

Changing Our Thoughts - The Metaphysics Of Winning the Internal Thinking Game

A metaphysical article by Rev. Bil Holton, Ph.D.

There is a great story that illustrates the advice Jesus gave the disciples when He sent them out to tell people the good news -- the news that the Kingdom of God is within. It is about a conflict between the Wind and the Sun, about who was the most powerful. The Wind believed he was stronger because of his destructive might in tornadoes, hurricanes, sand storms, and thunder storms. He pointed out his ability to turn a simple cigarette or lightning strike into a raging forest fire which could level hundreds of thousands of acres of forestland.

There wasn't a day that went by without the Wind boasting of his power. The Sun grew tired of the Wind's arrogance and decided to settle the matter once and for all. He challenged the Wind to a contest.

"Look, you old wind bag," said the Sun, "I'm going to prove you're not as powerful or influential as you think you are."

"Oh, you are, are you? Just how do you propose to do that?" taunted the Wind.

"See that old Truth Student down there taking a walk."

The Wind whisked himself around to get a better look. The Wind smiled his pleasure and sent a taunting gust of wind to knock the Truth Student off balance.

"Ha! Ha! Ha! Yes, I see him. Kinda puny isn't he? Surely you can find a better subject than that pathetic old Truth Seeker!"

The Sun's voice did not waiver as he leveled his challenge. "I challenge you to blow the Student's jacket off his back."

"Ha! You're making this much too easy. In a short while," he boasted, "I shall rule Heaven and Earth."

He began to blow, playfully at first, to disorient the Truth Seeker. To his surprise the man held onto his jacket. The Wind blew harder, sending him ricocheting back and forth across the street -- but the man clutched his jacket even tighter! The harder the Wind blew, the more the man resisted.

The Truth Student's tenacity angered the Wind so he sent huge gusts of wind which pushed him into parked cars and against the sides of buildings. But the man would not let go of his jacket. Another fierce gust of wind blew the man's hat off and knocked him down, but the man clung to his jacket all the more.

Finally, the Wind gave up and challenged the Sun to succeed where he had failed.

The Sun smiled and sent radiant rays of warmth upon the Truth Student. The man stood up and brushed off his jacket and trousers, welcoming the change in the weather. In a short while, he began to perspire. Beads of sweat began to appear on his forehead and neck.

The sun continued to send radiant light and warmth upon the Truth Seeker who first unzipped his jacket and then took it off.

The Sun's "soft sell" approach was much more persuasive, wouldn't you agree? The Wind's agenda was to rip the coat off the man against his will. The Wind had confused loving invitation with harsh influence.

The Sun, on the other hand, knew the essence of tactful influence and that the best kind of persuasion is showing warmth, kindness, and understanding through letting its light shine -- instead of intimidation, force, judgmentalness, or humiliation.

The Sun used the same secret Jesus understood when He cautioned His disciples not to force Truth principles on anyone. He encouraged a soft metaphysical approach. The message is in three of the four Gospels, so it is an important teaching. It appears in Matt. 10:7;10-14; Mark 6: 7-11; and Luke 9: 1-5.

The literal translation is fairly straightforward. Share the Truth with those who are ready to hear it. If you meet with resistance or disinterest, don't force the issue. Shake the dust off your feet and non-judgmentally continue your Truth walk.

Metaphysically, this passage is rich in timeless wisdom. I'll explain the key words and concepts first and then offer a metaphysical interpretation:

Jesus: that within us which recognizes and conscientiously strives to fulfill our Christ Potential

Kingdom of Heaven: Christ Consciousness

Twelve disciples: the twelve higher consciousness powers within us

Town or village: a collection of accepted views, a belief system, a particular point of

view, socially accepted behaviors

House: individual human consciousness

Shake the dust off your feet: denying the power of the superficiality of materialism or the unhealthy lure of outer appearances to cloud our spiritual understanding

Metaphysically, there are **three important lessons** with a spiritual meaning:

1. As we apply our growing awareness of Truth principles (the 12 powers, represented by the 12 disciples, which are quickened by our I Am-ness) to our existing beliefs and habitual ways of thinking, we will meet with some internal resistance. It is natural to feel some inner fighting whenever we are stretching our spiritual awareness.
2. Some of our beliefs will be easy to change. Others may take awhile. Be patient with yourself as you shift your thinking to the new, higher spiritual Truth.
3. When we encounter resistant thoughts, attitudes, and beliefs, we must deny the power of materialistic inclinations to cloud our understanding (shake the dust from our feet) and continue to walk the spiritual path on practical feet. Acknowledge the resistant thoughts, verbally deny any power they may have, and replace them with positive statements affirming the Truth of what you believe.