

A perspective on Spirituality: Awakening the dignity of women

How many of you believe that you can awaken to the dignity of women? Why do you want to awaken? I looked at the word “dignity” in the Merriam Webster on-line dictionary and it says, – ***the quality of your being worthy.*** Awakening to that dignity, is awakening to the real you. The good news is that your **awakening is only a thought away.**

Some of you may feel that you have shortchanged your life, by living a life of disappointments, feeling a second class citizen, having no voice, badly treated or simply not measuring up. IT may appear to you that you live a restricted, small and confined life, always searching and hoping for someone or something out there to help you. Great saints and sages have risen and shared their wisdom to help you to awaken to that divinity, the Divine Feminine. Yet it may look impossible to you because you feel that you are not higher up in the hierarchy of social or religious norms.

Awakening to that dignity is awakening to the real you. It means that you are beyond any form of gender identity, recognizing that you are not the roles you play and stop associating that you are the mind-body (form) only. A shift in your perception will free you from living a constricted small life into a new and expanded way of Being.

You think there is a person living inside you and start identifying that you are your past (all that happened to you – carrying your story) and believe this person is you. You may consider that you were once abused, came from a broken home, had tragedies in your life, not received enough love, etc. and you identify this story to be you. *If that is the real you*, what happens to you in your deep sleep? Did you, the person with the story, disappears in deep sleep and come into existence when you wake up? Can something that disappears and appears be the real YOU? You may agree with me that you are more than that.

You are the awareness, and there is no real person living inside you. This awareness was there when you were born, is there in your sleep and will be there to witness your death. It never dies. Some of you might call this the Brahman, the Holy Spirit, the “Life Force”, Divine Feminine or something else.

You may have already begun the quest in finding the Divine Feminine, the real you. Your life experiences may have led you to this quest. Perhaps you are suffering from a life threatening illness, struggling with family feud, separation or a divorce, grieving the loss of a dear one, feeling dissatisfied in your job, facing critical financial problems to meet your needs, facing challenges with your children or other situations. You may have got some support to deal with your issues from a religious group, a self-help group or a support group. Though it helped you a bit, yet you feel that you are quite not there. You feel that you are missing something and must

do something, but, don't know what to do. **"DO NOTHING."** Simply **RECOGNISE** that **this quest is of the mind and that you are not the mind. This recognition leads to a sudden opening to the "Beingness" in YOU.**

The answers that you received from the above groups and people may have helped you for a short time. You now feel the vacuum again and have begun *your search AGAIN and this quest in finding the divine feminine may feel a never ending process.* Do you know **WHY it's taking this long** for you? Because, it's the mind that is seeking for **something outside you** to attach itself and to make you feel better. Sooner or later what's found outside you will fail. Something outside you, can't give you answers. **YOU MUST FIRST FIND the ONE who is searching. Can you find THE ONE who is searching?** When you look or search for that one, the mind will get confused in this process because it can't find a person inside you. Therefore it loses the battle. When this happens, your attention drops into that empty space within you. This space is where the Divine Feminine IS. Some may call this "The Silence," The Life force or the Spirit - which is the real you.

You can ***also awaken to the Divinity by simply observing your thoughts.*** When you observe your thoughts, you may notice different thoughts may arise. The thoughts of what you ate, the thoughts what you did or what you didn't do, then it will branch from there – feeling guilty of not doing, simply not measuring up, an old incident that took place years ago, not being accepted or loved, etc., will arise. When the thoughts arise, **DON'T TOUCH them.** Meaning, **don't associate with those thoughts that this is you or happening to you, but simply observe.** When you don't touch them, the thoughts will pass. Just observing and not associating with them, the number of thoughts will start to drop, and suddenly your attention will fall into that space, that empty space, where "You" (the person) no longer exists.

In that space, you may feel *there is no time* – meaning no past or future. There is **no restriction to space** – meaning that you're not confined to a limited body. There is *no mind.* There are no words. *There is no duality, no pain or pleasure.* There is a sense of lightness. As you ***stay in that space without the mind, you will feel a continuous expansion.*** Stay in that space.

*You may have some clarity that all these years that **your mind was in the way to your awakening.*** You may intuitively feel that all these years you have lived, identifying yourself with your past or the future – carrying a story trying to BE or BECOME SOMEONE, and it was all unnecessary. It may also appear that the roles that you played in your life as a mother, a wife, a daughter, etc., were to give or to receive love from others or to gain acceptance. You learnt all these from your early childhood. You were trained to look for something outside you for validation. **Simply recognize that the REAL YOU is neither a person nor the roles you play, but everything is happening in that space.** Stay in that space.

This space encompasses the divine feminine and much more. In this space, spontaneity happens and when a plan is needed that happens too, actions arise and other times stillness exists. In this space, **your mere presence impacts others, your compassion relieves suffering of others.** You may recognize this space inside you is the same as the one outside you feeling the oneness, that nothing exists outside you and everything of the past was from your distorted or conditioned mind and from the perception through the five senses.

Your mind was a hindrance for your awakening. It is because your mind got in the way of **DEFINING how a dignified or a divine** feminine should look or act for its personal benefit – perhaps for acceptance or to feel superior to others. When your mind defined how a divine should be, **then you tried to act the mind's version of it** – becoming a Good Samaritan or a dignified woman - meaning, To GIVE and be GOOD all the time. It may have caused you much stress, frustration and has depleted all your energy. It takes lots of energy to act good and give all the time. The problem was **that you were trying to become this divine feminine without knowing that you are already THAT.** You don't have to add anything to you to become the Divine feminine, but simply recognize what YOU ARE NOT. By now you may have an intuitive feeling that you are not the mind only, you are not the body only, there is no person living inside you, you don't disappear at night and appear while waking up, you are not the story. By negation you'll have a deep sense of the real you.

Some religious and other schools of thoughts help one to develop good qualities of a divine feminine, always leading you to strive and becoming. Though this path may assist you for a short while, after some time the stress or other life challenges will take a toll on you, having to choose between becoming a dignified woman or face the life challenges. You may / have ended up choosing to deal with the challenges and shelve your idea of becoming this divine woman later. ***This can be the downside of some schools of thought of becoming someone, believing that you are already fallen short of, instead of that you are IT.***

CONCLUSION:

You don't have to waste time anymore looking for that divine feminine outside you. You don't have to add special noble qualities to the real you. You are already IT. **It's time that you return Home.** You don't need an airplane, a ship or a car to return home. . **It costs nothing.** You **don't have to go through the rest of your life time** or many more lifetimes either. **Why won't you turn inward?**

Stop for a moment and **be** in that SILENCE. Recognize there is no person inside you. The person whom you thought is the mind's formation of your identity. Stop identifying yourself with your story. You don't have to carry it anymore. Stop associating with the mind saying that you are not measuring up. You have become your own critic.

You may think that you have missed the bus or missed the opportunities that life presented to you. **You didn't miss anything. You are here, you are life. You are not living a life but you are life itself – how can you miss anything in life when you are life itself**, how can you miss anything when there is no real person inside you to whom it's happening? You didn't ruin anyone's life, nor anyone did ruin yours. You are Life. **It's enough that you've suffered pain because of the mind.** Let alone the mind and stay in that SILENCE. In that silence, there is "Knowingness." Knowingness that you are that Divine Feminine, the Dignified woman that you've been searching for, calling you HOME. "Simply AWAKE!"

Bahi Krishnakhanthan

December 8, 2011