is no need for something, it will be left behind. If it requires integration and realignment through you, if there is purpose for it still, it will be made known and reclaimed in the harmonics that we call the Divine Self in its expansion of tone.”

In this section of the book the guides are making use of such concepts as vibration, tone, harmony, all of which give us the opportunity to go beyond our attachment to physical or material form and begin to know that everything exists as vibration. And to reinforce that we have a choice of what vibration we align ourselves with.

“Now, when this is claimed as the True Self, the Monad, the divine expression of the being that you are becomes as a diamond, and its many facets spread light without intention because all the dia“mond can do is refract and reflect the light that is. It has no other intention but to be, and because it is as it is, it claims the world in value, the diamond in value and everything in value that the light may shine upon.”

Let me share with you a model that I've been working on that almost reads like a little child's book but I think begins to encompass this particular teaching we have been studying.

This will be in a separate PDF file.

Peace!