

Week 4 Day 5 – Wonder & Surrender to the roles of life

We are all learning and growing and being. Today we are using the two ideas from the prior two days and rolling them up into one internal lesson...Act with the wonder of a child *as we surrender* into every moment.

Out of this only consciousness can appear. We have many roles that we play in our lives. I, for example, may play the role as mother, wife, sister, friend, daughter, teacher, therapist, artist, cook, housekeeper, etc. There are so many functions I can take on as the person named Jennifer that is occupying this body. As we shall see today, we will practice presence and being with the intent of childlike wonder. We will combine the two lessons from the day before into our everyday actions and role playing.

So, when I am playing the part as a mother in the morning as my children are getting ready for school, I may be a different type of mother for one child than I am for the other child depending on where they are in their life roles. My 18-year-old will have a different relationship with me than my 13-year-old. This does not mean I am treating them unequally, rather I am presenting myself in the moment by asking myself, "What is needed with this person in this moment?" Without the need for an answer and merely being truly curious about the situation. This leaves out judgment. Then through presence and surrender to whatever may be happening I can be in the moment without the need to define the experience. I am without determination of a perceived action because I am remaining unconditioned and in the moment of the experience of itself. There is no need to define the moment because I know that in defining a moment there is judgment which brings limits to the endless possibilities which can result from remaining neutral. Instead, I am with the experience, experiencing the experience, without a solution or requirement to do anything. I am feeling the space in what is happening all around me. I may have moments that I think I already know how to respond to a situation, but my lesson remains to be present followed by the wonder of what is happening around me. I am to create space between the events, sensations, and words within myself.

My mother role may want to intervene if she sees something transpiring between the 18-year-old and the 13-year-old that is causing conflict and she may want to instinctively solve the problem. But now, in this moment, I am instead finding the experience to be interesting as I identify with how I am feeling and then acknowledging the inner resistance that may be coming up. Instead of reacting, I am asking curiously, like a child, how I can best serve the situation. Yet again creating space for the moment. In that space the message arises. Or maybe it does not arise. I am mastering the art of spacious living in the moment within the roles we play. This is presence and this again is how we remain conscious in our experiences. This is being.

Now practice this in your own life today. Actively ask yourself and even write down all the roles we play on a day-to-day basis. Ask yourself what are my roles? List as many of them as possible in a journal or on a piece of paper...

Mother/Father
Sister/Brother
Friend
Coworker
Colleague
Leader
Business Partner
Teacher
Administrator
Preacher

Writer
Advocate
Delegator
Advisor
Etc.

Now, come up with all the possible ways that we lead within these roles. You'll need to write these down as well or consciously think of these. Think about how you act within these different situations. If you are a teacher, do you feel that you have to teach everyone you come in contact with or do you save your teachings for the classroom? If you are a mother, do you feel like you have to mother everyone that you come in contact with or do you simply mother your own children. Are your children at different stages in their life that requires mothering in different ways? Do you recognize this? If you are an advisor, do you advise everyone you have conversations with, in attempt to advise the world of what to do and not do or do you reserve this advice for those people who pay to be advised? One may find that many of these roles overlap and sometimes we integrate one role into other roles. For example, I may be teaching a skill to my child who is first learning how to bike ride, but I am not a teacher by career choice. See if you can presence yourself enough today to recognize your identification with these roles. Are you able to adjust, flex and become formless within the differing roles to allow for new ideas and experiences to come into these present moment experiences you are actively observing?

When we have played the same role and identified our lives within these roles for a long time, we may have forgotten how intriguing and marvelous the world around us is. We may not notice the number of changes that are happening right before us until we consciously observe how a simple task of opening our awareness brings us back in touch with the aliveness. This may feel awkward at first if we have unconsciously fallen asleep in life. This is why some people are surprised by a job loss, a sudden health issue, or a relationship that has gone bad. It is not that the triggered event happened out of nowhere, it's that we have been within the illusion for so long that these experiences do take us by surprise. In our sleepy state we were never truly alive and awake to what was actually happening. Thus the surprises come out of nowhere in actuality to serve one purpose, to wake us up.

This surprises many parents when our children resist us during those preteen years. We may have our own reactions to the way they talk or exert their desire to be free. They may not understand how to do this from a present perspective that is not acting out of fear. We may have failed to notice that they have been feeling this for awhile, meanwhile we have been treating them as though they are still young children when they have grown into more responsible beings craving some form of independence. Or maybe they really need direction from us and are not ready to responsibly fulfill duties and we need to become aware of a different way to approach them with this new awareness. How do we become tuned in and able to intuitively know what to do in every situation and be responsive to the world around us? We need to identify first with our roles and how we may be playing them out in all areas of our life and then we need to lose the identification with these roles by surrendering and being curious to our moment-to-moment interactions and sensations that are happening.

Today will be the practice. Today we will continue to fulfill all our roles but with one eloquent twist... identify when you are playing a role or a mixture of roles, be aware of what you are doing, and presence yourself in the moment by being curious of your sensations in your body and what you may be thinking in your head. Just be with the sensations and the thoughts and ask the curious questions that arise to help you be in a possibly new way being. Thus, open to new possibility by being. Surrender to the moment, feel one with life,

and ask questions expecting no answers. Be in the being. Create the space. Be inspired. Recognize you are an expression in this form and release expectation. Become the space. Be in spirit.

Then the next step is to disengage as a certain role and ask what is needed in this situation. Maybe you are very good at advising but this situation calls for a child to be held and cuddled in a way that comforts her. Maybe you have missed the mark in mistakenly believing that you have the answers and when we create space, we see that there was something else that really was needed in that situation instead. Or maybe it is simply nothing. But if you were unable to dis-identify with your predominant roles then you may never have understood that there is nothing to understand. Or maybe we allow what we intuitively sense with our hearts to come in and continue to direct our perceived roles that has us identify, dis-identify, take action and non-action all at the same time. See if you can presence yourself in the action of doing by being.

We can be an accountant figuring out the equations needed for a customer performing our role as an accountant and we can also be present in that experience without thought. When we let go of our identity with roles knowing that we are indeed always playing roles in the background of our life and instead insert presence into the foreground we become a conscious presence. In that consciousness we find the peace we have always desired. Then we can have our goals and aspirations without being attached to the outcome because now we can go from task to task knowing we are performing a role, but we are not invested in that role. We are the consciousness behind that role and in that a whole new dynamic of inspiration and creativity can come forth. If we are always as we are we are without change. This creates stagnation and the mucky pond we talked about earlier in the weeks before. As the only thing that is constant is change and so are our roles in the world that are forever shifting and evolving. Be in the knowing of this and most things do not surprise us. We become the flow, sense the changes, and follow the inspiration welcoming something even greater to come along. This is again, conscious living from a position of childlike surrender.

Try this today and allow yourself to be in the roles but surrender to the moment with the same equalities of detachment, non-judgment, non-resistance, and with childlike wonder all at the same time. Seek to obtain your goals and go forward with aspirations, be in those aspirations and recognize that whatever is happening in the moment is your purpose through the simple act of surrender. We can be one with what we want to achieve but we cannot achieve anything if we are in the future wishing things were different. Be where you are. When you sit to do your bills, say that I am now the leader in my role as business manager and it is my role to pay bills. I am in this, I am not this all the time but this is what I am at this moment. Sense with curiosity as what arises within you and continue to go about what you are being/doing. If you are stuck and not sure what to do next recognize you are stuck and be in that. If you have no idea what to do ...recognize you have no idea what to do and be in that. What arises next you are giving space for that to arise which may have what you are seeking to identify the answers to your problems of being stuck but if you are not in the stickiness you will always be searching for the answers. It is in the stickiness where the answers are. Then we may find ourselves curious and our attention can be drawn to something else. Flow with that and that may be the answer. Wonder and Surrender into all the roles you are playing today.

Mantra:

I surrender into the wonder of who I am.

I surrender into the wonder of who I am.

I surrender into the wonder of who I am.