

I AM NOT MY HISTORY!!!!!!!!!!!!!!!!!!!!



I wonder what it would be like if we were to wake up in the morning and be totally free of our attachments and identification with the past and with the future?

is that even possible to imagine? and yet that seems to be a profound lesson that this work is continually teaching us.

so I need to start from my own experience and begin with a sense or an idea that in order for this freedom to manifest that I have to be open to the possibility the possibility that I can be free of my attachments to the Past my history and my attachment to what might arise in the future (the latter of which is not really my attachment to the Future so much because the only future my mind can conceive is through its perception of the past).

So here I am at the moment of waking and as I open my eyes I become aware it is a new day and for a brief instance I am not identified or attached to anything. but after that

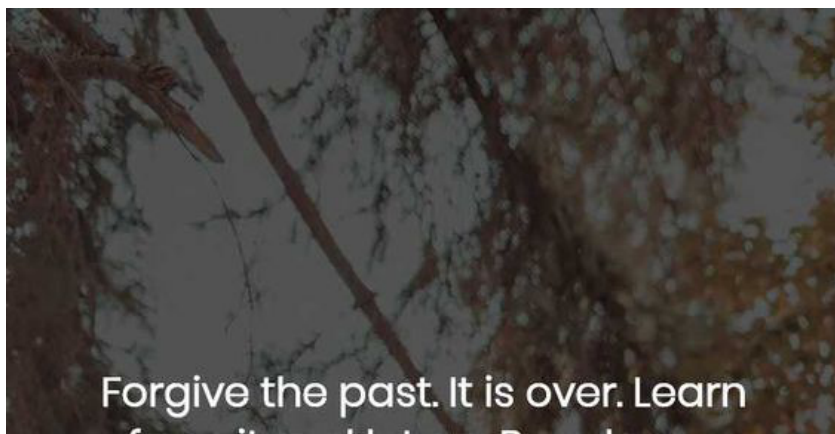
brief instant the world comes crashing through. I have to go to the bathroom and then I remember I need to clean the bathroom and that annoys me and before I know it I am all wrapped up in the things of the world. Even then I might decide to meditate before I begin the rest of my day. even that sometimes becomes burdensome. I have a little meditation timer app on my phone that when I enter into my meditative space I set for 20 minutes. Inevitably during my attempts to 'quiet the mind' I will start thinking "Well it must have been 20 minutes; maybe I didn't set the timer correctly; maybe it went off and I didn't hear it. Of course if I choose to open my eyes I will notice that there are three or four minutes left and nothing went wrong with my timer. It was all in my head. So even my meditation time is filled with attachments to the Past and the future. I get up from my meditation place and I say "Ah now I can begin my day." Do you get a sense of how ridiculous that sounds?

"Could we start again, please"

<https://youtu.be/QplsOlpR5w8>

I've been living to see you
Dying to see you
But it shouldn't be like this
This was unexpected
What do I do now?
Could we start again, please?
I've been very hopeful, so far
Now, for the first time
I think we're going wrong
Hurry up and tell me
This is just a dream
Or could we start again, please?
I think you've made your point now
You've even gone a bit too far to get the message home
Before it gets too frightening
We ought to call a halt

So, could we start again, please?
I've been living to see you
Dying to see you
But it shouldn't be like this
This was unexpected
What do I do now?
Could we start again, please?
I think you've made your point now
You've even gone a bit too far to get the message home
Before it gets too frightening
We ought to call a halt
So, could we start again, please?
Could we start again, please?
Could we start again, please?
Could we start again, please?
Could we start again, please?



"The claim "I am free" is in fact the claim of liberation from systems

of control, agreements made in fear, and the collective mind that believes what it was taught and will seek to confirm the old because it cannot conceive that something more could possibly exist.”

As we have mentioned before this reflection is not a judgment but a realization of how easy it is to slip into lower limited consciousness. and to realize as the Mystic Gurdjieff pointed out “You have to realize you’re in prison before you can get out.” So I have to be aware that I have become attached to this sticky personal history of mine before I can begin to let go again and again and again and again.

This process is only drudgery to the small self. To the Divine consciousness it's more like Mr Rogers Neighborhood of stopping in, taking my shoes off and opening myself in wonder to whatever it is I'm going to learn today.

“I am aligning the Divine Will to all that I encounter.(perceiving all that I encounter through higher consciousness, not my past/history) I become as Divine Will in my acquiescence to it.(as I allow myself to be led/opened up to Divine Will) And I allow the Divine to decide with me, as me, and for me (see me, feel me, touch me, heal me) as I become one in tone, in vibration, with the amplitude of the True Self expressed as Will, the Divine as Will.”

Transformation

Transformation is always possible in your life. It has to do with how much you are willing to release the past, and see the road ahead with a fresh pair of eyes. Don't let what has happened so far be the filter through which you view your future. Instead, clear the windows of your mind and always be ready for a second chance!



No matter Where You Are or how you are or how you are feeling you are always a unique expression of divine consciousness. What changes things is when you are aware of that is being your truth.

“The Divine as what you are, in alignment, is the act of will as the divine force that expresses itself in certainty upon this plane.”

The dilemmas “the past—“should I, should I not?”—are actually released as the True Self in its mandate claims a world anew.

You become the vibration of the Christed Self in manifestation, in action, and in agreement to everything you see.”

“The Divine as you, in its perspective, claims the manifest world and lifts it to its present. It does not confirm negative amplitude or fear. It does not agree to the old because it exists beyond it. It does not confirm collective agreement, simply because it exists in a realm that has not been defined by the collective.”

REALIZATION:BEYOND THE KNOWN



“The world you see, everything you see around you, has been labeled by those who came before you, and you wander this world, interpreting those labels and thinking that what things have been called are what they truly are. In fact, what is available to you in comprehension in the Upper Room exists beyond the known, and, as you agree to this, your learning truly begins.”

We are always beginning!!!!!!