

Chapter 8: “Let Go Now Or Fall”

The natural ups and downs of life can either generate personal growth or create personal fears. Which of these dominates is completely dependent upon how we view change. If you have a lot of fear, you won't like change. You will try to create a world around you that is predictable, controllable, and definable. You will try to create a world that doesn't stimulate your fears. You can do one of two things with fear; you can recognize that you have it and work to release it, or you can keep it and try to hide from it. Because people don't deal with fear objectively, they don't understand it. They end up keeping their fear and trying to prevent things from happening that would stimulate it. They go through life attempting to create safety and control by defining how they need life to be in order to be ok.

If you do this, the world truly becomes threatening. Life becomes a me against it situation. Your definitions of desirable and undesirable, as well as good and bad, all come about because you have defined how things need to be in order for you to be ok.

As you grow spiritually, you will realize that your attempts to protect yourself from your problems actually create more problems. If you attempt to arrange people, places, and things so they don't disturb you, it will begin to feel like life is against you. You will feel that life is a struggle and that every day is heavy because you have to control and fight with everything. There will be competition, jealousy, and fear. You are fighting with creation, and that's what makes creation itself the most frightening thing in your life.

The alternative is to decide not to fight with life. You realize and accept that life is not under your control. Life is continuously changing, and if you're trying to control it, you'll never be able to fully live it. Instead of living life, you'll be afraid of life!!!

That which is blocked and buried within you forms the root of fear. Fear is caused by blockages in the energy flow. When your energy is blocked, it can't come up and feed your heart. Therefore your heart becomes weak. When your heart is weak it becomes susceptible to lower vibrations, and one of the lowest vibrations is fear. FEAR IS THE CAUSE OF EVERY PROBLEM!!! It's the root of all prejudices and the negative emotions of anger, jealousy, and possessiveness.

The purpose of spiritual evolution is to remove the blockages that cause you fear. If you truly want to grow spiritually, you'll realize that keeping your stuff is keeping you trapped. Life is surrounding you with people and situations that stimulate growth. You don't have to decide who is right and wrong. You don't have to worry about other people's issues. You only have to be willing to open your heart in the face of anything and everything, and permit the purification process to take place. When your stuff from the past gets hit, let go right then because it will be harder later. It won't be easier if you explore it or play with it. It won't be easier to think about it, talk about it, or try to release only a part of it at a time. If you want to be free to the core of your being, you must let go right away because it will not be easier later.

In order to live by this law, you have to understand its principles. First, you must be aware that there is something within you that needs to be released. You must then be aware that you, the one who notices the stuff coming up, are distinct from what you're experiencing. You are noticing it, but who are you? This place of centered awareness is the seat of the witness, the seat of SELF. This is the only seat from which you can let go. As long as you're watching, you're not getting lost in it.

When you're in this state of disturbance, your tendency will be to act in order to try to fix things. You don't have the clarity to see what's going on; you just want the disturbance to stop. So you start getting down to your survival instincts. You may feel that you have to do something drastic. When you dump your stuff into this world, it's like painting the world with your stuff. You put more of that kind of energy into your environment and it comes back to you. People who will interact with you accordingly now surround you. It is just another form of "Environmental Pollution", and it will affect your life. Imagine if you got upset and fully released your disturbed energies onto another person. This is how people ruin relationships and destroys their lives.

No matter what happens below you, just turn your eyes upward and relax your heart. Your heart will become purified and you will never know another fall. Use the lesson to strengthen your resolve. Let go right then. Do not rationalize, blame, or try to figure it out. Don't do anything. Just let go immediately, and allow the energy to go back to the highest center of consciousness it can achieve.