

## The Transformation - February 11 & 18, 2020

Yoga imprints upon us the teaching that one should not so attach himself to a particular thing, so as to refuse to submit to the movement of Transformation. Refusal itself can be an imprisoning form of attachment. Often transformation can be seen coming for a long time, yet we resist it, clinging instead to save our old ways. A good example of this relates to relationships, and marriage, where one holds on to past good times in the face of a deteriorating relationship, often postponing the inevitable for years. It is however quite difficult to resist the force of transformation, especially if based on Karmic experiences, which operates through the astral influence. It's not a matter of will, but instead is an opportunity to accompany, not resist the forceful changes coming. We often find ourselves beset by changes, fighting them and making them worse, but resistance to the forces arising in life is futile. Go with the flow! Accept that which is brought to you by life.

Often the movement of transformation brings about a new vision of life, a new perspective, one aligned with and harmonious to life.

Resistance could involve the question of *personal egoic judgement* as we have the tendency to seek only to experience pleasure. One ought to understand that the divine only chooses the material of the divine life. The rule of Karma over our life seems inexorable. The way of the spirit is completely foreign to any intellectual consideration of choice, and so acceptance of 'what is' is the only course.

The superior 'I' or spirit, as opposed to the ego (personality, character, beliefs) are the inner voice we should be attentive to. This 'higher self' gives an illuminated message and direction of the Divine master, but not from an external teacher or guru, but from within.

In essence one does not need a guru to interpret the role of the spirit, but one certainly needs to attend and listen to the Superior 'I' or internal guru.

It basically calls for each of our lives to accept and call for the transformation experience without any filter or pre-condition. Things arise whether we like it or not, and resistance will only strengthen their power. They actually involve experiences we need to have in order to break away from shackles of the

past and awaken to new possibilities. We don't get to choose the part we want and resist the rest. Many get a 'call' from life to move on to a new experience, a new profession, a new relationship. Don't fight it, don't slavishly follow it. Just accept and accompany it. Some hold onto the ideas from their lower ego, blindly pushing them forward, but miss the direction of the superior 'I'.

All really depends upon the personal psychic awakening, a vision, to sense where their life is being directed, and this will occur with a devoted submission to the Divine Shakti (mother of the universe) for unifying our fractional self. This awakening acts to focus us on what's important instead of the 'squeaky wheel' which heretofore commanded our attention. The transformation may seem insurmountable, but as we accept it and proceed we also get the help needed to make progress.

Each step of this slow evolution contains within itself, in a latent state, the seeds of the next steps of new openings of Consciousness. For instance even a difficult divorce can carry the seeds of liberation into a better harmony with life.

In the 'inner' or interior life, the submission, not just mere acceptance, to the movement of Transformation brings us to new openings of discovery. Our initial reaction to a transforming impulse may be to avoid or resist it, since we normally accept things that only seem safe, but taking a chance and going with our gut can open a new world to us, go for it. It not only opens to an intense 'inner' life, but also to greater possibilities of exterior action as well. The mere acceptance of an experience brought to us karmically, usually a difficult process, can enable the higher self to open even further possibilities. The exterior actions are thus dictated by the 'higher' self as to what needs to be done or not done. In any event one ought not to attach oneself too much to the new discovery, even if exciting and overwhelming, as they are only transitory accomplishments. The virtues of the Divine act to infuse into physical actions a dynamic never seen before.

This really underscores the effect of gathering the fractional parts of the ego-self and unifying them with the Divine Self.

Even some exterior actions or accomplishments seem to happen almost miraculously implying that all actions are governed by Divine Spirit.