



OPENNESS

The more mature and open we become, the more we naturally want to see every possible illusion within our system, and this gives us humility. We recognize that we are not an “awakened person,” and that we are not “special.” We basically get to see that we are essentially nothing! One of Amma’s most well-known quotes is, “When we become a zero, then we can become a hero.” Feel free to interpret this for yourself. I have never heard of Amma calling herself enlightened; and I have also never seen her call anyone else enlightened! From her perspective, there is no-one who is enlightened; there is only the one true reality that is everywhere and always. As we mature, we recognize that the spiritual process is about our systems being opened. And the degree that we are opened is relative to our willingness to be absolutely nobody. It’s another safety mechanism within the design of evolution.

Try not to interpret your own process in any way, such as putting yourself somewhere along some linear advancement towards some imaginary end point. Often people want to know where they are in the scheme of enlightenment, and the truth is you can’t know. Sometimes it does help the mind to get on board to understand the process, but beyond that there really is no point, other than to try and find yourself somewhere. When you stop needing to know, that is when you can be open. If you want to know, you cannot be open.

Identification with the body is one of the last holdings that consciousness dissolves, as it is the strongest reference for the separate self to hold onto. We can invite the body to open to Presence in an everyday sort of way; this allows some space to penetrate the identification. Amma says that identification with the body is quite dense, and it is usually the last to go. So please don’t despair when you recognize that the physical identification is still quite strong for you. Presence is here to help with that. The important thing is to stay open and to be where you are.

When we open to Presence it is like opening a window and letting fresh air in. The nervous system in the body feels it, and it naturally responds to it by opening up, because it feels so good. Our body and nervous system are designed to accommodate Presence, and the system becomes increasingly more sensitive through its contact with Presence. They were made for each other. Meditation can also foster sensitivity within our system. If we are relaxed and open during meditation, and there is no personal drive to get a certain experience, our system becomes a vessel for a vibrating living Presence.

During the embodiment process, Presence has a quality of descending, and it will drop down into the depths of awareness, deeper and deeper to know Itself. The more the small self is out of the way, the deeper this Presence can penetrate the nervous system. True meditation can have an incredible healing effect on the nervous system simply because of the deepening of Presence within.

Our physical body begins to feel this aliveness of Presence in the very marrow of its bones, and in the movement of its blood. This feeling can begin to relax all our old tendencies to worry about our body’s safety and security. The body’s recognition of Presence within allows it to sense that it, too, is Presence, and so it opens up even deeper. Our physical self as Presence begins to sense itself everywhere it goes in life, so there is no place for a separate self to exist. The physical body evolves as consciousness because it was made to evolve, and its evolutionary process takes us beyond our experience of being separate. The body has become a pipe. We cannot know the infinite possibilities that our nervous system can access until separation is gone. We cannot access those deeper realms of knowing until there is no-one left to own the knowing.

When the body feels itself to be a pipe, or a vessel, it has nothing left to do but continue to open up to the wonder of this moment. It feels the fingers typing these words; it feels itself being breathed, and it waits until the inner aliveness moves it again. To sense this happening within you can be quite wondrous indeed, but there is no-one fascinated by any of it. There is no-one needing to know where this is all going. There is no-one calling herself a pipe or an instrument.

Because this process is so natural, it will feel like a flow--a natural opening of something very quiet and precious that you would never want to disturb in any way. We sense the sacredness of a deep communion within our own being. And because we recognize how precious it is, we maintain its integrity. I invite you to see your own process as incredibly precious; feel the rarefied sanctity of the communion within your own being--the communion of Presence and the body. The source of the Universe has given you this moment to recognize this essential truth. Stay open and let this recognition bloom like a lotus flower within your being.