



CHANGE AND NOW

We live in a world of change. Nothing stays the same, not our bodies, not our environment, not our conditioning. This is the evidence of our senses. In the realm of material cause and effect, we live from birth to death in this ever-changing world, and it can be stressful. We – the Stephenson family – recently moved from Hawaii to California. Well-meaning people questioned that decision, especially regarding Virginia. She is too old to change. Moving will uproot her from her routine, her friends. Their concerns, though based in love, were not based in principle. Change is a product of time, and the concept of time is irrelevant to spiritual realization. There is no process to spiritual living or spiritual healing. As the Master said, “What did hinder you? Take up your bed and walk!” (John 5:8)

We are taught that God is Changeless Being, the same yesterday, today and forever. The basic elements of the earth are changeless – gold is always gold; salt is always salt. Humanity, in its spiritual core, made in the image and likeness of God, is good, whole and changeless. If we accept that God is the soul of individual being, which is a universal state of oneness, we realize that the changes we see in life are a matter of perception, not spiritual reality. We are perfect, as is our Father in Heaven. To experience that perfection individually, one has to observe this requirement, to live in the now.

Spiritual healing only happens in the now. It is based on the awareness of a perfect creation – “And God saw that it was good.” (Gen. 1:4) It is predicated on the idea that God is the substance of all form. And it is realized in the now. What appears to the world as healing is actually living in the harmony and peace of the now moment. The past is memory – a mental state. The future is speculation, the hope for something better, also a mental activity. Living in the now is without words and thoughts. It is a state of being where we experience the perfection of creation within our very soul, a glory which is inseparable from the love and expression of God. It is a state of peace.

The great challenges in life cannot be met through reason - what we know – but only through the activity of Universal Consciousness. That Consciousness is the totality of Being,

in which all cause, substance and activity exist in harmony and love. We are conscious. We understand what the act of being conscious entails. When we take away memory and projection, we become conscious of the now. In that moment we are “hid with Christ in God.” (Col. 3:3) The now moment opens us to the full range of Universal Consciousness. Living in the now aligns the physical with its spiritual essence allowing the harmony and perfection of being to be experienced. Having a mind in the now, without words and thoughts brings a healing peace and silence to the moment. We realize that consciousness lives us, not the other way around. “The body is not the governor of life, but life governs the body. Life really is the animating principle of the body. The body does not influence you; you influence the body.” (Goldsmith)

On our trip from Honolulu to Los Angeles we saw how living in the now mitigated the obstacles associated with travel and a major move. All of us had lived in the Islands for over 45 years and we were now without homes. We felt a little like vagabonds. All our worldly possessions were in transit or waiting for us at our new abodes. This was the last stage of what we thought was a well-planned move.

There were four in our party; Virginia had a helper to ease her through the journey. We got paper boarding passes at the counter rather than using our phone apps. Virginia used a wheelchair for convenience. We had only carry-on luggage, but with four people having two bags each, a wheelchair and a walker, we were not traveling light. The airline helped out with someone to push the chair.

The level of stress could have been high, but all of us were in the moment and relatively calm. Virginia floated through the crowds like on a cloud of unknowing, observing everything like a master. The line to get through security was short and it seemed we would make it to the gate with plenty of time to spare. When Virginia showed her boarding pass and ID to the TSA agent, she was denied entry. The agent wouldn't let her pass.

“Why?” I asked.

The agent couldn't say. All he said was that the documents were not in order, and we needed to go back to our airline and get them fixed. When I pressed for more specifics, the agent became angry, ordered us out of line and sent us back to the terminal.

I can't say I was entirely peaceful. Not knowing what was wrong sparked all kinds of speculation. What if we miss our flight? Where will we stay? The Island was filled with tourists and the hotels booked. Correcting an error wasn't disturbing, but not knowing what needed to be corrected was. I double checked Virginia's ID. It was current and had all

the information required for air travel. I examined her boarding pass. It looked in order too. None of that mattered, so we all trapsed back to find a representative.

Like an angel there was an airline agent out in the crowds helping people get to where they needed to be, adeptly managing the hordes of travelers. I told her our problem and she took our boarding passes, IDs and then disappeared. We waited. Our departure time was getting close. After ten minutes the agent returned with a large smile.

“What was the problem?”

“It was our computer system,” she answered. “I guess it only goes up to 100 and then starts over. Virginia’s boarding pass had her age at 4-years-old, not 104.”

We all laughed and hurried back to the TSA check point, passed through with relative calm, and boarded our plane with ease. The flight was delightful, the flight attendants amazingly loving, and the rides to our new homes were waiting at the curb in Los Angeles.

We can all choose to live in the now.