

6

ALLOWING





STEP 6

ALLOWING

To allow things, or people, to be what they are, involves the act of letting go. This idea takes us right back to the start of our journey, in forgiveness of self and of others. There is great power in understanding the difference between what you can change and what you cannot. This is not an expression of failure or of giving up. It is more a realisation of putting your energy and your time into things that you can have an effect on and not wasting it. For example, you cannot change other people.

All that you can ever change is yourself. Often, the side-effect of changing yourself is that it does affect others and then they change. However, it is from their choice to change, the motive force came from them. They chose to change themselves. You did not change them.

My choice in the world is to work with other people on the basis that if we all look after each other, we will all always be alright. Looking after people often means support but does not mean changing them. In psychotherapy, there are often cases when people who have done awful things require support and they are in need as much as their

victims. Yet their needs are often overlooked. In a world of forgiveness, it is not pick and mix, forgiveness is universal.

The important issue is self-forgiveness; that is where the ability to forgive others begins. The ability to allow what has happened, or what we have done to be, is vital to our well-being.

THE INTERNAL PARENT

Within each of us is an inner voice that is often the moral code that we live by. In psychology, especially in the psychological school known as Transactional Analysis, this is described as the inner parent. Depending on your upbringing and the nature of your paradigm, your inner parent will either be nurturing and caring, supportive and loving, or critical and chastising, hard and unbending.

It is this inner parent that leads us to be critical of others and ourselves. When that inner voice becomes dominating, it becomes difficult for us to allow ourselves or other people to be what they are rather than what we think they should be. In allowing, we create the circumstances when things, people and ideas can come together. When we are critical, we create ever more and greater problems. Allowing leads to love and attraction, and criticism leads to hatred and repulsion.

In allowing, we allow communication, which means common union, being at one with. When we are as one, we do work together and we do support each other.

THE FOUNTAIN OF LIFE

This is my re-telling of a story that was told to me by my teacher some years ago.

'When the universe was created, it was as if a body of water was

tossed in the air. The water was all that there was and all that ever would be.

As the water moved up away from the source, it turned into smaller and smaller drops, until, at the very extreme, the tiniest droplets became mere molecules.

The magic is that every little droplet, every molecule however small, has all the same qualities and substance as the whole body of water; yet it is the tiniest subset of the whole.

This process of devolution is when all that there is moves away from the original source energy. What was once one thing has become many individual things.

It is like the cells of your body. Each is individual, yet each is part of a whole. Each cell can create another body, because within it is all the information of the whole.

We, as individuals, are just like those tiny molecules of water. We have moved away from the source energy of consciousness, to become the smallest droplets, yet we are the same as the whole. We are made of exactly the same substance and energy as the whole.

Each of us is individual, yet within each of us is all the knowledge and understanding of the whole, it is just that we do not realise it.

The further the droplet moves away from the source, the further the conscious moves away from source energy, the less awareness it has. Individuals that are a long way from the source have forgotten that they are whole, that within them is all the understanding and knowledge that they will ever need.

There comes a point when this devolution stops and evolution

begins.

This happens at different times for different things. The universe of matter is still devolving away from the source. The universe of consciousness is altogether different because each droplet has the ability to choose, the ability of free will.

The evolution of human consciousness is when the tiny droplets, that are you and I, begin to come together to create ever bigger drops of water, that get ever bigger until eventually the whole body of water is reformed and is again whole and one.

The energy of devolution is repulsion. In human consciousness, this may also be seen as hatred. The energy of evolution is attraction. In human consciousness, this may also be seen as love. The purpose of life is the evolution of human consciousness, seeking to reconnect with the whole.

The force that draws us together is the emotion of love. The forces that keep us in isolation are emotional and they are those of hate. The only way that evolution carries forward is through communication – a common union – where we are at one with each other.’

WE ARE AN ATTRACTIVE FORCE

The law of attraction attracts to us people and things that take us towards being whole. The law of attraction is neutral and will create both goodness or badness around us; what we attract is our responsibility, and we are able to change this. Using free will, we can choose to attract people and things to us that will serve us well. To attract negative things or to decide not to communicate is a choice. Aloneness is a choice. It is the choice of separation.

As individuals, we can feel alone and separate. Yet scientifically, psychologically, emotionally, spiritually, use whatever word suits you, we are all one. Understanding this and living this is the manifestation of love. I don't mean love in the sappy or romantic sense, more in the caring, bonding and empathic sense.

It is love that brings people together, that solves problems and ends wars. This raises what is probably the biggest issue of our work in self-development. It is the law of allowing.

THE LAW OF ALLOWING

It follows from the law of attraction that 'what you think about, you bring about'. If you focus on anything that is negative, it will grow and become bigger. This means that if you focus on what you don't like, or you don't want, you will get more of it.

Mother Teresa famously said, 'If you hold a peace rally I will come, but if you hold an anti-war rally I will not attend'. Mother Teresa understood the law of allowing and the law of attraction. It follows that if we focus on bad things they will get bigger, that an anti-war rally will create more war. A war against drugs will also create more drugs, drug use, trafficking and all the negative activities that go with the drug trade.

The negative that exists in your life is because you focus on what you don't want and not on what you do want. Positive change can only come from positive focus.

LOVE THY ENEMIES

In Northern Ireland, the Protestants and Catholics spent hundreds of years killing each other. The realisation that the solution to the issue was in acceptance and allowing, transformed the situation and

allowed the peace process to begin to manifest. As I write this, the 'real' IRA have started fighting again. The trick for the rest of society is to not fight back. If the response is as negative as the perpetration, then the energy of the 'real' IRA will be fed even more and go on to create ever-greater problems.

THE MADNESS OF WAR

I guess there are few people who would not understand the need for the Second World War, and for the world to stand up to Hitler and the Third Reich, though there were many conscientious objectors.

Many objectors spent the war either in prisons or working in medical units. In the end, millions of people died, and if I am honest and it all happened all over again, I too would have taken arms to withstand fascism. The Samurai lived by a law that allowed for righteous killing. This is a strange concept to Westerners.

A Samurai would only draw his sword as a last resort. To enforce this in their mind, the deal was that if they drew their sword they would have to draw blood. If they had acted inappropriately and there was no reason to fight, they would be required to draw their own blood by perhaps cutting a finger, before they re-sheathed their sword.

PEACE AND LOVE AS ALTERNATIVES TO WAR

The only case that I know of, on the global stage, when love was used as an alternative to violence and war, is the story of Ghandi who overcame the British Empire and the partition of India through non-violent, peaceful means.

Because the nature of humanity is to face violence with violence and to use 'attack as the best form of defence', it is easy to see the power of peace, the peace movement and the idea of love, as a little bit '1960s'.

Yet it is the only lasting answer to any form of conflict.

If the universal truth of the law of attraction is that ‘what you think about you will bring about’, it follows that what you fight or protest against will get stronger and bigger. Also, that if you put your energy into loving, creating harmony and peace, then this will also grow and become bigger and stronger.

The biggest problem when it comes to the law of allowing is fear. We fight and struggle because we are scared of the consequences of not doing so. For most of us, it is a leap of faith to trust in the goodness of others or the natural goodness of creation.

Suggest this to people and they tend to see this as naive and give me many examples of how they have been hoodwinked or conned. My response is that we only get conned when we are unaware of what is going on and we fail to see the problems before they become real problems.

THIS IS NOT A PASSIVE MESSAGE

I am not suggesting that we do nothing about our problems, about our fears, or about injustice, quite the opposite. What I am suggesting is that we learn to actively focus on what we do want and not on what we don't want. So that to be pro-peace and not anti-war will create more peace. To be pro-feeding the world and not fighting against hunger will create more of what we *do* want. Be pro-love, not anti-hate.

THE PROTEST AGAINST THE CAPITALIST ECONOMY

I am not an ‘-ist’, an ‘-ism’, or an ‘-ology’. I think people will always

follow movements, parties or factions that resonate with their paradigm. However, it occurs to me that if the people that spent their time, often their entire lives, protesting against the system that they do not want, spent the same amount of time creating the system that they do want, change would not only be more likely but inevitable.

WHAT YOU FEED GROWS AND WHAT YOU STARVE DIES

This is forever true. Spend your consciousness and your time focused on creating what you *do want* and not fighting what you don't want and you will then create the world you want. If you spend your life fighting, all you will do is continually feed what it is that you don't want and it will never go away.

HATRED AND ATTACHMENT IN ACTION

As I write this, Bin Laden has just been killed by USA SEALs. On the news broadcasts, on Facebook and Twitter, the news flew around followed by a great outpouring of joy and celebration. My first thought, at seeing the news, was of the violence and retribution that will follow in retaliation. Which in its turn will lead to more violence and war until one side or the other lets go. You might need to reread Step One at this point to gain full understanding of this.

I recently tweeted that when you cut off an enemy's head another will grow to take its place. I pointed out that a universal law is that following a pruning comes growth, ask any gardener. Immediately, I lost four of my USA followers.

As I re-read the edit of this text, Gaddafi of Libya had just been beaten and shot in the street. As bad an act as all the worst Gaddafi himself perpetrated. As Ghandi said, when it is an eye for an eye, we all end

up blind.

LIFE MEANS ‘YOU AND ME NOW’

Clever ideas are easy when they are abstract. It can be easy to say clever things about letting go when it is not your own kith and kin lost in a conflict and the fires of pain, anger, loss and hatred are not burning within you. Yet this is exactly the test. For anyone to change, for anyone to grow and develop, at any time, whatever their situation, it is essential that they, we, all of us, learn to let go.

We are all trapped to some extent in our past. To what was, to our emotional connection with what was done to us, and living it as though it is all happening right now, today. We will remain trapped until we learn to let go and allow people to be what they are.

THE ONLY THING WE CAN CHANGE IS OUR SELF

It is important to understand that people will always be people. There will always be good people and bad people. There will always be rich people and poor people, perpetrators and victims. In the end, we have two choices: The first is, ‘Who do I choose to associate with?’, and the second, ‘Where do I choose to focus my energy?’

CHOICE

If I am surrounded by people who are negative and continually moan, then I can either fight it and attempt to change it or I can allow those people to be what they choose to be and focus my energy on what I want instead. It is useful to note that if we stay in the company of any group of people, unless we are very, very strong, the values of that group will rub off on us, and we can, eventually, become just like

them.

THE LAW OF ALLOWING

This law requires that I allow people to be what they are, while I focus on what I want. If I want to create heaven on earth, I focus on creating what I do want and not on fighting those that don't want it. I mix with people who further my desires rather than attempting to change those around to comply with what I want. I stop attempting to change my partner, I allow my partner to be what he/she is.

I spend half my time in the UK public sector, and anyone working in or around the public sector in Britain today will realise that it is poorly managed from the government down, and that the welfare state is being systematically dismantled. The bottom line is that those people who came into services because they wanted to serve others are finding this more and more difficult as the system requires that they are continually expected to provide more with less. Those that are fighting the changes are having a stressful and anxious time. Those that can 'allow' the system to do and become whatever it will, and are able to focus on their patients and their work are having the best time, maintaining their therapeutic effectiveness.

ALLOWING IN ACTION

At every stage of life, we will meet people, ideas, religions, regimes, philosophies, etc, which we disagree with. There will be some that we can change or influence but most will be fixed. People, societies and populations are only able to change when they are ready to do so and this requires a level of waking up and an increase in consciousness.

ALL YOU CAN CHANGE IS YOURSELF

Change only occurs when the time is right and the people are ready to enact it. The world does not change because we want it to. You cannot make a guinea pig bark, it doesn't have the physical apparatus to complete the task. You cannot make people or situations change if it is, at this time, beyond their capability.

MISCOMMUNICATION

The idea of physical universe, of people staying together, requires this shared attraction - communication. The power behind communication may be gravity with planets, love with people and shared interest with cells. All the cells of your body work because they work together through communication. The cells of your heart do not attempt to become the cells of your brain, they are happy to perform their function.

When a part of your body breaks, and a bit of it ceases to communicate, we call it disease. If one cell of your body decides to abandon the shared image of the cells in your body and goes off on its own, we call it a cancer. Well-being within your body is a continued and effective communication between the cells and energies that enable you to function.

All the same rules apply to your relationships. The elastic energy that pulls people together is love or emotional gravity.

EMOTIONAL MUSHROOM CLOUDS

The forces that hold an atom together are immense, as evidenced by the power of splitting the atom in a nuclear bomb. The same is true in the attractive forces of love that can be equally negatively explosive when 'split asunder' in relationship break up.

Look closely
at the
present
you are
constructing:
it should
look like
the future
you are
dreaming

SELF-ACCEPTANCE THROUGH ALLOWING

Just as we can focus on the good and the bad in others, we are also doing the same to ourselves. If we focus on our attributes, they will grow and get bigger. If we focus on our deficits they will grow and get bigger. This is true for who we are as people and also for how we experience our body. When you look at your body do you focus on your assets or your deficits?

CHARITY BEGINS AT HOME

At the outset of this book, you were asked to go to your bathroom mirror and declare self-love. For some of you this was easy, for others funny, for some horrifying and terrible, or even an impossible task. Your most important relationship you will ever have is with yourself, first and last. To love yourself requires that you allow yourself to be what you are, cognitively, emotionally and physically. If you choose to change and grow, it will be because you have learned to focus upon, and feed, the parts of you that you want to grow.

If you do not love yourself, then, under the law of attraction, how can you ever expect anyone else to love you? And if you do find someone to love you, unless you love yourself, you will probably sabotage it and ruin it.

Thoughts will always become things, and feelings in the paradigm will always play out. In your journal, write five things that you love/like about yourself.

SELF-REVIEW TASKS

It is time for you to review yourself from the point of view of love and self-allowing. Others often supply your paradigm, including how you see yourself, so that we often see our self through other people's eyes

and not who we really are. This, of course, accepts that we can change from choice if we decide to. So, take this opportunity to review where you are up to. You might also make notes about what and how you would choose to change.

THE PRIMARY CAREGIVER

To live in the law of allowing, allowing others to be what they are, without the need to change them, and to allow yourself to be who you are, you will have learned from your primary caregiver, from the way they treated you.

For most people, this is the mother, but not in every case. John Bowlby developed what came to be known as ‘Attachment Theory’. This explains how your early experience of life, security and love affects you throughout your life. This is the point at which your paradigm begins to be built. On top of the basic instinctual drives, comes the first building block, and this is self-esteem.

To have secure attachment is the foundation to a happy life. When these early attachments are insecure, anxious or scary, then the world can seem an unsafe place to be in. If you were abused, mistreated or abandoned in any way, you may well be distrustful in relationships, and for reasons below your awareness in the negative paradigm, have unhappy and failed relationships.

Use your journal to describe the relationship with your mother or primary caregiver – what are the emotions that are aroused when you think of this?

THE SECONDARY CAREGIVER

At the early stages of life, your relationship with your primary caregiver is often intense and exclusive. If this was your mother, you

did, after all, spend nine months inside her; her sound and smell form an emotional connection that you hopefully find to be positive and comforting.

Next on in the scene is the secondary caregiver. Ideally, this would be your father and, at best, represents your safe passage from the exclusivity of the primary relationship with your mother into the rest of society, as you begin to navigate life away from the mother figure. Use your journal to describe the relationship you had with your father, or secondary caregiver – what are the emotions that are aroused when you think of this?

YOU

At the outset, we asked you to describe yourself, ‘Who are you?’ It may be that with the work you have done so far that what you described then is now out of date. Use your journal to describe you as you see yourself now – what are the emotions that are aroused when you think of this?

YOUR QUALITIES IN FRIENDSHIP

Use your journal to describe what qualities you have to offer in a friendship; these may be good or bad. What are you able to allow, what are you tolerant of and what are you intolerant of. Areas of difficulty, once identified, can become useful tools that enable us to grow, improve. They often indicate any residue of the negative paradigm – what are the emotions that are aroused when you think of you as a friend?

YOUR QUALITIES AS A PARTNER

Just as you did looking at friendship, use your journal to describe

what qualities you have to offer as a partner; these may be good or bad. Areas of difficulty, once identified, are useful tools that enable us to grow, improve and resolve any residue of the negative paradigm – What are the emotions that are aroused when you think of this?

YOUR MAIN RELATIONSHIP

You may have been in, or currently be in, one main relationship. Perhaps you may have been in several or you may have been in none. Use your journal to describe what the relationship(s) were like, the good and the bad. If you have had more than one main relationship, what are the commonalities in these? If you have had no relationships, why is this? – What are the emotions that are aroused when you think of this?

CHILDREN

Use your journal to describe how the relationships that you have so far looked at have affected the relationship that you have with your own children. If you do not have children, then use your imagination to examine what type of parent you may have been. If you have decided not to have any children, why is this? Have the relationships that you have described so far affected your decision to remain childless? – What are the emotions that are aroused when you think of this?

SEX, BONKING AND MAKING LOVE

It is popular to write off Mr. Sigmund Freud, the father of psychology, as a sex-obsessed repressive. However, much of what he described was later seen to be spot on. Sexuality is probably one of the most normal and natural functions that we can enjoy. In fact, many people that describe themselves as celibate often enjoy ‘sex for one’ so to speak; true celibacy is very rare. You have a sexual identity and a sexual self.

It is also true that when you are balanced and self-allowing, free of anxiety, and possessing a fairly positive paradigm, you are able to gain satisfaction and happiness from sexual activity. It is also true that to orgasm easily and happily requires that you are able to let go – this is as true for men as for women.

This means that you need to feel ok about your body, who you are with and what you (or they) are doing with it, or to it. Abuse is in the eye of the beholder, so that what may be abusive for you may be highly enjoyable to another person.

In some parts of the East, it would be considered abnormal to not have regular orgasms and that a body that holds any repressed sexual tension would be expected to become diseased. The relationships that you have described in this step and all those that went into developing and creating your paradigm are at play in your sexual life.

In sexuality, in the state of orgasm (what the French describe as ‘petite mort’ or ‘little death’), we are as near as we can get to the ecstasy of enlightenment, and being at one with all of the universe and source energy. This is why Tantric yoga is seen as the ultimate yoga.

When two people become highly bio-energetically charged, the power is exponential and has no limit – spiritual sexuality is the ultimate communication with the divine, source energy – the law of attraction in action.

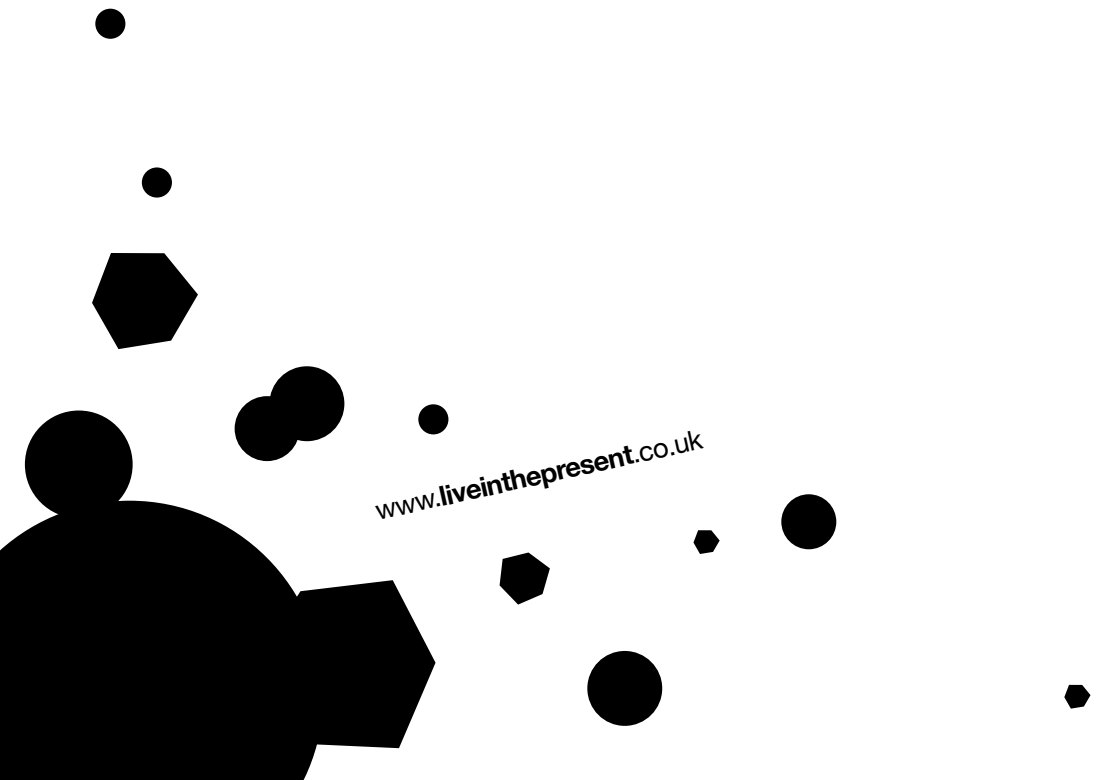
YOUR SEXUAL SELF

Use your journal to describe your sexual identity. Consider how the relationships that you have described have affected or formed your sexual self – what are the emotions that are aroused when you think of this?

YOUR RELATIONSHIPS TO DATE

Remember this is a feeling universe. It is a universe of energy. Relationships are an interchange of energy. Some relationships equal good energy and some bad energy. This includes the most important relationship that you have, with yourself. Having completed this exercise, write down how you feel, what do you feel about your relationships to date?

This is an important step; it is the step of love and allowing. Love of yourself, your friends and family, love of your fellow men and women and most importantly, love of your enemies. If this concept remains difficult for you, it is time to revisit Step One.



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CHAPTER 6 TASKS

Thoughts

REVIEW WHERE YOU ARE UP TO

Make notes in your journal about what and how you would choose to change


Describe the relationship you experienced with your mother or primary caregiver; notice the emotions that are aroused when you think of this. Repeat this for your father or secondary caregiver.

REVIEW HOW YOU SEE YOURSELF AND, IF IT NEEDS AMENDING, DESCRIBE HOW YOU SEE YOURSELF NOW

REVIEW YOUR CURRENT RELATIONSHIPS

Which ones serve you well and which do not? How can you change or improve your relationships so that they work for you and support you? Are there people that you need to communicate with or review your relationship with and how it works?

ARE THERE RELATIONSHIPS THAT YOU NOW NEED TO LET GO OF TO ALLOW YOU TO MOVE FORWARD?



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