

Re-Parenting - The Christmas Edition

*"I have seen the king with a face of Glory,
He who is the eye and the sun of heaven,
He who is the companion and healer of all beings,
He who is the soul and the universe that births souls."
~ Rumi*

There is no greater story in the world than the story of the annunciation, immaculate conception, and birth of the Christ and no story more applicable to the task of re-parenting ourselves. The same principles are inherent in the birth story of the Buddha and, clearly, Rumi, the great Sufi mystic understood the Christ story intimately in the mystical tradition of Islam, no where is the myth so beautifully portrayed as in the Christian myth.

Everyone of us was immaculately conceived by the Spirit of God. At the moment of the cell of one sperm impregnating one ovum, the Holy Spirit descends and enlivens the very cells of the new little human being. Spirit and Matter are joined and the biological DNA is interpenetrated with the Spiritual DNA of God/Consciousness/Life itself.

Each and every one of you is a child of God. Yours was an immaculate conception just like the historical person called Jesus, named "The Christ, meaning, "The Anointed One," because he heralded in the good news that all humans can come to know their spiritual being in physical matter. They can come to know themselves as "fully human and fully divine." The story of Jesus's life's journey to this realization and revelation represented the possibility of a new level of awareness for all humanity. As Teilhard de Chardin said, so many centuries later, *"You are not a human being, you are a spiritual being having a human experience."*

No human can conceive of and bring the life of the pure consciousness of LIFE into matter. You are indeed a miracle of God. And so from the very beginning you are both human and divine.

*You are a bird of the sea,
even though a chicken has sheltered you beneath her wing.
The desire in your heart is for the sea;
your soul has that nature from your mother.
Leave your land-bound nursemaid and move on.
Come into the sea of reality.
You are a waterfowl;
you can live on land and sea.
You are of royal birth, for ...
We have ennobled the children of Adam;
you walk on both dry land and sea.
~Rumi*

However, the deep impregnation of the knowing of this consciousness of the pure energy of Love, into every cell, is hidden, as attention is distracted by the experience of being in a body. There is a cellular knowing if you sink deep enough into yourself and really listen. In ordinary every day life, you have learned to move further and further from the deepest knowing of your being - the spiritual knowing of yourself as consciousness itself. Instead you say, I am aware of.... And then identify with the thing you are aware of instead of recognizing your identity as the consciousness that is capable of awareness of anything. Thomas Merton says,

“The center of our being is a point of nothingness which is untouched by sin and by illusion, a point of truth, a point or spark which belongs entirely to God, which is ever at our disposal ... A point from which God disposes of our lives, a point which is inaccessible to the fantasies of our own mind or the brutalities of our own will. This little point of nothingness and of absolute poverty is the pure glory of God in us. It is, so to speak, Gods name written in us ...

It is like a pure diamond, blazing with the invisible light of heaven. It is in everybody, and if we could see it, we would see these billions of points of light coming together in the face and blaze of a sun that would make all the darkness and cruelty of life vanish completely ... I have no program for this seeing. It is only given. But the gate of heaven is everywhere.”

Every baby that is ever born is the incarnation of God, of infinite and intrinsic worth and it does not matter whose sperm and whose egg it is, whether the child is born male or female, black or white or any other color, whether it is born to wealth or in poverty, to a “good” family or a “bad” family. No child is anything other, than of intrinsic worth - the face of God written into form. Each and every one is divinity incarnate.

*“When the time comes for the embryo
to receive the spirit of life,
at that time the sun begins to help.
This Embryo is brought into movement,
for the sun quickens it with spirit.*

*From the other stars this embryo
received only an impression,
until the sun shone upon it.
How did it become connected
with the shining sun
in the womb?
By ways hidden from our senses:
the way whereby gold is nourished,
the way a common stone becomes a garnet
and the ruby red,
the way fruit is ripened,
and the way courage comes
to one distraught
with fear.”*

~Rumi

Your attention and awareness is distracted by the very human experiences of need - need to survive, eat, drink, find safety, belonging, love, attention and all free attention is focused outside of you on the objects of existence instead on yourself - the subject of existence. You are born into the instincts - the animal instincts of need and it's necessary correlates of fear and shame. The DNA of your animal/human physical self is the experience of fear and shame. To learn to get needs met, one must feel fear - this is what drives and motivates the animal to get the need met. Hunger, thirst, danger all result in fear being experienced in order to drive you towards the goal of survival. Very soon the need in development, if you survive physically, to belong and be accepted and valued is driven by the shame of not knowing your intrinsic worth or others knowing your intrinsic worth, and trying to get it from others so as to survive.

You are in the stable of life - no different to the donkeys, sheep and cattle, whose attention is all focused on warmth, food and safety. Like any animal you will fight or flee to stay alive, to eat and to reproduce. In the human, every tactic used to get a need met is driven by this animal instinct of fight or flee - they are just a little more sophisticated and complex and not as literal as in the animal kingdom.

Every baby is born to unaware parents who immediately start projecting the process of duality - valuing and devaluing the child. This creates fear ... and shame... and striving to be good and acceptable. The parents and grandparents and indeed the whole community starts questioning.... "Who does it look like? Who does it take after? What gender is it? Is it adopted or biological? Is it from a good family or a bad family, is it smart or dumb, is it pretty or ugly?" And so the child is held up and dragged down in the dualities of the culture causing a massive split in the soul. The developing little being tries hard to be everything good and right to prove it's-worth so as to be acceptable to the family and community in which it lives. The child is now in a fallen state - fallen from the knowing of it's divine inception. An orphan in a hostile and dangerous world. All attention is focused externally trying to please the world or manipulate the world, so that it will allow it life in form.

This is the condition we find ourselves as adults - living a life of defense, superficiality, materialism, meaninglessness. We are cut off from our KNOWING of who we are and are firmly identified with the experience of duality, in physical life. We do anything and everything to stay ahead of the game to survive both physically and emotionally in the community. We comfort ourselves with the things of the world - things, food, drink, distraction, status, power, importance, money, acquisitions.....

It is now that one must realize, or die in this condition of unknowing, who one actually IS. You must recognize the child who was born and you must find within yourself the Great Mother. In this myth, Mary. You must, with intention learn to be present to the child and be willing to raise it in Love and Truth instead of fear and shame. Your human nature is fully formed, now your spiritual being must be realized.

You must purify yourself of ego defense and become pure and virginal to do this work. You must move from your head that rationalizes, excuses, denies, and justifies all the ways in which the ego uses past suffering to bolster itself in defense. Love and Truth are only able to fill an empty vessel. Your work is to purify your mind, change your behavior, and be willing to step into the silent void, the emptiness, the darkness so that you may become pregnant with the first little inklings of the consciousness of the Holy Spirit that is other than your usual superficial state of distracted attention that is in the service of defense and worldly pleasures. Meister Eckhard, one of the great Christian mystics says,

*Christ's birth is always happening,
and yet,
if it doesn't happen to me,
how can it help me?
Everything depends on that.
~Meister Eckhard*

And so we humble ourselves and submit to the call of God. We surrender to the very Holy Spirit of God. We might hear the call in an angel in our lives that knows the calling. Who or what has been the archangel Gabriel in your life. What deep inner calling have you heard?

*"Before these possessions you love
slip away, say
what Mary said
when she was surprised by Gabriel,*

I'll hide inside God."

*Naked in her room
she saw a form of beauty
that could give her new life.*

*Like the sun coming up
or a rose as it opens.*

*And she leaped, as her habit was,
out of herself
into the divine presence.*

*There was fire in the channel of her breath.
The light and the majesty came.*

*I am smoke from that fire,
and proof of its existence,
more than any external form".*

~Rumi

At first we choose to do this merely by faith - believing something that is not yet realized in us. We must believe we are children of God in a "fallen state." We must humbly confess that we cannot live a life of grace, peace, joy, truth and love, because we actually do not know how, nor what this is.

It is in this state that we must conceive of and birth a new consciousness - in the warm, stinky stable of our own excrement (result of living in the animal nature) is where we must birth the new idea - the child that can live into the fullness of it's divinity as a human being through our own inner Love and Truth, connected to the Universal Consciousness of God. In faith we must believe that we were indeed created in the image of God - that we were immaculately conceived by the Holy Spirit, that we can find within ourselves the Mother who will birth this new consciousness, by healing the splits and wounds of our past. We must find that we indeed, by following the star of our true north, - i.e. our heart, can bring not only knowledge but also wisdom to this new young consciousness of ourselves.

And so we stand in awe and trembling at the manger (feeding trough) and see the baby. We start to see what it *actually needs from us*, not the world and other people. Instead of turning our back on the child, we stand guard, we protect fiercely, we love extravagantly, we lift and nurse and nurture the infant consciousness that has never been allowed to live before.

We welcome the gifts of wisdom. Firstly gold, that symbolizes a recognition and reverence of the god within. Gold is an acknowledgment of your own royal descent into physical life. Secondly Frankincense and Myrrh, the resins from trees that were used to heal many physical maladies and was highly prized and extremely valuable, in those days and that were also used in the burial process. So to facilitate healing and honor death.

It points to the fact that, in our earthly human condition, everything broken and split must be healed, everything false must die and be buried in honor. We have to examine carefully what beliefs, defenses and relationship dynamics no longer serve us in a spiritual and life-giving way, and we must "die" to this to realize

our royal status. We must “die” to being an animal to become a human, we must “die” to being a human to realize our divinity. This is the work of re-parenting. You are the Mother Mary now, you are Joseph, you are the Shepherds, and you are the Magi. You are now the one responsible for the healing and growth into unity of the fragmented parts of your being. And this can only be done through compassion and wisdom. You are responsible for bringing yourself to the full spiritual maturity of being a god on earth. And as you learn to do this for yourself, so will you be able to embrace the whole fallen and broken world with all its suffering in dualities, with the same love and truth that you were able to do for yourself. Now, and only now will your contribution ripple out into our broken and fallen world, and you will be, too, a savior of the world, through learning to save yourself.

*Christ's birth is always happening,
and yet,
if it doesn't happen to me,
how can it help me?
Everything depends on that.*

*There is only one birth -
and this birth takes place in the being
and in the ground
and core of the soul...
Not only is the Son of the heavenly Creator
born in this darkness -
but you too are born there
as a child of the same heavenly Creator
and none other.
And the Creator extends this same power to you
out of the divine maternity bed
located in the Godhead to eternally give birth ...
The fruitful person gives birth
out of the very same foundation
from which the Creator begets the eternal Word.
It is from this core that one becomes fruitfully pregnant.
~Meister Eckhard*

This is no small task. There are no short cuts, there are no by-passes. There is no cheap grace. It means journeying in the dark, following only your heart, in faith, into the darkest and smelliest regions of your unconscious to find the small spark of light that is the beginning of Christ Consciousness. It means a brutal honesty with yourself, requiring you to replace all lies with truth.

It takes, in terms of the myth, 33 years of compassion and wisdom to finally die to the dualities and brutalities of our own mind and realize ourselves as fully human AND fully divine.

When this tableau is complete all the angels of heaven sing hallelulias.

*“We are all meant to be mothers of God...for God is always needing to be born.”
~Meister Eckhard*

*This world and that world are forever giving birth:
every cause is a mother; the effect born is as a child.
When the effect was born, it too became a cause,
so that it might give birth to wondrous effects.
These causes follow generation upon generation,
but it takes a very well-illuminated eye
to see all the links in the chain.*

~Rumi