

Overcoming

by Dean A. Banks, D.D.



When you fight and resist more of the same comes upon you. Is overcoming a good thing? Or is it a perception based on the perceived dualistic reality that convinces you that it is more good than bad?

Overcoming by Dean A. Banks, D.D.

The definition of overcoming is “to get the better of in a struggle or conflict; conquer; defeat: to overcome the enemy. It is to prevail over (opposition, a debility, temptations, etc.); surmount: to overcome one's weaknesses. Also, to overpower or overwhelm in body or mind, as does liquor, a drug, exertion, or emotion: I was overcome with grief; to overspread or overrun. Finally, it means to gain the victory; win; conquer: a plan to overcome by any means possible” [dictionary.com].

According to its definitions, the word ‘overcoming’ implies a struggle or a fight. When you fight and resist more of the same comes upon you. Is overcoming a good thing? Or is it a perception based on the perceived dualistic reality that convinces you that it is more good than bad?

Following are several posts on that were made on Facebook concerning the topic of ‘Overcoming’.

“What is the secret to overcoming obstacles? We must allow ourselves to get out of our own way.” ~Dean A. Banks, D.D.

“Many people embrace spirituality to overcome the challenges of life. Overcoming implies a struggle. Life is not a struggle. It is simply a series of choices followed by appropriate, or sometimes inappropriate, actions. When you look at life as a struggle you either retreat, give up or try to make things better. Don't try to make things better; just make them better by sharing love. Allow love to take you where you need to go. We are all one with God in every moment we realize it. Being human, we all make mistakes in judgments, behaviors and actions. Whether we learn from them or don't is not the issue. Choosing to love God, yourself and others no matter what circumstances occur is speaking in God's language of love.” ~Dean A. Banks, D.D.

“Overcoming requires a perceived obstacle to be overcome. Being honest with yourself is the realization that you have created those obstacles to begin with and that you can re-create your world without them based on perceived absolute values. Not necessarily that those absolute values are completely attainable, but that by living within their guidelines keeps you centered on your path to creating the life you want.” ~Dean A. Banks, D.D.

“Why does everyone always talk about overcoming this thing or that thing? Overcoming implies that you have to muster up the power to be stronger than something or some self-imposed construct in your mind. It is not about manipulation of power. It is about letting go of the reaction to gain control and embracing the pro-action of allowing. Allowing yourself to exude your divinity and not your ego is the only method to deal with any aberrant behavior; whether it is self aggrandizement, addiction or selfishness.” ~Dean A. Banks, D.D.

“I have read many posts and spiritual teachings about ‘overcoming’. By its definition, the word overcoming implies a struggle. It means to get the better of in a struggle or conflict; conquer; defeat: to overcome the enemy; to prevail over something; to

Overcoming by Dean A. Banks, D.D.

overpower or overwhelm in body or mind (dictionary.com). Overcoming is a result of resisting and fighting something until it succumbs to a superior force of will. It is the ego exercising its willpower in a quest to win out over some apparent obstacle. Overcoming evil, bad habits and nasty attitudes are activities of the ego and are short lived. Something somewhere and sometime will trigger a self survival response from the ego that can undo all one's 'overcoming'. This is why some addictive personalities relapse into the security of comfortable behavior. The ego becomes satisfied when it perceives it has won out over some obstacle. This satisfaction can lead to complacency and lead to inappropriate action or simple inaction. How about 'undercoming'? Undercoming is an action where you simply let go of a perceived problem by turning it over to God. Isn't it better to allow the Spirit of God to guide you into a state of the acceptance of Divine order? Isn't trusting in God better than trusting in your ego? Stop fighting, resisting and overcoming obstacles in life and simply allow the Spirit of God to bless you with peace, understanding and joy; a state where no apparent obstacle has any perceived power over you and you are free to be the expression of God's love. Choose to 'undercome' instead of overcome and remove fighting and resisting from your life. You will have less stress, better relationships and a more peaceful existence." ~Dean A. Banks, D.D.

"How does your ego gain control over your spirit? It does it in stages. First, it casts a little doubt for you to begin to think that something won't turn out for the betterment of all concerned. Second, the doubt builds into a state where you worry about the how the outcome will manifest. And lastly, it creates a state of fear where you don't trust in the Divine. It does this to protect you from being emotionally or physically 'hurt'. It is a selfish motivation that blocks the flow of Divine order. Just when you think it is all over and everything looks like it's tumbling down around you the light of the Spirit of God shines through and delivers the goods. Do what is right, do what is good and help others do the same. Even when your ego convinces you that it looks like the evil of the world is winning and that you don't stand a chance in overcoming the gauntlet laid out in front of you, God is there shining the light of truth and victory into your being. Trust the Divine to bless you with health, wealth, prosperity and abundance and don't listen to the ego's voice of doom and gloom." ~Dean A. Banks, D.D.

"Is your life in a perpetual state of chaos? Do you have caustic relationships with most people due to your attitude and judgments toward them? Does it seem that situations, occurrences, events, circumstances and people are always impeding your progress? Are you frequently asking why are these experiences happening to you? Could it be that it's your own tunnel vision that is causing the problem? Or is it genuinely others that are continually against your forward motion? It's true that some people are just so frustrated with their lives that they 'have' to interfere in the lives of others to feel good about themselves. However, looking for and 'expecting' confrontation and chaos is focusing your attention on the unfolding of ongoing challenging experiences. In some things we need to be challenged in order to grow and expand; but NOT in everything! When we expect friction we are setting the tone for our 'reactive' minds to respond. It is our egos that are looking for the challenge of 'overcoming' so they can pat themselves on the back for their ingenuity. That is NOT allowing the Spirit of God to guide us 'through' these experiences; it is a conscious of resisting and not allowing. Instead of feeding the

Overcoming by Dean A. Banks, D.D.

beast of ongoing challenges it is better for us to 'allow' any challenges to flow through us 'trusting' in the Divine to unfold them in Divine order. It doesn't mean that we have to agree or align ourselves with what is passing through us; we could just be validating it as being aberrant without judging its 'possible' effect on us. This 'passive resistance' means that we don't react negatively to these challenges but we delineate their 'effect' upon us into oblivion. In other words, we don't 'absorb' their negative energy and make it our own; we discharge it by releasing its 'effect' upon us. The ego takes up any challenge by 'actively resisting' any possible negative effect on us by judging the perceived results from prior experiences. It is up to us to 'choose' to live in peace by allowing it to occur within us each and every moment. We sublimate the emotional urges and surges of the ego by circumventing the up swell of negative response with the allowance of Divine love. When negative 'challenging' experiences befall us the only question we need to ask is NOT why me, but what is it that I am NOT paying attention to in this moment that needs to be addressed? Challenges are 'reminders' for us to acknowledge in order to 're-affirm' our focus on unfolding our Divine purposes in Divine order. There are too many distractions that could steal our attention and cause us to eventually waste away our lives. Don't refold into the cycle of the omniverse without writing, singing and performing your individual Divine song. We are all here to experience our songs in the chorus of life. Mold it, shape it and actualize to reveal the inner beauty that is the real YOU!" ~Dean A. Banks, D.D.

As you can see, overcoming implies a struggle. Perceiving life as a struggle is a choice that we all make when things don't seem to be going our way. We do not have the Divine perspective when we see life as a struggle and that we need to 'overcome' one obstacle after another. Elevating our consciousness to allow Divine will to move Divine order in order to fulfill our Divine purposes is the obvious path to take to not get caught in the mindset and heartset of overcoming. Life is only a struggle when you 'believe' it is. Live in allowing the Divine to work 'through' you to be the best you can be. It is much better than overcoming obstacles that come from the perception that life is a struggle. May the Divine bless you with health, wealth, prosperity and abundance. Peace and blessings to all of you. ~Dean A. Banks, D.D.

©2013 Dean A. Banks, D.D.

Please visit the following sites for more offers and further information:



[Greener Electric](#): Help to clean up our environment and save energy costs! Please visit [Greener Electric](#) and plug in your zip code to see if you have these services in your area. I just signed up this morning because I am committed to reducing the carbon signature on this planet, utilizing renewable energy sources and living more 'green'.

Overcoming
by Dean A. Banks, D.D.

Affiliate Promotions:

Help me promote my eBooks below and money for every sale that comes from your posts that you make to your page and that convert into sales of the eBooks. Go to the links below and click on 'Share or repost and get \$X.XX x' link. Sign up and get your link to post on your page. Thank you for helping me to support the Spirituality Guidance Channel! ~Dean A. Banks, D.D.

A Foursquare Approach To Unfolding Your Divine Purpose In Divine Order

<http://p.atcontent.com/spiritualityguide/8789868172552831x.ebook/>

(\$5.00 per download). \$1.00 goes to you for your efforts, \$1.00 goes to the site and \$3.00 goes toward helping me finance the Spirituality Guidance Channel.

What Is Judgment?

<http://p.atcontent.com/spiritualityguide/878769996590197YK.ebook/>

(\$3.00 per download). \$.60 goes to you for your efforts, \$.60 goes to the site and \$1.80 goes toward helping me finance the Spirituality Guidance Channel.

Is Living In Wealth Your Divine Right?

<http://p.atcontent.com/spiritualityguide/869871796974523tg.ebook/>

(\$3.00 per download). \$.60 goes to you for your efforts, \$.60 goes to the site and \$1.80 goes toward helping me finance the Spirituality Guidance Channel.

Attitudes To Be

<http://p.atcontent.com/spiritualityguide/8697968457822923n.ebook/>

(\$3.00 per download). \$.60 goes to you for your efforts, \$.60 goes to the site and \$1.80 goes toward helping me finance the Spirituality Guidance Channel.

Aspects Of Humanity

<http://p.atcontent.com/spiritualityguide/869795836876605UO.ebook/>

(\$3.00 per download). \$.60 goes to you for your efforts, \$.60 goes to the site and \$1.80 goes toward helping me finance the Spirituality Guidance Channel.

Spiritual Growth - Articles Of Expectation:

Order the book Spiritual Growth: Articles of Expectation by Dean A. Banks, D.D. This book shows you how to scientifically discover your own truth.

[From Amazon Createspace](#)

[From Amazon Kindle](#) (New Kindle price! Down from \$9.99 to \$3.99!)

Overcoming
by Dean A. Banks, D.D.

[Facebook Site](#)

[MyEbook](#) - Preview the first 10 chapters of the book here.

Service In Prayer Website:

Please visit our new site Service In Prayer and take an active role in praying for others. There is nothing more rewarding to our spirit than to extend a helping hand to others in need. Thank you for your love and ongoing involvement. ~Dean A. Banks, D.D.

[Service In Prayer Website](#)

[Service In Prayer Facebook page](#)

Spirituality Guidance Channel:

Please visit the Spirituality Guidance channel for up-to-date resources from teachers in Spirituality to art, music and videos. Make our channel a place where you can learn from many inspired and loving people. Thank you for checking us out! ~Dean A. Banks, D.D.

[Spirituality Guidance Channel Website](#)

[Spirituality Guidance Channel Facebook page](#)

Get the [Spirituality Guidance toolbar](#) and never miss a Daily Post!

Click the [Art Quotes link](#) and click on the 'Buy Custom Framed Art Prints with Quotes from Dean A. Banks, D.D.' I will adding more and more of my aphorisms for art prints. These framed prints make great holiday gifts!

Other Websites:

Please visit these websites for additional information. ~Dean A. Banks, D.D.

[Greener Electric](#): Help to clean up our environment and save energy costs!

[Spiritual Quotes by Dean A. Banks, D.D.](#)

[Spiritual Gifts](#)

[Life By Design – Expect Your Desires](#)

[Random Acts Of Kindness](#)

[Elizabeth May Music](#) – New thought music from a seasoned Singer/Songwriter.

Join [Cash My Studio](#) and write to your heart's content! Share in the ad revenues.

Join [AtContent](#) and sell your eBooks and publications online!

Join [Triond](#), become a writer and get paid!

Overcoming
by Dean A. Banks, D.D.

Amazon Kindle: The Kindle is a great reading device and it doesn't cost very much at all (<http://amzn.to/U1F44R>). If you don't want to purchase a Kindle you have other options. You can download the Kindle Application for use on your Windows PC (<http://www.amazon.com/gp/feature.html?ie=UTF8&docId=1000426311>), your OS X Mac (<http://www.amazon.com/gp/feature.html?ie=UTF8&docId=1000464931>) or your smart phones (<http://www.amazon.com/gp/feature.html?ie=UTF8&docId=1000493771>). Now you have access to Kindle books from almost any of the devices you currently own!

