

Article on Letting Go of Control

Interview with Mirabai Devi

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What are the different ways that we as humans control?

We control in every way possible. We control Nature, animals, plant life, the weather and the environment. We control each other through hierarchical control systems. In its most extreme form: slavery. But what we do is no different since we have enslaved the planet and all life forms through our need to control all resources on the planet. And then we fight over these resources.

Why do we as humans feel the need to control situations, things or other people?

Because we are not connected to the source of the Divine Self within. We are trying to get our worth from our environment. We are trying to get and gain our power from others instead of the Divine within.

Attachments are a part of human nature. How do these attachments to things, people and situations play into our need for control?

We control things because we are afraid to lose them. We want to keep everything in our life and not lose it. By controlling it we actually push it away because our attachment to it makes us weak and vulnerable. So by controlling it gives us a false sense of power and strength over our own vulnerability.

Expectations are also a part of human nature. How do expectations impact our need for control?

We get disappointed when our expectations are not met. Rather than get disappointed we like to control situations, people and things to avoid having to feel disappointed. Our ego really believes that it can be in control of everything, but all that does is push us further away from a vulnerable receptive place where we are in harmony with all life. When we control, we have to dominate. When we dominate there's no mutuality or equality in any situation. No one likes to be controlled or responds well to being controlled.

My spouse or partner controls many things in our relationship. How can I change this?

Many people have this experience of a controlling partner. We have to look at the parts of ourselves that feel out of control and need someone else to be in control. We can never change someone else but we can only focus on what that other person is showing you, what you are learning in this situation, and then adjust yourself accordingly.

Does this mean I have to leave my spouse?

Everyone wants to have a meaningful relationship. In the process of focusing on ourselves, our own growth and our self-discovery, it might be that your partner is also able to shift, change and awaken. There is nothing more heartwarming than when two people in a relationship are able to shift and grow at the same time. Nurturing the perfect relationship with the right person is not always easy, but a relationship rooted in a spiritual connection may have a greater chance of endurance.

It may also possibly mean that you might have to leave your spouse because you can't change the other person. If in the process of changing yourself that they are unable to make these changes, it may not resonate for you anymore to need to be controlled in the different areas of your life or relationship. Control is based on an old, limited third dimensional paradigm of relationships. Control doesn't bring freedom, safety or peace; it only generates a power struggle within yourself and within the dynamic of your relationship.

How do you live a spiritual life in harmony with Nature and other people instead of controlling everything? Where does this need to control come from?

We need to ask for help in what we need or want from the Divine and not control through force. Learning how to *not* control requires living life beyond the ego nature, since the ego nature is in fear, lack and limitation...therefore the ego has the need to control.

To live a spiritual life in harmony with nature and others, one must live in the heart through guidance and intuition which comes from Spirit. We must

be in harmony with all of nature and all life by respecting nature and treating it as sacred, including animals that we eat, plants that we grow for food, trees that we use for paper and wood, and the natural resources that we mine off the planet.

Free energy has taught us that we don't need these natural resources anymore. We get free water, run cars and light up a whole city without electricity, coal or gasoline by tapping into the power of solar, wind and ocean generated energy to replace these old limited resources on our Earth that are being tapped out.

by harnessing the energy by wind, water and the oceans and the sun we can sustain whole cities and run cars and other transportation. We know this but we are just caught up in fighting and controlling all natural resources on the planet, which are limited.

It's the same thing in relationships. We are outgrowing the model of power, control and domination coming from a fear-based, unworthy, lack consciousness, where through our fears and insecurities were needing to control and dominate over other people.

How does one balance the disappointment from having expectations?

Swami Satchidananda had a wonderful saying: "have no expectations, have no disappointments." Being attached to outcomes doesn't work when change is a constant. This doesn't mean that you don't set your sights on things you desire, goals you want to attain or dreams that you'd like to see manifested. Just know that everything is subject to change in the material world. It's best to let the Universe bring it to you, allow it to come in any form that is in your highest good and surprise you by exceeding human limited expectations.

Another great saying about expectations is, "if you want to make God laugh, tell God your plans."

We learn as children to set expectations. How does one reverse this and not setting expectations?

It's a deprogramming of conditioning and definitely a work in progress. It's about staying in our hearts and coming from Love, and staying in the moment and not placing expectations on other people. Love is the opposite of control.

Humans are limited and they are not functioning from their Divine capacity if we place too many expectations on them.

It's important that we have a spiritual connection to God above anything else.

Are there any specific prayers or spiritual practices that I can use to help me to open release control?

We will be including two specific forgiveness prayers in this month's program that will help to cleanse blockages to control. One of the prayers will be a Forgiveness Prayer by Howard Wills and the other will be a forgiveness prayer that I will write specially for this month.

I will also offer an Affirmation statement that when used daily will change your subconscious belief systems and reprogram them into a more positive version of what you want to release, ultimately helping you by raising your vibrational frequency above the ego and its illusion.

Light transmissions are also very helpful for this. Light transmissions are particularly effective in breaking up old stagnant belief systems, habits, fear-based programming and behavior.