

## Surrender and Welcoming

We have spent most of this term and last term uncovering and seeing through the core beliefs that hide the real Self. We are not the body, we are not the one who makes things happen, we are not the moving mind, or the mind that discriminates. And we've seen that the happiness we seek is not a pleasant state of the mind or body. Perhaps it is time to let go of everything that we are *not* and turn our attention to being what we *are*?

So let's use the following 'quote of the day' from Rupert as a new starting point:

Our essential nature of pure Awareness is utterly surrendered to all experience. It is pure innocence, openness, intimacy, allowing, sensitivity and availability, an unconditional 'Yes' to all experience just as it is from moment to moment, without judgement or preference.

All that is needed is to see that this is so, and to live this understanding.

As Francis Lucille explains, surrender is the essence of meditation:

Meditation is very simple. It means to surrender the mind, the body, and the world, from moment to moment, to the silent presence in which they appear. That's all.

*Q: What does it mean to surrender the mind, the body, and the world to that in which they appear? How do we do that?*

Surrender the one who does that. Surrender the one who does anything, who wants anything, who is afraid of anything. This one is an appearance. This one is made of thoughts and feelings. When this one is silent, then the world, the body, and the mind are surrendered to silence.

Nothing else needs to be done. It is only if it seems to you that you are not in the enlightened state and that something needs to be done, that you have apparently lost the enlightened state. You are in the enlightened state all the time. The only moment when you are apparently not in the enlightened state is when the doer, the desirer, pops up. It appears either as a thought or a feeling in the body, a resistance, an 'I-don't-want-this-feeling' or 'that's-not-the-way-things-should-be'.

The biggest obstacle on the path is to think that the natural state is necessarily a pleasurable one. In such a case, every state that is deemed non-pleasurable is immediately rejected and we appear to fall from our enlightened state. To surrender the world means that nothing pleasurable attracts us and we feel no repulsion for anything that is unpleasant.

That is easy under peaceful circumstances. At such times, grace makes everything easy. Nothing attracts us or distracts us. The world is surrendered. The song of the birds, the traffic noises, the fragrance and the temperature of the air we are breathing, whatever we are experiencing in the moment, all come and go freely, without triggering the slightest reaction, without making waves. That teaches us what the enlightened state is like.

All we have to do is to transpose what is true of the world in such a situation, to the realm of thoughts and bodily sensations. We welcome our thoughts and bodily sensations in exactly the same way as we welcome the song of the birds, the traffic noise, or whatever it is we are experiencing. When the song of the birds, or whatever it is we are experiencing, is present, it is simply present. We have no agenda with it. We don't do anything to make it appear, to make it stay, or to make it disappear.

The same thing is true of our thoughts and bodily sensations. There is no attachment. Don't stick to anything. The song of the birds, the sound of the traffic, our thoughts and feelings, are dreamlike events. In a way, they are non-events because they don't trigger any activity in us. Of course, if a response is required, then we respond appropriately from this uninvolved perspective, but no trace is left after the response, which could then be a trigger for further thoughts or feelings. We return to openness, ready for the next appearance, whatever it may be.

[Francis Lucille: *The Perfume of Silence*, ch1: *Be present without intention*]

Seen in this way, it becomes obvious that we don't need to sit down quietly to meditate – meditation is possible all the time, under any circumstances.

The Direct Path encompasses both the path of knowledge and the path of love or devotion. Surrender could be seen as the first step in the path of love – letting go of our resistances, our desires and everything we imagine ourselves to be. The next step is 'welcoming' – the 'unconditional "Yes" to all experience' to which Rupert refers in our initial quotation. Here is Francis's description:

Welcome whatever appears in the now from moment to moment. Allow whatever arises spontaneously in the now to flow through you without trying to grasp it, resist it, or memorize it. That which comes unexpectedly in the now always comes from grace, from silence. That which comes from silence resonates with silence in us. It reveals silence.

[Francis Lucille: *The Perfume of Silence*, ch2: *There is no 'there'*]

As Rupert explains, this does not mean being passive. It means allowing all our decisions and actions to flow from impersonal love and intelligence, free from the demands of an illusory separate self:

*Q: Do you just let life play out as your destiny?*

RS: Yes, just let life play out as your destiny. That is, just allow everything to appear as it is.

But remember that your own thoughts and feelings are also part of what is appearing, and the responses and actions that may result from your thoughts and feelings are themselves also part of what is appearing.

So it is not a matter of either letting life play itself out or being more proactive. Rather, it is abiding as Awareness in which everything including your own thoughts, feelings, responses, activities etc. appear, and allowing all of that to be just as it is.

Be knowingly the allowing space in which everything is already taking place. Above all see that there is no individual orchestrator, no individual entity at the helm, controlling everything.

Having said that, if a decision is required of your mind or an action of your body in any given circumstance, think, feel and act as best you can in line with the understanding that you are impersonal Presence and that this one Presence is shared by all. This attitude will keep your thoughts, feelings, activities and relationships safe and always in line with love and understanding.

In this way give yourself total freedom to stand back and observe or to be actively involved and engaged, freely moving from one position to the other, always responding in the moment, with no fixed idea of how things should be or of what your responses should look like. This will keep your activities spontaneous and intimately tailored to the moment.

[[http://non-duality.rupertspira.com/read/give\\_yourself\\_total\\_freedom\\_217](http://non-duality.rupertspira.com/read/give_yourself_total_freedom_217)]

After some time, it is common for the mind and body to rebel against our attempts to welcome all that arises. This rebellion or resistance can take many different forms – agitated thoughts, boredom, falling asleep, feelings of tension, uncomfortable feelings such as fear, anger, sadness, hopelessness or deep, unnameable unpleasant emotions. These are all positive signs, and are to be welcomed along with everything else. Rupert has sometimes described the stronger forms of resistance as ‘the death-cries of the separate self’!

Here is some advice on how to deal with resistance – which is, in essence, *not* to deal with it:

If there is resistance, then include that in your welcoming. If welcoming seems difficult, replace it with allowing. The resistance is just the way the mind is appearing in this particular moment. Simply allow it to be as it is. Don’t resist your resistance.

It is important to understand that ‘welcoming’ or ‘allowing’ is not a practice that we undertake in order to get rid of suffering. That would not be truly welcoming or allowing.

Their purpose is to understand suffering and to see that it is based on the false identification of this Aware Presence that we are with a limited body. This understanding will naturally take care of the suffering.

Simply see that the mind, body and world all appear equally to this Presence that you are. Just let them appear in you, do their thing, flow by and eventually disappear.

Keep returning to yourself in this way and the power of the mind, body and world over you will slowly diminish. [[http://non-duality.rupertspira.com/read/taking\\_our\\_stand\\_as\\_awareness](http://non-duality.rupertspira.com/read/taking_our_stand_as_awareness)]

Nothing special needs to be done to any individual appearance to see clearly that it appears in our Awareness or Presence. If we find ourselves having any kind of agenda, either for or against such appearances, it usually betrays the presence of an imagined entity who is resisting the current situation. I say ‘usually’ because there is a natural intelligence in the body and the mind, which is not derived from the presence of an imaginary entity, that deals appropriately with all circumstances, including moving towards or away from certain things or situations. For instance, to withdraw one’s hand from fire or to eat when hungry are not responses that come from the belief or feeling of being a separate entity.

Another way of describing this clear seeing could be to say that we simply allow all things to arise and abide as they are within our Self. However, because of our tendency to project things outside of our Self, this ‘clear seeing’ is sometimes formulated in a more positive or active way such as the suggestion to welcome all things within us. Such a suggestion is an antidote to our tendency to project the world outside and to reject uncomfortable feelings. In reality we don’t have to welcome anything within our Self, because everything is already within our Self. When this is clear, we simply allow things to be as they are, within our Self, as our Self. ...

Rejecting, then noticing, then surrendering, then welcoming, then allowing and then simply Being ..... these are the apparent stages that some apparent people go through on the way from identifying themselves as an entity to taking their stand knowingly as Presence, in which and out of which all things are made.

[[http://non-duality.rupertspira.com/read/welcoming\\_uncomfortable\\_feelings\\_2](http://non-duality.rupertspira.com/read/welcoming_uncomfortable_feelings_2)]

### **The Guest House**

*This being human is a guest house.  
Every morning a new arrival.*

*A joy, a depression, a meanness,  
some momentary awareness comes  
As an unexpected visitor.*

*Welcome and entertain them all!  
Even if they're a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still treat each guest honourably.  
He may be clearing you out  
for some new delight.*

*The dark thought, the shame, the malice,  
meet them at the door laughing,  
and invite them in.*

*Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.*

Jalaluddin Rumi

### **love is a place**

*love is a place  
& through this place of  
love move  
(with brightness of peace)  
all places*

*yes is a world  
& in this world of  
yes live  
(skilfully curled)  
all worlds*

e. e. cummings