

LIGHT OMEGA PODCASTS

www.lightomega.org/podcast/List-Podcasts.php

INNOCENCE and ACTION: The Fear of 'Not-Doing'

Transcription of podcast by Julie - Oct. 20, 2013

We need to understand the difference between 'innocence' and 'action.' These two motivations, efforts, attitudes, need to come into balance within us so that we know when to act and when not to act. The distinction is not so much between 'innocence' and 'action' as between 'innocence' and 'will.' When is it right to use one's own will, and when is acceptance needed?

This is a fundamental question about life itself and about how to relate to life, and not only about how to relate to life but how to relate to people. Most people very much move in the direction of will and action when confronted by the need to deal with challenging circumstances or to make a decision, and that's because the history of the human experience has been one of feeling a greater sense of need to master things, to control life, to find a way of making things work. And so our orientation to the physical plane is about making things work - how to make outcomes happen that we wish to have happen.

This is fine. This is good - to be able to make things work, to be able to achieve goals, to be able to accomplish things, to be able to grow in our life on the physical plane. This is good. But it often comes out of balance with the need to be in innocence about life and about our own actions, because very often action is not based on the necessity of acting, but on the fear of not acting, on the fear of not doing anything. And so there's an unwillingness, based on fear, to let a space be created in which you, I, one is not doing anything, and it doesn't appear that anybody is doing anything. In that space is the space of innocence and trust, trust that in the invisibility of not-doing, life and God are doing. The 'doing' is in the unfoldment of events according to the Divine unfoldment that is always taking place. And this is where fear comes in, because that Divine unfoldment is

very often invisible, and so one has to trust the Invisible, the invisible goodness of life, the invisible goodness of God. Without trust, the impulse 'to do,' to fix things, to make things happen, to correct errors in others, to change other people, to make situations different than they are, becomes overbalanced, and then a lot of anxiety and distress occurs because very often it's not possible to make things the way one wishes or thinks one wishes. Control of life is not possible. It's an illusion. And yet the ego-self tries to control life out of fear. So, it's not that action isn't important, or that movement in the direction of trying to help things change out of good motives, out of good intentions we want to have change. It's that the loss of innocence is based on fear, and so acceptance of things as they are becomes a non-choice very often, not because it isn't a choice, but because there's fear in allowing God's invisible goodness to do its own work of changing things in Divine time.

You know as you listen to me, where you might be with this in your own inner consciousness. You know how much you try to push things, or to force things, or to change things because you're afraid to create or be in that space of doing nothing and letting God's invisible unfoldment be the 'doing.' You know where you are with this, and if you are overbalanced in the direction of fear causing you to use your will to make things happen, you need to reverse directions and come into balance in terms of allowing innocence to grow, and to question, or be at least honest about where you are with your own mistrust of Divine goodness. There's nothing wrong with being honest with yourself. All of spiritual unfoldment depends on it - of knowing: Where am I with myself and with God? Where am I in my own trust of life? What do I really believe? Because only in the place of honesty about that can the beginnings of change based on self-awareness take place. And prayer, and asking for trust to be made more possible, can take place. But not if you are in denial or are afraid to know that you're feeling mistrustful that if you stop doing, that nobody is going to do anything. If you stop doing then there will be nothing happening in that empty space where things are invisible.

We can hold an image which has been given to us so many times from our spiritual history, of becoming like a child. Not in all ways - we don't have to lose the knowledge

of life that has been gained in learning how to operate as an adult, but the innocent acceptance of life is something that children have and lose very often - the innocent knowing of life's goodness is part of life for most children from the earliest days, of trusting what will happen or what does happen. And those of you who have been with children at times of tragedy or at times of illness, or at times of facing death, know that children have a very different attitude, young children, than many adults do about accepting things. They exist in a matrix that's more embedded in life's goodness, of feeling an innate feeling of being embedded in life's goodness. And so when something happens that cannot be prevented, or that seems to adults to be beyond what's acceptable, children often find a way to accept what adults can't find acceptable. And that's the place of innocence.

So, I ask that you look at this balance within yourself and see what needs to happen in terms of your own wholeness, in terms of your own coming into balance. Greater visibility of the balance between innocence and will, or innocence and action, or acceptance and will, greater visibility of where you are that, will show you where your own edge of growth is along this dimension.

May all beings come to recognize their own purity and innocence of heart which is given as an aspect of the soul. It doesn't need to be learned. It needs to be uncovered. May all come to recognize their own innocence.

Thank you for being with me in this podcast and I look forward to being with you again next time.

www.lightomega.org

<http://facebook.com/light.omega>