

DETACHMENT AND AWARENESS

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Introduction

In this article, we will discuss spiritual leadership. For me, it could have gone either way, toward the collective or the individual. I thought about taking the individual turn because, at the end of the day, one by one, each one of us will need to take that path to our spiritual evolution. So, I will share content on detachment and awareness as it relates to our spiritual evolution and our will. I will also share words of wisdom from the philosopher Louis-Claude de Saint-Martin.

Content and Spirit

I'll begin with words from Louis-Claude de Saint-Martin, which I believe encapsulate the content and spirit of what this topic and presentation are all about. This is from the *Rosicrucian Digest* No. 1, 2014, on [the topic of understanding his lessons](#):

The human understanding, by applying itself so exclusively to outward things, of which it cannot even yet give a satisfactory account, knows less of the nature of one's own being even than of the visible object

around us. [...] I repeat, that, to attain this end, every argument taken from this world and nature, is unsatisfactory, unstable. We suppose things for the world, to arrive at a fixed Being, in whom everything is true; we lend to the world abstract and figurative verities, to prove a Being who is altogether real and positive; we take things without intelligence, to prove a Being who is intelligence itself; things without love, to demonstrate the One who is only Love; things circumscribed within limits, to make known the One who is Free; and things that die, to explain the One who is Life.

With regard to "Spiritual Leadership," we will touch on detachment and awareness, and turn our focus on the Being in the mirror and the application of our will. The word detachment sometimes invokes whether or not we should be emotional, but this is about the inner work. As mentioned before, the focus here will be on awareness and being awake, with us looking into the mirror onto the self and doing the work on ourselves.





Identity and Form

Consider this quote from Jim Rohn: “It is not what you get or achieve in life, it’s the person we become in the process.” As we take our journeys and accumulate, acquire, and do all these wonderful things in the material world, we have to remember who we are and be true to ourselves.

Identifying with form leads to limitations because all forms, all structures, are unstable in nature. They’re transitory and impermanent. As long as we are consumed and identify with material things, and as long as we try to hold on and remain attached to form, we will inevitably experience limitation, loss, suffering, and discomfort. In this dance of form, what we call life that we are experiencing is the roles that you play; we all play roles in our daily lives. Forget your story; we all have a story. Forget your name, and remember who you really are.

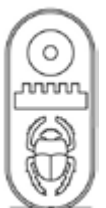
Spiritual Amnesia and the Cycle of Bondage

Consider why we are here and what happened in the scheme of things. The question is: what is the goal of mysticism? What are we looking for, and what is the end goal? Mysticism is a direct experience of the Divine. When all is said and done, we seek the direct experience of the Divine.

From the moment of our first breath, that is, our emergence from the infinite into this world of appearance, human beings are conditioned to identify with form: outer worldly experiences, things with limitation, and, the most powerful conditioning of them all, who we think we are. In other words, as Divine, eternal beings, we identify with everything we are truly not. We are not our nationality. We are not our religion, our gender, or what we do. These things have importance and play a role on the material plane, but it’s not who we truly are.

Questions

“We are human beings, not human doings.” These great words from the Dalai Lama inspire questions such as: who am I, why am I here, and does who you are begin with birth? Does it depend on form or does it end with death, or, as we say in the Rosicrucian teachings, transition? These are great questions. Our responses to these questions vary based on our religion, background, culture, and spiritual awareness, but over time, our response will also evolve as we, ourselves, our consciousness, evolves. The most important question is “Who am I?” and your answer should concern being and not doing.



Purpose

I played around with the word purpose and its definition. I thought about nature: what is the purpose of a rose? A rose is only concerned with fulfilling its potential as a rose. Purpose is dynamic as it relates to the individual and the collective. It's not static. What do I mean by this? All of us in the outer world have experiences and different purposes. But what happens at age twenty-five, for example, when you have realized your purpose? Life continues, so purpose is not static.

The ultimate goal or purpose of the Order is to elevate consciousness, and our outer purpose is what we do. Anything we do in the material plane is our purpose, as we defined it, and it could be collectively or individually. But the inner and primary purpose of life is to know ourselves, and that's why we're here. And you'll hear this repeatedly: "know ourselves." To know thyself, as written above the portal of the Temple of Apollo in Delphi, is the most direct route to the illumination we seek. We have all these symbols, teachings, and things that we do to remind ourselves of what's already deep within us that we just forgot. But to know thyself, working on ourselves is our direct route to the illumination we seek.

A Shift in Consciousness

We have spent some time talking about form and how we're distracted with form. Circumstances, while important, do not matter. What matters is our state of consciousness. Amidst the noise and distractions that flood our physical senses and the haste in the world, many people may feel overwhelmed by the routines of daily living that seem to deprive their lives of significance. Some may feel like life is passing them by or has passed them by already. Others may feel restricted by the responsibilities of daily living, the demands of their jobs, their financial situation, or the quality of their living situation. Some may be consumed by stress. Others may be consumed by boredom. Some people are seemingly lost in frantic doing. Others are lost in stagnation, and some yearn for the freedom that prosperity promises, while others, already enjoying the relative freedom that comes with prosperity, discover that prosperity alone is not enough to endow their lives with meaning.

Awareness: Shift in Consciousness

Now, we will take a step forward, go a bit deeper, and speak to awareness: the shift in our consciousness. Carl Jung said something to the effect of this: "One who looks 'outside,' dreams. One who looks 'inside,' awakes." What is awareness?





Awareness is a conscious connection with the Universal Intelligence. The more we do our inner work, the more the light of our soul is reflected through us and all around us. When we are better on the inside, we live and lead a better life on the outside. It goes back to working on ourselves, working through issues, items, and blockages. We know that when we feel better on the inside (even emotionally, but we're talking spiritually here), we will live and lead a better life on the outside, and those in our presence will sense it.

Awareness: Spiritual Leadership

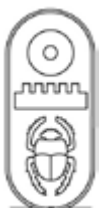
By diligently studying our inner nature, we will attain self mastery. Even during the most mundane task, let us remember the "I Am" and our eternal soul. Our soul is eternal, so that means we are eternal. Can we take a moment to reflect on this? We are eternal, traveling through eternity. Let us strive to express our higher selves in our relationships with each other and with all life forms. Let us surrender our smaller selves and allow the wisdom of the universe to speak to and through us. Sometimes, when going about my daily life, I would have to say, "I give myself away; I must get out of my own way." Let us petition the Divine for inner strength and guidance to do our work in Its glory.

Life happens. I'm keeping it real. Life is not always roses and puppies. There are

things that happen that will distress us and, in some cases, cause suffering, but when we are in attunement with the God of our Hearts and when our intentions are aligned, daily living will be more fulfilling. What is deemed as suffering will not only be less aggressive, but also short-lived. So, I say this here: things happen. We have our moments. Permit yourself to experience it, but do not live and be caught in the loop of your thoughts on the situation. The thing is no longer happening, but with our thoughts and emotions, we relive it day in and day out, sometimes even for years. In those moments, remember our teachings. Remember our principles, and try to be connected with the God of our Hearts to comfort us, hold on to us, and guide us. The Cosmic always takes care of the details. From the beginning to the end, It's thinking. The Divine who created miracles, the Divine who created nature, mountains, the universe, the stars, and the galaxies, is taking care of us. We just have to remember that. We look at nature; we see the beauty, the order, the intelligence, and the expression in nature. It's within us. We don't always express it, but this is why we are here. We're a work in progress.

Take Back My Will

It all comes back to our will. Note the phrase "not my will be done." Can you imagine a world where everyone, eight billion of us and counting, knows



what they're living for? Would that be the paradise on Earth, as mentioned in our Rosicrucian New Year ritual? The only thing for us to do is to know ourselves, to know our Creator, and to glorify the God of our Hearts in all our doings. Anything else is a distraction.

“Take Back My Will” is a prayer taken from Louis-Claude de Saint-Martin:

Take back my will, O Source of all, take back my will; for if I can suspend it one instant before You, the torrents of Your life and light, having nothing to resist them, shall pour impetuously within me. Help me to break down the woeful barriers that divide me from you; arm me against myself; triumph within me over all Your enemies and mine by subduing my will. O Eternal Principle of all joy and of all truth! When shall I be so renewed as no longer to be conscious of self, save in the permanent affection of Your exclusive and vivifying will? When shall every kind of privation appear to me a profit and advantage, by preserving me from all bondage, and leaving me ample means to bind myself to the freedom of Your spirit and wisdom?

Closing Prayer

Please, for a moment, unite with me in this closing prayer. Take a few deep,

cleansing breaths, and read the following words. This is another prayer from Saint-Martin:

Eternal source of all which is, You who send spirits of error and of darkness to the untruthful, which cut them off from Your love, do You send unto one who seeks You a spirit of truth, uniting him forever with You? May the fire of this spirit consume in me all the traces of the old person, and, having consumed them, may it produce from those ashes a new person, on whom Your sacred hand shall not disdain to pour a holy Chrism! Be this the end of penitence and its long toils, and may Your life, which is one everywhere, transform my whole being in the unity of Your image, my heart in the unity of Your love, my activity in the unity of the works of justice, and my thought in the unity of all lights.

Each day, may we find a new reason to love. Remember the name that is higher and greater than any other name. Remember who you really are, and in all your doings, think higher. Think higher and feel deeper.

Video

<https://youtu.be/35QYtpZZmAE>

