

## FOUR

### THE POWER OF LOVE

#### Meditation 03: Ownership

*“Freeing yourself was one thing; claiming ownership of  
that freed self was another.”*

Toni Morrison

Continuing the theme of duality raised in this ‘chapter of the mind’ where we deal with the pivot points, the balance of power between physical and spiritual, we come to Ownership, and at first glance ask: ‘Whatever is that idea doing here?’ Aren’t we supposed to be about giving it all up?

No, we’re not, in a word. We’re about raising our consciousness, becoming elevated beings, in the world around us and making an impact on that world around us through our spiritual powers, re-discovered and re-created in the ‘elevation’ process. We’re about engaging, not disengaging.

This meditation is about owning that process, a step-by-step journey in real time which automatically also gives you ownership of the final result – your newly created, or re-created, Self. (Not that the result is ever ‘final’, of course. There’s always a higher stage.) Ownership means Responsibility (which has a meditation all of its own in this chapter), in the sense of settling on something then being ready, able and willing to take the consequences. We’re in it for the long haul, ladies and gentlemen. If love wasn’t driving us, we wouldn’t be able to claim ownership.

We are, however, talking about ownership of something subtle, of an idea, an experience, of the Self. Seen in this way, the duality comes up between the self with a small ‘s’ – yourself unenlightened and un-elevated, going about your daily body-conscious business – and the Self with a capital ‘S’, the Soul. Can’t own a Soul, can we? Can we own energy? Can we own our Selves? Isn’t the Soul itself the Owner?

Duality all the way. It's another yes and no. The subtle spirit, the Soul, in its pure, powerful, peaceful original state, has no attachments. It is simply the blissful light of a pinpoint of pure consciousness, burning steadily without ever consuming itself. It owns nothing because in that state it just 'is', there is no 'doing' of any kind involved. But when it's working on itself, it's working on owning itself in the sense of controlling itself. And that also goes for the small 's' self and the capital 'S' soul. With ownership comes power, but also duty to the self, the Self and others to administrate that power with grace, harmony and beauty.

Another way of looking at it, couched in yet another duality, is to see ownership as stewardship. This gets round the whole problem of a non-physical Soul owning anything, even an entirely non-physical subtle process and end result. The notion of stewardship celebrates what you have got – the luck, for instance, to be able and willing to follow this high path, the ability to communicate it to others – as a gift. You are looking after your gifts, taking care of them because they have been entrusted to you, but in the end they are not yours to get smug about. Great power comes from this realization that what is yours is not yours. It means you will discharge your duty of care without arrogance and attachment, and will also be better able to meet and combat obstacles on the way because you don't have to defend, explain or apologise. It's a power coming through you. It's You but not yours. If you behave as if the power coming through you is yours, it becomes tainted with possession and fades away.

To own, to truly own the power that is You, is to let go.