



Signpost Five

I allow, rather than interfere with, acceptance of what is. In all things, I give thanks.

Allowing myself the gift of accepting lessons as they are presented to me is one of my most valuable and continuous gifts. If I resist what is here at this moment, the lesson will repeat itself until I am ready to receive and learn what it is here to teach me. In allowing myself to know that something is being revealed so that it can be healed and released, I can focus on the acceptance and healing rather than resisting. In allowing myself this grace, I understand how important it is to allow others the same grace without interfering with their process of learning their lessons. We can seek out the hidden gift in each lesson, though we usually do not see this gift until long after the lesson or exchange has passed.

I allow rather than interfere with God.

This does not mean I think I can interfere with God's ultimate plans. It means I am responsible for my free will and can surrender at any moment. It means I wait on God. The hardest and greatest gift of this Signpost for me is *how* I wait.

I continue to learn to trust God, especially when there is no answer. I can feel when I am getting ahead of God by rushing into the future, playing things out in my mind, and creating anxiety and fear. I can take a deep conscious breath, come back to the present moment, and trust that things are unfolding as they should. When I am allowing rather than interfering with God, I trust the timing.

I always have a choice of how I wait. Can I choose peace, or at least a few moments of contentment, knowing that God is good and loves me and is going

ahead of me to work things out, even when I don't see it, feel it or know it? Am I willing to be open to trusting the wait and silence? How I wait will be what is given back to me in the waiting period. If I wait in peace, I will experience peace. If I worry, fret and wait in anxiety, I will create more of the same. Sometimes the wait is long, which makes the "how" even more important. The lesson of allowing can lead to the practice of trusting God.

I allow rather than interfere with my highest good.

Most times, stepping aside and allowing our highest good is not the easiest or most comfortable way. Allowing my highest good is discovering my truth, then speaking it and remaining committed to it, even when it is hard. It's remaining in integrity with myself, even when it's misunderstood. This often creates uncomfortable feelings, but am I willing to honor my truth rather than deny it. The discomfort is here to show me the way out of repeated dysfunctional thinking. I will stay with my truth ... I will not cut off pieces of myself or smooth out edges of myself to make others feel comfortable.

When I feel myself rushing, I remind myself to take a deep breath and be patient. When I feel myself being critical towards myself, I switch gears and extend loving-kindness to myself. When I feel myself shrinking back, I remind myself not to play small by being who the world needs me to be. I stay committed to my truth, and with deep reverence I honor what is inside me and share that with others, even when my voice and knees are shaking.

Brene Brown says, "I can choose discomfort over resentment." When we are out of integrity and truth with ourselves, resentment builds within ourselves and spills out on others. When I don't allow what is for my highest good, especially when it is uncomfortable, it will not be the highest good for the other person, the relationship or the situation.

"Try not to resist the changes that come your way. Instead let life live through you. And do not worry that your life is turning upside down. How do you know that the side that you are used to is better than the one to come?"

~ Rumi

I allow rather than interfere with others.

When I allow myself the freedom to be who I truly am, I naturally give others the freedom to be their authentic selves. I believe they are both in direct proportion to each other. To the degree that I smother, control and micromanage myself is to the degree that I will smother, control and micromanage others. The freedom, space and allowance I give to me, I will give to others. That is why I believe God says, "Love others as (in the way that) you love yourself."

In *The Yamas & Niyamas*, Deborah Adele says, "If we cannot find love for our self, it becomes easy to look outward and begin to focus on others, hiding our own sense of failure and fear under our blazing concern for others."

She continues, "Nonviolence asks us to trust the other's journey and love and support others to their highest image of themselves, not our highest image of them. It asks that we stop managing ourselves, our experience, others, and others' experiences of us. Leave the other person free of our needs, free to be themselves, and free to see us as they choose."

"I wouldn't coax the plant if I were you. Such watchful nurturing may do it harm. Let the soil rest from so much digging and wait until it's dry before you water it. The leaf's inclined to find its own direction; give it a chance to seek the sunlight for itself. Much growth is stunted by too careful prodding, too eager tenderness. The things we love we have to learn to leave alone."

~ Naomi Long Madgett

Acceptance of what is.

Acceptance does not mean not taking action. It is actually the exact opposite of non-action. When we first acknowledge a situation and then accept that it is here, we can choose to look at it with our complete attention. By becoming fully aware, we can then respond appropriately. When we react, we are creating chaos and disharmony, and we become a victim of the situation. There is a big difference between reacting and responding. One is intentional and one is automatic. We can feel the difference. Acceptance is acknowledging the truth of what is here,

being fully present by not reacting, and then responding by taking steps to move in the most loving direction for all involved.

“Nonresistance is the key to the greatest power in the universe. Through it, consciousness (spirit) is freed from its imprisonment in form.”

~Eckhart Tolle

“When we resist what is, we suffer and those around us suffer.”

~ Eckhart Tolle

In *A New Earth*, Eckhart Tolle explains, “Resistance is an inner contraction, a hardening of the shell of the ego. You are closed. Whatever action you take in a state of inner resistance (which could also be called negativity) will create more outer resistance, and the universe will not be on your side; life will not be helpful. If the shutters are closed, the sunlight cannot come in. When you yield internally, when you surrender, a new dominion of consciousness opens up. If action is possible or necessary, your action will be in alignment with the whole and supported by creative intelligence, the unconditioned consciousness which in a state of inner openness you become one with. Circumstances and people become helpful, cooperative. Coincidences happen. If no action is possible, you rest in the peace and inner stillness that come with surrender. You rest in God.”

In all things, give thanks.

All means, well, all. This can be difficult to process if we just process it through our minds. All cannot possibly really mean in “all things, give thanks,” our minds will say. I wholeheartedly believe that for me, all means all. Especially in what I don’t understand.

I may not always be able to choose to give thanks in all things, but I do have the awareness and understanding that there is a higher-order that I cannot see or my mind cannot understand. I can trust that God is in the middle of The All. There is a deeper understanding on a soul level, but the mind must be bypassed for this to be understood. Our minds will speak loudly about why “all” doesn’t really mean “all.”

When I allow space and presence to shine through my continual mind noise, my heart understands there is a higher order. My very small perspective cannot comprehend God's ultimate vantage point. This doesn't mean I don't have deep, heavy, hard feelings of pain and grief, and of course, I am to always take as much time as needed to process and feel all my feelings. Over time I keep learning that if I want to have peace, I have come to accept that all means all. This is where peace can be found.

I heard Wayne Dyer speak one time that there were three ways to be thankful for a situation:

The first is **after** the situation has passed and you can see that even though it was incredibly difficult, you would not change it for anything because of how you were changed because of it.

The second is **during** the situation you can see that even though it is incredibly difficult, you would not change it for anything because you can see how you are changing because of it.

The third is when you see a painful situation heading your way, **before** the situation arrives, you can see that even though it is going to be incredibly difficult, you will not change it for anything because you can see you will be forever changed because of it.

The spiritual stance becomes a choice of resisting the suffering or leaning into the suffering. Leaning into suffering is not a natural posture. It is a practiced posture of surrendering.

Giving thanks after, giving thanks during, and giving thanks before is a choice. I have a choice in the way I receive what appears to be confusion, heartache, difficulty and suffering. The sooner I accept, the less resistance and suffering I experience. And over time and usually with lots of tears and cuss words, eventually, I can speak the words of "thank you" to God ... and eventually mean them.

I would not change my journey for anything. I did not get it *during* the lessons and definitely did not get it *before* the lessons. I resisted, fought, blamed, stayed angry and a victim of my past for a long time *after* many of the lessons. One day the pain of staying where I was became greater than the fear of letting go and trusting

God. My choices were to die or to start living. I could no longer stay in the in-between place of being alive and not choosing to fully live my life. The choice was all mine, nobody else could make it for me.

The symphony of life moves on but you keep looking back, clinging to a few bars of the melody, blocking your ears to the rest of the music, thereby producing disharmony and conflict between what life is offering you and what you are clinging to. Love and freedom are only found when one enjoys each note as it arises, then allows it to go, so as to be fully receptive to the notes that follow.

The Way to Love by Anthony DeMello

Two steps forward and sometimes two and a half back and that is ok. Because maybe the lesson this time isn't about going forward. Maybe the lesson this time is learning to be compassionate with myself when I am going backward.

I would like to say I choose to see God most everywhere, trusting God with most everything and giving thanks for all things, but that isn't the truth. This can be like a North Star, always shining bright so that I can move in this direction and be compassionate with myself when I find myself way off course.

“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.”

~ Ralph Waldo Emerson

The Practice, Sewing It to Your Heart

What is the difference in the feeling between allowing and interfering?

Am I aware when I am out of God's will and timing and forcing things rather than trusting the process?

Can I see when I am not allowing my deepest truth to come forward? Can I see when I am hustling for others' acceptance and approval that an unhealthy attachment is formed that hurts both of us? Is there a relationship in my life where I have a pattern of doing this?

Meditate on Naomi Long Madgett's quote **on page XX** and journal about what comes to you.

Does Eckhart Tolle's quote **on page XX** resonate with you? "When we resist what is, we suffer and those around us suffer."

What does reacting versus responding feel like to you?

After reading Wayne Dyer's three ways of learning lessons that are available to us **on page XX**, can you see how you choose to learn some lessons? Before, during and after?

What does 1 Thessalonians 5:18, "In all things I give thanks," mean to you?

And the most important part... getting still, going within, connecting with the deepest parts of your being, and asking God to reveal what is true *for you*.