

Embodying the Wisdom

Our actions generally originate from unconscious autonomous behaviors, habits, ways of thinking or communicating. If we do not make the effort to be conscious, we will act with minimum awareness, simply out of habit, reacting to circumstances around us. We can remain on “auto-pilot” while these programs inside of us effectively live our lives for us. When we live in this manner, we are cut off from the richness of life, and are driven to seek enjoyment in our life situations.

Other actions originate from emotional response to an experience. This happens completely independent of our conscious choice. We are not making decisions in our lives, stuff just seems to happen.

In order to live the most fulfilling life possible we must bring more consciousness into our activities, and our lives. We cannot allow ourselves to be dominated by habitual behaviors.

The practice of going into the **present moment** has enriched countless lives around the world for thousands of years. When our minds are not drawn into visions of the past and scenarios of the future, or possible outcomes of our actions, we are free to fully enjoy that moment. Note: this does not give us the right to disregard our responsibilities. Prudent actions and planning take place now. Each step of the plan unfolds now, when it must. We can only become conscious now, not tomorrow, nor yesterday, simply now.

The **art of mindfulness** means taking present moment awareness and injecting it into our actions. Every experience of life, when practiced mindfully, becomes deeply enriched. This allows the quality of our lives and the results of our actions to go up dramatically.

The sacred wisdom of **embodiment** teaches us to invest all that we are with spiritual presence. Consciousness brings a new life to our days as we become more aware of what we are at every level. This practice brings more Divine Consciousness into our lives.

If our behavior is being generated by some unconscious reaction or out of some motivation of personal gain for ourselves only, we empower our human and our animal inclinations to dominate our lives. When we learn to shift from this type of behavior, we learn to operate not purely for ourselves, but also for others, and for God, we elevate the quality of our actions. Our point of view rises to the range of spirit. We live in service to the One. Though our actions may resemble those that would have arisen from an unconscious or selfish motivation, our internal state of being is very different. When we give priority to universal compassion over our animal desires we quickly transform who we are. We become **Virtuous**.

The final step is called **non-action**. It refers to surrendering all personal motivations. While you continue to act in the world you do not fight to avoid or push away painful experiences, nor do you strain to hold on to pleasurable ones. You do not act out of personal interest, nor are you unconscious. Instead, all of your energy is invested in doing

your best, for God. God is you, God is the universe, God is everyone. You stop endorsing separation in your mind and you act for God's sake. Your thoughts, words, deeds, they all become God's. God's Will becomes your will, and your will becomes His.