



C. Allow

Central to the Law of Love inscribed by the Divine on your Heart, is allowing. Firstly allow yourself, then allow all others their creations and thoughts. Love is the total and complete acceptance of what is. Allowance is love in its simplest definition.

You are receiving Universal energy every minute of every day. There is a constant flow of this creative and powerful energy at all times. Your ability to use this energy for the purposes of creating the life that you desire, is very much dependant upon your ability to allow. This means living in non-judgment . . . allowing yourself to be who and what you are in each moment and allowing others to be who and what they are.

Likewise, hearing is central to Healing. Hearing is 4/5 of heart and heart direct kin to earth via the ear. Now, you might say, you are playing the card of Semantics again. Yes and No. Hear me out. Allow this, the most ancient of your Ancestors, to come to you through The Word. Let it in.



The first fetal matter to form into a human is the vestibular system of the inner ear, a gland related to the sense of Intuition. The vestibular system is an integral part of how we balance ourselves, but it also plays a critical role in vision, allowing us to keep our two eyes focused on things even while our heads are moving about.

As you move from wallowing in life to allowing Life, Allow nullifies the backward swing of the pendulum. If you choose not to employ Allow, your other option is to duck!

The first of what one might call the 12 steps to Allow the experience of enlightenment is to acknowledge that you are not. This came to me orally through a brother some years after I had made my traditional Rite of Passage to Adulthood. We were having circle with community members due to difficulties that were occurring. I was attempting to speak compassionately on behalf of one of the members when a dominant male, sitting right across from me suddenly got red in the face and seared me with the words, "You're not enlightened!!" Frankly, it didn't occur to me what the relevance of that was within the context of the circle. Nonetheless, it branded me. And so was my Enlightenment more able to eventually find me. And even though I did not understand Enlightenment at the time, my taste for it developed.

When we allow Things to be as they truly are, which is to say recognize the Intelligence of Life governed by the Laws of Nature that preside over the Physical and Spiritual realms, people and places are more inclined to be free for everything is connected to everything.

There has been much effort by people to free other people and places yet it is that very thing which seems unacceptable that requires the embrace of strong arms and soft heart of Humility, the natural state of the hu-man (god-energy) being, to make it so.

I recently had a dose of Humility in a sweat lodge ceremony, which although uncomfortable at times, is always welcome. As the keeper of the lodge I had poked at the prayers of a regular participant, sitting in the dark beside me. In fact, she was not praying, she was telling. An older woman new to the lodge spoke to me in between rounds that it hurt her heart to hear me speak to her that way. Though I had “back up” for my actions, the instinct of Humility rose to respond with *Aho Mitakye Osin*, I have heard you All My Relations. Creator has given each one a voice. And so as I was being criticized for what was perceived as criticizing, did Humility immediately allow itself to be known through the difficulty.

And, watch what you allow! Be fiercely discerning. Here is a good example. A poster going round Spacebook recently declared: “Forgiveness means I no longer dwell on what an asshole your are. It doesn’t mean you are no longer an asshole.” I would ask: Do you really want to live in a world full of assholes?! The poster is pure Rhetoric, yet beautifully designed for the opportunity to Change your Mind. We will speak more on Forgiveness and Rhetoric at another time. This is just to wet your appetite.

Through practicing the Art of Allowing, you are acknowledging the fact that you are the creator of your life experience. As you allow others to be who they wish to be, you are in turn allowing yourself to receive more of the life force energy that is flowing to you. Remember, the practice must become the practitioner.

It is said, do not judge your fellow man or woman. The built in safeguard here is that good judgment require both the senses of Thinking and Feeling. If you engage both of these, you will be careful with your judgments.

Furthermore, to say, do not judge your fellow man or woman is that butter without the toast. Here is an example of the toast to go with it. During recent travels I gave my dog, whose name happens to be Allow, to some people to look after. When I returned, they refused to give her back to me. Maybe, I thought, she was better off with them. I grieved for weeks, when boughts of unbearable loss came I went to the SPCA and RCMP but they could do nothing. I appealed to their emotions but was rewarded only with a complete block in communication. I lay awake at night coming up with schemes but none would manifest. A friend had said to me, “wait for the opening, and pounce on it”. But I had no contact with the people or the dog so how could I find the opening? Then, I used my faculty of judgment, my Thinking, to determine that I wanted her back. I was clear what I wanted. Not how it would happen but what I wanted. I let them be who they are and let me be who I am and between this, a vague opening appeared. I gathered my Courage and Calmness and went into it, not sure of what the outcome would be, I received the life force energy flowing to me. And she came back to me. Some may call this a Miracle, but in the Lakota Way, there are no Miracles. There is only working with, both that which is defined and the unknown.

To use good judgment, do not think badly of others if they do not see your point of view. A point of view is exactly that, a point on the Medicine Wheel. Others may be in different places than you. And this is perfect, for this is where Life happens, in the differences. There are countless Medicine Wheels that interact and work together in any given moment, keeping the principles of life organized. Like a flower in a the garden, Truth is relative to the individual, and how you experience the world, the flower, is quite different to how another experiences it. Stop and smell the flowers, smell your world. Know YOUR garden, as told in the Hopi Prophecy.

The number one Thing that keeps us from accepting the unacceptable is the inner critic, also known as loosely as Judgment, which, if left to run wild will destroy *us*. And if we fight it, the prison grows. So what is one to do in between a rock and hard place? Suspend Judgment; at least until such time that it has learned its lessons. For Judgment is not something outside of you, it is an integral aspect of your being and psyche that allows one to discern, which you are just now coming to Understand.

The most profound tool of the Art of Allowing is Understanding. When you truly Understand something, its entire world opens itself to you. In Hebrew, the Torah is said to be the book big enough to contain the world of worlds. Each “thing” is a world unto itself, each human, each stone, each tree.

Just as the body became misguided by setting out on its own and the ego got wild trying to protect us with its limited means as it saw fit, does the critic make attempts to protect you from the perils of not measuring up yet possesses not the code of Ethos of the Judge. Where do you suppose the body got the idea to wander and where the Inner Critic the idea that you do not measure up; that there is something wrong with you? Perhaps you can apply the softness and strong arms of Humility here. From where do all things come?

Due to our under ripened sense of Intuition, it is good to understand that basically everything we say is heard wrong. Sure it might smell and taste good at the time but the task of the initiate is to find the Spirit hidden behind the words. The best use of Judgment is non-other than coming to the end of the day and admitting what it was you forgot, for in this are you on your way to Remembering. This technique is also used in Rosicrucian initiation as the second foundation to develop the Heart known as the “backward review”. Before bed the initiate goes back through the day to when you were last asleep, becoming Conscious of the activities and conversations of the day. This technique strengthens the etheric body, which contains Memory.

As you build your heart upon this foundation you may notice that you come to a point where you remember you were “asleep” or Unconscious with your speech and actions. These will be the “gaps” where you do not remember what happened. If you are aware of this, good for you; if not, it is suffice to understand that in between what you remember, the points of Consciousness, are the gaps of the Unconscious. One might even say that Consciousness is filled with the Unconscious just as beginning is filled with end, as in the Hebrew letter *Samech*, illustrating the endless cycle.

It is the same in dreams, sometimes you are Conscious and can remember parts and sometimes you were Unconscious in the Dream and so forget those parts. It is also true with memories of childhood; there are some, just a handful perhaps and often very random, likely playing a game at someone's house, but you clearly remember it in utmost detail. These represent moments when you were fully Conscious. All else in between, all that you do not remember, is when you were Unconscious. This puts quite a different light on how many hours a day one "sleeps". And how integral sleep is bring the opposites into union.

In reviewing the day backwards, one also becomes aware of the spiritual forces that drop the Unexpected into the Ocean of Fire, the heart as big as the Universe filled with the essence of Unconditional Love best expressed as Allow.

Where you might hear Contradiction in these teachings, again, good for you . For when one understands the nature of Contradiction, one becomes more intimate with the White and Black Wolf that lives inside of you, which has good tidings in store.

Please review these teachings now on the nature of Things that nurture your Heart:

7 Ojibwe Teachings by Richard Morrison

1. Truth – everything is circular. Heart is the center. Focus on how it is to be. Experience and Learn.
2. Courage – to look at ourselves first. See oneself with serenity and the answers come quickly.
3. Kindness – the blending of the lights, good and bad. How do you find peace in the bad? Peace in Love?
4. Respect – not outwards. Respect our hearts.
5. Humbleness – seeing ourselves spiritually and physically at once.
6. Wisdom – All of the bones inside our bodies are tuning forks vibrating into our skin, bouncing back Wisdom when we learn from our experiences.
7. Love – the spark that has been given.

And I will add one more thing,

8. Fascination – a feeling of looking, learning, moving on.

Fascination runs through the fascia, the connective tissue web that encompasses the body. Allow Fascination to nurture and protect you when the Critic and Ego have better things to do.

In the word Ojibwe the sound “we” arises as *way*, which confers the Unity of We are the Way to the mother tongue as for Truth to run the circles of Experience around you that bring the Courage, Kindness, Humbleness, Respect, Wisdom and Love of the Here and Now.

Ceremony is the epicenter of the Here and Now. There is great misunderstanding about ceremony yet a great hunger for it. Ceremony turns us into a proud servant, the true nature of the “ceremonialist”. The sign of a good ceremony is that everyone looks a wreck at the end. In ceremony one always has the option of staying “in”, allowing/submitting to the ceremony, or going back to cultivating Loneliness in your own particular way.

Now, a profound yet quirky song to carry on. (Note that the red dot of “you are here” can be a whole house, a guesthouse, as Rumi tells it.)

<http://www.youtube.com/watch?v=QqqBs6kkzHE>

Resources:

Ceremony – Stephen Jenkinson, Orphan Wisdom

Law of Love – Abraham Hicks

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