

Awakening Newsletter

#27

The Search for Security

“I am here to tell you that there is no such thing as security. It is an illusion of the mind. It is a marketing strategy. It is a myth passed down for generations to try to give comfort and assurance in an Age of Anxiety. Truly, every age has been filled with anxiety as people faced the challenges and pain of living.”

- Rev. Amy Freedman

Answer with the first thing that comes to mind – what would give you a sense of security?

Maybe you answered money in the bank. Or job security. Or a someone committed to you in relationship. Or friends you can count on. Or a locked gate around your house. Let us explore the notion of security itself and where the pursuit of it takes us.

The search for security is rooted in the desire to be free of fear. It is the mind’s attempt to replace the unpredictability of life with certainty. And, since life remains unpredictable despite this desire, we are then always opposed to the reality of how things are. Feeling insecure restricts us, causes us to contract, and separates us from experience.

Feminist author Eve Ensler tells us,

“Focusing on security makes us feel insecure. Security is elusive – we all die, get old, sick. People leave. Nothing is secure. If life is about needing to be secure, we can’t travel or venture outside the circle, can’t allow too many conflicting ideas that might confuse us, can’t open to new experience new people new ways of doing things.”

To search for security is to become a somebody and form an identity – I am a Christian, an Italian, a liberal. This creates separation, fixity, a restriction of view to one position. I have the “one true belief” and therefore I am safe and secure. The result of this narrowing of attention and identification has the effect of making us less able to respond to an ambiguous world, and therefore **LESS** secure.

Eve Ensler continues,

“But all this does is shut down the mind. It doesn’t make you safer. Now you have to watch out for others, people who are not like you, who you now call enemies. There are places you cannot go, thoughts you cannot think, worlds you cannot inhabit. You fight things off, defend your territory, become more entrenched in fundamental thinking. Ideas become sound bites, thinking gets restricted into evildoers and saints, with us or against us. It becomes easier to hurt people because you do not feel them, easier to lock them up, humiliate them, invade them, torture them because they are now merely obstacles to your security.”

It is a vicious circle. Security is conceived as inherent in some future circumstance, which may or may not occur. Searching for security always leads to a future **then** in which we will feel better than the uncertain **now**. Having our attention less present, we are less able to respond effectively to what is happening right now, and thus less secure.

Eve concludes,

“If the end goal is security, what happens is you create more insecurity in others and yourself. Real security is contemplating death and not pretending it doesn’t exist, nor running from grief but surrendering to loss, real security is not knowing something when you don’t know it, yearning for connection rather than power. It is the recognition that we are all interconnected, that the actions of one being have consequences everywhere. It is not only tolerating mystery, complexity and ambiguity but hungering for them.”

What we have lost contact with is the direct experience of the recognition of the actual support of Presence and Being that is available right now. We do not have to make support happen because it is already here, whatever the circumstance. We are always guided in each moment if we can allow and trust. Without it, we are left insecure and fearful. It is the lack of contact with inner guidance, or the mistrusting of it, that leaves us anxious and unsure of how to make decisions, avoid danger, and move forward in life.

Here is a simple exercise –

Sit comfortably, close your eyes, and breathe deeply.

Feel that you undeniably here right now.

Right this moment, is anything lacking? If you don’t project into the future or remember the past, do you not have everything you need for this moment?

Stay connected with your breathing, notice when your mind begins to leave the present for the future and bring attention back to right now - the only place where security can ever be found.

Be at peace.

AWAKENING

Graduates of **THE AWAKENING INTENSIVE** have directly experienced that which is whole and complete and always present in them. Three intense days and you are Home, connected with who you really are, and free. Give yourself this gift if you are ready for deep, powerful, and lasting transformation.

Here are some quotes from Graduates...

"I am a changed person. I feel all grown up now. I connected with my mind, body and soul. I stood up versus fear and found confidence, inner strength and peace. I no longer care what others think of me. I have a big heart and treat MYSELF to it. I can conquer any demon. I got ecstasy in my life! I have Awakened! Yay! I did it." - Barb, Office Manager

"I let go of a lot here. I found my power. I don't have to know how to do everything. I can love and be loved any way I want. Anything is now possible. I'm excited to see what's waiting for me! - Ruth, Midwife

"I have given myself the life I never had. I came clean about the lie I was living and reclaimed my integrity. Now I am free of the demon of 'I don't know how.' I am worth it. I am free of negative energy. I am the best friend to myself. It's my choice!" - Suzan, Life Coach

"What you do borders on magic! I am a Psychiatrist with 30 years of experience. Of hundreds of professionals I have had the opportunity to work with you are, far and away, the best! You are able to use your insight and understanding to guide people so they are transformed and set free to live the kind of life they had only dreamed of. "- Tom, Psychiatrist

"I broke through self imposed prison walls and experienced an incredible sense of freedom. I found and felt glorious expansive love and complete self acceptance. This is what dwells within all of us." - Sally, Licensed Acupuncturist

"Awakening opened the space for incredible things to happen in my life. It is the most intense and transformational experience that I have ever encountered.

Doing the work of my heart and finding joy is a testament to following this path." - Diane, artist

"Awakening was the most in depth, inner process work I have ever done and it was phenomenally healing, revealing and cathartic. The weekend for me was very intense, challenging, evocative, and powerful. Now I am feeling more at peace with myself." - Amalya, Center of the Sacred Feminine

"This was the most powerful experience of my life, bar none. I felt the light of love within me, I'm alive again. What an incredible experience!!" Teri, Program Director

"I am having way too much fun and feel so much like I am finally LIVING my life. I'm not afraid to live, love, and be loved anymore." - Howard, Manager

"My life is so wonderful right now and I just want to THANK YOU from the bottom of my heart for your amazing weekend. It has truly changed my life and how I live in it." - Dar