Committing to our Spiritual Presence with Nancy Shipley Rubin

Class 3 highlights

Our Word is Trust

Formation Statement: Everything I need is already here.

The Ease Field brings Open endless space,

grounded in precision awareness.

Open to Kindness, the Aloha spirit and overcome cultural fears.

Create an act of kindness each day.

The snake year encourages awakening to clear seeing and expressing Wisdom. We are encouraged to be humble, humble to the ground.

Our focus is the Ease Field and the integration of the Guardian Protectors.

Errol and I have been listening to the Ease field CD daily. Each time we hear something new, with the intent to transform our old guardians into Wisdom and Empowerment. Whatever level we found ourselves on, the teachings gave the energy needed for the day. It is a great support tool and we encourage you to review each of the CD’s.

The work is helping reconfigure our old responses to stress, by opening to a new way of experiencing reality. The challenge is to own the voices of our old dark protectors rather than projecting them into someone or something outside. It becomes necessary to check if the first impression from the old guardians is true, and even if it feels threatening, does it merit cutting off from our essence by going numb or getting lost in self-righteousness or protection. I identified strongly with my need to protect my vulnerability. I sometimes forgot that I existed beyond the darkness. I am learning to trust that my Spiritual presence has the power to heal whatever projection I am experiencing. This process may take time to integrate as I open to my essence as my essential self, rather than identifying it as a distant cousin visiting on special occasions.

I was encouraged to see the dark protectors as forces that could be transformed. The process required that I honor the old safety field, acknowledge what I was internalizing, and then do a reality check. It took a strong commitment to my spirit to consistently bring my heart into old contractions and hard stances. Fortunately, I am teaching this class and that strengthens my resolve. When I tried to go unconscious, I could become obsessed by the influences of the old wounds. I saw how I used sickness to escape, to avoid conflict. I wanted to be done and felt embarrassed that I was struggling. To top it off, I saw how my habitual response, to harden, to hide, to be hurt or to run away actually intensified and fed my wounded identity. I kept remembering my commitment to spiritual presence, even when I was not sure what that meant, and listened in my heart for the answer. I used the monitor of the one-two-three game in class one to manage my worry, overwhelm and frustration.

It became clear that I had to give up the identity formed by the learned controls and capitulations. I called out for help. I opened sacred books to see what was going on, to understand my emptiness, my fear of being lost. Eventually it started making sense, as I could see my history, and the effects that each of the protectors had on my awareness. Lucky me, I got personal re-enactments of each guardian so I could play them out and experience how my essence went into hiding. I met the protectors in my clients and friends. I saw them in myself and experienced the effects they had on my developing awareness. The situation would not leave me alone until I penetrated the deeper meaning and named the inner guardian. As soon as it was named and I saw its influence, the energy would begin to integrate.

Faces of the guardians.

The resentment - I sat with a woman who felt her family betrayed her. She had to do everything while they did nothing. She was so bitter, and could only see the ways she was being taken advantage of. She spit out her venom, angry and abused. <I saw my sister and how I felt I had to take on her pain yet stay invisible so she would not be mad at me>

The blamer: He went on a 20-minute monologue of woe, how he had been wronged, how diluted everyone else was- how he was innocent and unfairly persecuted. < I saw my father. I felt hopeless to say anything or defend the other; for fear that he would turn his blame on me, insisting I had betrayed him too. >

The self-imploder: Her world was empty. Everything was meaningless. There was no love, no hope and even as she understood where the feelings came from, the emptiness grew greater. She felt she would be lost forever in the pain. Deep grieving, loss of love and loss of self <Me in relationship to the resentment and the blame. I made it my fault, as a way of staying connected. >

The protector-defender: Defending her perfection, always knowing she was right. Wanting to lecture and make her position known. Needing to teach a lesson. There was a wall, a shield that kept the world out, she would not be penetrated or let down her guard. < My mother as I was growing up. I modeled this one the most. I could start to see it in others and the way it warped the truth, and protecting by building walls and keeping others at a distance. >

As I identified each stance, I kept honoring the power of protection, calling for Truth, Love and Integrity. I practiced softening around my reactions. Errol kept reminding me of forgiveness, and the willingness to see the good. That was very helpful. I felt the acts of kindness building my presence. I could see how the new safety field cleared the pattern and stopped the emotional charge from overwhelming my nervous system. The ease lifted my perception to another level where I was simply not affected in the same way by the old input. I felt the melting of the karma, releasing the old cause and effect. It was like the changing of the guards. My spiritual presence brought conscious awareness. I consciously could connect to Compassion, Clarity, Integrity and Truth and ground through my own nervous system. This brought me back home again in my heart.

The Ease field demonstrates our Spiritual Presence. It does not mean that the moment is easy. It means your presence is greater than the obstacle or projection. It is not a drifting away to avoid conflict; it is a powerful stance of righteousness, truth, and integrity. Your willingness to stay connected is strengthened by your commitment to love, to bring light to your dark space, to open your hearts and allow your essence. The strength of the dark protectors gives power to our light, moving from contraction to expansion.

One of the gifts of these classes is that I am present and aware of what I am feeling most of the time now. I am not always comfortable or happy, but I am aware. It feels like layers of old perceptions are revealing themselves and falling away. When we started the “Creating Intentions that Work” we joked that our new app was Awareness. Its here now. The ease field is present when we are trusting that all our needs are met, that everything needed is already here, and that we feel the spiritual presence with us in a light handed way.

We have a hillside garden and have been dedicated to making soil for twenty plus years. We bought a chipper (the rabbit) and would grind up all that we grew, old palm fronds, trims of the shrubs, etc. Unfortunately, our chipper had carburetor problems, and has been back to the doctor many times. This means we had over two years of trimmings piled very high on the first terrace. Through our last integration week, with the rabbit renewed, we have been chipping away. It will take awhile before the chips become rich loam to feed the garden, but rich soil it will be. It’s a lot of work, but it is worth it. I think my process feels much the same way. A lot of work, but it is worth it. Fine nourishing soil we will become, it is a matter of time.