

Wayne Dyer and Getting in the Gap

By Julia Griffin

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Julia: *Getting in the Gap is about experiencing the space between our thoughts through the use of meditation and Japa or sound. How does this happen? What happens as we move into that space?*



Wayne: Everyone experiences approximately 60,000 thoughts each day and tends to have the same patterns of thoughts over and over each day. These repetitive thoughts are projected or created by the ego. The ego creates patterns of concepts in the material world that simulate the idea of safety and love, but we are really trapped by the ego.

Usually we stay with one thought until the next thought takes over. This process limits us and keeps from experiencing the Source that is in the Gap between these strands or patterns of thought. To create, we need a pause or gap between the thoughts. The gap or this space is the place that allows us to build, create, and manifest.

We can all experience the gap through meditation. In Getting in the

Gap, I use the Lord's Prayer and the sound 'ah' or one of the names of God. The sound of 'ah' is not only within the name of God; it is also in the sound of Allah, Krishna, Jehovah, and Ra. When repeated in a mantra while in the Gap, it keeps us in a prolonged state of consciousness with our Source.

Staying in the Gap helps us to experience the benefits of less stress, more peace, less fatigue, more energy. We also look younger and happier. We move into a creative place in which we can use Japa to attract what we want into our lives. Most significantly, we make conscious contact with God, the source of all energy.

Julia: *In Yoga, one lies in sivasana (or corpse pose), a receptive pose at the end of practice to balance activity. Is the place that you describe as the Gap similar to this and other states experienced in esotericism?*

Wayne: Yes, it is the same type of practice, the point of which is to merge with the Source, the highest consciousness level where we realign our inner intention to the creative force of which we are all a part.

Julia: *Japa is similar to intentional languages, such as Sanskrit, in which the vibrations of the sounds can actually manifest as shapes in sand or salt (yantras). How do the intentional sounds used in the Gap affect the meditation?*

Wayne: Sound accesses the dimension between the spiritual and the physical. The Source of Energy can be accessed through the use of sound. Everything vibrates at a certain frequency – this is a law of physics. These frequencies are not good or bad, right or wrong, but the vibratory rate of the frequency can be said to be high or low.

The sounds used in Japa bring about high energy that vibrates at a rapid speed. When our energy vibrates rapidly, we feel good, peaceful, receptive, and creative. Japa is a way of magnetizing the vibration of love and manifesting with this wave.

Japa can act as a shield for the lower emotions of others. It deflects the negativity of those around you. We can go into meditation and be

free of any response to negative emotion.

Negativity is eliminated from our energy field, and we not only feel good, but we become capable of transmuting the negative energy fields of others. Scientific studies based on the measurement of serotonin, a neurotransmitter that indicates the level of peace and harmony, have shown that exposure to the energy field of those who meditate raises the serotonin levels of the people around them. High energy actually changes hatred, anger, and sadness by elevating it into love.

Julia: *The ego creates projections on its need to feel safe and loved. We experience these projections in 3D or physical reality. I have noticed that many people feel that their lives are falling apart when they begin to meditate and manifest. What advice would you give to them?*

Wayne: There is no question that many people experience what I call a 'somersault' into an



inconceivable reality and face the possibility that what you thought wasn't possible, now is possible. The ego has difficulty letting go of its concept that you can focus on all things that are good, or that you can truly become a magician with real magic.

The ego starts to say that none of this can really happen – you aren't intended to be this way. Some of the thoughts of the ego are, “It will never happen. It's too hard. I can't do it.” If you can continue to go to

a higher vibration, then you can move through this resistance by becoming in harmony or one with the Source. In this state, you experience the least amount of resistance to all things.

Another issue for many people is worthiness. Learning to feel worthy and deserving of abundance is one of the steps of manifestation. You also need to realize that good and God are synonymous. The five most important words that you can repeat or say to yourself are, “I want to feel good.”

People ask, “How can you focus on good and feeling good with the war in Iraq or all of the other things that are happening in the world today?” My answer is that it is still essential to focus on the Source, the feeling that the world within and without is good. When your focus is on that thought, you project it to everyone, and the energy of peace, goodness, and wholeness is transmitted to the world through the antenna of your mind.

Julia: *In the book, there is a list of guidelines for those who have not practiced meditation previously. I think that they are important to have a sense of success when utilizing Japa. Would you tell us about them?*

Wayne: There is no such thing as a bad meditation. Even if your inner voice is persistent or loud, the time spent in silence is important. Just observe the inner voice and use it as a reminder to go back into the gap.

With time, the inner dialogue ceases. Meditation is like all disciplines in that it requires practice. Mastery occurs through time, and the practice of meditation eventually becomes joyful.

There is no right or wrong time. It is important to create your own schedule that fits best for you, as well as using the time at a traffic light or a pause in a meeting.

There is no correct meditation length. Approximately 20 minutes on a twice-daily basis works best for me, but I do meditate a lot. As I said before, even a two-minute meditation is useful.

There is no correct posture or place for meditation. Find what is best for you and trust your inner knowledge. Sitting, lying down, or kneeling are all correct postures. Any place is fine. I'm not particular about location, but some people prefer the same posture, chair, and location each day.

Julia: *You also list spiritual principles that are used as a focus of awareness during meditation. What are the principles?*

Wayne:

- 1) Become aware of your highest self. This awareness helps you know that you are more than merely a physical creation.
- 2) Trust yourself so that you trust the wisdom that created you. This principle establishes you as one and the same with the God-force.
- 3) Realize that you are more than an organism in an environment. You are an environorganism. This principle establishes your power to attract that which you are already connected to.
- 4) Know that you can attract to yourself what you desire. This principle establishes your power to attract that which you are already connected to.
- 5) Honor your worthiness to receive. This principle affirms that you are worthy of all that is attracted to your life.
- 6) Connect to the divine Source with unconditional love. This principle creates an awareness of the significance of accepting your manifestations with absolute love.
- 7) Meditate to the sound of creation. This principle gives you the tools for vibrating to the sounds that are in the world of creation.
- 8) Patiently detach from the outcome. This principle emphasizes the need to remove demands and become infinitely patient.
- 9) Receive your manifestations with gratitude and generosity. This principle teaches you the value of taming the ego while being thankful and serving others with your manifestations.

Julia: *To practice achieving the gap, your instructions focus on feeling centered in God, then placing one's inner attention on what is desired, detaching, having faith and saying the name of God. There are many different ways of focusing the inner attention. Do you mean to do this by visualizing what one wants in detail or simply on the feeling of the desire?*

Wayne: You shouldn't hold a visual image. Focus instead on the feeling of well being that you will have when you achieve what you are intending. In other words, how would you feel if what you wanted manifested? Take that feeling and combine it with the intention.

The key to Japa and manifesting is repeating the sound of 'ah' or name of the sound of God while holding the intention. The energy should be felt so strongly that you negotiate the presence of your desire by being at one with the same force that you perceive is missing from your life.

The first secret of success is to have a mind that is open to everything and attached to nothing. In other words, you may think you want to live in Georgia, but the best place for you to live may be in Texas. Your happiness or success can't be dependent on an attachment to a person, place, or thing.

Intention is not something that you do, but it is an energy of which you are a part. It is a force in the Universe that allows the act of creation to take place. In *The Power of Intention*, (released in March, 2004), I write about intention as a force in the universe that allows the act of creation to take place. Intention is actually a field that can be accessed for co-creation.

Julia: *There are some remarkable testimonials from your readers related in *Getting in the Gap* about their manifestations. I assume the changes in their lives occurred from the change from a place of ego to the place of the Source?*

Wayne: The ego creates all of the impairments and blocks to the divine plan of the Source. Problems exist as beliefs of the ego, which cannot conceptualize the spiritual mind. Our belief in separation

from God creates the attitudes that we label a problem. When we can let go of attachments and blocks, the Source creates whatever is needed in our lives. It is also important to create a state of self-worthiness, to know that you are deserving of whatever you ask.

Julia: *Why is it important not to tell others what we hope to attract?*

Wayne: We disconnect from the Source energy when we begin to tell others about what we desire. The energy frequency diminishes during discussion because the ego becomes involved. The attraction and manifestation should come through spirit, and it is easy to lose the connection through discussion.

Julia: *Finally, I wanted to ask about a quote in your book, “We can choose the ego when needed and can choose the power of our Source.” What exactly do you mean by this?*

Wayne: We can be in the ego state, and that state is finite. The ego state is one of limitation, of hatred, bitterness, sadness. When we die, all of the elements in our body return to the earth. The water in our body returns to the oceans, the minerals return to the earth. What is created in a night perishes within a night. What is finite is limited, and our ego reflects the physical state.

The Source is infinite. We can make a choice to be connected to the Source, and, in that space or Gap, we can encounter all Creation. The Source created not one but millions of Universes. It does not stop with one creation or one manifestation, and its energy is infinite. When we tap into the Source through the void or the gap, we can become an antenna or a focus point for the infinite. We immediately become receptive, open, loving, and free. There is peace and patience in that space.

We immediately know that there is no conflict, that everything is in divine order.

It seems that these are the only two choices that we can truly make. We can choose the ego with its hatred, bitterness, and fear, or the Source of all creation that lies in the gap between the thoughts and

assertions of the ego.