

# Vulnerability

*an essay by James Fricker for [www.elohim.com](http://www.elohim.com)*

## INTRODUCTION

**“Only to your degree of faith, your degree of surrender, does all healing (which is spiritual growth), occur.”** This is a key Truth taught by so many masters.

But what is your spiritual surrender? It is your deliberately chosen openness, willingness, and giving up of all restraints, obstructions, resistance, inhibitions, emotions, attitudes, perceptions and outgrown beliefs, and even the surrender of illnesses you may be attached to.

In being born, you have made a contract with God to manifest His Love on our special planet, the water planet, Earth. In your small (or large) way, you are contracted to be God's Creator in our physical world, and in so doing, to unfold your consciousness. You are now in partnership with God.

The uniqueness which is You, is your physical body, your conscious personality (your ego or lower self), your spiritual body, your higher self and soul, all linked as an intricate creation for the densest living manifestation of highest God.

Being incarnate, you are a magical pipeline of God's Will, Love and Power for on-going creation from the highest planes of your sacred atom, through your mental then emotional and then through your dense physical bodies. You, being a human alive in a mortal body, are a very special instrument of God. You are not a rock just sitting there, or a plant just growing to be eaten or to be beautiful or to transform CO<sub>2</sub> into oxygen, or an animal driven by hunger, preservation, and instincts to reproduce.

You are a uniqueness, such a special reality, a divine, loving being, the only being that consciously translates the highest will of God, through compassion, through sense of purpose, to transform our physical world into Heaven on Earth through your special attributes.

Now, by reading this special magazine with the sacred name, Elohim, you are at the stage of consciously striving for return to the Godhead, for reunion with God. Your soul yearns for return to that heritage of deepest unity with the Love of God. You seek ways, techniques, practices, literature, web-sites, people, and communities to help you in your true quest.

Now you are reading this article with the unusual title, “Vulnerability”. What has this got to do with your quest? EVERYTHING!

You are at the stage of the evermore subtle battle between the animal man and the divine inner man, between the ego and the soul, between reactive, defensive, identity and non-identity of pure Love existing as active Being. You are shedding the old to make way for the new, and you are looking for tools. Your tools are love, faith, surrender and vulnerability.

Your yearning is divine **Love** awakening. Your ever growing wisdom, your ever changing understanding of how things really tick, your ever increasing Big Picture, leads you to **Faith** in the inner and greater reality, God, and His divine Purpose. In God you trust to a greater and greater extent. The Love from the angels, from the immortal beings, your discarnate ancestors and friends, cannot help but respond, and do. You are surrounded continually by their Light and their Love. When you are down, you are not aware of it. But by your soul stirring, you now feel moments of bliss, then more frequent experiences of the pure joy of walking in grace with God. And what is

happening concurrently? Your ever greater surrender to the higher forces, and always concurrent with that, is your voluntary greater vulnerability.

Now, how can you help this growth process? How can you better avoid diversions, errors, misunderstandings, and foolishness to keep on the straightest path of service to, and growth towards God? The answer is your **tuning** of your surrender, your **tuning** of your vulnerability, by learning to know how to steer your ego. Your love of God is your compass; your sensitive mind is your command centre; your surrendered, vulnerable identity and obedient body are your instrument; and the world's response is your feedback.

A wise man learns from others' examples, so here are some:

## EXAMPLES

1. A keen group of Christian women attend a weekend camp to renew themselves. (The event was a Mother's Day gift from their families – a weekend where none would have to cook, in a beautiful mountain setting, not bothered by children or husbands. How lovely for any woman who has mundane domestic chores day after day! I hope other husbands will follow this example.)

Upon wise advice, the women drink lots of pure water to aid the flow of spiritual energy. A beautiful sermon on growth through surrender is started. After an introductory talk and hymn, each woman is invited to write down all the negatives, all the dross, that they wish to expunge from their lives. Nearly every woman is touched deeply and opens her heart and pours out her grief in her confessional message to God. They fill their pages with what they dislike about themselves, their fears, frustrations, loneliness, and guilt. For one woman this stage is unbearable and she leaves. The completed pages are collected and burnt symbolic of the Christ absolving them of their sins.

Next, each is given a beautifully decorated "Thank You" card. Each is invited now to write all their dreams, all their wishes, of what they want for themselves and their families. Every lady writes assiduously, filling every bit of space, inside, on the back cover and even all over the front cover. Then the completed letters to God are sealed in envelopes and put in their Bibles, never to be opened for God has already read them. But the keeping of their letter will remind them of their shared miracles.

Next, with guidance, the ladies form in pairs, and look into each other's eyes. In turn they pray for the other, deeply, and tears flow freely as the barbs of their negative attachments are rendered from them. Then tears of joy follow as the love of God within is awakened from their own hearts by their own free wills.

Lastly a prayer of anointing is given and every lady present feels God's Love and Mother Mary's blessing and compassion sweep over her, purifying her. That is, all but the one lady, the one who would not surrender, who would not invite vulnerability.

2. We each eat, work, and sleep, in trust of God, with continuous vulnerability and susceptibility to all manner of inspirations, all to our individual degree. From our mortal perspective, we perceive events as happening sequentially by cause and effect. But the source of all is in God's realm, the true home of our souls.

Before the World Trade Centre was even on the drafting board, the concept of twin high buildings perfectly designed for their intended physical and spiritual

purpose, was already in existence in the spiritual world. Likewise, all those occupants who were later killed, and those injured or traumatized, had lovingly made their commitments, their spiritual contracts, for their great sacrifice, even before they were born. The engineers and the developers, in their innocence, in their open vulnerability and receptivity to divine inspiration, designed unique buildings never before seen to ideally meet their imagined criteria. They created a magnificent pair of high towers. To their conscious criteria, the towers performed perfectly withstanding strong winds for many years, and millions of people worked and passed through them to enjoy the exhilaration of seeing physically from high.

Then in 2001, a few souls with beliefs moulded by an extreme environment (a reflective creation of the world caused by all sorts of injustices), with yearning to their own concept of God, made suicide attacks and brought the buildings down in the heart of the world financial centre. The result was a world spiritual and mental earthquake. The emotions, the false securities and complacency, were almightily stirred throughout the world, and people asked "Why?" in a deeper level than ever before.

God does move in mysterious ways. Whatever man does, with whatever motive, God completes to His purpose, forever unfolding perfection. What compassion and heart openings were stirred by this event, in firemen, rescue workers, and in sympathetic people worldwide watching their TV screens? What spirits were stirred and are still awakening as a consequence? And what other incident or method could have awakened the world's compassion and deep re-thinking on religious tolerance, on world peace, with fewer deaths? In what better manner could the world be awakened to the futility of physical defence against modern warfare? Our mortal vulnerability is now awakened and starkly revealed. Now and consequentially, beautiful messages are being absorbed from souls such as Amma *"Our aim should be not just a flourishing and prosperous world, but a world distinguished by peace, cooperation, unity and compassion for all living beings. In this universe it is Love that binds everything together. Love is the very foundation, beauty and fulfillment of life."*

## **VULNERABILITY & THE ASPIRANT**

For increasing levels of light and love, he must shed his baggage. That baggage includes fear and vanity, and with this shedding he makes himself vulnerable, open to attack, and there will be challenges from the everyday world. How often have you seen nice children being picked on at school, teased, bullied, beaten or robbed? In the innocence of their soul expression, they have deliberately incarnated or learned a higher response, *"open vulnerability"*. They are the sinks for the world's frustrations, anger, jealousies, etc. Many, being born of spiritual families, learn to consciously *"turn the other cheek"*, to *"love their enemy as thyself"*, and in so doing, are spiritually elevated by their numerous trials as they walk lightly through reception of karmic debt. So many others have operated unconsciously, responding with anger, and feelings for revenge. This includes numerous victims of crime, of brutal attacks, of rape, of wife batterings and child abuse. All have in common the soul choosing to express vulnerability to welcome payment of negative karmic debt.

On an adult and material level, many are aspirants without even realizing it. They deliberately expand their trust, their faith in God (especially the God within), as they pursue thrill seeking high risk activities - rock climbing, cave exploring, bungee jumping, parachuting, ocean yacht racing, kite-sailing, and extreme sports of high speed, skiing, high diving, cycling, and even motor racing and bomb disposal. All these activities are

developing spiritual aspects of the soul through deliberate acceptance of vulnerability tempered by skill, physical development, and self control.

And on the Path, every aspirant must be increasingly receptive, must silence his defensive mind, open his vulnerability, and test his comfort zone to welcome in the unknown, in trust, in love of God, in desire to attune to God's Will that he may serve better. He welcomes the vulnerability for he knows there is no Devil, that all he receives is what his own self puts out. And for deeper and deeper levels of receiving from the spiritual hierarchy, he voluntarily increases his vulnerability. He may consequently suffer physically and emotionally, but the tears he sheds are tears of joy as he knows all he receives is from God. His heart bursts with its on-going expansion.

Acceptance of increasing vulnerability is fundamental to the unfoldment of the soul. The soul is permanent, but its expression relies on the ever increasing change and flexibility of the aspirant. The world's needs are numerous, the tasks are manifold, the true servers, although increasing, are still few. So each must be adaptable, meeting true needs in his vicinity. What use is a professor of physics if at a car accident a healer is required? We each must broaden our skill base and this can be a challenge. Integrated development is the highest goal. It is also the shortest and safest path. It is too easy to only practice the "things we are good at" and develop them further becoming lop-sided, even unbalanced. Often this happens due to vanity. Try the change. Be vulnerable, be prepared to be a beginner, learn something new. A master pianist can be the most humble human as he chooses to learn to paint from scratch as a beginner with clumsy brush strokes. He is not afraid. He has chosen to be vulnerable for the greater good, the learning of a new skill.

Likewise, you may be the greatest accountant, be a manager of a great company, and be starting on the quest for the Holy Grail. Humility, the acceptance of vulnerability as a beginner, the surrender to God, without vanity, with increasing trust, all driven by your unfolding love, the Christ within you, can make this a fast roller coaster of a ride - uphill, to the highest peaks of heavenly joy. As a beginner, observe your development in relation to your past, not in relation to others. The feedback loop will then be true and be positive. Each of us have our own unique individual qualities.

I know, for although I am an engineer by profession, I dabble in art. On an absolute level, my art is nothing like that of a Picasso and you may laugh at my life drawings for their poor representations, but, I in my innocence, do them with great joy as a vulnerable beginner. I feel the soul of whoever I draw. Tears may come to my eyes from my love of a fellow soul who has exposed their physical self for the object of my painting.

Choosing to be vulnerable as a beginner is an expression of trust, of confidence in the higher self, and it can be a great opportunity for others with less self confidence to gain self confidence by their looking down at your lesser ability. What low self esteem must the poorest and unskilled have? May my weakness in areas be evident so that he may gain self esteem, then one day he may have pride in his soul, and eventually be enlightened and develop a self-esteem not founded on comparison with others. We are all co-dependent, each linked to every other by rubber bands of varying tensions. The rubber bands are the Holy Spirit and the tensions are the force of Divine Love.

Vulnerability is part of the duality consciousness of the 3rd Ray. Now, as the 5th Ray is about to come in fully, vulnerability will be revealed as part of the illusion of fear. As Light and Love transform our world, moving not just into us, but through us (as we let it), fears will dissipate and so will fear of vulnerability. Human vulnerability may then metamorphose to the nature of our Mother Earth with its myriad of life forms totally, lovingly, vulnerable to each other and to us humans. The partner of vulnerability is trust; one does not exist without the other. And trust breeds faith.

Our current Earth lesson of trusting, is the lesson of acceptance of vulnerability, living without so-called defense weapons, without security fences, with eyes open to gaze back into the eyes of strangers, with empathy. Ghandi was an example. May we each be an example. In God we trust. Thus we pass another pebble on the cosmic evolution path.

## THE PRACTICE

As we surrender our wills and our dross to God, so do we increase our vulnerability to change, the changes requisite for spiritual life.

This is not a game of foolish materialistic vulnerability, of conducting tests like leaving your car unlocked with the keys in and saying "I trust God to look after the car". Asking divine powers to act in such a trivial way when a simple twist of your key would have substantially the same effect is rather thoughtless and selfish.

No. In our examination of vulnerability, we are considering exposing the depths of our egos to divine changes, of volunteering to massive realignment of the personal conscious identity we call our ego.

In theory you may know yourself as part of God, but the ego which is your conscious identity, is most likely in that long struggle of *"being spiritual"*, of wanting to be a continuous expression of divine Christ-like love. But every now and then (or more likely, all too often), little incidences threaten your comfort zone everyday. A driver may honk his horn at you and you respond with an instant of anger. However brief, that instant is a sure indicator of the truth- you are still living in duality consciousness. *(God is everywhere, everything is God, you are God, the other driver is God, so he/she is you, on the higher spiritual level. If you love God, then you love the other driver as yourself.)*

No matter what your will, no matter how hard you try, it seems you never conquer your body's and mind's instinctive preservation responses. So what do you do? The answer may be in a prayer like –

*"My Father God, I am nothing without you; I am nothing while separate from you. Not my will but Thy Will be done. I surrender my carnal self. Make me, mould me, as You Will."*

Or pray **"May I be as God Wills in all planes, in all space, in all time"**. And this will happen to the degree of your surrender, to the extent you bare your ego and make yourself vulnerable, and to the degree of your obedience to the insights.

For any prayer, for every wish, your invocation is always instantly followed by a complete spiritual response, a perfect packet of divine energy stirring, which is every bit of what is needed. Not less, nor more. Then, according to your receptiveness, your vulnerability, the spiritual response is manifested in our sensed world.

**This is your key to your liberation: It IS up to you.**

The spiritual hierarchy, from highest God, to Jesus, the archangels, your ancestral guardian angels and deceased friends, and all spirits, are not limited by our earthly garment. They perceive Truth with a capital T and respond instantly, continually, to our needs. With everything we do, everything we wish, the limitation is ours. For anything you resist, blame no-one but yourself, and don't blame yourself either for this is the experience you needed to learn for your unfoldment.

The transformation in you, each minute, each day, is limited not by God who is infinite, but by the limitations to your surrender, to your vulnerability. Your reality is **your reality**, no one else creates it.

## SUMMARY

Every minute aspect of your reality, is **You** (as God) creating it. So it is so with your surrender and your vulnerability. Thus your vulnerability is your choice. This is radical, but true, in every aspect. Your vulnerability may be cloaked in physical shields, by armour, by a weapon in your pocket, by your strength, by your black belt in karate, or your vulnerability may be cloaked in the divine, the invisible white cloak of the saint. According to your perception, make your cloak. (Remember the ANZAC stories of soldiers rescuing their injured mates without being shot? Remember the many Jesus stories of his fearlessness in His divine work, in healing on the Sabbath, while He remained untouchable?)

Fear not, for God and His Love **are** everywhere, in every atom, at your command, awaiting your surrender, your obedience. Be vulnerable, receive the anointing, awaken your perception, and in bliss, serve God deeper every day using your own, personal and uniquely perfect individual skills and knowledge.

As God says, "My care is everywhere". In Christ we Live. In God we Trust.

PS Do not feel sad for the lady who walked out on the transformation miracle. All happens in God's perfect timing and that lady will absolutely one day also walk with the saints.

*Postscript:* James thanks all the wonderful people he has met in his life, and particularly Louix Dor Dempriey, for helping him to realize this tiny perception of God's infinite complexity. James may be contacted via his web site, <http://member.melbpc.org.au/~amos/>