

Reconciling Spiritual Paradox *“Thought vs. No Thought”*

In today’s spiritual exploration of inner and outer ‘space,’ we are on a collision course with what I call the spiritual paradox...and there are several of them: doing vs. Being; individuation vs. Oneness; thought vs. take no thought, to mention a few. And in order to avoid a catastrophic collision of mind and spirit, we must find a way to reconcile these seeming opposites.

The paradox I will address in this first in a series of articles on Reconciling Spiritual Paradox is thought vs. taking no thought. For the last hundred years or so, seekers of spiritual understanding and enlightenment have been enamored by the spiritual Law of Attraction, which has become known by the cliché, “Thoughts held in mind produce after their kind.” And rightly so, for haven’t we all been blessed by the awareness that whatever we perceive and believe, the universe returns a vibrational match of equal measure? We have put faith-filled thoughts, beliefs, and affirmations into practice and changed our experience of life. Not only have we changed our personal experience, but a collective global shift in Consciousness for the overall good of humanity has evidenced the power of “we are what we think.” Or are we?

Thought is most assuredly creative within the principle of the Law of Attraction and has served us well in aligning, organizing, choosing this over that, forming opinions, making plans, and following through. Over time we can clearly see thoughts have increased in vibration, attracting higher thoughts, i.e.: selfless service, gratitude, unconditional love, forgiveness, compassion, abundance, inclusivity, etc. And our lives have been graced with a fruitful return. But as we take a full inventory of all thoughts within ourselves and others, we can see that some thoughts are highly influenced by memories of yesterday, fears of tomorrow, habits, social influences, religious persuasions, education, etc. And then one day we have an epiphany: ***Thoughts are most assuredly limited to the parameters of the belief held within them and consequently mirror back as Life experience in exact measure!***

As an example of this, let’s say one believes life is good. That person’s life will reflect goodness only to the degree of that person’s ***concept*** of good. If your concept of good is having a job that pays \$40,000 a year with benefits, being single and living in a condo, and my concept of good is having no job, but an income of \$250,000 a year, and benefits gifted by a loving, generous husband, then those vibrational energies of belief will manifest a situation for each of us equal to the parameters of our belief about what is good. We can see how taking thought at the level of the conscious mind has its limitations.

But, take no thought seems to be in total contradiction to the understanding that by taking thought we create our life experiences. If there is no thought, what would our life experience be? Who or what would I be? Wouldn't life just be blarney? Let's look at the admonition to take no thought from an angle you may never have thought of before.

The admonition to "take no thought" is not referring to a mind activity! Have you ever tried to take no thought? Well, that's a thought isn't it? Rather, taking no thought is referring to a stilled awareness which rises out of Beingness when the mind gets still. That is one of the goals and gifts of meditation...a quiet mind, open and receptive to the Divine. When stillness happens, a quiet mind receives impulses from Being. These are experienced as awareness of Truth, guidance, etc. which then become that which is held in mind, producing after their kind in lieu of thoughts, beliefs, and conditioned or limited contents of mind.

Mystics throughout time have all known about the fulfillment of the Law of Attraction which is an empty mind that takes no thought. An empty mind is beyond conceptualized belief and, thus, open and receptive to higher Mind. Empty mind is a mind of stillness, poised and ready for impulse from the inner Spirit Mind/Self, or what I am calling Beingness. It knows what is needed and what is true even before you ask, before you believe, before you condition what anything should look like. Within Spirit Mind or Beingness is the Finished Kingdom, at hand NOW. It needs no assistance from you to be what it is and to manifest what is needed or desired in your life. It only needs no resistance from you generated by belief, mental thought, or concept!

Jesus knew the creative power of this practice. He clearly advocated taking no thought about what you will eat or wear, for your Father knows you have need of these things. He said ALL that the Father has is mine, and all that is mine is thine. IS YOURS, NOW! And ALL arises in manifestation when there is no belief or thought to resist it.

Examples of true Being are: *passion* for the Divine and a *passion to serve* instead of being served...to *give* rather than to get. These are not thoughts generated but impelled from pure Being...your true Self. In taking-no-thought-awareness, "How may I serve you, Lord" is not a thought request from a sense of separation but a *motivation* rising from the very Essence of YOU that exists as Oneness. These high vibrations of Being fill the space in the mind where lesser thoughts of sense of self used to abide. What a difference in vibration this makes, and what a contribution you become to this entire world and far beyond. Not to mention the absence of stress, fear, worry, or anxiety that disappears.

Functioning from pure Beingness, your Spiritual DNA (Divine Nature Attributes) effortlessly become magnetic attractions that fill your Life with in-the-moment miracles to overflowing, absent of any thought to make them so. This is living FROM Grace in the glorification of God's Finished Kingdom. This is

manifestation from the level of miracles. This is the fulfillment of the Law of Attraction!

So, how does one move beyond belief, beyond thought and its parameters? How does one cease the chatter of the mortal mind so there is empty space for Spirit Mind Being to rise?

Stop trying to change or re-arrange the content of the mind with the mind, and simply reduce all thought to one thought: GOD IS ALL THERE IS! See God everywhere and as everything!

Never let even one minute pass that you are not aware of the Presence of God in/as some form, some experience, some thought. This is what is meant by “let thine eye be single.” This one thought carries with it the highest vibration possible for the mind to embrace. Once this becomes your singularity of thought, your only focus, something miraculous happens! When you least expect it, when you’re not looking for It, the content of your mind collapses into a wave of Grace that will take you unto your true Self, Spirit, your Divine Beingness beyond any sense of self you may have “thought” existed.

When there is only awareness of God, this singularity of thought activates the highest vibrational frequency of mind possible and SHIFT happens! Shift from thought to no thought. Here is why: Singularity of focus in the conscious mind toward Spirit creates an environment in Consciousness of stilled readiness for the movement of Spirit. Once single-mindedness has reached a saturation point, there is nothing in resistance to the higher vibrations of Spirit Mind. In non-resistance, Spirit Mind consumes all that is unlike itself, replacing content with Essence of Being. Beingness vibrations “produce after their kind.” Being is beyond thought or belief of any kind, and effortlessly creates after Its own image and likeness.

The aftermath of SHIFT leaves a new creature in Christ, one set free of the shackles of the mind. Livingness with a mind clear of conceptualized content is far beyond your wildest imaginings. The higher vibrations of unconditioned *Love*, *Peace* beyond understanding, and *Joy* for no reason consumes all ‘space’ of mind awareness formerly experienced as conditioned thought. *Peace, Love, and Joy* are the presence of Being. *Awareness* becomes effortlessly focused in the one and only present moment. *Acceptance* of what is, without trying or evaluation, is revealed as your default system and requires no conscious mental choice. And *Abundance* and *Freedom* are revealed as what you are as well as what you experience. This is Being. It requires no thought.

All doing emerges out of Being. Empty fullness fills you with Joy and excitement as though a little child at a birthday party unwrapping gifts beyond expectation. Serendipity is the impulse of choice in lieu of planning. And Grace becomes the wave of the movement of your Life revealing fulfillment of the Divine Plan written in your heart. These are not thoughts but the simple Presence of Being.

Questions, confusion, irritation, doubt, lack, fear, need for significance, control issues...are all crystallized by Beingness or what I call Essence. And like the butterfly emerging from its cocoon, you soar as a new creature in Christ, set free to Be the perfection of You that has always been! The irony is, you were/are THAT all along, only hidden under a bushel of the content, thought, and belief systems of the mind. There is no more trying to think positive. There is only Positiveness being true to Itself.

That which is eternal, timeless, and true doesn't need your belief generated by thought to sustain or manifest what Is. And if the Truth be known, you certainly don't want anything that does not emerge out of the eternal, timeless, and true. So why waste time on what your mind might *think* that to be? The emptier the mind of any concept, the better! Why? Because all *concepts* are limited by the parameters of the belief held within them. And emptiness of mind allows for knowings to rise and fill the empty space. Knowings are always based in the eternal, timeless and true, effortlessly manifesting from the realm of the Finished Kingdom, not from the mind's idea of what should be.

Being held in mind becomes the fulfillment of the Law of Attraction in the Creative Process. Now you have reconciliation of the paradox: thought vs. take no thought.

God Bless and Grace-full Beingness,

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