

The M.A.G.I.C. Formula for Happiness

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Mindfulness to experience insight

Allowance to create the space to change

Gratitude to empower transformation

Invitation to invoke our highest potential

Creation to dance with the universe

Part II

A is for Allowance

To allow is not to be passive. Allowance is a state of wisdom and non-struggle. At first glance these may not seem like two different things but if you consider something like the art of Aikido you can see how responding to, and flowing with the aggressing force coming at you can simply and easily be redirect it in a way that best serves you. We might call this responsive action rather than reactive impulse or passive non-action. Another example could be found in the case of a child in your family being killed. The overwhelming impact this would have on you would generate a lot of energy. To fight against this energy you would numb yourself with depression, drugs and alcohol or go out and try to find the one responsible to get revenge. You would become numb, depressed or violent. On the other hand, working in harmony with this enormous energy may catapult you into making sweeping changes, setting up neighborhood watch programs, organizing parents to change legislations, educate the public or start support programs. You may find yourself launched into a spiritual quest to globally shift your state of awareness. You may suddenly wake up to life and see the preciousness in every moment and the awesome, fleeting nature of all things.

With this understanding of allowing there is a renewed trust that the universe doesn't make mistakes. A mistake is a perception of the human mind. If an animal is born with an unusually long tail is that a mistake? No. It may be an accident but not a mistake. Accidents in nature are part of the evolutionary process. Maybe most don't work out to benefit the species but some work better and so the species evolves. Before humans came along the world was still constantly changing, wiping out species and pitting hunters and predators against the hunted. The infinite universe has forever been blasting planets with meteors and who knows what wonderful things have come and gone before us. Is it all a mistake? Do we think it's a mistake because it involves pain and death? Is that where our mind shuts down and says, "no!"? Of course it is because that's the way our programming has evolved.

Our 'no' to pain and death is in our genetic makeup. It helps us to survive as a species. Is that a mistake? No, not even that is a mistake. It's part of our animal nature. But this human animal is becoming more and more evolved in its own self awareness. We are getting a peak at what's running this great show and, dare I say, it's beyond 'human'. In fact it's beyond and behind everything. It's pure, conscious creative potential whose self awareness is looking at it's self through our eyes. Everything it sees and feels through our perceptions is experienced as it's self. That's not to say it's not seeing and feeling it's self through everything else too but it is through us, as humans, that it is able to experience its own self awareness. At first this sounds like there are two minds in one body. But it is actually one, infinitely vast, creative potential which is 'dreaming' about being everything including a human mind with self awareness. And the creative power that it is investing in us as part of its dream is causing it to 'wakeup' into another level of self awareness. If you are dreaming at night and you start dreaming about something very intense – the human mind is very intense -you will cause yourself to wakeup; back into your waking consciousness.

What does all this have to do with allowing? Once you trust that the universe is unfolding perfectly, no matter what is happening in your life (or death) experience then there is a greater possibility to see beyond all of it and experience the indescribable awe of its creativity. In essence you are waking up to your own self as being this infinitely creative dreamer. If we struggle against what is going on in our life or on our planet – that includes struggling with the experience of struggle - then we remain in a state of engaged and unconscious resistance, which maintains the illusion of separation. It keeps us believing that what we dream about is separate from us. If I have a dream at night about a monster, is that monster separate from me? No, it's part of my creative mind. It's me.

As part of this 'self's' experience of dreaming, it dreams of itself as planets and galaxies. It dreams of it's self as separate identities, as things, as animals, as human beings. It has created a world in which it is expressing itself through billions of beings who agree to believe that the world exists, that there are seasons, cycles (including birth and death), there is gravity and time. We all agree that there is pain and joy and we all agree that we strive to communicate, survive and seek comfort and happiness. Out of this comes our families, communities, governments, technology etc.

I am a human being and if you're reading this then I suppose you are too. We have lots of human and animal instincts. We argue, we laugh, we cry, we get hungry, we feel pain and fear. We're concerned about the planet, world politics, our kids, our health and the bills we pay. We get excited with new ideas and we love to feel love. It's all part of it. This is its dream. This is our dream- the whole thing.

What does it look like to allow things to unfold? It doesn't look much different from not allowing things to unfold but it feels different. It's more spacious and with that space comes a little more insight. If you put a tablespoon of salt into a glass of water it becomes cloudy and unpalatable. If you put a tablespoon of salt into a full tub of water it doesn't affect the clarity and you can still drink it. The salt is still salt. That is to say, if you're told you have 2 months to live and your perception of life is limited to your body and

your family then this news would be unbearable. But if you're told you have only 2 months to live and you watch your shock and fear with the larger awareness that this is all part of a much, much bigger picture, then you will be able to live out your last days of this limited, human life with clarity, awe and wonder. You can watch your anger, fear and sadness ebb and flow and still know that that's all part of it still in the spaciousness of clarity, awe and even delight.

You're probably wondering how you're supposed to just suddenly have this experience of waking up out of a dream. How do you do that? Well, ironically there's nothing you can do. It just happens when it happens. But the fact that you're reading this is evidence that the dreamer who is dreaming about being you is waking you up; like the forces of nature expressing itself through an acorn guides it toward the sun to sprout. It just happens. Then we – like little acorns but with the added cognitive propensity of self awareness- can look up and see that we came from that big oak tree and that we are becoming an oak tree. We can also see that there are others around us who haven't sprouted yet and others who are towering above us. We were not able to see that for a very long time. We were too busy with other things like experiencing what it is to be stuck and frozen in the dirt, buried under a bunch of rotting leaves through the winter and then pushing out a root as soon as our shell was soft, decayed and warm enough.

Meditation and mindfulness practice seem to be very attractive to most people who feel the desire to 'sprout'. When we've had enough of all the darkness, noise and confusion trapped inside our struggling minds we want to find a way to break out of it and get beyond it. Naturally. So we find books about meditation, we attend retreats, we sit and we breathe. It feels good to let go of all that stuff. It feels soft and warm like the sun warming our old, rotting shell. Spring is coming. Relax. Everything is unfolding perfectly even if it's just an Indian summer and we soon find ourselves cold and stuck again. It's all part of the process of waking up to our true nature.

But what if we die? Can you feel the resistance? It's one of nature's creative ideas to keep the creation going. But in fact there is no end to the life force which is the creative dreamer. The opposite of birth is death – just another cycle - but there is no opposite of life. It just moves through one expression of itself after another. A lot of people, including myself, have had dreams about being a bird, an animal or another person. When I woke up did that bird, animal or other person die? In one way they did die, yes; but not really. It was just me dreaming.

As part of the vast creative potential that we are, once we begin to wake up to our true nature as creative dreamers we begin to see and experience our ability to play within this dream. But this cannot happen while we are fully identified with struggling and fighting with the forces that come at us. There has to be an awakening to the bigger picture. That's not to say we have to stop crying if we break a leg or lose a loved one. It's not to say we can't grab and restrain someone if they are causing harm. It's not to say we can't tell someone to get out of our house if they are disruptive. Rather it means stepping outside ourselves and watching our dramas unfold. We begin to identify more with the

dreamer rather than the dream. We see everything as our creation and we understand what it means to have been created in the creator's image. We are the creator.

But as newly awakening creators we cannot suddenly create planets and galaxies simply by intending it to be so any more than a newly sprouted acorn can create acorns. And we're not all waking up at the same time. Some of us may be awake enough to be the creator of galaxies but for most of you reading this we have only just popped through the soil and sprouted a leaf or two. The important thing is that we can now see the sun, we can see the direction we are moving in and we can see others like ourselves. We're learning about the laws of attraction and creation and we're realizing nothing is really real but that we pretend to believe it is so.

Through allowing we begin to awaken and with this awakening comes gratitude; the powerful energy that expands our awareness of our creative potential.

In Part III of The M.A.G.I.C. Formula for Happiness we look at "G" for Gratitude. Gratitude to empower transformation

I'm available as a Professional Certified Life Coach (PCC) to support your quest for happiness.

Please feel free to contact me for more information from my website at CreationCoach.com

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