

Two Stories About Listening and Writing With Two Additional Short Stories

The First Story

About four years ago I was in a private two hour session with Charles. I offered to do bodywork on him. I'd done a little bodywork on him at retreats, but not a full session.

Charles hesitated on answering. He became quiet. He said he wasn't getting a clear answer. After a couple more minutes he said he was going to write about it and get back to me. About two days later I received a call from Charles with the answer. He had written and he had gotten a 'no.' He also told me the reason for the no.

This interaction has proven to be a major learning lesson for me. After so many years of Charles writing and working with people, the answer about receiving bodywork from me was not clear to him and he needed to write about it to get more clarity. *He needed to write to get more clarity.* That woke me up. My impression is that Charles' channel to Divine Guidance is very open, *and yet he needed at that time to write to get more clarity.* To be in front of a student and say 'I don't know. I'll need to write about it' showed me a level of humility in Charles that also impressed me.

Every person will find out how writing unfolds for them. Almost always when I'm given a yes or no answer during writing there is no reason given; even if I write the follow up question of 'why?.' Not getting a reason seems appropriate for me. The reason would be for my mind to know. My mind doesn't need to be involved in why the guidance said what it did.

The Second Story

Prelude

I've been inspired with Racquel's dedication to listening to guidance. My impression of Racquel is that what is most important to her is to listen to her inner guidance and to live from this inner guidance. My impression is that, for Racquel, writing is her number one best way that she receives direct and clear guidance. Racquel has written volumes of journals. Racquel continues to write, receiving guidance through her writing.¹

To listen to guidance, a channel needs to be open inside us. Racquel began holding weekly meetings for the purpose of people getting together to support each other to write. These meetings to support each other and to enhance the flow of writing evolved into the type of meetings that occur today; where writing continues to always be an important part of her meetings.

The Second Story Continued

Racquel told me that she learned the most from Charles by massaging and doing energy work on Charles. I was greatly surprised to hear Racquel say this. Racquel has been to countless retreats and workshops. She's had many private sessions with Charles, and she says that she has received the most help from Charles by doing bodywork and energy work on him; not by going to retreats or by what he has said to her.

Racquel didn't elaborate more. I also didn't ask follow-up questions of how and why she received the most from Charles by working on him. Racquel transmitted to me much more than her words. The following is what was 'downloaded' into me when Racquel said this to me. What I 'got' at another level than words is that she needed to listen very deeply to guidance to know what to do when she was working on Charles. There's no faking it when we're working on our teacher. We're either tuned in deeply or not.

Wanting to be of true service to Charles motivated Racquel to listen deeper to guidance while working on him. Racquel also was receiving tremendous support from Charles to open more, listen more, surrender more, and to follow the guidance coming in. That's just the way Charles is – he supports us to open more and more to the deep wisdom inside us. He wasn't 'trying' to support Racquel. He was supporting her by being who he is.

In Racquel opening more deeply to guidance while working on Charles, she needed to relax and trust so that she could receive more and more guidance. This type of deep, surrendered, relaxed listening is essential to receiving guidance.² More deeply listening, more deeply surrendering and more deeply relaxing evolves over time.

Racquel did bodywork and energy work again and again on Charles through the years.³ To me it's incredible that Racquel found the greatest learning from her teacher through working on him. For many people, they'd appreciate giving back to their teacher and to be with him or her. For Racquel, she knew in the cells of her body what was being offered when she worked on Charles.

Short Story About Mother Teresa Listening

I'm watching a movie about Mother Teresa and how she received guidance to work with the poorest of the poor even though her vows were to be a cloistered nun.⁴ She heard this guidance when she was on a bus. She was absolutely certain that to work with the poorest of the poor outside the walls of the convent was from Divine Guidance and that she was to remain being a nun.

This request to be a non-cloistered nun was unheard of at the time. She was advised by the Mother Superior to renounce her vows to leave the convent to work with the poor. She needed to appeal directly to the Pope to gain permission. She followed the guidance even though what was asked seemed highly unlikely to happen. The Pope gave his permission to remain in the order and for her to work with the poorest of the poor.

Short Story About Steven Gray Listening

Steven Gray was in his mid 20s and on the Zen path. He had a Zen teacher. He'd go to week long meditation retreats often. He'd built a small meditation hut in his backyard.

During a week long meditation retreat he was having a lot of anxiety. He decided to leave the retreat and go home. When he got home, he heard an inner voice tell him to go into his meditation hut and meditate. This made no sense to him since he just left a meditation retreat.

Hearing this inner voice was very unusual for Steven. He acquiesced to the voice and went into his meditation hut. In the hut he had a very profound experience of love pouring into him and talking to him. This was very unusual for him to hear this inner voice. He views this experience as a profoundly crucial and pivotal spiritual experience. He was set on an entirely different path because he listened, trusted and followed; even though it made no sense to his mind.

I just read from Wikipedia about Steven's life. He had had some awakening experiences in his 20s. Wikipedia continues on: "For the next few years he continued his meditation practice, while also working at his father's machine shop. In addition to sitting, he spent many hours in coffee shops writing answers to questions that spontaneously came to him."

Seems writing played a vital role in his continued awakening. Today Steven Gray goes by the name of Adyashanti.

Conclusion

The first two stories about Charles and about Racquel listening, trusting and following guidance have taught me so much. The two stories of Mother Teresa and Adyashanti have provided me with other examples of listening, trusting, and acting from guidance.

I receive the clearest guidance through writing. As I recently wrote to the group, I'm honored to write and I look forward each day to writing. I began with a lot of resistance to writing in the first two years in this work. In the very beginning, I'd primarily write for a short time after a retreat or after a workshop. I got kick-started to write by the retreat and then that kick-start would fade. This fading happened less and less over the first two years; leading to more consistent writing. I was fortunate to go to workshops and retreats regularly; giving me many boosts to write.

The people in the group are being asked to step up their writing; to write more often and, if they choose, to follow guidance at a deeper level in their lives. The asking to write more often will probably bring up resistance and also will give each person more opportunity to trust more, to listen deeper and to surrender more.

May all beings be attuned to Love and to Guidance.

Footnotes:

- 1 Racquel and I have an agreement that we can tell anything we know about each other if it feels appropriate and when it may help other people. I'll send this article to Racquel and find out if what I'm writing about my impressions of Racquel throughout the article are accurate.
- 2 We don't need to be in a super-deep, super-relaxed state to receive guidance, though relaxing greatly facilitates guidance to move from deep within to the surface.
- 3 The Racquel that started to do bodywork on Charles many years ago is not the same Racquel we know today. Back then, she had noticeable insecurities, doubts, a bunch of fear, and a bunch of resistance. It was a stretch for Racquel to offer bodywork and energy work to Charles. She moved through that initial fear and so much opened for her.
- 4 A cloistered nun vows to stay inside the walls of the convent and to not go outside the walls of the convent.