



Trustful Surrender to the Divine Providence¹

“Let us never then attribute our losses, our disappointments, our afflictions, our humiliations to the devil or to men, but to God as their real source. ‘To act otherwise’ says St. Dorothy, ‘would be to do the same as a dog who vents his anger on the stone instead of putting the blame *on the hand that threw it at him.*’”

Faith is knowing that our lives are orchestrated by a Divine Intelligence. The circumstances and conditions of our lives come to us specifically to give us the opportunity to “un-self” – to clear the vessel such that only God is left.²

“The secret of happiness and contentment is to remain indifferent to good fortune or to adversity - by accepting it all from the hand of God without questioning, not to ask for things to be done as we would like them but as God

¹ “Trustful Surrender To Divine Providence” by Father Jean Baptiste Saint-Jure and Saint Claude de la Colombiere. See www.stillpointlibrary.com “Reference Resources”

² Text written in teal is a commentary of the principles of mystical spirituality.

wishes, to make the intention of all our prayers that God's will should be perfectly accomplished in ourselves and in all creatures.

The perfect mystical prayer is Silence.

Spiritual prayer: A Prayer of the Heart which cleanses the tendencies of mind e.g. that is the "Jesus Prayer" or any prayer that repeats the Holy Name (mantra or primordial sound) silently in the heart.



“In order for us to enjoy peace and calm we need to have nothing opposing our will and everything done in the way we want it. But who can expect to have such happiness except the man whose will is entirely conformed to the will of God? He, and he alone, whose will is perfectly united to God's possesses ‘the peace of God which surpasses all understanding’. He alone can say with God Himself ‘all my will shall be done,’ because **one who wishes all that God wishes and only what God wishes, his wishes are always fulfilled and nothing can happen that he does not wish**³...Certainly we will still feel pain and sorrow, but they affect us only in the lower part of

³ Text in red is for highlight purposes.

our being without being able to influence the mind **(an uninfluenced mind is always cheerful.)...** it is really a miracle of grace when we can be happy in such [difficult] circumstances. But this miracle always mercifully accompanies the sacrifices of one who seeks to do the will of God in all things, for it is to God's honor and glory that those **who give themselves generously to His service should be content with their lot."**

"As you wish..." This is the mantra or the response of the surrendered soul. Mystics tell us that the greatest consequence of the soul feeling separated from God is the sense that "things ought to be different than what they are." Certainly, when you have a nail in your foot, it is reasonable to take it out. And when it is said "Do not resist what is" that does not mean to walk mindlessly and ineffectively through life. Surrender at its basis is doing what you need to do to get any result that has goodness, but when the effort is complete, do not be attached to the results. In other words, do not be overshadowed. Do the activity, and leave the results up to God. That is surrender for the householder living in a very imperfect world.

"God grant me the serenity to accept the things I cannot change,
The courage to change the things I can,
And the wisdom⁴ to know the difference."

This clarity comes with discrimination, a mental faculty, which is strengthened through meditation of Silence, contemplation and prayer.

⁴ Wisdom is seeing the "finite" through the eyes of the "infinite;" seeing life from God's perspective and less from the perspective of the "separated" body-mind unit that seeks its own comfort first.



“It is in order that you may make the doing of His will your chief food that the means to do it are so frequently given. **(When we ask for God’s Will alone, we call down upon ourselves one test after the other until finally the tests seem like no tests at all!)** How many inconveniences and sacrifices are in fact imposed upon us by illness! —plans upset, expense incurred, unpleasant remedies, perhaps, loneliness and lack of care—a host of large and small annoyances. **There are so many opportunities to say, ‘God wishes it so. His will be done’...**

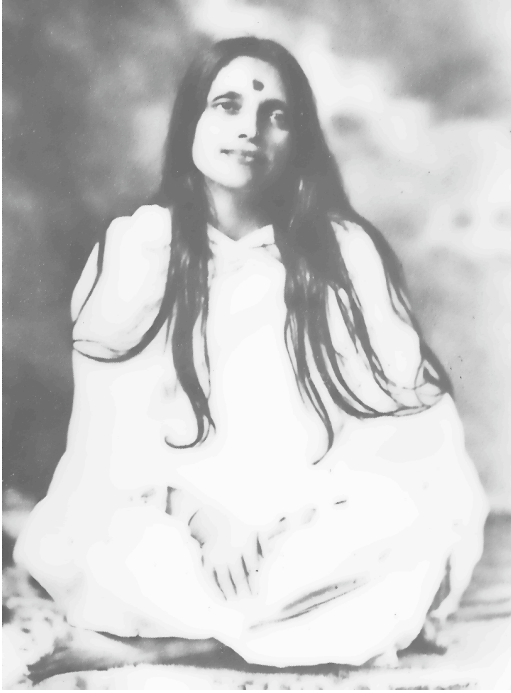
Analogy of a pond of water: The ensuing mental peace that comes from accepting everything that comes to us as coming to us from God quells the turbulent waves of the mind. When the mind is calm, then it can perfectly reflect the sun or the Light of God – the surface is still.

“Be still my soul.”

Be still and know that the “I AM” that you experience inside is God. The stillness dissolves the sense of a “personal self” and what we experience in the semi-thoughtlessness is God witnessing Its creation in us, through us and as us. This stillness is carried throughout our day as a deep sense of inner peace. A peace that does not get overshadowed even when the mind becomes situationally agitated. After some time of being in Silence, mental agitation is superficial, no longer deeply rooted or life defining. It comes like a wave and then dissolves back into the ocean. It is not to be suppressed or judged, simply watched with amused detachment. This peace is the basis of the mind and is more and more easily remembered as we practice the Presence of God within.

Let us take another example. Some great feast-day or solemnity is approaching and you prepare yourself in anticipation of the joyful event. But when the day arrives you no longer feel the same as you did before. Your fervor has given place to disinterest and spiritual dryness and you are incapable of a single good thought. Do not try to force yourself out of this state. **It has been produced in you by God, and we know that all that comes from Him is good, so it must be to your advantage if you submit to it.**

Let's take this a little further. Every one in your life, every circumstance of your life, each one of your thoughts, words, deeds, and actions has come to you from God.



Anandamayi Ma

Everything happens according to the Will of God.

Have full faith in this,
then every place,
every moment,
every event of our life,
begins to feel like heaven.

And you become convinced
that what is happening
is what is meant for you.

In whatever
circumstance you may
find yourself,
sustain the
remembrance of Him
only.

Pray: "Lord, Thou has been pleased
to come to me
in the form
of this sickness.

Grant me
the strength
to bear it.

Gird me with patience
and give me understanding
that it is 'Thou
who are dwelling
within in this guise.

It is all right.

This was necessary for me.
It is His way of drawing me close

to His feet.⁵

If you go through all difficulties
happily,
taking them as no difficulties,
that is the way
to redemption from suffering.

If you believe
the Giver of All,
He Himself,
is causing the difficulties
and experience everything
with a content heart –
that is
Heaven within.

⁵ Feet here is meant – His “essence” within creation. The foot is the point at which the Divine touches Her creation: the “foundation point.” It is a sacred point of union of Creator and created. When the nature of this image is perceived in its fullness, it is the root of all understanding. The Creative Force resides at the point at which the undisturbed Ocean of unmanifest, absolute reality is just moving to become the waves of creation.



Dryness:⁶ Accept the situation from His hand, endeavoring as far as possible to be recollected in His presence and submitting yourself to Him as a patient who awaits the healing action of the doctor, and you can rest assured that no spiritual consolation will ever be so profitable to you as the dryness cheerfully born in a spirit of conformity to His will.

Dryness is only a problem when we think it should not be so. Do we meditate and pray to get something from God, i.e. “spiritual consolations?” Or do we put ourselves in His Presence because we love Him? When things are dull and we no longer feel the “relationship juice” do we go out and find another soul mate? Actually, it is not as funny as it appears. Most people abandon their path and teacher and go searching for “spiritual romance” somewhere else.

⁶ Dryness is a very common condition on the spiritual path in which “feeling” and “ardor” for God seems to go away. There seems to be no experiences in meditation (seeking experiences is a trap!) and meditation, prayer and contemplation seem to be merely an obligation.

We stay with someone as long as we are “getting” something in return, or as long as they are living up to our expectations. We tend to do the same in our relationship with God.

The remedy for dryness (aridity) is the same for most human relationship problems – renewal of commitment!

It is not what we feel that prepares us for God’s grace, but the act of our will, and this act is not one of feeling. It may well be accompanied by pleasurable sentiments, but this adds nothing to the merit of it. In the sight of God the absence of this sentiment or even the presence of contrary ones which we do not wish to have in no way minimizes the value of the act itself.

Let us realize this fact, that prayer has no need of feeling in order to be of value. It consists solely in the movement of the will towards God, and by its nature this movement has nothing to do with feeling. God’s grace operates in us in the same way. It may be compared to the effects produced in us by the food we eat. We do not feel the food inside our bodies while it is engaged in its hidden work of restoring and fortifying...But the trouble is we want to feel everything, and when we experience no feeling of satisfaction, we either get discouraged or try by long and forced prayers to produce something inside ourselves to reassure us. Such efforts impede rather than aid the operation of grace by occupying and agitating our minds too much.”

Devotion is not necessarily emotion, although emotion can accompany devotion. Devotion is commitment. A devotee is one who is committed.



“Whatever immediate cause we may attribute to these states of mind, we must always look beyond to God as their author.

Accept them.

Watch the mind and the feeling and the states without getting caught up in them.

These mental states belong to the body-mind unit and not the one who animates this body – the perfect reflection of God as the individual soul.

These eventually “soften” as the mind becomes more permeated with Silence. However, we all have an individual nature and individual tendencies that will always be with us as they are the

means by which God can experience His creations thoughts, in us and as us.

There is no way we are “supposed to be.”

There is no thing we are “supposed to do.”

There is only God dwelling within us pulling all the strings!

If we think they come from ourselves (these states), then it is true to say that they have their origin in the ignorance of our mind, the over-sensitiveness of our feelings, the disordered state of our inclinations.

But if we go back farther, if we ask where the defects themselves come from, we can only find their origin in the will of God who has not endowed us with greater perfection, and by making us subject to these infirmities has laid on us the duty of bearing all the consequences of them **for our sanctification** until He is pleased to put an end to them...

For our sanctification?⁷

Doesn't that imply “sacrifice?”

And what is sacrifice if it isn't meaning – “to make sacred.”

(Sacred means making something fitting for God.)

⁷ Sanctification means “make whole” or “at-one” with God. The wave and the Ocean united.

How can our imperfect persona make us fitting for God?

Aren't we "suppose to" fix it?

Learn other behaviors and attitudes?

This is a very important point: accepting our imperfections is an act of "sacrifice" and the process of "sanctification" in and of itself.

When the sense of separated self (ego) no longer has our imperfections to dwell upon, we are free to dwell upon God. And what we dwell upon, we become! It is a trick of the ego to take imperfections seriously and make it our life's work to perfect the personality rather than to become One with our Divine Beloved.

Loving God first (Jesus of Nazareth's first and greatest teaching).
Loving God first has nothing to do with fixing the personality (although the personality will naturally grow and express to its full potential.)

Loving God first has three meanings:

- (1) become one with God,
- (2) allow God to love us unconditionally and,
- (3) absolute commitment to the teacher and path that will transform your humanity to Divinity.

And again (this point is worth constant repetition) “Love God First” has nothing whatsoever to do with the present state our personality is in. And trying to engineer the personality distracts from this. Consider that we can waste this lifetime focusing on our self and trying to make our self better; or, we can focus on God and allow God to transform us as He sees fit – not as we see fit!

In and through Silence and pure knowledge we gradually and spontaneously start the process of giving control of our life to God.

Even if we suppose that our disturbed state is the work of the devil⁸, it must still be attributed to God.

Does not the history of Job show that Satan has no power over us unless God gives it to him? It is evil because of the devil’s depraved will to afflict men in order to bring them to perdition, and it is from God because God allows him to afflict them in His plan of salvation for them.”

⁸ Intelligent force within creation that resists the transcendental. This means that there is a force that is designed to attract us to the “forms” instead of the “formless.” It seems to act in such a way as to pull us down into matter, down into the deepest sense of separation from God and the consequent overshadowing of desires for outer fulfillments -- empty surrogates for satisfying the primary longing of the soul for Divine Union.



“...we should desire virtue (that which sustains the Light) itself and the degrees of grace only in so far as God wishes to give them, and not desire more...

I remember once I was told never pray to be “holy.” Only pray to accept whatever holiness God gives to me. My spiritual director (who had a wonderful way with metaphor and analogy) said: “What if some other poor soul needs the holiness that you are asking for? Are you going to take it away from him? Can’t you love your brother more than yourself?

God will give you what you need.



The only favor I ask is that in no single thing should I ever do my own will and that my will be entirely at one with Thine. Let others ask for what they wish, but **my sole request is that I may wish what Thou wishest and Thy purposes may be accomplished perfectly in me.**

Whatever happens, all of it, is God's Will; and it is happening for reasons that our mind can never fathom.

Acceptance is our sanctification.

Acceptance that it is God's Will - is God's Will.

At the mystical level there is a certain misunderstanding that goes with the ego thinking that it has to learn something from all things around it, and that the purpose of life is "learning lessons."

Being an instrument of God's Will and uniting the soul in Divine Communion has nothing to do with the mind's insistence that

everything is there for it to learn. (Can't you hear the mind screaming "Me! Me!"⁹ It's all about me!")

That reduces the purpose of our lives to a focus on our self, the body-mind unit. Such a waste for a mystic! That makes the mind the false god on our altar.

When we lose the body our mind is also gone.

What is left is either (1) our soul united with God in love, or (2) our soul still separated from God and in great fear.

Heaven or hell!

Do with me, in me, and by me all that Thou wilt without resistance from me, in time and in eternity."

⁹ The mind is often referred to by some mystics humorously as a "Screaming me me."



“Finally, the happiness of the person whose will is entirely submitted to God’s Will is constant, unchangeable and endless.

No fear comes to disturb it for no accident can destroy it. He is like a man seated on a rock in the middle of the ocean who looks on the fury of the waves without dismay and can amuse himself watching and counting them as they roar and break at his feet. Whether the sea is calm or rough, whichever way the waves are carried by the wind is a matter of indifference to him, for the place where he is firm and unshakeable.”

When the wave is one with the Ocean, when the Ocean is the basis and foundation of the wave, then no matter what conditions exist on the surface of the ocean and no matter how strong the winds of change and adversity disturb the outer form of the wave – at its root, the Ocean, there is only peace and ever renewed joy – Bliss.

Jesus of Nazareth warned us not to build our foundation on sand lest the structure of our life (the building) crumble.



“Either take away my suffering, or—which would be to your greater glory—change it into delight for me. And instead of causing me affliction, let it become a source of joy.

You can take away the burden of my cross, or you can leave it with me without my feeling its weight (**weight of the cross is non-acceptance**) ...I ask you for either one thing or the other.

What does it matter in what way I am happy? If I am happy through the possession of worldly goods, it is you I have to thank.

If I am happy when deprived of them, it gives you greater glory and my thanks are all the greater.”

As You Wish