

“If you cannot surrender,  
take action immediately.  
Speak up or do something  
to change your situation.  
Take responsibility  
for your life.  
Do not pollute your beautiful,  
radiant inner Being,  
nor the Earth with negativity.  
Do not give unhappiness,  
in any form whatsoever,  
a dwelling place inside you.”

Eckhart Tolle  
The Power of Now



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Upon hearing these words, the *unconscious* aspect of your Being will immediately determine that to get you where you wish to go, the proper “action” is to move away from negativity with as much speed as possible. It will perceive negativity as “pollution” and by inference, assume positivity as “purity”. Unhappiness in any form will go under the heading of negativity and happiness under the heading of positivity. It seems as if this is what our Mystic is saying, and yet this unconscious understanding is a small understanding. It is not a deep enough comprehension to take you home to your true Self.

Positive and Negative are two sides of the coin of thought, with neutral being in the middle. As long as you are unaware that your unconscious activity *will automatically set up what you like against what you dislike*, you will find yourself right back in the position that caused the suffering in the first place, feeling extremely frustrated, and unable to surrender or accept “what is”.

To expand this small understanding, step into the place where you can *imagine as if* these two kinds of thoughts are irrevocably linked and will appear in your life on an on-going basis as long as there is thought itself. To move beyond this is to move just outside your mind (conceptual thought).

The key to taking “action” is to relax into the presence of the negativity, accept its presence and allow it to be there. Paradoxically, this is the most efficient and effective way to shift your energy to not only the positive but that tiny degree of difference that catapults you to the mystical view available just beyond the mind. If you watch carefully, you will see that you are not the creator of your thoughts. They arise. The trick is to shift your focus to the space out of which the thoughts arise – whether they be negative or positive.

However, to get to the space beyond the mind, it is too far a jump for most of us to leap from negativity to just being with “what is”. Hence, the guidance is to be positive. Yet, to be positive without continuing the same unconscious strategy that keeps us in confusion and suffering means being aware that negative and positive are two sides of the same coin – and there is nothing you can do about their arising within your mind – negative or positive, Understanding this frees you to simply accept whatever negativity arises *and* create its opposite in the realm of thought – yet with the awareness that setting up what you like against what you dislike *is* the nature of the mind and a major root of our suffering *if it unfolds without the presence of awareness.*

Engage in the mind’s process but allow your consciousness to carry an awareness of your true nature with you, remembering that awareness of your true nature is available to you just beyond both negative and positive thinking. The mind is the realm of opposites. Where there is beauty, there is ugliness. Where there is positivity, there is negativity. Where there is surrender, there is war. Where there is action, there is passivity. Expand your consciousness to embrace both while claiming neither one as who you are and you will naturally fall into the space just beyond the mind. Outside the mind, there is simply “what is” without any conceptual labels. Here is the place you enter the realm of Being.

Until next month when another Reflection will appear, may you awaken to your unconscious activities and be present to both your negative and positive thoughts. In that awareness, may you find the presence of your Presence resting quietly in the space *holding* the thoughts as they arise and pass away.

May you be happy and find peace.

Ragini