

Our Innate Resilience – Look for What Is Already There

This past week, my four-year-old son Shaya really made me laugh. He wanted me to ask his fourteen-year-old brother to play with him. I knew it would probably be a futile endeavour anyhow. So my reply was straight out of the Bad Parenting Book 2.0:

“No.”

He is a persistent young man however, so after unsuccessfully asking a few more times, he pulled me towards him and whispered in my ear, “Mommy, listen to the thoughts in your heart. They *want* to do this for me!”

He was right. They did. And I promptly set off to convince a highly ambivalent teenager to play with his four-year-old brother...

Yes, you could argue that little Shaya was pulling my strings, if that is even possible. (He is quite switched on!) But it was so fascinating to observe that though I have never directly spoken to him about the power of Thought, he is, by way of osmosis, picking up that our minds do change. We do not know what we will think. Right? In his world, that capacity lies in the heart.

What I love most about sharing the way the human experience works is that we are sharing what is already there. It is working independently of our awareness of it. We don't need to know about our built-in capacities in order to benefit from them. And once recognised, this knowledge feels so familiar, nothing more than common sense. It fits right, like a favourite pair of slippers.

When people come to learn at the Innate Health Centre for an individual or group session, they oftentimes can feel helpless, if not hopeless. A whole lot of confusion and misunderstandings may accompany them as they walk through the door. But when you look a little deeper, when you listen just beyond the panic, the hurt and the

THE PEACH WHO THOUGHT SHE HAD TO BE A COCONUT

dissatisfaction, you slowly begin to see what is already there beneath the surface: a wonderful inbuilt resilience. It is always there.

Mind is an intelligence that gifts us the capacity to create experiences of our circumstances moment to moment via the power of Thought and Consciousness. This magical process is constantly and consistently regenerating and re-imagining life. It never runs out. It is solid and predictable. It is dependable and reliable. It is hard-wired into our psyche. And it is as part of us, as the roots are a part of a tree and the seasons are a part of nature's cycle.

For many years in my innocent and unintentional ignorance, I attributed these innate capacities to luck, chance, circumstance or any other haphazard reason that seemed feasible at the time. Thus, when I felt comfortable in my own skin (a rare occurrence in my teen years as I lived almost 24/7 in the feeling of constant self-conscious thinking), I automatically attributed it to something like losing weight or someone that “mattered” liking me, rather than an absence of self-conscious thinking.

I never recognised that I was having a deeper experience of being – of feeling my own innate resilience – and that's really all that accounted for the comfort factor. My moments of discomfort were nothing more than feeling the weather of my mind. But to me, it looked much more serious than that.

The first major “crisis” of my married life occurred when I miscarried during my first pregnancy. I was devastated, losing myself in a whirlpool of grief, despair and anger. I was convinced I would never get over this loss and never have children – a long-held fear of mine from my days of anorexia. Once again, I missed the always-available, inbuilt gift of the logic behind the working of the Mind.

And then, four weeks into my deep, post-miscarriage depression, a wise friend said something to me about God. I wasn't a big fan of God during this time, but that did not stop me from spontaneously having a profound, life-changing insight. A completely different understanding of the loss effortlessly emerged. Unsurprisingly, I suddenly felt emotionally and psychologically better.

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But here's what you don't want to miss. For many years, I erroneously attributed this turnaround to the "wise person" who shared his thoughts with me, forgetting that he and others had said many wise, helpful things before, which had marginal, if any, impact on my life. At the time, I failed to recognise my own internal capacity to see something fresh in the moment from an organic place within me. If I had known its origin, it would have changed a lot for me. But I missed it and it took another ten years for me to realise its universal and constant nature.

Yes, our deeper, pristine essence might seem harder to notice than our perceived frailties. For these "frailties" are borne out of momentary manifestations of Thought and feeling, making them more likely to show up in our day-to-day experiences. They seem to jump out at us and cry for attention. Without much effort, these "imperfections" have a sneaky way of capturing our imagination.

No matter what we are going through, there is a deeper order that is working invisibly and seamlessly behind the scenes. Mind, Consciousness and Thought are always creating our psychological and spiritual experience. Each time we reawaken to their presence, we are reminded of a truth that is far greater than any personal truth we are able to conjure up ourselves.

I often have a moment, in the presence of my kids, husband, relatives, friends, colleagues, teachers, students and clients when I am touched and strengthened by their innate health. I recognise this not only when they are doing well, but also when they are struggling. This innate health is a constant, present in their pain as much as in their joy.

And I see it in myself as well, as I weather the storms of my mind or bathe in the gentleness and grace of life.

BLOGSIGHT: Mind gifts us the capacity to create experiences of our circumstances moment to moment via the power of Thought. This process is constant, working invisibly behind the scenes. Each time we reawaken to this fact, we are reminded of a truth that is far greater than any personal truth we are able to conjure up ourselves.