

Strengthening Self-Will Through Truth, Tolerance and Being in The Present Moment, Always

"The result of higher needs is joy. Good will is joyous! It creates a harmonious, joyful atmosphere, and acts of good will have rich and sometimes amazing results. Altruistic, humanitarian activities give deep satisfaction and a sense of fulfilling one's true purpose in life. As an Eastern sage has said, 'World tasks are like fires of joy.' Finally, the full Transpersonal Self-Realization and even more, the communion or identification with universal transcendent, Reality, has been called bliss."
The Act of Will by Robert Assagiolo, M.D.

"Follow your bliss!" Joseph Campbell

Our lessons center around the maintenance of positive will and the need for righteous self-seeking which leads us to grow and maintain balance within ourselves. So many of our rich, life lessons take us in a direction of self-liberation. A liberation that may be won through love and joy - or - through struggle, worry and isolation. Tonight we will take a look at our own philosophy of life and those attitudes which are able to lead us into ascension rather than, loss of true, individual divinity.

For those of you pursuing the work of Anthony DeMello, Awareness, you may have realized a theme which travels through his book. The theme of personal truth versus mass ideology and societal imprinting. He speaks liberally about how we delude ourselves into thinking we are growing and maximizing our potential through a general acceptance of society's norms and by copying our forebears behaviors. DeMello states boldly:

"Freedom lies not in external circumstances; freedom resides in the heart. When you have attained wisdom, who can enslave you?...Has it ever occurred to you that you can only love when you are alone? It means to see a person, a situation, a thing as it really is, not as you imagine it to be. And to give it the response it deserves...And what prevents us from seeing? Our conditioning. Our concepts, our categories, our prejudices, our projections, the labels that we have drawn from our cultures and our past experiences. Seeing is the most arduous thing that a human can undertake, for it calls for a disciplined, alert mind. But most people would much rather lapse into mental laziness than take the trouble to see each person, each thing in its present moment of freshness."

It is for each of us individually to come to an understanding of how little we change our minds over years and years. We become stale like the political parties we adhere to and then wonder why our politicians cannot hear us? As we grow into our spiritual bodies, it becomes more and more imperative that we realize that we are the microcosm we are railing against!

When is the last time you sought meditation to simply free yourself of doubt, dislike or worry? Or, took ten minutes to focus on your body and cleanse it so that you would be prepared for a greater meditation focused on cleansing and healing the Earth? While group work is a major key in freeing up so much energy for healing and change, all healing begins at home. The healing of the physical body is only a small part of this process we speak of. The body can be greatly changed by affirmation and self-healing but, it is the mind that moves matter on this plain. Change and uplift your thoughts and your life will become significant in the way Campbell sees all heroic lives. Living more fully, understanding God's Plan as it pertains to you everyday and significantly increasing your potential to love.

Most clients who come to me in pursuit of a "soul-mate" all seem to share one very strong characteristic. They cannot seem to do group work easily, therefore, they often are isolated into cliques that are particular to them and not very expansive in character. Many of them carry the importance of individualism to an extreme - meaning, their self-identification is so much more important than sharing their true selves that they rarely get past their wounded egos. Once the artifice of the mind and ego are shed, possibilities for true love, sharing and heart-felt friendships become possible. But, we have to be able to "see" the truth. Remember, we are all loving, unique human beings of spirit. But, we can all use extra homework. There is no fault in that idea or in us.

Our current work revolves around enhancing our spiritual capacity to grow and move more deeply into our loving, innocent, aware selves. To that end, we will involve ourselves in a deeper meditation than usual to assist us in getting back on track with our continual expansion of our souls and minds. It is always positive to recognize when we have stalemated ourselves and when it is time to take off our masks. DeMello says;

"The only way to change is by changing your understanding. But what does it mean to understand? How do we go about it? Consider how we are enslaved by various attachments: we're striving to rearrange the world so that we can keep these attachments, because the world is a constant threat to them. I fear that a friend may stop loving me; he or she may turn to somebody else. I have to keep making myself attractive because I have to get this other person. But I don't really need somebody else's reality or love. I just need to get in touch with reality. I need to break out of this prison of mine, this programming, this conditioning, these false beliefs, these fantasies...Reality is lovely; it is an absolute delight. Eternal life is now. We are too distracted with all our attachments to live fully today or tomorrow."

Dr. Gwen G. MacGregor