



Transformational Meditations

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Awakening Happiness



“Our anxiety does not come from thinking about the future, but from wanting to control it.”— Kahlil Gibran

Inner Stillness

“When you lose touch with your inner stillness, you lose touch with yourself. When you lose touch with yourself, you lose yourself in the world.... Your innermost sense of self, of who you are, is inseparable from stillness. This is the I AM that is deeper than name and form.” ~ Eckhart Tolle

In this hustle and bustle world, we are often left with a sense of urgency, anxiety, and an overwhelming feeling of not doing enough, not being productive enough, not accomplishing enough, not making enough income, not BEING enough. This way of thinking is drilled into many young minds and so begins a lifetime, of an unsatisfying search for happiness out there in the world.

We search and search down many winding paths that ultimately lead us nowhere, for it is the search outside of ourselves that is the problem. By the time we reach adulthood, most of us have forgotten entirely who we are, having already surrendered ourselves over to what others think we should be. This can leave us feeling utterly inadequate and lonely, to a degree way beyond what most can even bear.

Longing to feel complete, we look to others, to possessions, wealth, and material things to fill us up only to discover that while we may feel contented for brief moments, we remain feeling empty, with an insatiable longing to feel complete. We usually fear silence, as we believe that silence marks the beginning of extinction and nothingness.

We have been deceived by our imaginings and the influence of others who have innocently convinced us that it is only by being productive and continually DOING, that we can make our mark on the world or find happiness.

This is a tremendous misunderstanding that leads us toward significant heartache.

We are spiritual beings in a mortal world with a very active brain that is always engaged. This magnificent human brain is necessary for our survival in the mortal world, but poses our greatest challenge in remaining connected with our spiritual self. We are not humans with a spirit. We are spirits with a human body. In an instant, the grasping of this concept can lead us back home.

Do not be afraid of stillness. It is in silence that our inner self arises to communicate with us within our human form, guiding and directing our lives via the pure light and intelligence that we carry within. Every being contains a measure of that light. It is not something that we ever have to earn. There is nothing that we have to DO to qualify for this amazing power. It is already there, waiting for you to be still enough to allow it to speak to you. It is nameless, formless, and difficult to describe. It can only be discovered by listening and feeling as it arises from within you.

Be still and know that you are already all that you need to be happy.

Coming home to yourself is the greatest moment of your mortal life. As you experience this for yourself, life will never be the same. You will find yourself in the very place that you set out to find yourself. No one has the answers for YOUR life. You already have the answers within you. Listen and you will hear.



Resistance

“To offer no resistance to life is to be in a state of grace, ease, and lightness. This state is then no longer dependent upon things being in a certain way, good or bad.”

~Eckhart Tolle

Events can occur many times a day that may be unexpected and sometimes shocking. Someone may cut in front of you in line, take your parking space, fire you from your job, forget your birthday or anniversary, say hurtful things to you, betray you instead of defending you, physically harm you, intentionally overcharge you for services, rob you of your possessions, or execute a myriad of other sleights against you. This is part of the human condition.

It is a conditioned response driven by the ego (our personal mind) to forcefully resist the imposition of these events. First, we are stunned. This can quickly lead to either hurt or anger. Then a strong desire to either wish that the event had never happened or to alternately fight against it follows. Our response is usually impulsive and emotional. This often injects even more discord into the situation.

Resistance implies the refusal to accept some imposed action directed against us. While we are not expected to accept abuse or the wrongful behaviors of others directed against us in the long term, it is our perception of the event at the moment that it occurs, that directs our immediate response. If we live in a reactive state, fighting off everyone and everything that challenges us, we will be living in a state of endless chaos, feeling as though we are eternal victims.

To accept the reality that what ever has happened is now a past event and cannot be changed, provides tremendous power over the outcome. Accepting the event does not mean that we agree with the behavior, action, or outcome. It means that we see reality for what it is. This allows insight to rise up within us to direct us on how to proceed given the new circumstances that we now face as a result.

If we pause for a brief moment when unexpected events occur, we are more equipped to accept what already is, in that moment. That shift will allow a deeper connection with our amazingly resilient spirit. Choices for appropriate action will arise from within us. We can fight or run away, we can take measured future action that is not ruled by unchecked emotions, or we can let the feelings about the event pass through us without allowing the other person's inappropriate behavior to harm our inner peace. Our insights at the moment will direct us from a place of inner calm, as to what we need to do.

It is operating under the spell of the emotion of resistance that causes our suffering. Resistance of imposed control over one's life met with calm, measured, insightful action (not reaction) is empowering. This is an important distinction.

When met with adverse events in life, take a few deep breaths as you allow the emotions to pass through you without creating new thoughts attached to the emotion. Think of this as observing without participating.

As the emotional response to an insult arises, deeply realize that you are only feeling your thoughts in that moment. Allow your thoughts to drift and not land firmly attached to the adverse event. Things will shift within you as your emotions calm. Insights on what to do right now, next, and then the next move after that will come.

Trust in the process.

Your inner spirit is very resilient and will lead you where you need to go. Being a force for positive change does not arise from impulsive reactions to life events. It arises from within us, one insight at a time.





The Soul Unfolding

What is it that brings life to our mortal body and quietly leaves it at the moment of our death, returning the mortal body back to the earth?

It is impossible to use mortal words to describe that which has always been. Words are inadequate in eternal matters. Language is confined to the mortal world which poses a challenge in providing explanations for that which defies explanation.

All religions attempt to provide an explanation of the soul and eternal matters. It is described in many ways: inner spirit, spirit, the spiritual self, the soul, inner self, the force, and many other names. Often the explanations are lost in dogma and human minutia with the substance left wanting.

Who we really are, is infinity itself, clothed in finite mortality. At the time of our birth, we face a lifelong challenge to remain in constant contact with our inner spirit, while our personal brain struggles to maintain dominance of our body. That is the duality of our human existence.

The human mind seeks to control, insisting on being right, and having concrete answers to challenges. While our brain is an amazing computer, making associations, recognizing patterns, and recalling memory of events in our lifetime, it is a very toxic master.

It is incumbent upon us to realize this duality of who we are, if we are to maintain inner peace and happiness during our mortal experience. As we understand who we are in a universal sense, we will KNOW without the use of words, with a knowing beyond human comprehension, that we have always been. While our mortal body is a one time experience, that which is at the heart of our mortal life is without end.

When we are still and reflective, we can feel this tremendous power, while basking in the insights it can bring to each and every one of us, regardless of our station in mortal life. As you connect with your inner spirit regularly, it will slowly unfold and surround you with all that you need to know.



Obstacles Cannot Stop You

*“Obstacles can’t stop you. Problems can’t stop you.
Most of all, other people can’t stop you. Only you can stop you.”
~ Jeffrey Gitomer*

One of the most common phrases that we hear in modern life is one of admitted defeat...

I can't!

We arrive into this world resilient, fearless, and testing the environment around us to see just how far we can go. The intelligence we possess as we arrive into this world is limitless and has always been. It knows no boundaries. Our challenge is to explore this mortal world while living within its physical boundaries.

It does not take us long as very young children to begin to distrust our thoughts. After we have burned ourselves, fallen down with injuries, broken a bone, or experienced a broken heart, we begin to place limits on ourselves. While it is wise to understand the physical laws of nature and how to work within them to avoid injury, somewhere along the line many of us begin a long decline into learned defeat.

I can't do that because....

When we harness our amazing intelligence, we can find ways to overcome the limitations of mortal existence. It is when we allow our innate intelligence (spirit) to lead us, that we discover all of the resilience, clarity, and courage to soar through life no matter what the obstacles.

Others do not have the power to stifle your spirit. Circumstances and limitations cannot control who you really are at your core. Problems cannot take away your resilience. Only you have the power to either succumb to circumstances and physical limitations or to overcome them. Within you is the wisdom of the universe.

Look within to become reacquainted with the fearless, inquisitive, awe-inspired being that you really are. There is no power that can take that from you unless you surrender it yourself.



Exploration for Truth

“Life is not a belief but a deep exploration for truth.” ~ Osho

One may spend their entire lifetime seeking the meaning of their existence. Often we are looking in the wrong places to find the answers to that quest.

We arrive into this world to experience mortality, with an amazing, unique spirit clothed in a new mortal frame. There is much to learn about living in this mortal world. What happens to most of us as we progress in this process, is that we forget our true origin. The unique spirit that inhabits our body, is part of a greater whole that has always existed and that every being possesses. Each of us has all of the answers about life's meaning, already within us.

As we get caught up in exploring our new surroundings, seeing life through mortal eyes and processing it all with a human brain, our thoughts can become easily contaminated with purely mortal matters, distracting us from our spirit within. Our spirit can become effectively trapped inside of an impulsive, impetuous, pleasure seeking human form, that can create intense feelings of isolation, loneliness, and longing.

When we are not in contact with our inner spirit, we experience great sadness, longing, and an endless search for who we are.

Exploration for the truth about who we are, why we are here, and where we are going, does not require going to any particular location to find the answers. The answers to these questions lie within us and can be accessed by us at any time.

In moments of stillness and reflection, we can feel moments where deep insights arise from within us, with direction that seems to be unearthly because it does not originate from this mortal world in the way that we know it. In those memorable moments, one is experiencing their inner spirit communicating directly with their earthly form.

The answers we all seek about who we are and the meaning of our existence are already within us, patiently waiting to be discovered by our mortal form. The journey to truth does not require riches, fame, elaborate travel plans, or social standing. It can only found from within us.



Love Is a Magic Ray

“Love is a magic ray, emitted from the burning core of the soul and illuminating the surrounding earth. It enables us to perceive life as a beautiful dream, between one awakening and another.” ~ Kahlil Gibran

Countless books, plays, magazines, movies, and television series have been devoted to the theme of love. Most of these are about physical love, with the notion that someone out there in the world will solve all of your problems and "make" you happy. As if somehow there is a mystical person with god-like properties somewhere in the world, waiting to spare you of all of your unhappiness.

We are attracted to this theme, seeking resolution for our own endless search for inner peace, happiness, and fulfillment. We seek quick answers and a fairy tale ending to life's problems. We are drawn to the next love story, then the next, trying to figure out where we have gone wrong, so we can make our own life "right".

Most of us believe that the solution to our endless discontent, is that we have not yet found the right person to make it all better. This is a well-meaning, but extremely flawed idea that will result in a futile search, bringing considerable unhappiness as the outcome.

The happiness that you seek is already within you.

We learn very early in life to ignore the light within us, the light that can provide all the direction and happiness that we will ever need in any situation. Our spirit is a gift from the universe, the inner compass for our mortal experience. As we observe life around us at an early age, we slowly begin to be deceived about the nature of life, ceasing to realize that everything we need is already within us.

Instead we look outside of ourselves to make sense of it all. Our thoughts become contaminated and before too long, we stop listening to the light within us entirely. The endless longing for light and love begins, as we only seek it outside of ourselves.

It is when we begin to actually listen to the still small voice within us, that we can come full circle in our understanding of life. True love, the light of the universe that pierces us all, is like a magic ray of light. It comes from within us, emanating from our very core, a unique part of the same light that illuminates the universe around us.

Coming to this realization changes our perception and experience of the world, allowing us to perceive life as beautiful and meaningful. Life is filled with moments of both joy and pain. However, it is the light within that can provide us with the secure knowledge that no matter what is going on outside of us, all is well within.

The Curse and Blessing of Memory

“Nothing ever goes away until it has taught us what we need to know” ~ Pema Chödrön

Memory is an amazing thing. The brain is able to link associations from past events with any patterns that may have emerged from memory banks. The brain can also recognize experiences that are similar to past memories, making inferences. While this can be a helpful function of the brain, such as recognizing that putting your hand on a hot stove will burn you just like it did when you were a young child, it can also be an impediment to moving forward in life. If your heart has ever been broken by a past love, you know that it can be difficult to trust someone else again. The brain contains data banks that are filled with memories, both pleasant and painful.

The past can be a great teacher, yet it can also plague us with recall of events that we wish that we could erase or change the outcome. It is when we focus entirely on the past, that memory can dominate our present. Equally damaging to us is the complete repression of memory.

If we wall off memories of events in the past, leaving them unprocessed or worked through in any meaningful way, even denying their very existence, we cannot possibly move forward in that area of our life. Memory has a funny way of arising when least expected, as an unanticipated trigger of memory is activated. Repressed memory that suddenly floods into awareness can be a Pandora's box of emotions.

It is through reflection and pondering life's events that we actually learn lessons from the past as well as our present experiences. With an open mind and heart, realizing that we all are doing the best we know at the time (no matter how inadequate it may have been), we can see how important experiences in life can be. Even when painful, every experience can teach us many things about ourselves and about life itself.

Open yourself up to the many lessons from the past without judgement of yourself or others. We cannot change the past, but we can learn from it and strengthen our character in the process.



To learn more about my transformational products, resources, and services, including coaching options, visit: www.linktr.ee/elykins. Browse the offerings on this site for available resources.

~ by Elizabeth M. Lykins

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