

2016: Living The Miracle Along The Path To God

.....Michael J Tamura

A Most Joyous New Year to Each and Every One of You!

God. Now, I've said it All. Yes, we might as well get right to the point. If I'm going to be declaring a most joyous 2016 for all of us, I'd need to be able to back that up, wouldn't I? How else could I possibly even wish for a happy coming year - or a day - for anyone, if I don't consider That Which Is All and Gives All? So, why don't we start with God?

What were you first aware of this morning as you were waking up? What was your first thought? Where did your attention go as you were returning to your consciousness of this world? For decades now, I've been practicing turning my awareness toward That Which Gives Everything as I first awaken in this world each morning. Why? Because I realized long ago that no matter what it is that I might need or want or that I might like to do or be, if I didn't at least become aware of whatever or whoever it is that is All and Gives All, I'd be wasting my time (and everyone else's) and simply spinning my wheels in life. I've come to know with certainty that, at least as far as I seem to be at this time, I'm not that Source of All Life and All That Is, including of myself. Sometimes, when I snap my fingers, things happen. Most of the time, however, they don't. That's a clue, isn't it? The "me" that I think I am isn't consistent. How many mornings do I forget that I have a choice in where I put my attention and what I become aware of first, when I begin to awaken in this world? A lot. I'm not consistent at all. But, I remind myself, as soon as I remember that I forgot.

The single most important aspect of our spiritual development is reminding ourselves to practice. The most profound spiritual ideals, tenets and philosophies amount to nothing, if we aren't consistently living those that we endorse and applying them in practice in our daily life. And, the real meaning of "spiritual practice," no matter what kind, is to practice living as and being the limitless, eternal spirit that we are, while we are still in this world. If we are to choose what kind of year we might like to experience in 2016, would we be able to do so without first considering how we choose to wake up each morning in this world? After all, how can we hope to have a joyous 366 days in this coming new year if we can't even start each day looking to the Source of Joy? It's simple, isn't it? Only by looking to the Wellspring of Joy, can we drink of it and quench our thirst.



At this point in my life, I'm certain that I'm not the Creator, The Source of All Life. That Which Gives All Life has to be infinite and everlasting. If so, it follows that the Creator is absolutely consistent. One Who Creates All cannot be wishy-washy. Inconsistency means that something begins and ends. The Infinite Eternal has no beginning or ending. It IS. On the other hand, I seem to be more or less, depending. Not consistent. So, I practice. I practice by turning my awareness toward That Which Gives Everything - Whoever or Whatever That May Be - each morning as soon as I remind myself. I practice having my consistency of looking toward the Limitless Wholeness rather than allow myself to be swallowed up in the limitedness and disconnectedness of the body and the world.

What I've discovered from this practice so far is this: That whenever I tried to get myself to be joyous - when I wasn't feeling the joy already - it didn't work. In fact, trying to feel joyful, even just a bit happier, often made things more glaringly not fun. However, whenever I wasn't happy, even a little, I'd remind myself that I was suffering. By the way, you can't get hung up on how big your suffering has to get before you realize that you are suffering. If you are even a little bit unhappy, you are suffering and suffering is suffering regardless of the intensity of it. If you divide suffering into little suffering and big suffering, you'll never be able to heal yourself, since healing yourself means restoring yourself to the whole. So, if you divide the "problem" into "tolerable problem" and "intolerable problem," you further divide yourself. Then, you don't heal, you suffer more.

Once I remind myself that I was suffering, of course, I ask myself how much longer I'd like to continue to suffer. Well, that's a no-brainer, isn't it? I wouldn't like to continue to suffer one moment longer! OK, then. I remind myself that I suffer both a little and a lot whenever I'm divided from wholeness. So, my next step is to turn my attention and awareness toward That Which Gives All and away from all the limitations of my body and the world in which I am. This is, actually, what meditation is. I begin to notice a difference within me right away. Rather than trying to be happier, I effortlessly start to experience being happier. After all, how can I not when I become more aware of the Source of All Life? Now, I can get up out of the right side of my bed. I can start my day sharing what life gives to me regardless of what condition the world is in. And, I always find that the more I share with others what life offers to me, the more joyous my day, my year - my life - turns out to be. You might say that I'm praying it forward.

So, each morning, each day, in this coming year, don't get hung up on what you call the Limitless Eternity That Gives You Life. God. Allah. Adonai. Brahman. Supreme Being. Abba. Creator..... Practice approaching That Which Gives You Life as a little child, simply, openly, innocently. Don't let God remain a question in your mind or treat God as a suspicious stranger. Rather, ask yourself what would be most welcoming to you, if you were limitless without end. Then, practice each day living that welcome, no matter what seems to happen in your life, and joy - and its healing miracles - will be yours, not only for this coming year, but always.

Now, aren't you glad I kept this message a lot shorter than the one I wrote for Christmas? Thank God!

May the Love of God shower you with joyous miracles throughout the New Year!
With gratitude, love and laughter,

Michael

