

We Can Handle It

Webcast Handout

Perhaps you've heard the expression, "Let go and let God." Letting go is a way of saying to yourself, "Relax. You're not in charge." Letting God is a way of saying, "Be patient. What is needed is going to be provided. Everything will be taken care of." No matter how many times you have heard it, how have you truly integrated it into your life? Today we are going to look at how we can handle it by "Letting Go and Letting God."

Here is a quote by John Morton...

"The key I see for realizing we can handle it is letting go and letting God, relaxing and being patient. How's that? By choosing and learning to relax more we become more open to God's will being done. We let go of resistance that comes from contracting through fear, doubt, judgment, pain, suffering, etc.

We can focus on relaxing physically, in the mind, in the feelings, and by being accepting which is allowing things to be the way they are without objection or againstness as a response. We learn to be patient by trusting that God is always up to good, always holding greater good that we as creators can choose to become. We can choose to seek the good. When we see the good through our experience, our mind and what we imagine, we can open up to how we can allow that greater good to become more manifest. We can choose to hold faith by trusting the good is already present and awaiting our choosing back to good. We handle the challenges as questions that are asking us to find way in which we respond in kind to the good that is already present. We are creators who can increase the good in ourselves and in this world. As we demonstrate we choose the goodness, we hold for the good that is yet to become."

John Morton

True wisdom lies in accepting your responsibility now, instead of waiting for time to change things.

Here is a quote from John-Roger

Time and again, we hear of people who have gained strength from adversity and reached a place of loving despite unimaginable suffering. The challenge is to discover the gift, the joy, in each new situation as life reveals itself—to find, in fact, an opportunity for upliftment, learning, and growth.

Although you may not know it yet, God's plan for you, for your neighbor, and for the world, is perfect.

John-Roger

A STORY OF LETTING GO AND LETTING GOD

Jacques Lusseyran

The story of Jacques Lusseyran, a hero of the French Resistance in World War II, is an extraordinary example of how to find joy in difficult circumstances—and how *not* to feel like a victim, regardless of what happens. Lusseyran had an idyllic childhood until age eight, when he was blinded in a schoolroom accident. He soon discovered that despite his total blindness, he could see an inner radiance. The catch was, he could only see the light when he was loving. When he was overcome with anger, impatience, competitiveness, or fear, the light immediately dimmed or went out altogether. In those moments, he said, he felt truly blind.

During World War II, Lusseyran was captured and sent to the concentration camp at Buchenwald. Of the two thousand French interned there, Lusseyran was one of only thirty who survived. Later, he wrote that his experience in the camp confirmed two important truths: that each person's life is shaped from the inside, and that fear kills, but joy sustains life.

A concentration camp is an extreme example of hardship. But the experiences of survivors like Lusseyran, Jeremy and Frankl can teach us an important basic truth: may not be able to choose or control the circumstances, but we can choose our attitude towards them. We continually have a choice about where to direct our attention—towards being a victim, or towards living in our loving essence and trust that greater good is available.

STEPS FOR LETTING GO AND LETTING GOD

1. Face Your Enemy

Can you face an enemy and say, “I love you?” Especially a stubborn enemy inside you? Yes, you can. Once you truly embrace the negative side, it turns to help you. Then you don't have stubbornness, you have determination. The darkness transforms when you response in acceptance, cooperation and understanding what can become better. What has been blocking you before now becomes the power of ascension and upliftment.

Once you love the enemy inside, once you embrace the disturbance and pain, that enemy transforms and yields its power to bring

blessing. At that moment, you are sitting on the most wonderful wealth of your existence. The ability to do, the strength to do it, and the energy to complete with whatever is needed; that is the true wealth. We are more available to create health and happiness.

2. Release and forgive the Past

No matter what has happened in your life, you don't have to carry that experience around with you. It's important for your health and well-being to release the past, live fully in the present, and make this moment the best it can be for you.

Here is a quote by John-Roger

As you come present with yourself, allow the Light to flow through your body more and more, as you open to receive it. Relax every cell in your body to receive the Light.

John-Roger

(From: Living the Spiritual Principles of Health and Well-Being, p161)

3. Be more patient

Here is a quote from John-Roger.

“When you accept, you relax; you let go; you become patient.

This is an enjoyable (and effective) place for either participation or departure. To stay and struggle (even for fun things: how many times have you tried really hard to have a good time?) or to run away in disgust or fear are not the most fulfilling ways to live or give. It is, however, the inevitable result of non-acceptance.

John-Roger

(From, Serving and Giving, Gateways to Higher Consciousness, p149)

1. Bring to mind a person or situation that has disturbed you.
2. How can you be more accepting now?

Here is a quote from John Morton.

Direct your sourcing within first and be patient with how the Spirit of truth chooses to reveal to you. Often there are limitations and conditions that are on purpose with your levels of ability and knowledge so that you are not given what you cannot handle.

Be patient, go at your pace gradually and freely expressing your true nature. There is no need to do this world in self doubt or fear.

Instead, go with what you know and be open to your wisdom including what comes naturally from within you as you direct yourself to the inner spiritual awareness. There is no rush to do what you need to learn so take your sweet time.

John Morton

WE CAN HANDLE IT EXERCISE

You will know intuitively when an attitude is *not* working for you because there will be contraction in your consciousness. Contraction often manifests as tension or upset, or even physical illness. Whenever you are experiencing contraction, try the following exercise:

1. Call yourself forward into the Light.
2. Ask yourself: *What is no longer working in your life?*
3. What could you let go including within you that would help?
4. Now imagine letting go so you can heal, gain freedom, make it better, and help yourself and others.
5. Now relax and be open to the blessings present and coming anew from God.
6. Describe the blessings and breathe deeply as a way to behold the blessings.
7. Now engage your patience and imagine God doing whatever could possibly manifest to make everything better. Describe what you see has become manifest.

Here is a quote from John-Roger

Let go of pain and guilt, and they will no longer be driving you.

John-Roger

God is already present inside you. You just need to be patient as that truth reveals itself to you. As you relax and listen within, you will start to attune yourself to the presence of God. With that awareness, you can begin to let God take charge. **As you “let God” handle your life, problems in the outside world will have less power over you, and you will experience more love and forgiveness for yourself and others.**

Letting go and letting God leads to inner freedom.

Barush Bashan, The Blessings Already Are