

THE REASONS FOR LOW ENERGY

Low energy is a manifestation of an unwillingness to be present with your world. When you withdraw, when you resist the world, when you want not to be connected to it, you are actually saying, "I want to dissociate myself from the rest of my infinitude." When you do that you lose the vitality of being. I know, if you don't withdraw from it, it will be too hard to take, it will hurt too much, it will be too unpleasant. And now we're getting down to brass tacks. The thing that seems so unpleasant to you is a specific part of your being that you are saying, "I do not want to see it." And with more focused resistance to it, which is a more focused resistance to yourself, it feels very uncomfortable and you say, "there is something there I need to get rid of," not realizing that the thing you need to get rid of that is making you so uncomfortable is your active resistance to being present with it.

"Well, it's such an overwhelming problem, such an unresolvable problem that if I let myself be present with it, if I let myself feel it, it will consume me, it will depress me even more." And your justification keeps the resistance focused, pointed and uncomfortable. The feeling is, if you were willing to take a look at it, "I am a failure." If you really got into the thing you want to avoid paying attention to it's the feeling, "I'm a failure." And you are afraid that if you really take a look at it, the willingness to look at it will cause proof to be provided to you that you are a failure.

But here's an example of what I was talking about in my opening remarks. That place in you which is convinced of its failurehood, its already having gone long past the point of any kind of failure that could be corrected, that inner experience can only be one of two things. It either has to be the Presence of God called you in that spot, or your conviction as to a definition about you that is superimposed upon what God is being right there. And you know what? As long as you succeed in not being present with what you initially call a feeling of failure, as long as you successfully avoid being with that, you avoid being in the spot where the God, being all there really is there, can register with you as a transformational experience of Who You Are and a release from the confidence you have that all that is really there is a failure. It is not a comfortable process. But it is most rewarding.

Everybody loves to avoid, everyone is committed to avoiding things about themselves that they're uncomfortable with that--and I am not referring to you here--but underneath the picture they present to themselves and everyone else; they love someone of the same sex, or they love to do something which they have been taught is wrong. But you know what? Everyone is uncomfortable about something they are presently ignorant of. And because they are ignorant of it and do not know how to cope with it or embrace it in a balanced way, they avoid it and feel shame for needing to avoid something in themselves.

When you or anyone else get in that place where they're able to be fully present with their sorrow or their feelings of failure and they manage to find a means to be present with it without guilt and without shame, you know what happens to them? Freedom occurs! Transformation occurs! An inner balance and equilibrium returns. And they are able to become genuine and therefore able to be truly present as Love, because they are not trying to live up to some educated concept of themselves and who they ought to be. Why? Because in letting themselves abide in a feeling that they have without apologizing for it, without feeling guilty for it, they have the opportunity, how shall I put it, they have the opportunity to learn something more of the expansiveness of their capacity to live fully and embrace fully. And what before had involved ignorance and therefore fear, becomes something one is able to embrace with peace and cope with because it wasn't what they feared it was going to be.

You know why all of you just see the world as you see it instead of the Kingdom of Heaven? Because you don't understand what the experience of it would be if you experienced it as the Kingdom of Heaven. And if you let the Reality of it all come in just a little bit you would lose control, you wouldn't be able to be in charge of it, in charge of yourself, you wouldn't be able to keep yourself safe, because you are ignorant at the moment of it. I will come back to this thing about failure. And I'm spending this time because there are a number of other people in this room, for whom this answer is specifically valuable to them.

When any of you hit the bottom of the barrel, when you let yourself feel fully that you are a failure and you realize that there is nothing that you can do, you stand at the threshold of discovering that because there is nothing that you can do, there's nothing that you need to try to do, and if you can stay in that clarity without panicking, you find that there is a

great relief at realizing that you cannot do what you cannot do. And that instead of it being a statement of lack, it is an emancipating statement of fact. And you realize, "My God, I've been killing myself trying to do something I can't do. And I don't need to do that anymore." And then you realize that you didn't disappear, that you didn't cease to exist, except that you are not burdened with an obligation not to be a failure. You're free! You're free to be and to be new.

To let yourself be fully with failure, the feeling of failure is to allow yourself to be in that place where all of your definitions of success can be seen as a burden, an unwarranted and unkind burden that you had been living your life under the rule of. You see? But you can't find out that it was an unjust burden that you were letting rule your life until you let yourself find out the absolute impossibility of succeeding under that illegitimate burden. Now it's not always necessary to get to the point of total abject failure to discover that, but if it does then embrace the opportunity to be with it, so that what isn't valid, what isn't validly governing you can be easily dismissed by you and released so that you can be free to be the genuine you, the new you, the closer approximation of who you divinely are that is not subject to illegitimate and unjust conceptual laws of behavior.

To be without energy is a sign to you that you are avoiding your Self ultimately. And the inclination to use substances to dull your opportunities to discover your divine Self are also not really justifiable; they are just objective means of not being in touch, not being present with the way things appear or the way things feel, and thereby depriving yourself of the discovery of what is really there that you are seeing and what is really underneath this feeling you are feeling. You know I said earlier to be light and not go on internal "witch hunts." And now it sounds to many of you as though I'm saying, "Oh, we're supposed to get into our feelings of failure and our feelings of grief and all of the really bad things that are lurking in me." Well, no, I'm not saying go and search them out. But when you are taking specific steps to avoid something, it means that it's right up there on the surface for you to engage with, and it takes no hunt to find it. And so, when I am saying when it's on your table, be with it.

For years I have been saying be present with your world, stop denying it, stop trying to rise above it, because what you are seeing whether

correctly or incorrectly is the Kingdom of Heaven; it is Reality. And if you are seeing it incorrectly, then by at least paying attention to it rather than denying it and trying to get away from it, you are in exactly the spot where discovery, where clarification can occur and you can see it with new eyes. And so when it's on your table, be with it.

I fully understand, that you are convinced that if you are present with it fully, it will be an absolute indictment against you, proving for all time and forever more that you aren't shit. But that is not what awaits you on the other side of abiding with it. What awaits you on the other side of the world you see is not more earthquakes, not more tragedy, not more suffering, not Armageddon, not horror. What's on the other side of whatever you're looking at is Reality--perfect, harmonious, lovely, joyful Reality. And what's on the other side of each one of your demons in you, is the flawless presence of your Self, which at the moment you are not embracing.

When you are willing to be with your demons, when you are willing to be with your sense of failure, this is when it's great to have the Friend I was talking about earlier. And in many cases this is the first time anyone lets that in, because it's the first time that one has dared to be honest enough to say, "I can't do it myself. Help!" Oh, what a horrible place to be. That's where Paul was when I came along. Years of feeling so competent. Years of feeling that he had a metaphysical training and teaching that gave him control because of clear correct thinking had kept him quite independent, aloof, not needing to say "help!" Well, that in itself was a sign of failure.

So, I want you to pay attention to the fact that when you are feeling low energy and when you are feeling the need for something that will dull your awareness of what you don't like, that you are feeling very independent and you are claiming a right to be without consideration for another soul. You are claiming a right to your space, a right to be whatever you want to be and do whatever you want to do. It is this assertion of independence that constitutes the point to the focused definition that you are hurting from, that is running you through, so to speak.

So, you know what? You can say "help" when nothing is hurting. You can say "help" when you're having fun, because saying, "hey, I don't want to be doing this alone," that is a way of experiencing companionship and

sharing, and it is what undoes the separation that was called "the fall." So, I want to end the answer to your question by pointing out that whatever work it is you think you will be confronted with, whatever amount of time you think that it will take to work your way through this failureship will be, do it any way! It's worth it!

I will tell you something else, the only thing that makes that kind of a process long and drawn out is a reluctance to let go and be fully present, because when you let go and be fully present you know what happens? The sense of failure is spontaneously transformed, and it happens very rapidly. It just melts and you say, "of course," because it's so clear to you that your real sovereignty that exists independent of this burden of concepts of success, it's so clear that this sovereign one that you are is sovereign and all the rest that you have been burdened with was nonsense. And if it is hate and anger that you seem to let yourself be with, a marvelous thing happens; it spontaneously reconfigures, and where all of this hate, all of this seething anger was with such power, becomes obvious to you as the power of an infinite love that you have that is now coming forth. And you see that the suffering that you were so angry about was caused by a blocking of this universe full of love that was you, that is you, was waiting behind to come forth. And it just spontaneously and effortlessly becomes clear to you, but not if you are unwilling to be present with your demon, your fear, your anger.

So, I've covered a broad spectrum here. It is not always a deep sense of failure or hate or whatever, it is not always a big demon that manifests as fluctuating energy. But it's always, it's always with everyone the evidence of an unwillingness to be present with some part of You. A part of you that is perfect and flawless, but which you are misperceiving and defining falsely, because you are afraid of it, because you have not the experience with it that allows you to be comfortable in that territory.

So, that is the answer.

~Raj/Jesús