

## RESPONSE ABILITY

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Greetings beloveds! It would be appropriate to speak today of reaction versus response. But first let us start with a word that seems quite ugly for most: responsibility. Most hearing this word instantly assume that it means blame. In fact responsibility has not even a hair's breadth of blame in it. Responsibility: the ability to respond. Response ability: that is responsibility – developing the ability to respond.

What is a response? A response is a manifested result of the expression of heart and mind in harmony with each other. Only when the energies of the heart combine with the energies of the mind, can there be a response. A reaction ensues when only energies of the heart are present. The mind plays no role in a reaction. The heart space brings up emotions - emotions that are entangled with different issues that lie within you, emotions that are entangled with memories that lie within you, emotions that are entangled with past residues and emotions that are entangled with future hopes. From that space of entangled emotions comes a reaction.

When an event takes place, and a feeling arises, which is instantly understood by the mind space, then the resultant expression is a response. Let us give you examples. She speaks to her, calls her a liar, a cheat. In the heart space lie emotions entangled with past friends who have accused her of the same. Those feelings instantly rise up as soon as these words are heard. If the mind energy at this point is not called upon, she will react to the words either aggressively or with tears. But if she has the response ability, when the feelings arise, she can draw into the heart space already full with feelings, the mind space energies which will help her to understand **why** those words were used, and this might help her to recognise that she spoke the words in jest, and the reaction has its origin in a past event. As soon as the mind energies mix with the heart energies and there is *understanding* of the feeling, she will respond in a positive manner.

Responsibility is not about blaming yourself. Responsibility is about understanding yourself. Responsibility is about understanding your role in the event. Responsibility is about understanding how you created this event, and responsibility is about knowing why you created this event. When the who, why, what, when, how, are answered by the mind space energies, the heart space energies lose their disentangled state, and are able to express themselves in balance, even when you are upset. Yes, you are all living in the human realm, and there are many events which you will not be able to control. Yes, you are aware that in the larger scheme of things, they have been created by your consciousness, either personal or collective, but still, they are out of your control.

For example, a close one passes on – an event certainly not in your control. And if the passing on should be due to accident or another traumatic departure, the emotion of grief, of shock, cannot be explained in words. These are events that you have no control over. Instantly, the heart space energies will rise to the fore. In an event like death, you are not only reacting to the departure of a loved one, to the loss and the separation, you are also reacting from condition beliefs about death. Thus emotions are even more entangled. In such a space,

when mind space energies cannot filter in, the heart space energies express themselves as reactions. We are not, here, referring to healthy and positive expressions of grief. Response can also manifest as grief, but it will not manifest as rage, as desolation, as despair. The mind space energies, however fleeting and fragile they may be, would remove these reactions, overlaying the heart space energy entanglement with the understanding that death is the mere opening of a door. And thus though you are upset and though you are in grief and though there are strong expressions of grief, there is still response to the event, and not reaction.

Beloveds, response ability is not about accepting blame or apportioning blame. In fact blame comes from the heart space, not from the mind space. Let us explain response ability in terms of human evolution. When evolution is restricted to the strongly dense energy structure, the mind space energies have no ability to overlay the heart space energies. Understand one universal fact: the denser the energy structure, the weaker are the mind space energies and the stronger are the heart space energies. The more refined the energy structure, the stronger are the mind space energies and completely modified are the heart space energies, for the heart space energies will not come through entanglement, but will flow smooth and unrestricted.

Response ability increases as personal evolution moves forward. And as personal evolution moved forward, it brings about a significant increase in response ability. Just shift the way you speak this word. Do not call it 'responsibility', for the mind has been conditioned to believe that responsibility is uncomfortable. Shift it to 'response ability'. In each situation, ask yourself, *what is my 'response ability'? Has my ability to react taken over my ability to respond? Has my ability to respond been able to overcome my ability to react?*

If you can shift your focus to this, you will find that reactions will be fewer. We will take questions.

*KS: A death or a disease or an unexpected illness can also tilt the...*

Most certainly, the balance of mind and heart, yes. When such large events occur, yes, the trauma, the shock of such events reduce the response ability - but momentarily. If you have developed your response ability, after the moment has passed, the response ability will return to the level it earlier occupied.

Now we wish to speak to you about taking responsibility for everything that occurs. Yes, in the larger scheme of things, every terrorist attack has been 'created' by you, but it is you as *collective consciousness* and not you as *personal consciousness*. This is where erroneous interpretation of this universal truth makes it difficult for people to take responsibility for large events, because they are unable to understand how, they, personally could have caused a terrorist attack several hundred miles away. Personal consciousness plays a role in collective consciousness, and the larger events that take place, take place in order to shift collective consciousness.

When large events take place, what is your responsibility? Your responsibility is to allow the mind space energies to help you to see where the heart space energies of rage, of revenge, of vengeance, of envy, of discrimination, still lie within you. That is your response ability to a

large event. But if you attempt to take responsibility personally for a large event, you will not be able to do so, and it will be a futile endeavour. You take responsibility of those similar heart space energy strands that still lie within you. We do not use the word 'if'. They do lie within you. If they didn't, you wouldn't react to the event, however large it might be. And your reaction may not be of rage, it may not be of revenge, it may not be of vengeance, it may not be of envy, it may not be of discrimination. Your reaction may be one of acute grief, sorrow, pity for the victims; but a reaction is a reaction, and a reaction can only arise from entangled energies. If the heart space energies were clear, completely clear, each strand lying smoothly next to the other, there would be not even momentary reaction, for the clarity of the heart space would instantaneously draw in the mind space energy and there would be merger, and instant awareness of the creation of an event and the purpose served by it.

*B: When someone passes away and you hear about it, but you don't really feel anything. Why is that? When you know, oh my God it's really sad... you may say it because it's expected of you but you do not really feel sad for it.*

And do not make excuses for that. As the mind space energies get stronger due to the refinement of your energy matrix, there comes what is known as detachment from those events that cause reaction. It is not that you do not sympathise or empathise, but you understand that the death is not a sad event, as may be construed by the other person who is in grief. Of course, beloveds, grief is a reaction and yes, when the passing over is of someone close and near to you, in spite of the fact that the mind space energies are strong, this initial reaction of grief will be present. But it will not be expressed in other virulent reactionary forms because even as you react in grief, there is present a response ability as well.

Before we meet next time, let all present in this room take a simple test each night before you should go to bed. *How strong was my response ability this day?* Do nothing else. Just be aware of the ability.

You cannot move into full hundred per cent response ability overnight. Your human world is a Ray 4 world – you only move from the I Am Not to the I Am. In fact, each time you react is a wonderful growth opportunity to expand the response ability.

Greetings, beloveds! You are aware that when we ask you to be mindful of reaction and response, your own master energies will give you full opportunity to be mindful.

Greetings from Lord Sananda.