

Clearly Recognize the Interference from the Old Forces and Deviated Notions

(Clearwisdom.net) Recently, I was greatly inspired after reading the article written by a fellow practitioner entitled, "Looking Inward: My Relationship with the Old Forces and Their Deviated Notions." (<http://www.clearwisdom.net/emh/articles/2002/5/20/22228.html>) I finally understood the reason why those things that were meant to be eliminated by my daily sending forth righteous thoughts still existed: it was because I did not look within myself. In fact, I did not have a clear understanding about what exactly the old forces were. Therefore, when I was sending forth righteous thoughts every day, it was done rather blindly, which in turn provided an opportunity for the evil old forces to remain and interfere with me. For a long time, I could not break through this barrier and could not find its cause.

When I woke up this morning, it was five minutes before four o'clock. I knew it was our benevolent Master giving me a hint again. I thought I should not fall asleep again as had happened in the past. As soon as I had this strong righteous thought, I felt very spirited and got up to clear my own dimensional field, during which time I also added another sentence in my mind: Completely eradicate all the evil elements that prevent me from looking inward. After I recited Master's Fa-rectification formulas, I still felt unable to calm down as usual. So, I silently said to the old forces: In fact, you are also divine beings at very high levels. My Master has taught Falun Dafa, the Fa of the whole universe. I'm a Dafa disciple and I'm assisting Master in Fa-rectification. Instead of assimilating to the Fa of the universe "Truth, Compassion, Forbearance," you come to interfere with me. Aren't you following the path of self-destruction? Isn't it better to choose a wonderful future for yourselves? Why do you have to choose the destiny to be eliminated? At that time, I heard a voice in my mind, "You have not cultivated well." I said, "Even if I have not cultivated well, you should not deviate from 'Truth, Compassion, Forbearance.'" After I said this, I felt that all of a sudden the surrounding environment became quiet; even the birds' chirping outside seemed so soft that I could hardly hear it anymore, and my mind also became clear. The inner calm and serenity I experienced was beyond words. Filled with compassion, I sent forth righteous thoughts for ten minutes, without a single trace of distracting thoughts. The pent-up anxiety I had before completely vanished, leaving my mind in a state of purity and calmness.

After sending forth righteous thoughts, I began to do the sitting meditation. As soon as I crossed my legs, an anxious thought appeared in my mind about the interference of leg pain. I eradicated it immediately. As a result, I only experienced a tiny numbness in my legs after half hour of meditation, without feeling any pain. This made me realize even more that the pain was interference from the old forces, not my own karma. I then recalled many things that I had attached to and did not eliminate as the thoughts arose. For example, whenever I started reading Dafa books, I worried that I might feel sleepy and my mind might go astray. In retrospect, wasn't this worry itself an attachment? By feeling worried, I had been strengthening this attachment again and again. The evil old forces took advantage of this attachment to continually interfere with me for a very long time, making it impossible for me to study the books with a calm mind. Another thing had to do with my sleep. I always thought that I needed a lot of sleep and it would not do if I slept even a bit less. In fact, this notion itself was driven by the old forces and I was unconsciously strengthening it, at the same time feeling annoyed that I could not eliminate the sleep demon. Now I truly understand that all these are rooted in the attachment of "fear." I feared that my legs might ache when doing meditation; I feared that I might feel sleepy when reading the books; I feared that I might miss the time for sending forth righteous thoughts, and my mind might go astray.

This fear not only strengthened the attachments and interfered with my cultivation, it also made it possible for the evil old forces to exploit the loopholes. Once I understood all this, I did not again experience interference from distracting thoughts or aching legs while sending forth righteous thoughts at five o'clock.

My heartfelt thanks to the fellow practitioner who wrote the abovementioned article, because the article inspired me to eliminate the evil that was causing interference and in return I was able to restore my normal cultivation state. I hope that fellow practitioners who have similar experiences quickly eliminate this interference so as to do better in assisting Master in Fa-rectification. Of course, fellow practitioners' articles can only serve as inspiration. The most important thing is that we must study the Fa well and do everything according to what Master has taught us.

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