

Gradual Awakening

A Bigger Box

In the last meeting a person had just returned from a seven day silent retreat.¹ He said: “My box is bigger.” This is a concise statement of what many people experience as they gradually awaken.

He said that his tendencies and his reactivity are still occurring, and there is also a difference. There is more space before he reacts. When he reacts, the reaction is less than before the retreat. Or he may not even react outwardly; where prior to the retreat he would have reacted outwardly. He may still become angered, though there is more space, more detachment, less getting sucked into, the anger. He’s also more readily available to give and to receive love, and he’s more available for Grace to come in.

One way to view our gradual awakening is that our box becomes bigger and bigger as we progress spiritually. Eventually the box becomes so big that we do not bump up against its borders. We live in an open state of awareness. We move through life, whether life is rough or smooth, in an open way. This openness is our natural non-reactive state.

Our True Nature Is Covered Over

My view is that we’re already Enlightened within; that Enlightenment is our Natural State.² Genesis 1:27 says that we are made in the image of God.³ Our Enlightened Self, though, has been covered over by many layers of mental and emotional density. Without these layers of density, our Natural State comes through.

We’ve all experienced moments (or longer periods of time) of our natural Enlightened State. Though, usually, we have layers of emotional and mental density obscuring our Natural State; like clouds blocking the sunlight. As the clouds thin, more sunlight comes through. Remove the clouds and the sunlight automatically comes through. This long known analogy of clouds blocking the sunlight has been used for centuries to illustrate how we are already Enlightened and that we’re living in amnesia of this truth.

Clouds Obscure The Sunlight

Our internal clouds, what blocks us from living as an image of God, are our accumulated mental and emotional densities. These densities are our unresolved negative emotions and our unresolved negative thoughts. Any non-peace, anything that is unforgiven, any non-acceptance in our life, any grudge, any judgement, any jealousy, any envy, any hate, any anger, any fear is density. These densities are blocking the full sunlight from coming through. No clouds, full sunlight.

To Lessen The Accumulation Of More Emotional And Mental Density

We will acquire more emotional and mental density. We will shut down, close off, blame, feel a victim, have anger, be stuck in fear. So not acquiring more density is not our goal. To acquire less density and to not hold onto the density for as long are good directions for us.

To lessen the accumulation of more density, Charles (my teacher) has a tenet of his teaching. He says: "If it's not neutral or loving, let it go." Briefly, Charles says that we accumulate more negativity-density the longer we are internally negative. Two previous articles go into much more detail about 'if it's not neutral or loving, let it go.'⁴

Spiritual paths are very clear on how to not accumulate more negative density; to live a positive, helpful, heart-oriented life. Being mindful, meditating (briefly many times a day and also for longer periods of time), being in our Heart, being creative, being thankful, helping others, being kind to ourselves and to others are all ways to not accumulate more negative density.

Forgiveness

But to dissolve the hardinesses already inside that can be hard to do. If it was easy to dissolve our hardinesses, our held negative thoughts and our held negative emotions, then they wouldn't be there. The fact is that people, including myself, are living with unresolved issues from their past. These unresolved issues block the inherent Light of God already within us. Luke 17:21 says: "neither shall they say, Behold it here! or, Behold it there! for, behold, the kingdom of God is within you." *We've already got what we're looking for.*

Forgiveness is a key to dissolving our internal already established hardinesses; forgiving ourselves and forgiving others. With forgiveness, there are no grudges, no wrongs that

sting, no negatively held thoughts or negatively held emotions. At times, full forgiveness happens in a single moment; when we've come to a deep peace and acceptance. Forgiveness, though, usually happens in stages. We forgive, then later we discover that we're still holding onto some of the negative thoughts and negative emotions that we thought we had fully let go of. Forgiveness doesn't mean that we approve or condone of the behavior of ourselves or of the other person; we've come to peace that it happened and have forgiven.

How much needs to be forgiven? Everything. Matthew 18:21-22 says: Then Peter came up and asked him, "Lord, how many times may my brother sin against me and I have to forgive him? Seven times?" Jesus told him, "I tell you, not just seven times, but seventy times seven!"

Already Formed (And Stored) Negative Emotions And Negative Thoughts

Some of our held negative thoughts and held negative emotions are very strong. They are so strong that they don't want to leave. Even though we know we'd be better off without the bitterness, anger and fear, we just can't seem to let it go; we can't seem to get to the point of forgiveness.

Eckhart Tolle talks of accumulated negative thoughts and accumulated negative emotions as 'the pain body.' He says that accumulated negativity acquires an actual strength in us like muscles gaining strength in a body. Eckhart says that the pain body wants to live and grow. If it's not being fed by negative thoughts and negative emotions, it'll get hungry and will cause us to go into a negative state, rant or rage. Each time we go into a negative state or rant (internal dialog or external toward another person), the pain body gets fed and grows. This is why it's so hard for very angry people to get out of their anger toward others and toward themselves.

We could greatly benefit from help to overcome that which is holding us back. To gain help, people read self help books, go to counseling and go to their place of worship. Yet, so many people live with unforgiveness.

Other articles have been written about my view that every negative thought and every negative emotion has a physical anchor point in the body; usually in the form of tension.⁵ Releasing the physical anchor point greatly releases the negative thought and the negative emotion. I've witnessed many times forgiveness happen deeper and more

fully through the releasing of the physical anchor point. When the energy charge of the negative thoughts and negative emotions is discharged from our body, we're at peace. The grip on our body is gone. Our mind softens.

Waking Up To Who We Really Are

As we let go of our accumulated negative thoughts, of our accumulated negative emotions and of all that is unforgiven, space appears. As our accumulation of negative emotions and of negative thoughts lessens, there is less to bump into inside of our box. When all of the accumulated negative thoughts and accumulated negative emotions have dissolved, there is nothing negative to bump into; nothing negative to be irritated about. The box is emptied with what blocks our inherent Happiness from coming through and with what prevents us from living as an image of God.

Now only Love exists in our box. With only Love in our box, we can only keep repeatedly bumping into Love. There may always remain a human part of us where it takes some time to come to peace with unfortunate occurrences, with disease, with death, with anything that can cause suffering. Coming to peace, coming back to Love, again and again, is the calling of all spiritual paths. Calling us back Home. Calling us back to who we really are.

May all beings live as the peace and Love that is always and already within us.

Footnotes:

- 1 He has attended a number of these seven day silent retreats.
- 2 This is also the view of Buddhism.
- 3 Genesis 1:27 says: "So God created man in his own image, in the image of God he created him; male and female he created them."
- 4 These two articles are: [If It's Not Neutral Or Loving, Let It Go](#) and [Beyond The Thinking Mind](#).

- 5 The topic of physical anchor points in the body that are connected to negative thoughts and negative emotions has been written about in previous articles. The previous articles go into detail about physical anchor points. The most recent article is [Beyond The Thinking Mind](#); page 2. Also [Anger Revisited](#); pages 2-3. Another article that addresses physical anchor points is [Moving Forward When We're In Reaction](#); pages 4-7. Also pages 4-5 in the article [Letting Go](#) has a section on anchor points.