

Don't Struggle to take the Ice out of the Water

A view on how to cope with pressure

In an effort to cope with the demands and pressures of the festive season one can feel like they need to fortify themselves. With the view that we need to control our lives, we tense up, similar to when water develops boundaries and turns into ice. The problem is that when we bind ourselves in our icy conditions, we lose touch with our free-flowing nature.

In our struggle to be free, we can tend to over analyse situations, try to control situations, and then end up frustrated when we try to "fix" either ourselves or others and fail. This behaviour perpetuates the frozen ice state instead of allowing things to flow. When the mind is searching for solutions to pressures or tensions, it gets entangled in the details of the changing story.

The mind can be evolved to recognise that the mind's thinking patterns are universal; they are not unique. In fact, when you observe human nature the story is not your personal story, rather it is the human story. If you can unmix this sense of "me and mine" from whatever story the tension is cloaked in, you will be able to see the situation as it is, distinguished from the patterns of the mind that have been grooved out of past experiences - pleasing and hurtful - and become free.

Only when one can relinquish their efforts of trying to fix themselves and others can they then reflect upon their true nature that is forever free. Your true and ever-free Self is never bound in the individual personality which is constantly affected positively and negatively by so called other personalities. But how is one to know that they are the ever-free Self and not the helpless individual person who is aimlessly floating down the river constantly bumping into obstacles?

In order to thaw pressure and tension, don't struggle to take the ice out of water! Allow the confusion that has become frozen as a personality, to be melted by the power of the flow of your awareness. Simply take some time to close your eyes and be still. Even at this busy time, you have time to count ten slow breaths and allow the force of your ever-present, free Self to melt the iceberg of personality identification.

In meditation, your mind's view will naturally widen to realise that You are the constant flow – the awesome, unseen power that includes all within itself. You will realise that You are infinitely more significant than the constantly changing small stories that bubble up within the unchanging great flow that is the pure life force.

During this festive season, give yourself the most cherished gift; stay attuned to your ever-present, ever-flowing power. Use any technique, but identify and remain with your true power!

This has been the wish of all wise ones who have walked this earth before us, sharing the message of One Self – Omnipotent, Omniscient, Omnipresent. We never tire of hearing this message, because it reminds us, again and again, to turn the attention of the mind within, to attend the true power and the true joy that arises from knowing that all is within You – the indestructible flow of life.