



RAINBOWS

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Self-Sourcing Happens When You Let Go of Reaction

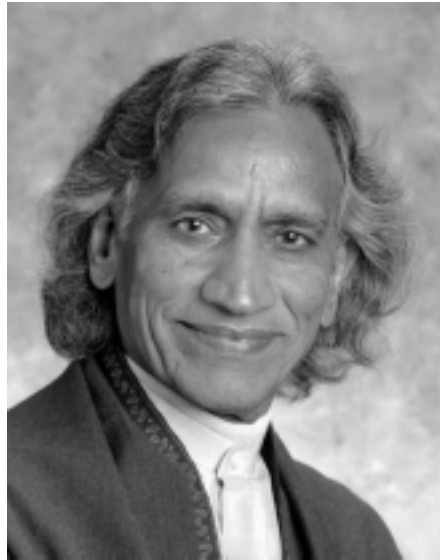
Article contributed by Yogi Amrit Desai

Self-sourcing happens in the absolute silence of the gap between thoughts. The preceding thought has collapsed and vanished. The succeeding thought has not yet been created. In the gap between the two is the field of infinite possibilities. Meditation is a technique for creating a greater and greater gap.

REACTION CLOSES THE GAP AND SEPARATES YOU FROM SOURCE.

The unity of Being manifests through multitudes of diversified forms of physical, mental and emotional actions. But in reaction, your self-image, which has separated from the Source, manifests.

Habitual, instant reaction happens in the form of feeling, mind chatter, speech and acting. It occurs within the belief of who you are. All reaction, whether mental dialogue, verbal expression or emotional action, occurs as a coping mechanism. It extends unresolved fears of the past into the present. It is a defense against current possibilities or a fear of the unknown future. Your self-image reacting to an event is a denial of the opening that Reality provides. **IN THIS GAP OF SILENCE IS A NEW OPENING.** All possibilities are open and you can return to Self as Source when you are daring enough to leap into the present without a reaction, without resistance to what is happening now. So trust not in defensive reasoning but in the reason that helps you bear reality with joy.



In the absence of a reactive defense, when you surrender the self-image, you appear differently to everyone present. There is a new kind of opening that happens in your being in non-reaction — for you, the other and life. The absence of reaction is silence and deep relaxation.

What is caused by the silence instead of a reaction cannot be taught or explained. The absence of a reaction is the active

expression of love — love that is not sheltered and shadowed by the ego or self-concepts. Love itself will teach you.

MORE ABOUT SELF-IMAGE DEFENSE: Your self-image is made up of your conditioned belief system. It operates like a programmed computer, directing your perceptions and activities. It uses up the real life force of prana (energy) and chokes life out of real potential. You live for dream solutions for this shadow self.

Whenever your self-image is challenged, you tend to identify with it and feel like you are challenged. You call it "negative" and resist it. Often your resistance is rationalized or greatly justified. But that reaction is just a fight against what which is disturbing to your

Continued on the next page

Self-Sourcing (cont'd)

self-image. If you feel frustrated or abused, you try to compensate by adopting "strength" maneuvers to defend your hurt. It is a defensive reinforcement of your self-concept and interferes with connections to Self. Then, whatever you do, even performing "good" socially acceptable acts, fails to fulfill the true Self and merely fulfills the conditioned belief system.

AWAKENING OUT OF THE DREAM OF SELF CONCEPTS: The absence of reaction happens only if you trust that the gap generated by letting go of resistance creates the possibility for awakening out of the dream of self concepts.

When you do not react to defend yourself, your false identify with self-image is put aside. You cease protecting the image. The gap of meditative choiceless awareness is created. In that gap is the surrender of self-image and the resurrection of the Self. It is a silent invocation of the presence of a divine entity — a spirit guide — to provide the deepest possible shift for yourself and everyone around.

THE SPIRITUAL JOURNEY: What is good for your soul is a threat to your self-image. When you embark upon the spiritual journey, you tend to resist what looks "negative" and chase desired "positive" or "spiritual" results. This may look like a normal thing to do but it is the deceptive work of the ego. It is a reaction — a most unspiritual act. When you stop being for positive and against negative, the gap — the

silence — is created. It is in this absence of reaction that there is witness. Silent observation is the most spiritual way of being in the presence of both positive and negative experiences. Try to practice this non-resistance whenever your self-concepts are challenged and you feel like defending your ideas. Don't try to explain or clarify your position defensively. Later, after you are clear of the reactive mode, you may clarify your position — not justify it.

GRACE: This non-reactive way of being is living in the "fire." It takes great courage to sit still and surrender. Meditation helps. That quiet approach to constantly alternating positive and negative experiences is the ultimate, invincible defense. Sitting in that fire is the real surrender of ego. When the ego burns, grace showers. You are taken to the unified field of all creativity — Self-sourcing.

In this surrendered state, all evolutionary expressions and actions spontaneously and effortlessly emerge. In this grace, your highest desires are fulfilled without having to strive for them. Such desires are founded not in separative consciousness but in the field of unity and integration.

When intelligence is rooted in the field of unity consciousness, you are grounded in Self-sourcing and can act with maximum creativity and efficiency. The action itself is self-fulfilling rather than the end result. Instead of reaction, there is only Reality.

Holiday Messages from Life Spectrums Board of Directors

Life Spectrums is truly a family of like-minded, spiritual individuals. Thank you for being a part of this years rainbow experience and we hope that you will join us in July at Elizabethtown for another enlightening experience. Reach out in your community and ask your friends and family to join our warmhearted group.

May you carry with you always the peace, the love, and the power of this joyous holiday season.

As we celebrate the many traditions of the winter holidays, inevitably we remerge with the ancient spirit of the season of the "sun standing still".

May Goddess and Sun and God and Son keep us always in light and love."

YOUR HELP IS NEEDED: If you are like most of us, the Rainbow Experience is something we look forward to each year. Consider giving something back to the organization that has given you so much. Life Spectrums could use your help in many different ways. Volunteers are always needed at the conference to assist at the different tables and help set up and pack things up. We also need help throughout the year. Please let us know if you have any skills that may benefit us in other ways, such as: publicity, writing, marketing, computer or webmaster skills. If you don't have the time in your busy schedules, contributions to the general or scholarship funds are gratefully accepted throughout the year. Your love and light are much appreciated.

SEAMSTRESSES WANTED: We would like to have some type of prayer shawl made for the choir to wear to unify and distinguish them in the Healing Service next year. Anyone with ideas on how this could be done who is willing to donate time, expertise or resources in designing and making small ties that could go around the neck and hang down, please contact coordinator Anne Creter at 856-829-9196 or email annecrets@aol.com.

REMINDER ABOUT THE CHINESE AUCTION: Now is the time to be putting aside items you can donate to the Chinese Auction next year. Whatever your artistic specialty is, make an extra one for the auction. If you happen to hit upon a fantastic sale on New Age wares, buy an extra item for the auction. Or if you happen to have an appropriate new item you got as a gift that's just "not you," recycle it to the Chinese auction at next year's conference. Proceeds benefit Life Spectrums.

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