

Life Flowing Through Us

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We come into the world innocent and ready for adventure. As children all is new for us with everyday discoveries. With good or even adequate parenting this newness stays with us and as we become properly socialized to lead productive lives. Before we know it we're heading into our young adulthood and then it starts to hit us: we're now supposed to be doing something with our lives. After all, isn't this what we've been preparing for up to now? We now have to be someone or do something that our family, culture, religion, or country has entrained or instructed us to be/do. The problem is that for many, this just isn't clear to us. We then might spend the next decade or so attempting to discover some meaning or purpose to our lives. Some actually do find a life calling while the rest of us often struggle with an emptiness or lack brought on by the original belief of needing to be someone extraordinary and do something special.

However, what if all that wasn't true? What if there was no one we "needed" to be or nothing we "needed" to do. What if simply just being was enough and there was no need for the attribution of any outside meaning? This may be hard to imagine, although many great philosophers and artists over time have attempted to point to it (e.g. John Lennon with his poignant anthem of the 70's, Imagine). One way to look at our lives is that these are not 'our lives' at all, but simply life living through us and there's no separate I. Imagine instead that we are merely containers for life to live through us in any fashion it presents itself over time. We can be seen as open ended vessels with specific egos and personalities that keep us functioning in a world of survival, and that life itself is arbitrary or neutral and doesn't have any agenda for us whatsoever or how

"our" lives should turn out. In the truest sense, this way of thinking would take away our specialness as well as our guilt and make us all ordinary, or the same, equal, or perhaps even all one with each other.

Let's see how this belief system might play out in the world. First off, we certainly wouldn't have any need for a public persona to present to the world as we wouldn't need to prove anything to anyone, given that we're all made up of the same ordinariness. And we would treat each other with loving kindness since we're all one and the same. We would certainly take good care of our bodily vessels so that life could flow through us in a healthy way with ease and grace. And we would not need to judge ourselves or others since again life would have no agenda or presupposed goal as to how to live or what we needed to accomplish. We would find ourselves doing what would feel natural, organic, interesting or helpful as we went along, being guided by what/how life needed to fulfill itself in any given moment. This living would be ultimately freeing and we'd find ourselves following an energetic movement of real interest and curiosity all the while trusting that by doing so all of our needs would be taken care of by life itself.

For instance when making a decision, instead of the familiar listing of pros and cons or simply reacting from habit or emotions, you might sit quietly, take some deep breaths and tune into a deeper place within. Then ask the question or list the options and notice what happens in the body. Perhaps you'll feel a little shift or tug or even some sense of relief when you hit on what would be of greatest benefit for all considered. Here the decision would come from you as the vessel being attuned to the

greatest good and then following the next natural steps toward that end.

This way of thinking also involves a manner of self-acceptance. It lets us off the hook for all we should have done or could have done differently in the past, since life flowing through us knows only the present moment and doesn't keep an accounting of the past. We all have much great potential that will never get fully actualized this time around, that's simply the way it is. Our early family of origin wiring has us predisposed to certain ways of being, reacting, and allowing, so that life can only work in and through the vessels that we are. It's easy to go back and judge how we might have made better decisions, but most often we were only as capable emotionally (our most powerful driving force) as we were at the time, so the decisions we made were the only ones we could have really made all things considered.

As we allow life to guide us, from this moment to the next, we also naturally let go of the need for someone/thing to follow. There'll be no need for a guru, teacher, preacher or priest, not that any of these still might not offer insight or education that would allow for a more interesting flow. But we wouldn't need them to survive in any absolute sense, nor would we need to hurt each other by attempting to prove which one is better or right. We'd spend time creating a healthy, peaceful, loving place to live where the abundance of the Universe could pour through each of us in an unlimited way.

Maybe we could all try this out for a month or two. And if you don't like the results then there's still the old way based on ego, judgment, limitation, punishment and all the ensuing dramas of good vs. evil. You can be the judge, or actually perhaps let the love and forgiveness of your heart lead the way. In the end, you'll know which feels better.



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