

Allowing – Everyday!

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By J.Hamilton

Life is so interesting and moving so fast these days – meaning we can learn from our mistakes so much more quickly, right? And assuming we are comfortably ensconced in nonresistance, life is even more interesting and even more insightful! Right? I have found incredible guidance in the quiet of nonresistance that is simply unavailable when I am in resistance or fighting what is wrong.

A few days ago, I got an email from a woman unhappy that I had not remembered our several previous introductions. Who knows how it occurred, but in all honesty, I did not remember meeting this woman. Well, long story short, she, and in no uncertain terms, gave me the heave-ho and made it very clear that there was to be no further communications with her.

This threw me for a bit of a loop for several reasons: 1) I really didn't remember meeting her and 2) my ego was a bit bruised at being dumped in such a distinct manner. Many and various possible retorts were considered and I noticed that I was stressing over this a bit. I was in resistance to what was occurring even though part of me knew it was obvious that we weren't a match, etc., i.e., there seemed to be no resonance. But I was distressing over wanting to right the wrong, and in wanting to have the right response; my nervous system was jangling in alarm and I was therefore out of sorts with my normal state of calm.

When our nervous systems are in other than perfect peace; when our nervous systems are in an alarm mode, "our lines are busy;" and access to the insight of Innate Intelligence is impaired. Could it be that hurt and pain and anguish and otherwise feelings that are out of sync with peace are no more than notifications that we are out of our connection with Innate Intelligence?

The next morning as I was beginning to mull this situation over again, I somehow quietly and effortlessly wrote a response email agreeing with her and wishing her the best. Suddenly the internal storm was over and I was again at peace. With just a simple adjustment to my thinking, I was calm again. I suppose this is the mechanism of forgiveness, but there was nothing to forgive because she did nothing wrong. I was simply agreeing with her. I call this nonresistance. It's also called *allowing* and it is also called Unconditional Love. Allowing things to be the way they are.. What's easier than that?

What a great opportunity to experience the subtleness of life and how very much we miss in resistance to what is. I am so pleased to have the ability to watch and learn from my mistakes and I am also pleased to be able to share what I learn with you. It is so much more powerful to let things be the way they are, maintaining the subtleness of our connection with Innate Intelligence and getting about our business with a guidance system that is always available if but we would just *allow* it to be.. There's that word again..

In recognition of our similarities.

Namasté

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About the author. J.Hamilton has been meditating for 36+ years and teaching personal empowerment for 18+ years. His book, **Visionaries Thrive In All Times: Blueprint for Reality Creation** (2005) is about the possibilities of individual and collective reality creation in alignment with Innate Intelligence.

He is completing a new book titled **52 Weeks of Visionary Focus**, excerpts of which are available each month in the [Vision Newsletter](#). His discoveries around nonresistance and witnessing life "smile by smile by smile" have become woven into these passages.

He has also recently completed (Jan 09) an eBook titled **Coherence Resonance Training** for the purpose of identifying access to nonresistance and the resultant Innate Guidance that becomes available. Key words: nonresistance, mindlessness, Innate Guidance, timelessness, solutions and timeliness. [Link](#)

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