Committing to your Spiritual Presence with Nancy Shipley Rubin

Welcome to the study program. This was our very first teleconference and it came out more casual listening. It is filled with information and empowerments. We sent out letters to support the program unfolding and have included them here. They serve as a reminder of the empowerments. It is important to know that we are invoking spiritual presence through the work, and although the techniques are will structured, you will feel the intervention of spirit coming through. Feel free to contact us. We are available for comment, questions, and support.

Class 1 Summary

We encourage you to listen repeatedly to the conference. In this way, you will embrace the bigger picture of what we are offering. As you listen, you will hear different levels, which will allow you to establish the tools of empowerment. It also allows you to clarify your experience and interpret your reactions. Our listening time is rich. Each time you listen, you will hear something new. The highlights will make more sense as you reference the recording. They are meant to work together.

Some highlights from the program:

Spiritual presence is the state that the I lives in. It is always here. It is the space surrounding your perception. How much does your personal I recognize your spiritual presence?

We are witnessing the connection between your universal self and your personal reality. Our universal self holds principles of Compassion, Truth, and Grace.

Establishing our connection to Spiritual Presence, we want to acknowledge our basic needs first. Our need for love, for respect, for security needs to be addressed as it is a vital link to a balanced spiritual opening. Being present allows us to open and explore a new level of care, as we learn to receive these larger forces of love.

The connection to our Spiritual Presence is made real through our feeling body.

To get in the drivers seat of our awareness, here are the key questions to ask.

What am I feeling?

What do I need?

After it is named, we set the intention of the field that is needed.

As you surrender feelings of separation, the spiritual field becomes active and allows a new level of empowerment. Then we can release old protective emotions that guard the hurt. You will discover our habitual responses that cause us to close down the receiving channels automatically, from the memory of pain or the fear that the bad thing might happen again.

Give permission to see these reactions and stay open to yourself. Bring Compassion to all that you feel, as soon as you remember. Compassion has karma melting powers and acts as a neutralizer. It allows our spiritual presence to do its work, as we integrate splintered or frozen aspects of our personality.

As you are asking for love, watch how your state changes to fulfill your needs < a softening, an opening, new information showing up>. Always say thank you as a way of acknowledging the shift.

When you ask, it is given. The field of what you are asking for comes automatically as you ask. That is the law. We may not have the awareness to perceive it immediately, but it will be there. The asking creates an automatic reflex and the state becomes available. I call for love, love is there. I may need time to digest the hurt that stood in the way, to allow the feelings as I register what love is. If I am lost in the hurt separation space, I may not have the consciousness to shift to the softer awareness that love brings. It becomes a matter of time. As I keep calling, the field becomes more obvious.

By acknowledging that ‘It is safe to get our needs met’, we are activating a new field, that gives life to the unmet need and builds a new relationship to that part of our self. Reflect on your week for familiar feelings that keep you caught in reaction. Be clear that we are not trying to fix or change the old memory; more we are bringing respect and learning how to open to new energy reserves. Learning how to relax and be with your feelings is a first big step.

Commitments from the program to remember:

*Open-Close* We are charting what it actually feels like to be open or closed in our energy body. We made the commitment to say open to ourselves no matter what.

*Healthy No* A healthy No comes when we accept that we can only give so much, and have to be true within our own capacity. By accepting that we can stay open inside, and feel the truth of what is right for us, then others are able to know our boundaries without confusion. We accept what we can or cannot do, and communicate with compassion, from an open place. When we miss our mark, and give more than we have, we face the tendency to hold resentment or blame.

If we are feeling that we are owed something from what we give and expect something in return, we have to be clear about it. We are making a contract that defines our giving and receiving, as we would do in a business transaction. You do this, I will do that, and we are all happy. If the contract is not kept, we have to accept who we are dealing with and their ability to keep their word and adjust the contract accordingly.

The key to remember is that we do not have to close down or shut off in order to say no. This will take some practice. Think of it like a new dance step, or a new language. Make space and a learning curve around yes and no. There is a lot to this.

*Healthy Yes* With a healthy no in our pocket, we can trust our Yes, a congruent yes, necessary when we are practicing commitment. A healthy yes says that all our energy is moving positively in one direction.

We are enrolling the awakened aspect of our nature to lead and guide. We can hear the yes and no that would have formerly spoken through our body language, with the opening and closing of our field. Now we do not have to close as a way to say no, or on the other side, stay too open and overwork our receptive side when we are fascinated with our goals. This inner listening provides the answer to questions and quandaries and helps us to align to the bigger picture. We are learning to rely on our internal compass, that tells us when to take action and how to wait, consciously connected to our goals.

To make a sizable commitment to our spiritual presence, we need more energy. We went searching for a new source of power. As we knew we had plenty of energy in our reactions to things that were not going our way, we decided to tap into dissidence We will use the energy generated from frustration, worry and overwhelm, a sizable workspace for most people, and become aware of how energy shifts and transforms when we set a new intention. We created a simple, easy to remember, format.

Often the greatest challenge is taking the time to define what emotion we are feeling. To help identify, we took one at a time. Each time we registered the emotion, our job was to apply the technique, and watch what happened. The results were amazing.

Frustration

1. Name the state and identify the problem or goal.

2. Write down your question and wait.

3. Listen for the answer. Say thank you when it comes.

 < I rarely waited more than 20 minutes. >

Worry

* Identify the concern specifically.
* If it is in your control- ask for the power to take action, to do the right thing
* If it is out of your control, give it over to a happy ending.
* Hold a solution field. To do this, you go the end point of the solution and hold the space from there.

Overwhelm

* Name the state and its underlying feelings, either helplessness, absence, intensity, or feeling that there is too much to digest
* List your focus, be it people, projects, things to do.
* Prioritize the list and identify the next step.
* Do one thing at a time. Call for gratitude that you have the energy to do what you have come to do and say thank you.

 We are committing to give up habitual responses that indicate imbalance. Starting with these states, we are using our focus to utilize energy effectively. Notice that when we get focused, the invisible forces do the work. This takes trust, faith and discipline. That is why we are committing to our spiritual presence, and this is how we beginning to harness our power. These exercises, where we listen and write down our focus coordinates both sides of our brain, the feeling and the structure-language base. We are learning to trust in resources greater than our own ego reflections. Do your best to stay grounded. This is not a mental exercise even though we are engaging our mind to stay organized. We are making a space for spiritual presence to show itself.

These familiar emotions can be exhausting when the excess fire of our personality drives our nervous system. If you discover the need for deep rest, it is understandable. Any change, even good ones, can cause some unrest and discomfort. Be gentle and do what you can. Rest deep and call for Compassion, for yourself and for the world.

Much aloha,

Nancy and Errol