Class 2 Committing to your Spiritual Presence

with Nancy Shipley Rubin

It is safe to feel Good

Gratitude opens us to our essence

Live each moment as a blessing

Exploring old and new safety fields

Release old reactions of defense, blame, shame and resentment to the altar, for healing and the opening of the new safety fields.

I love middle of the night images. I had a cute one, where I was given a really swift and impressive computer. I put all my old software into it, and proceeded to use it as I had the old one. The computer did not perform any new functions. It acted just like the old one. Funny how that works. The analogy showed how the study program was introducing new dimensions to my perception. The first key was to remember I have new computing capacity. The second was to trust the system to bring expansion and ease.

How to apply

Release the old systems used to establish order, like worry, overwhelm and frustration. Apply the new means, as explained in the numbers game in class 1, which direct the energy to positive outcome.

Reach for positive outcome, sometimes beyond conscious awareness.

Release contraction and the old protection systems, like defending, blaming, self-imploding and resentment. This makes space for expansion and the embrace of the larger picture.

Use the new safety field as you explore the release and disengagement of the fear fields.

Our homework is to practice awareness. I love “open-close”, as it gives obvious cues of how our focus directs perception. Having a week to play with the protectors has been interesting. I am not sure if I have made it to gratitude beyond the obvious theory. It’s a good idea and I apply it as often as I can remember. Yet the way I pick up my sword and shield is still pretty automatic. I feel the imprints of the old protectors in my body and feel trapped in their activation at times. The universe is playing with me to see the humor in it all and on a very deep level, to show me the reasons I closed in the first place. Gradually my body digests the old memory and I am able to ground back into the teachings. I am continuously reminded to bring respect to this power of awakening.

Listening to the conference has been very helpful, as I can identify the guardians and remember to expand. I kept forgetting the expansion part in the beginning. Listening helped me understand what I was going through. New reference points are imprinting as I see the bigger picture.

EXPLORING OPEN

I liked clarifying the difference between sponging up the tension in our environment as a way of feeling safe vs. generating the desired state that we want to feel. (If you want happiness, generate a happy space rather than being mad that the other is spoiling your party.) Open is a generating field, meaning we have our own space, with chairs for visitors. The healthy No allows us to stop absorbing the tension and fear from our environment. This put a new meaning to Open, as we learn to generate power into our world, to share our grace, and be aware of what is right to give.

The blessings part is beautiful and I continue to make soup for our friends, as well as activate the crystal. I need to hear that part over and again, to remember the bigness of our spirit. Expand through the grace.

STAY OPEN TO OURSELVES NO MATTER WHAT

We are practicing how to stay open, even when we feel like we need to hide or contract. By naming our old safety field, and identifying the protector guardians, we can understand what our defense is doing.

We broke the protector guardians into four reactive forces:

Protector Defender- holds the shield, protects by creating a wall and strengthens by being righteous. Often needs to explain and strives to be understood.

Blame- Reacts to others with pointing fingers, often holding the self as innocent. Grounds the negative by making the other person wrong.

Self-implosion – self attack- Lives cloaked in shame, inner blame and not good enough - identifies with being wrong or flawed, often empty, internalizes problems as a way to control the situation when feeling powerless.

Resentment- Caught in the bitterness of anger and emptiness, feeling that others get more. Pride protects, making it hard to ask for help. Feels little hope to get needs met. This can live hidden, isolating as a way of getting space.

Exploring the guardians was a bit tricky, as I found a bit of each in most of my closures. I identified them by personifying the energy, feeling their presence in my body.

We understand how using fear as a means of waking up to new resources can be uncomfortable, as we usually try to put our dissonance to sleep, or unconsciously bolster our defense mechanisms. As we heard in the conference, the guardians will not be going away unless they are replaced, so important is their job to protect our essence. I had to keep remembering that if I could see the old protector, it meant the new safety field was already present.

Exploring the protectors with respect, moving beyond the fear and judgment took some concentration. It became easier as I surrendered my discomfort and brought safety to deeper feelings.

Expansion, bringing love and compassion to our old protector guardians is quite the adventure. As awareness of my essence became stronger, the protectors seemed to melt. It felt like a great undoing. I moved from feeling caught in the old protector, to understanding what was influencing my awareness. At times it was necessary to create an expansion that included the old protector, as the defense was not interested in dissolving. We may need many experiences for us to learn to trust this process. That is what this time is about.

It takes a great deal of concentration and humbleness to dismantle these powers, to replace our old reactions with truth and wisdom. Be gentle, and call for safety any time you are uncomfortable. Trust that you are awakening, and that support is close at hand.