

Practicing One Presence and One Power

(This is my understanding of “living with no one and nothing against us” as Dr. Gary Simmons likes to say. This version is for grief work)

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The following are some key points in the practice of living without blame and healing what Emily Cady called our “sense of separation from God”:

- There really is only one Presence and one Power in the universe.
- We are eternal, spiritual beings having a human experience.
- Our overall purpose here on earth is to heal our sense of separation from God (that is, Spirit’s qualities of divine love, the power of creation, divine guidance, and divine aliveness) and to contribute to the whole by becoming all we came here to be.
- We chose (consciously or unconsciously) the family of origin which would most readily facilitate our healing, presenting us with all the issues and mistaken decisions we most wanted to heal in this lifetime.
- We made decisions about “the way it is” in life as early as birth (and even in the womb).
- As children, we continued to make such decisions at least through the age of seven. Dr. Bernie Siegal, in his book, **The Art of Healing**, says, **“Most people probably don’t realize that until the age of six or seven, our brainwave patterns are the same as those of people under hypnosis.”(p. 141)** In other words, we all spent our early childhoods being hypnotized. We were all psychic sponges when we were kids.
- By the time we become adults, we have made decisions about men, women, life, God, and especially ourselves. These decisions still live in our subconscious mind until we consciously change them.
- These most deeply-held beliefs are always creating our reality.
- The mistaken decisions we made (especially about ourselves) are surrounded by emotional pain such as anger, guilt, fear, and sadness. These emotions act as a kind of “glue” holding those mistaken decisions in place until we feel and release them.
- Once our mind makes a decision, it then becomes an “evidence-gathering machine.” We can always prove that life, people, and we ourselves are the way we decided they would be.
- We are attracted to people, events, and circumstances which will activate mistaken decisions and bring them to the surface. This is the only way these mistaken beliefs can be released so that we can be “transformed by the renewing of our minds.” This includes any experiences of loss we may have.

- Throughout our lives, we constantly (and mostly unconsciously) try to heal our suppressed emotional pain and our mistaken decisions. This is because:
- **Our very strongest motivation (even if it is completely unconscious) is to heal our sense of separation from God, and each other. We won't rest until our hearts are at home in God.**
- A spiritual community allows us to accelerate this healing process. Many of those who are essential to our healing are here.
- These people (especially those we judge and those we admire) each represent people from our childhood. They are also each a mirror of some aspect of ourselves.
- An environment which supports emotional and spiritual maturity is one where authenticity, vulnerability, and intimacy (into-me-see) are taught as being more important than simply being positive all the time.
- The goal of spiritual community is not to constantly to be in a state of peace. Rather, it is a place to accept responsibility for our experiences with each other and to allow these relationships to contribute to our inner healing. As we accept that each person there is "my idea," an "extra in my personal movie," we can begin to resolve our suppressed pain and the mistaken decisions we bring with us from the past. The same is true everywhere in our lives.
- One concept which serves our healing is to know, "If I feel upset, I am in the past." That is, if I feel upset with someone, I have that person "set up" as someone from my past (mostly our family of origin). This includes our spiritual leader(s). We often "set up" our leaders and other "authority figures" as our childhood parents. Unconsciously, we "ask" them to be the parents we wanted when we were children. We also unconsciously look for evidence of how they might be like the worst qualities of those childhood parents.

Thus, if one or both of our parents "abandoned" us (died, physically left, or were emotionally unavailable) a minister leaving our ministry can trigger these old, unresolved emotions.

Spiritually, what is required to heal these emotions is to:

- A. Feel and release these old feelings,
 - B. Change any mistaken decisions we might have made (eg. "I'm not worth loving," or "people who love me always leave," and
 - C. Practice forgiving those people from our childhood more deeply.
- A major aspect of this inner healing (which often results in outer healing) is deep forgiveness of anyone from the past who seemed to harm us, as well as forgiving ourselves for making mistaken decisions. Forgiveness is always the ultimate goal in personal transformation.
 - Deep forgiveness of people from our past, and consciously changing our deep beliefs, allows us to release painful patterns in relationships and to no longer attract people to activate our issues.