

Coming into Alignment with Life

The journey towards spiritual awakening or approaching the Divine is, to a large extent, learning to come into full alignment with Life itself. This can be expressed in different ways. One of the fairly common phrases you hear in spirituality these days is “to allow everything to be as it is.” This seems to be a simple enough instruction and yet it can be very challenging at times. It’s easy to allow things to be as they are when everything’s going our way. But it’s a lot more difficult to do so when challenging times arise. This is exactly the point of the instruction. We are asked to drop our argument with however Life is showing up at any particular moment.

We cannot avoid noticing that sometimes things are pleasant and enjoyable and at other times Life is more challenging. That just seems to be how Life is. Even as we go further down the spiritual path, so to speak, it doesn’t mean that Life necessarily presents us with fewer challenges. Sometimes maybe, but certainly not always. However, what is important is our perspective when challenges arise. A useful practice is seeing how we *respond* to Life’s challenges as they present themselves. Do we argue that we shouldn’t be faced with the challenge at hand, or do we take it at face value and respond accordingly?

This doesn’t mean rolling over and being a doormat to whatever happens. In fact, it’s just the opposite. By not arguing with Life, it frees our energy to respond more appropriately. We’re not playing an old tape in our head which replicates how we’ve responded to a similar situation before, why it should or shouldn’t have happened, or why somebody should or shouldn’t have done something. All we can know for sure is what happened *did* happen; and what is happening *is* happening. We can then respond accordingly.

So, the first step is to avoid arguing with reality. If we can get beyond our automatic, conditioned reaction, then we are in a position to be present for whatever is required by us for the situation at hand. This is what the instruction to “allow everything to be as it is” means.

One opportunity we have to practice this instruction is when we’re sitting quietly. We can allow the thoughts or emotions that arise to be as they are without arguing with them, without approving or disapproving, agreeing or disagreeing, liking or disliking them. We can simply allow thoughts, emotions, sensations, old stories from the past or fears about the future, to arise, and allow them all to exist. When we allow these types of habitual, conditioned, programmed behaviors to have the light of day, without argument or judgment, we’re allowing everything to be as it is.

A well-known phrase in Christianity is “Thy will be done,” which is generally interpreted as “I give God permission to do whatever is happening.” But, of course, that makes no sense. God is not waiting for our permission. God’s will *is* always happening with or without our “permission.” Life is always happening on its own terms, in its own way. Sometimes it is working to our advantage, sometimes not. The deeper understanding of this Biblical instruction is that I acknowledge that God’s Will is already happening. It’s like saying, “I recognize, I acknowledge, I accept, I honor that Life has a Will of its own. I may or may not like it, but I’m on board for the ride. Good, bad or indifferent, it’s okay.”

There's a freedom in having the maturity to allow the full spectrum of Life to happen. And by allowing Life to have its way with us, we are freed not only from the fear of something unpleasant happening, but our energy is also freed to respond in the most appropriate way to whatever it is that's arising.

This is what is meant by coming fully into alignment with Life.

The practice is to notice when we react to things in a repetitive, patterned way. When we tell ourselves that something should or shouldn't have happened, it's a clear sign that we are arguing with Life. We can feel it in our bodies when we make up a story about a situation. We can feel a contraction inside, often in the belly, which is a sure sign of resisting or opposing Life.

We can simply notice when we are out of alignment with Life and when we are not allowing everything to be as it is. We don't need to judge our behavior or thoughts; we don't need to condemn or oppose them. All of that is counterproductive. What we do need to do in those situations is be willing to acknowledge our opposition; to be willing to allow our tendency to be brought into the light of our consciousness where we can simply observe it. Not arguing with Life has transformative power. The key is: without judgment, without condemnation. By consistently bringing our tendency to argue with Life into conscious observation, we will eventually be liberated from this losing game we play with Life. It may take some time.

I don't mean that it's appropriate to act out every impulse, but, rather, to acknowledge the tendency in the privacy of our own minds. It may take a little time if a pattern has been around for decades, but that's the way such deeper conditioning is released. When it arises, we might say, "Oh, there I reacted in that way again. Same old, same old. Okay, I'll be more vigilant next time." Simple.

We can also notice when we are in alignment with Life. Life seems to flow and we tend to get hooked into drama far less often. Life seems simpler. It feels like there's a wind at our backs instead of a headwind. Synchronicities happen. We have more energy because we are not squandering it on "what ifs," our actions tend to be appropriate to the situation, and we often can feel more creative and inspired.

So, that's the process of coming into alignment with Life, which is one of the most direct ways we can practice approaching our innate Divinity.