

Everything is Invited

"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 crown of sorrows,
who violently sweep your house
empty of its furniture,
Still, treat each guest honorably.
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.*

-----Rumi

Everything is Invited

When I first sat down to write this article, it didn't happen. I sat in front of the computer screen, jotting a few words here and there, but really nothing much was "coming," I took my hands away from the keyboard and just sat there, noticing....."HmMMM, nothing much is coming....."

Then the neighbors and their three kids came outside to play basketball in the courtyard of our driveway. Suddenly the surrounding environment became very, very noisy.

Until that moment, it had been the perfect time for me to write. My own children were at their father's house, and the environment was calm and non-distracting. Suddenly, what had appeared to be a perfect situation had shifted. On the surface, it seemed as though everything had shifted for the worse, that circumstances were now "against" me writing an article for the June Newsletter. But the perfection of Universal Consciousness was revealing itself, extending its blessing, its Love, through the present moment.

As I sat there at my desk, listening to the noise all around me, I noticed a tightness in my body, and a slight feeling of frustration. Then I became aware of a thought which was wrapped around that feeling.

The thought said, "Conditions are not ideal for writing. Yet now is the allotted time that I have....my children are away, there's nobody needing my attention, it not now, then when?" I noticed this thought and also the feeling of "no flow," the article just wasn't happening.

I then looked at the title of the article, "Everything is Invited," and said to the Conscious Light of my being, "Yes, everything is invited, isn't it. So, let's invite this.....all of it." In the acceptance of my own tension, it immediately began to fall away and leave my body. I got up from the computer and made my way into the living room to have a seat in a big easy chair. Hollering voices, bouncing basketballs, and laughter echoed all around me. I then said to the fullness of the present moment....to myself, "I invite you in totally, just as you are. Thank You so much for this moment."

Suddenly I was aware of a sweetness in the laughter, a togetherness and lightness of play in the voices echoing in the courtyard. The annoying bounce of the basketball fell away, it was just a sound, no longer an annoyance. The smile of peaceful joy began to permeate everything.....tightness was nowhere to be found, and visually, everything began to subtly emanate a vibrance, a kind of light.....gratitude escalated to overflowing.

I became aware of the table sitting next to me and noticed a journal and pen were there. Just then, words describing the gift of "invitation" began to flow. Needless-to-say, I picked up the journal and began to quickly write down everything that was coming. When I had finished writing I closed the journal and became aware of the fact that it was quiet. The neighbors had all gone inside. Now, it was time to go to the computer.

God's timing is the only timing we need. If we can just relax and allow the Presence of the present moment to "unfold" us, we will discover that our life is a miracle revealing itself to us in countless ways.

"Living" the process of serving Consciousness is to live a life of constant humility. I find myself humbled at every turn, both by the subtle ways in which I still momentarily identify myself with the ego-mind, and by the overwhelming love and unsurpassable compassionate Presence of God. In the very instant we are willing to "let go" and invite in the present moment in its entirety, we are filled to overflowing by the Power and the Presence of the One Holy Being. We know, in that instant, that we are Heaven on Earth, extending itself to an entire world, calling to itself, recognizing itself in everything and everyone.

To invite something means to welcome it in totally, without condition, without judgment. It means to allow something to be as it is, right now in the fullness of this moment, without asking it to change, without asking it to be anything other than what it is.

Healing occurs in a moment of absolute acceptance and in the release of everything which is not in alignment with that. That means we must welcome ourselves and all of life in its entirety. To invite everything means just that.... EVERYTHING. We can't just invite all the "feel good" stuff and expect that any real transformation has taken place. We must invite everything into the Light of our Consciousness. Whatever is left in the dark, stays in the dark, operating unconsciously, pulling our strings and pushing our buttons, and we remain as puppets and pawns subject to our ignorance.

Whatever arises within us arises out of a resistance to the present moment and is reflecting to us our own state of being. It's calling our attention *back* to the present, and our return to the "Now" moment lies in being intensely present for whatever we are feeling and experiencing. Instead of judging it and pushing it away, we can invite it in further. We can allow it to unfold within us, to be totally what it is, spontaneously in the moment. This does not mean mentating about it and creating stories around it, it means "feeling" it in its completion. Mind activity and storytelling is an avoidance of the direct

experience of what is “being” felt right now. It is amazing how quickly and easily things pass through if we allow them to “be” without any indulgence in a storyline.

So much of the time we are not fully feeling what is here, because we are too busy judging it. If we are judging something, we are no longer aware our connectedness; we’ve stepped away energetically, separated ourselves, and start pointing fingers as though the separation has occurred “out there” somewhere. The mind splits itself, making resolve impossible. The only way resolve can occur is for one to welcome in what one is judging. The welcoming, itself, is a gesture in returning to the clarity of Oneness.

By inviting whatever is here for us to experience, we reopen ourselves to the “Reality” of the present moment. Our True Reality is one of Love, so opening to the present moment is opening to Love. In Love, all things are created new. Meaning, that in Love everything is finally seen for what it really is: the Love of God, appearing as you, as me.....expressing itself, moment by moment, in perfect Unity and purpose.....everything in perfect correlation with everything else.

That is why it is said that healing can only take place from within. It takes place within our own Consciousness, in a moment of radical willingness to invite in whatever is here for us. True Healing takes place from a shift in perception, and all authentic shifts in perception occur in our willingness to be the openness of our own hearts.

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