

Chapter Eleven

Part 2

Conventional Meditation

Acceptance

God grant the serenity to

Accept the things we cannot change,

The courage to change the things we can,

And the wisdom to know the difference!

Acceptance is the answer to all problems. So if we analyze the age old prayer and take advantage of this wisdom, we can end all problems.

We've already analyzed our life in previous chapters to discover that the events of life do not directly cause any of our emotional pain. The cause of all emotional pain is our own mind—our own instinctual, involuntary reactions. While willpower is good as far as it goes to control the mind, the problem is that willpower doesn't go far enough.

Logic and reason are far better for controlling the mind. And when we learn through analysis about what can be changed and what can not be changed, we are well on our way to controlling the mind. Please note that we are not suppressing or forcing our mind to do anything.

We are only applying logic. And if our mind accepts the logic, which it will, our

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pain will end entirely. And the resulting state of consciousness will be normal, natural, and comfortable. Our mind is like water. It seeks its own level. Water seeks its level because of gravity. Our mind seeks its own level, so to speak, and rests in harmony based on logic and reason.

Blind ants run in pursuit of happiness

Legless worms crawl in pursuit of happiness

In short, all beings think nothing of

climbing over one another in their

Pursuit of happiness—

All beings strive only to be happy.

Gendun Chopel

If some human beings even kill themselves in their vain pursuit to be happy, it's illogical to think they will not hurt others, too. Therefore, despite all of our precautions to protect ourselves, it is impractical to think we won't get hurt. To believe we can avoid being hurt by others is as ridiculous as thinking that smoke will somehow not rise in the sky.

Once we've been hurt, or once any event in life has already occurred, there's no way to change it.

The moving finger writes, and

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having written, moves on!
And neither our piety nor wit can lure it back,
to cancel half a line,
Nor all our tears wash out a word of it.

-Omar Khayyam

The best time to begin the process of acceptance is during the morning meditation. During the Answer to the Secret of Life Meditation explained in the previous chapter, we review our day. We try to anticipate any problems before they actually happen. There are three (3) reasons for doing this:

First (1), as we perform our service to God (or our highest ideal), we naturally want to do a perfect job. We do our job as though God is actually watching our every move. And it's only natural to have a desire for 100% success.

This is impossible, of course. Kings, presidents, billionaires, movie stars, everybody—no one's plans happen perfectly all the time! That's life, and that's just the way it is. However, we discover through analysis, there's a direct relationship between our plans materializing perfectly and the effort we exert to make them come about.

Therefore, we must assume that all of our plans— one hundred percent of them—will materialize perfectly. The only way we accept actual failure is after the event has already taken place. Only then are we assured of either success or failure. Not before! Until then, we try with all of our effort to make all of our plans work perfectly. This, of course, is the most successful way to work. That's our first reason.

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The second (2) reason we review our day is so we become flexible. Naturally, there is the aspect of acceptance in the event of failure. But there's a more important reason.

Third (3), we need to stay open to a viable plan for success. If we intend to find happiness and stay flexible to direction from the Universe, we have to stay open to it.

Therefore:

It's necessary to accept the seemingly good!

It's necessary to accept the seemingly bad!

Once something already happens, we have the infallible will of God. It can't be disputed. It has already happened. During the meditation period, we pray for the knowledge of the Universe's will for us and the power to carry it out. It's only natural to seek help from our employer in an attempt to be successful. But it's also intelligent to realize that plans must change as other events necessitate change.

So we ask over and over in meditation, please give me the knowledge of your will for me and the power to carry it out. At the same time, we remind ourselves, we're in the footwork business! God is in the results business!

Man proposes, but God disposes!

Therefore, we turn over both our plan for success and our actual success. We do

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this at the Center Between the Eyebrows. We attempt to dissolve it there. This may not be necessary. But mostly success is one of the ego pleasures that causes us intense misery. This is because we cling blindly and instinctually to success. Therefore, we may intellectually let go. But until the space-like vacuity appears, we are not actually sure about our self-grasping ignorance.

If our self-grasping is pacified in meditation, as necessity requires change, we are open to change. Otherwise, we cling blindly to our plans, and even though we are given a new viable plan, we will not be open to the change. That is, we ignore the intuitive warning.

Then, as we actually go through the day, we constantly repeat our mantra: please give me the knowledge of your will for me and the power to carry it out. This also acts as a reminder. I am in the footwork business. God is in the results business. If we can't remember the reminder, it's helpful in the beginning to repeat both the mantra and also the reminder. God, you take care of the results, and I'll take care of the footwork.

In this way, we go through the day with no problems because we have flexible, viable plans. We see the gold sparkles in our consciousness all day long. This is evidence during the day that we have carried our meditation into our work life—that the first three winds are dissolved into the Central Channel.

This also means the Wind Element Subtle Mind is mounted in our consciousness, which is more intelligent at solving work related problems. This mind is also far more willing to grasp acceptance as a way of life. So it's a win / win situation.

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Question: if these subtle minds are so wonderful, why not mount even deeper and more intelligent ones all the time? The more the merrier, so why not?

Answer: the Wind Element Mind is best utilized in daily activity. It can stand unshaken in the midst of what seems like shattering and crashing worlds. And, unlike our gross physical mind, it can rest at peace in the midst of the greatest activity. So this is a great mind for working at a mundane, hectic job.

Several of the other subtle minds are even more sensitive to stress than the gross physical mind. These subtle minds would be even worse for work than our gross physical mind. But they're good for meditation. This is because they allow us to sit quietly for long periods without getting too restless.

The mistake that most meditation fanatics make. They try to carry these deeper subtle minds into all of his or her daily activities. This certainly seems logical because it's so peaceful in meditation. But this is a deception, because these subtle minds are no good in the work place. They're fine until everything goes wrong!

Then, these peaceful subtle minds are useless—they're worth less than nothing. These minds all accept extreme conditions of renunciation. They are content in themselves. The external world is not even the least bit involved with their happiness.

So when the proverbial crap hits the ceiling, these minds give up. They walk off the job. They have one solution for everything: they quit! In fact, one might say that these deeper, subtle minds are so heavenly that they're absolutely no earthly good at all.

So the trick is to control not only the gross, physical mind, but also the subtle minds as well. These minds are all our servants and each of them is a friend. But unless

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we can control them, and use the right mind for the right job, they can and will become our worst enemies.

We deploy all of our assets to our advantage, rather than let them take advantage of us. Each mind has a wonderful advantage waiting to be exploited. The best mind for the work place is the Wind Element Mind, so that's the one we use. This mind alone is the answer to the secret to life in the physical world. And it's also the platform for jumping off into the infinite.

The time we spend remembering we are servants of the Universe is considered by many to be actual meditation. And if we can remember this 50% of the time, we can meditate 50% of the day. This makes for a streamlined approach to personal growth at ending all emotional pain and accessing Bucke's state of cosmic consciousness.

And more importantly, before that happens, we can experience the same peace, joy, and bliss all day long that others only get during meditation.

We are not usually seeking a place in heaven, higher knowledge, or understanding. We usually get involved in meditation because we're baking away from the misery of every day life: that is, hell! And we get benefits right from the start. The thirty (30) minute period of morning meditation (or longer) represents a vacation from life. And so we become meditation fanatics, thinking meditation is the answer—the only answer. But without the proper guidance, this morning meditation is the only vacation we get. When the reality of actually going back to work happens daily, we are rudely awakened. It's back to our life in hell.

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But we still have hope. So we continue this cycle, heaven in the morning—hell throughout the day! We console ourselves, thinking eventually the meditation will transform us into a Christ or a Buddha. And if not that, we will at least achieve the rank of some saint, like Saint Kabir or Saint Frances, etc.

But days, months, and years go by. Not only don't we make any progress, but over any period of time, if we don't cure our emotional wounds with a valid method, they get worse—never better! Like any other illness! So in the end, we can learn much from our experiment, but we still haven't achieved our goal of lasting and permanent happiness.

The practice of *Karma Yoga* (the Answer to the Secret of Life) eliminates the cycle above almost immediately. It does not take years or lifetimes. It can be done in a few days, usually—not longer than one month. But just knowing about it is not enough. It must actually be practiced.