

## Mindfulness with Lucy

Week of 9 Jan 2023 *To stay the same is to resist*

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Image by [Master Kamal](#)

Go for the impossible. I always tried to find my own limits. So far I did not find them, so my universe is in constant expansion  
PAULO COELHO

## Dearest friends

Do the following questions interest you?

1. **WHO DO YOU WANT TO BE?**
  - a. Who do I see myself as now?
  - b. What are all the different ways I describe myself now to others?
  - c. What are the ways I think of myself now in the privacy of my mind?
  - d. What do I like about myself now?

- i. What are the benefits I get from this?
  - ii. How would I like to build on and grow from this?
- e. What don't I like about myself now?
  - i. What are the benefits (yes, benefits) and losses I get from this? For myself? For others?
  - ii. How would I like to be different?

## 2. **WHAT IDENTITY SHIFT DO I WISH TO MAKE?**

- a. Reflect on your answers to 1) above and develop a picture of yourself as you would like to be
- b. What are the different ways you would describe this new self to others?
- c. What are the ways you would think of your new self in the privacy of your mind?
- d. What do I like about my new self now?
  - i. What are the benefits I get from this? For myself? For others?
  - ii. How would I like to build on and grow from this?
- e. What don't I like about my new self now?
  - i. What are the benefits (yes, benefits) and losses I get from this? For myself? For others?
  - ii. How would I like to be different?

## 3. **WHAT HABITS WILL SUPPORT WHO I WANT TO BE?**

- a. What habits of thought will I need? Moment to moment? Daily? Weekly? Monthly? Yearly?
- b. What habits of speech will I need? Moment to moment? Daily? Weekly? Monthly? Yearly?
- c. What habits of behaviour will I need? Moment to moment? Daily? Weekly? Monthly? Yearly?
- d. For each of the above,
  - i. What do I see as being difficult? How?
  - ii. What are SPECIFIC things that I can do to reduce my resistance to cultivating these habits?
  - iii. What is ONE habit I can start today?

Do you think these questions are worth asking?

Do you think they are necessary questions to ask ourselves?

**If you do, then you may be interested in the following opportunity I am offering you:**

**To participate in a FREE 6-week program where, as a group, in a supportive and loving space, with my facilitation, we will give ourselves the time and space to answer these questions.**

**Contact me here if you're interested in this program**

Meanwhile, a few thoughts about the purpose of this program and why it is so crucial...no matter where you are in your life journey.

Let me begin with an assumption...that where you are today, right now, perhaps for the last several weeks, months or even years, is not the perfect, ideal, most wondrous, grace-filled place that you would truly like to be in.

Please don't get me wrong. It doesn't necessarily mean that you are deeply unhappy or dissatisfied, though that could be true. It could mean that you have a nagging, gnawing sense that your life could be better. And you're damn right! Your life can always be better. Why? Because you are an infinite being and your capacity to enjoy life is inexhaustible.

To want more from yourself, from Life, is not a greedy thing (though it could be if you are driven by your Ego instead of inspired by Love). Rather, to want more from Life, from yourself, is to awaken to the truth of who you are, what is hidden within you, what is as yet untapped, limitless potential.

And you know what?

**When you don't intentionally seek, or as I prefer to say it, to ALLOW the MORE that you are, you are effectively denying and resisting the truth of who you are!**

As I've often said, at any given time, you are either allowing or resisting. There are no other options, no other states. Allowing or Resisting. Staying the same is resisting. Why? Because the nature

of Life, which is infinite, has no end point and is in continual 'flow'.

We could say that Life is forever expanding. Science tells us that the Universe is in a continual state of expansion. I would say that the so-called expansion of the universe is, at least in part, a function of our awareness of it.

What I mean by this is that, to all intents and purposes, there would be no expansion of the universe if there wasn't an AWARENESS of such expansion.

You know the Zen koan (a riddle that cannot be answered intellectually):

*If a tree falls in the forest and there is no one there,  
does it make a sound?*

What I've said about the expansion of the Universe is a bit like that! But I don't wish to digress. What I want to say is simply this:

We are naturally inclined to be more than what our bodymind and its senses tell us we are. Or should I say,

***We are naturally inclined to EXPERIENCE the more, the infinite, that we already are but which our bodymind, due to its learning/conditioning, resists.***

It is this resistance that is at the core of all our suffering, whether that suffering is mild (such as an irritation, an annoyance, a lethargy, a boredom) or intense (such as in trauma, depression, sickness...)

Our learning/conditioning has wired us to resist whereas our natural impulse - that which we are born with - is to allow and therefore to expand our awareness.

**So, what is it that is really expanding?**

Our Awareness of ourselves, of Life. And this expands our ability to experience more of who we are i.e. our infinite potential. This is what we are wired to do naturally. This is the very nature of Life itself. And when we resist this, we resist Life.

So, how do we resist? First and foremost, by remaining stagnant. By refusing to grow. Please understand this:

***To remain the same is to resist.***

So, our response to this natural, impulse of Life, of Love, of God, is not a response due to greed or dissatisfaction or insecurity (which would be the response of the Ego or the ASS -Apparently Separated Self). Rather, it is the natural and effortless movement of Life within the form of the bodymind that you and I have.

You remember the parable of the talents (for those of you who are familiar with the Christian Biblical stories)? Briefly, a landowner had three servants and before he went on an extended journey, he entrusted each of his servants with a number of talents (the currency of the day and place). To the first, he gave 5 talents. To the second, 3 and to the third, 1. He told them to make good use of the money.

Well, upon his return, he asked the chaps to account for the money he gave them. The first one told his master: *You gave me 5. I invested them and doubled the amount.* To which the master said, *You good and faithful servant, you're awesome! You can have 25% of what I own.*

The second fellow said: *You gave me 3. I invested them and doubled the amount.* To which the master said: *You good and faithful servant, you're awesome! You can have 15% of what I own*

Now, the third chap approached the master and said, *I know you are a harsh and cruel master. You reap what you don't sew and take what does not belong to you. Because of that, I was afraid and so I buried my talent and here it is.*

The master rebuked the servant: *You useless man, you could have at least put the money in the bank so I would have got the interest on my own money. I shall give the talent to the one who has the most talents. For, to the one who has, more will be given and to the one who does not, whatever he has will be taken from him. As for you, you deserve to be cast out of my service.*

Now, there are the so-called official and authoritative interpretations of this parable. And they all more or less say this:

*If we don't make use of what we have to the best of our ability, we will lose what we have, leaving us little or nothing.*

In more colloquial terms, you might say: *Use it or lose it.*

Most of us can sort of understand that. And it is true whether we are talking about our muscles, our money or our memory! All good. But here is what I would like to suggest in addition to this:

The first two servants had a sense of the opportunity that was given them. Rather than fear the master and be paralyzed by that fear, they chose to make use of what was given them. As a result, they were 'entrusted' with more.

In spiritual terms, it is not that we are rewarded for our investments by an external god or creator or universe. Rather, we are the beneficiaries of our own 'good' or 'bad' investments. In spiritual terms, a good investment would be the loving use/expression of our potential, the reward being the uncovering of even more potential which we again seek to express! And so it goes on and on and on...And note, this potential is infinite, there is no end to it and so, you are wired to uncover and express more and more of it till your very last breath!

### ***To remain the same is to resist***

Resistance is suffering. The third servant chose to remain the same, refusing to 'invest' in his potential! Perhaps he also thought that since he was given only 1 talent, less (or nothing) would be expected of him?

We are told in so many ways that change is inevitable. Yet, we often resist it until it is forced upon us by our very own resistance and in ways that we often find unbearable! Wouldn't you rather invite and allow change by consciously and proactively seeking to uncover and express your 'talents', your potential? Because, you see, when you do, you remain awake and conscious in the stream of Life, letting it carry you along its infinite power and possibilities! Effortlessly! Joyously! Invigoratingly!

Dear Friends, you are the captain of your ship/bodymind insofar as you are free to chart its direction and take care of it. The power to do this, however, comes from one source and one source alone.

You can call that source God or Love or Life or The Infinite or The Source or The Universe, whatever word works for you. But you get to choose your direction and you do so with your **focus** and your **attention**!

You decide where you want to go, give it your full attention and dedication and allow yourself to be guided by the power that creates oceans and winds and stars and galaxies! But move you must! This power speaks to you through your intuition, the spontaneous (*not* compulsive) impulses/desires that are aroused in you, the still, small voice within...You must be willing to listen to it!

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So, back to the program...

That's what it sets out to do - to help you captain your ship, your bodymind, use your 'talents', your potential, in loving ways, so that all of Life continues to flow with less and less resistance, and thus less and less suffering.

You and I are the stuff of infinite potential! Infinite Love! To see ourselves as anything less is to deny the truth of who we are. To resist using our potential by thinking small, by settling, is the cause of our personal suffering and the suffering of the world.

Imagine what you could really be and do if you embraced the greatness, the infinite potential, that you are and dedicated your life to expressing it! Not only would you enjoy more of Life (of who you truly are), you would be helping others do the same! You would reduce the suffering of the world!

So, in this still new year, I am inviting you to uncover that potential within you and express it ever more fully. No matter what your circumstances, your history, your story, your age, your fears, your beliefs, the expectations others have of you, your perceived limitations (in truth, you have none!)...As the wonderful teacher and author, Wayne Dyer, said

## ***Don't die with the music inside you***

Are you in?

Contact me for more information

[Join our free Weekly Mindfulness sessions here](#)

Tuesdays 6pm and Thursdays 11am Brisbane AEST time

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### ***Contemplate***

*When I had nothing to lose, I had everything. When I stopped being who I am, I found myself.*

PAULO COELHO

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### ***Pause. Take a deep breath...***

What can you appreciate right now that is either of direct and personal benefit to you or that is of no apparent personal benefit to you? In truth, everything benefits us as we are all in a web of interconnectedness!

Right now...I am appreciating the intoxicating excitement of change...

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### ***Prayer for the World***

This universe is a universe of infinite potential and it fills me. May I never resist expressing this potential. May I never get in its way, pushing against it with my thoughts, beliefs and fears. Instead, may I open my bodymind to it. May I let it guide me in its natural, effortless, peaceful and powerful flow with its infinite intelligence. May I be its true son, its true daughter and dedicate my life to



expressing, more and more, its grandeur, its grace, its beauty, its joy, its peace, its pure love! For myself and for all of Life!

**You are loved. You matter.  
Life recreates you moment by moment!**



**If you'd like to find out about working with me in a Mentoring program, in Self-Awareness and Empowerment workshops, or would simply like to receive my weekly emails, please contact me [HERE](#).**

This weekly message was produced by Lucy at  
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