

DECONSTRUCTING CONTRACTION

To understand what contraction is, let us begin by first talking about expansion.

Expansion refers to that state which extends itself beyond the limitations and boundaries of your body-mind where your sense of worthiness goes far beyond the supposed limitations imposed by your body and mind.

Many feel that expansion means to add something to your present condition but it doesn't necessarily mean that. Adding something is not necessarily the right measure to one's inherent sense of worthiness. It is, of course, not in conflict or opposed to that either, but addition in itself doesn't define expansion.

Much like space, no matter how many things are added or removed into and from it, space will always remain as space. Similarly, **you will inherently and always BE this SPACE, with or without anything added to it.**

Yet expansion often implies adding and contributing towards others. For example, visualization of being in unconditional love, or providing Seva or Service to others, etc. All of these help to feel a sense of worthiness and happiness and allow one to move beyond the boundaries of the petty self. **One moves beyond the needs, requirements and fixations of one's body.**

If you live only for yourself, you will live for maybe 70 or 80 or perhaps at most 90 years, but if you live for others, you will become immortal.

As Daniel "Devyam" Mills said on hearing this, **"Live for others, Live for EVER."**

The "practice" of expansion means simply sitting and enjoying this FULLNESS state of being wherein one begins to experience openness above the navel : especially in the regions of the heart, the 3rd eye and crown.

The greatest challenge to this however, are the contractions or sensations we feel from time to time.

Contraction appears in the form of a tension or compulsive attention focused on some part within our body that feel like a blockage, discomfort or knot mainly in our solar plexus, heart (sinking) or throat (choking). It happens when we get triggered by a person or a situation.

This state of contraction doesn't allow us to enjoy our Divine expansion due to the intense attention, energy and time it consumes. And the continuous dwelling in that, results in untold misery and suffering. For most, this becomes a habitual pattern and the body too begins to unconsciously "desire" or "crave" the toxic state of contraction much like an addiction which has serious adverse effects on the quality of our lives.

There are 3 ways to move from contraction to expansion :

One must fully be aware that whatever solution we are seeking would have to be addressed at the subconscious level as it is in this state that much of our self-imposed limitations and contractions are experienced.

The First way is the KSA (Replacing the subconscious with the conscious will.)

Every time you feel the contraction, simply move into the **choice of expansiveness**. In this step, it is a matter of making a choice with clear and forceful (yet gentle) intention. Given any situation that arises, between choosing expansion or contraction, what will I choose?

I shall choose expansion!

I need to strongly assert the expansive state for I realize that suffering is not what happens *to* me, suffering is what *I choose*, due to my obsession with the contractive state.

You may even need to point out to yourself the harm in holding this belief or beliefs and recognize that we have wired *ourselves* by resisting love and happiness and pleasure and to consider how damaging it is to continue to hold being in such a negative self-contractive state. And to realize at this point, that if I continue to hold it, it will only cause the brain to release *stress hormones* and I will only be programming myself to failure again and again and the body to further contract itself.

When I reason this way, it is possible that I can easily snap out of the negative mode. This is the attitude we need to adopt and mostly that will dissolve the contraction.

The 2nd way (Replacing the painful subconscious memory with a happy subconscious memory.)

If the contraction doesn't dissolve, then it means the issue is deeper in your subconscious than you thought and so you will need to dig deeper.

The reason the first step didn't help was because sometimes our beliefs in the subconscious are way too powerful and over-drown the voice of the conscious. I have mentioned this many times that the subconscious is way more powerful and operates 95% of the time. Often, we have counter-beliefs and intentions placed so the program runs parallel to what you consciously want and desire. Therefore, this step is to dig deeper into the pattern of the harmful subconscious memory files and understand that first and then replace it with a healthy and desirable memory of the past.

The first thing here (if the KSA of the 1st way doesn't suffice) is to actually be fully aware of the bodily contraction, in terms of the tension or knots within the body.

Then without judging them, just allow and embrace them so they can surface fully.

This will make us aware of the level of bodily tension and contraction we have been holding within us.

As we become aware of this bodily discomfort, we will also recognize that, along with that contraction, there is also an associated reason to feel so and then to inquire : **What is that reason?**

Upon inquiry, the underlying reason will then be revealed. You will notice that you have been *believing a story* which may be old such as one that says "you don't deserve love" or "that your partner doesn't listen to you" or "you're always abandoned" or that "you're so unlucky" etc. etc.

Now, **QUESTION** that/those belief(s). Do you *really* believe so? If you feel that life hasn't been good, question that by looking at times when life *has* been extremely good for you.

If you feel that your partner doesn't listen to you for instance, go through the memory files where he/she *has* actually listened to you. When you feel you are not able to attract a loved one into your life, go through memory files and look at times when you *were* able to do so.

So, embrace what is appearing as a bodily feeling and allow it to surface.

Observe the reason why you feel such contraction and then do the MOST IMPORTANT THING :

QUESTION that belief itself and see if you can find evidence in your life **contrary** to what you have been holding.

Sometimes, we need to actually visit an old good/favorable/happy memory to replace the one we are holding.

You will then, in most cases, understand that *subconsciously, you have been holding an unnecessary negative thought or story when evidence is CLEARLY to the contrary.* You might even be amazed how that happened. You may have an **AHA moment**.

Then, do the KSA... and now feel the vast expanse that you already are.

Hence the 2nd way can be summed up as allowing and embracing the sensations of contractions to fully arise and surface, looking at the belief(s) attached to those tensions and contractions, questioning them and finally tracing a happy old memory which provides contrary evidence to the belief we hold.

"Play to erase is the mantra" of the subconscious. Play a good old memory to erase the belief of a negative one. This should dissolve the contraction.

And FINALLY, **Way 3** (*Replacing the subconscious with the super conscious.*)

If you have tried the 2 methods above but still the contraction remains, then just **allow and accept it as it IS with a feeling of surrender and with no desire to get rid of it** (because you've tried and you just can't.)

That said, along with this, continue to hold the understanding of the fullness of your Self. This may still be a mental and intellectual knowingness and not the real experience, but **still hold to the Truth and TRUST** that this is the gate to an even greater and deeper state of expansiveness. It is IMPORTANT that while surrender is taking place, one should try one's best to place one's attention to the Truth of expansiveness of who you truly ARE, rather than being obsessed or focused on the contraction itself or any bodily sensations even though the contraction or bodily sensations may keep drawing one's attention to itself.

You must not get stuck at the gate but move ahead of it...to where it eventually leads...it may still all be mental through images or verbalization but you should continue to

relentlessly hold on to the ultimate understanding of TRUTH of who you ALREADY ARE.

The biggest QUESTION here is : In spite of all the tension, the contraction I am feeling at the moment, am I still holding on to the Truth, that I am ABSOLUTELY and EVER FREE from any sort or form of contraction.

It is OK, the contraction seems to be here to stay no matter what, but do I still abide in Truth (EVEN though it is all mental.)

As you continue to do this, that very state of contraction, tension, will itself provide the breakthrough!!!

All we need is to **retain the vision** and not lose sight of that NO MATTER WHAT. Then that constriction will eventually begin to relax and become free from fear and doubt. Partial surrender will lead to total surrender.

Usually, through this unconditional surrender and openness, you will receive a Miracle which shall **confirm and validate the power of Kriya Shakti and Guru KS**. An act of inner Soma healing gets initiated, releasing the contraction. An action may often automatically/spontaneously arise from within you or, the Universe will ACT on your behalf....paving the way for expansion by offering breakthroughs (in work, relationships, wealth, health, etc) that you may never have imagined could happen! The act could be inner (through spontaneous Kriyas up and down the spine or rising energies from sexual organs) or it could be in the outer world, making constructive changes there.

Note : Utter trust in KS is ABSOLUTELY essential for this to happen and this "end-stage" does NOT happen until after Ways 1 and 2 are complete.

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