

Paul Solomon Lectures

Emotions

DIVINE SELFISHNESS

The brain mind has two concerns – survival and self importance. The left hemisphere is said to be logical; the right hemisphere intuitive and imaginative, and the brain stem instinctual. What empowers all three is the Source of Life Itself, and It has a purpose greater than is expressed in the single body.

There is an individual purpose and a greater purpose. The individual purpose of each soul, without exception, is mastery of the laws of this plane. The greater purpose is the survival of all that is created in this universe. It can be called the “Great Idea”. It is Life itself.

Our brain mind separates the two and believing they are different and in conflict, begins to compete with the world, with God, and with the purpose of life, creating disharmony within ourselves and our environment. Our brain mind believes it has to in order to survive.

Enlightenment comes when this brain mind has its sense of importance satisfied. When the brain mind is not trying to ensure its survival, when it is alright with itself, when it has found its importance in harmony with the greater importance, enlightenment comes. Personal purpose is recognized to be in harmony with greater purpose.

AN ANCIENT STORY

There is a story among the ancients that is the very early formation of our planet, in the earliest expression of man, there was a time when individuals became increasingly conscious of their separation from one another. Being conscious of separation brought the effect of competition. Competition cannot occur except in the mind of a person who has perceived a feeling or an illusion of limitedness, a sense of separation. If resources are limitless there is not competition because there isn't anything to compete for.

At the moment that the concept of competition entered the consciousness of the planet, according to the ancients, roses grew thorns and bees grew stingers. The plant and animal kingdoms took on defenses which were the expression of mankind's participation in the energy of fear as opposed to the energy of love; the belief in lack and limitation as opposed to the expression of plenty and limitless resources.

Ever since that time the entire human race has sought to retain its link with the greater purpose. The quest itself has not always been conscious, known to many only through a vague questioning in the back of the mind, “Why am I here? There must be a purpose, a meaning to life.”

Yet the same story of a search has been told throughout the world in myth, legend, and Sacred Scripture. It is the story of King Arthur and the Knights of the Round Table in Britain, the twelve Olympian gods and goddesses and the twelve challenges of Hercules in ancient Greece and Rome, the life of Lao Tse in China, of the Buddha in India, of Quexicotl in South America, of the Hebraic Patriarch, the life of Jesus, and many more.

We are here to become Masters, to learn to tap the power of the Universe, to so completely experience and express love that there is a confidence established in the individual that makes him or her invulnerable. For you and me it can be called the Search for Alrightness.

If an individual has sufficient love, he has what is most needed for survival. All other things are subject to it. If a person understands the energy of love then he understands that it is the energy of growth, expansiveness, the source of all resources in the universe.

If you feel sufficiently loved by yourself and your Source, you know you have everything you need for your survival, growth and alrightness. If you do not have sufficient love for yourself from yourself and your Source, you will perceive a lack. You will seek to meet that lack through competition, through taking from the environment and from other individuals. You will seek the appreciation, alrightness, approval that you need to survive from other people. In fact, you will insist on getting it from other people. But if you don't have it, if you have not provided it to yourself, you will perceive that you are not able to get it from other people or from your Source.

Every argument, without exception, that occurs on the planet occurs because someone feels insecure. They are participating in the energy of fear, and it is greater in them at the moment than the energy of love. This is the way everyone who is not a Master lives.

A PARADOX

Our religious background in most cases didn't help. We were, in fact, inundated with the image of ourselves as guilty, rotten sinners who had to apologize to God and ask Him to forgive us. Most of us were told from childhood that we should love other people more than ourselves. "Love everybody else". "Do things for other people".

As a result, we use other people's impression of us as a criteria for our own alrightness. The only times we are successful at doing anything are when we are doing something for someone else.

Actually, your first response to this discovery might appear selfish. "It's time to do something for me for a change!"

Here's the paradox. When you start doing things for yourself, you will find you care for other people more. You will no longer be doing things just to get other people's attention or to please them. You will be doing things because you want to, not because you want to get something from others. When you are doing things for yourself, it does not mean you have to do things against others. If you are alright. If you are fulfilled, you will think of others. You will be generous. It is the opposite of selfishness.

You will have sufficient regard for yourself and you will perceive that you have the love, approval, alrightness, the statements that you matter, consistently from yourself and from your Source. You will not have to look for other people as your source of alrightness. If they do not give it to you, you will not perceive a loss in the relationship. You will not attempt to manipulate others to give you what they are obviously incapable of giving.

When you have mastered the Law of Love, you have mastered the greatest power in the universe. The Law of Love causes you to feel no limitation, no inadequacy, now fear. There is nothing that you are afraid to handle.

MASTERY OF EMOTIONS

Mastery of the power of emotions is the first step and the Nine-Step Process can be your key. Once you have the key it is only a matter of decision and then practice until your beliefs are restructured.

You will no longer be a victim of your emotions – you actually never were. If you find yourself indulging in an emotional response, you will know it is your choice. It is really sad to find someone indulging in an emotional response saying, “I know I don’t have to do this, but I think I’ll indulge it anyway.” That person will have just decided not to be a master, to create some more pain in the world, to make life a little less joyous.

The decision to give up the right to react may sound extremely complex and challenging, but it isn’t really because it is your basic nature. Not to accomplish it actually takes more effort, but the effort that you make keeps you in dis-ease and dis-harmony. It is a natural result of worshipping fear instead of love.

You can stop creating the things that take the joy out of your life any moment you want to. The only thing you have to do is give up the joyless emotions, which is what you want to do anyway. You want to live in joy and harmony. All that you have to do to live in joy and harmony is to give up the things that destroy joy and harmony. You know what they are; you can see them, feel them know where they come from. You make active decisions.

THE GREATER PURPOSE

The greater purpose of seeking clarity through the Nine-Step Process and achieve some results with the brain mind – with logic if you are a logical thinker, with imagination or intuition if you are more inclined to use of the right brain, or with the primitive or instinctual brain if you are into processing, digging in and getting in touch with primal origins or emotion. Any one of these or any combination will bring fruitful results.

If you want to go beyond these tools to the source of them, you will have to go beyond your individual, personal intelligence to what we are calling your SuperConscious Intelligence. Working with the tools will bring intellectual clarity and behavioral modification. Contact with your Source will bring you fulfillment and spiritual growth. This SuperConscious Intelligence is in harmony with the greater purpose and if you make it a conscious part of yourself it will look out for your own selfish interests.

If that sounds like another paradox, consider this. Your survival is important. What will keep you from being effective in life is doubting that.

ONLY TWO POWERS

There are only two powers that you can talk with when you go beyond your brain mind. You can talk with fear or you can talk with love. If your information comes from fear, you will find yourself living in a world filled with fear, hurt, pain, the need for punishment and guilt. When fear speaks, that’s the language it uses and it can be a powerful motivating force. Preachers have threatened people with Hell for centuries in order to make them better. That is fear speaking from the mouths of ministers of the devil because the devil is fear. Whatever glorifies fear and uses fear to manipulate is of the devil.

The opposite of fear is Love. You can get to know Love better by recognizing Love as a being you can talk with. When you start working with the Nine-Step process, begin by establishing a relationship with a friend. You can give your friend a personal name. You can call it SuperConscious, or you can call it the

Christ, what ever you want to call the embodiment of Love. The embodiment of Love is the embodiment of consciousness that supports life in all people. It is not limited to your own interest. Its interest is the survival of the planet, of the universe, of the expression of God and His idea. It also is dedicated to your survival in a way your brain mind never was, never can be. It is still selfish, or we might change the term to Self-ful. It is Divinely Self-ful. You might say it is alright with self, others and its environment.

HOW DO YOU CONTACT YOUR SOURCE?

While you are reading this book, there is an intelligence that knows more than your conscious mind knows that is operating inside your own body. If you tried to figure out right now how to move your arm, you would soon realize that you don't know how to do it consciously. The best that you can do is to ask, and you get a result, a response from life. Life is responding to you constantly doing what you ask it to do.

You already have contact with your Super-conscious. If you didn't, you couldn't move your body. People who lose contact with their SuperConscious on that level are paralyzed, and when they reconnect with the SuperConscious that operates the body then the paralysis is over and they are miraculously healed. Science takes the credit but science doesn't know how any of it happens.

That Intelligence that knows how to move your arm, knows how to replicate calls in your system that make your heart beat , knows more about you and your purpose than you know. You can watch results and tabulate them, but there is a spark of life that comes into these experiences of nature and the movement of life that you can't explain. That life, which is capable of moving your organs and your limbs, is with you throughout your life. If you can listen to it, you can get direction in where to go. Getting direction is getting answers. It is a beginning.

A greater step is making a link with the consciousness to transform your mind and to think as it thinks. If you can re-unite your consciousness with its Source, then you will have available to you the avenue of information which made it alive.

To accomplish that you will have to give the brain mind the importance that it is hungry for. If your mind thinks it is going to get lost in the transformation, it will get scared and make the separation wider. The more fear you have of losing your identity, your personal power, or your sense of importance, the wider the separation of this unit from its source. If, on the other hand, you can realize how important this unit is to its Source, then you can talk with that Source. It means overcoming the fear of the Source of life.

It may seem amazing that you have any fear in the first place, but remember that in this culture you have been taught that God gets mad at you for "being bad", so facing your Source can be a lot like facing an angry mommy or daddy. You have awareness of guilt, of failure, feelings of being unwanted, unloved, insecure, ineffective, not alright. The very reasons that you want to know God are the very things that keep you from knowing God. They block your communication with your Source.

FROM BELIEF TO REAL – IZING

You have to realize – not just believe – but 'real-ize', make real for you that this Source loves you more than you love yourself. When you can believe that, you can listen to it and the communication that you get is not going to be condemning. The Source of who and what you are is not disappointed with what He has made. If you have that kind of confidence in getting in touch with the Source of yourself, then

you can open all of the channels that keep you closed off in fear that it wouldn't work, that you wouldn't be acceptable, that you wouldn't be forgiven. If you can get past the fear and make a personal friend, then you can start the conversation.

When you go through each of the steps of the Nine-Step Process, keep the conversation with your friend going in your mind. Better yet, have a running conversation with Source. If you do, you probably won't need the Nine-Step Process. The Source of your mind is the Source that created your ability to communicate and to have emotions. The creator of your emotions does not have a problem with emotions.

TRUTH IS BORN A TWIN

When you feel an unpleasant emotion, one that you know will not serve you, ask your Source, "How can I best respond?" An answer will pop into your head just that quickly. Then on its heels, 'born a twin' is going to come doubt and you will ask, "Was that message correct or am I deluding myself?"

The Source of Life is the Source of Truth, and it will tell you the truth anytime that you are willing to listen. It shouldn't be hard to believe that the Creator of this Universe can tell you about the operation of the Universe.

There had better be some intelligence up there that know what is going on and if there is, why is it so surprising that it can communicate with you?

You are protected from knowing more than you are ready to handle. At any moment that you decide you are willing to handle more information all you have to say to the Source is, "I want to know more. I am willing to take responsibility for knowing more. I would like You to reveal to me what is coming in my Life as a result of what I've set in motion, by my response to the catalyst. What is it I need to do to respond effectively?"

Ask and believe that you deserve an answer. Then, when the answer comes and you begin to doubt, stop and be absolutely silent. Stop the activity of the self-talk that goes back and forth; stop the arguing that goes on inside your head; that builds and builds to a point of negative emotion.

Truth comes when the argument stops. Stopping the argument is not a matter of force. Force won't work. What happens when you tell children to keep quiet? They get louder. They scream at the top of their lungs when you tell them to be quiet.

Instead, give them love. Tell them they are alright. Remember, your brain mind wants two things – it wants to survive and it wants to be important., So tell them they are important, "You are precious to me. That is why I am listening." Reassure them. Reassure yourself and give yourself the confidence and the love.

YOU KNOW THE TRUTH

When your consciousness becomes quiet, listen. That is when your answers will come. Tell your friend, "I want to know." Truth will come and doubt will come again also on its heels. Say to yourself, "I deserve to know. I am willing to listen." Then go back to truth.

If you are not certain which answer came first, remember that the universe is the creator of life and of your ability to think. It is in the interest of that creative ability to communicate with what it has made.

For that reason, whenever there is an opening for the universe, for the Source of creative consciousness to talk with you, if you give it any excuses, it will talk.

In the final analysis, you know the truth, and you are trying to get everything else out of the way of knowing that truth. Then truth comes. You will recognize it because it will be as if you remember something that you always have known. You don't have to argue with that piece of information. You may not have any logical way of knowing the answer, but you do have an inner sense of knowing. An inner confirmation recognizes truth and when you get that confirmation, you have heard the voice of the Christ. The consistent recognition and acting on that voice is the key to transformation.

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