

*The Way That Cannot Be Named • Week One*

## Wu Wei: Accomplishing Everything by Forcing Nothing

Rev. Blaine Tinsley • Unity on Maui • Sunday, May 31, 2026

*“Ten thousand things rise and fall, the Tao simply watches. There is no forcing. There is only returning.”*

— Tao Te Ching — Lao Tzu

### THE STORY: HOWARD, GONE FISHING, AND THE OPEN HAND

I want to tell you about Howard — my stepfather. Howard had opinions. Strong ones. He hated hippies, long hair, and the peace-and-love movement with a particular and focused passion. I, of course, loved all those things. So, Howard and I disagreed. Regularly. And with real commitment. We would get into it — whatever it was that particular week — and then not speak to each other for days. I would tell myself I was being the bigger person. Practicing non-attachment. What I was actually doing was festering.

Here I am — a Unity minister, preaching love and forgiveness every Sunday — and inside, when it came to Howard, I had this low-grade simmer that never cooled. I would see him and feel myself just... close. Like a shop putting up the “Gone Fishing” sign. Lights out. Nobody home. I tried to be warm toward him. It felt like I was trying to start a car with a dead battery. Lots of effort. No ignition.

Then a niece said something in passing: “You know, Howard was kind of mean to you.” Once she named it, I couldn’t un-name it. So, I began the real forgiveness work — the slow, unglamorous kind. I sat with it. I prayed. I wrote. I pushed hard toward forgiveness, trying to arrive at it like a destination I could force myself to reach.

And then one day, something had changed. Not because I had finally forced it open — but because, somewhere in the quiet, something had released. I did not make that forgiveness happen. I created the conditions — the prayer, the willingness, the showing up. But the actual release? Something else did that. Something quietly moving toward wholeness the entire time, waiting for me to stop gripping long enough to let it arrive. What came in place of the anger was something I did not expect: love. Actual love. The open hand is the only hand that can receive anything.

That shift gave me a different question — not “What do I need to do to force this open?” but something quieter, something that once I heard it, it changed everything:

***“What wants to happen here?”***

### WU WEI: WHAT IT IS AND WHAT IT IS NOT

*Wu Wei* does not mean doing nothing. It means action arising from alignment rather than anxiety — from attunement rather than aggression. It is the difference between paddling furiously against the current and lifting your oars long enough to feel which way the river is already moving. The question “What should I do?” starts with me — my fear, my timeline, my ego’s need to manage the outcome. The question “What wants to happen?” starts somewhere else entirely: with the Intelligence that was here before I arrived and will be here after I leave.

## WHAT HAPPENS IN THE BRAIN WHEN WE FORCE

When we shift into forcing mode — that tight, urgent, I-have-to-figure-this-out-right-now state — the prefrontal cortex actually narrows its field of perception. We literally see fewer options and access less creativity. The anxious mind is not our most intelligent mind. Sometimes the most productive thing we can do is stop — long enough to let something underneath the noise be heard.

*Beneath the noise of our striving, something is already moving. And it is considerably smarter than our anxiety.*

## THREE PRACTICES: SHIFTING FROM FORCING TO FLOWING

### Practice One: The Pause Before the Plan

Before anything urgent — pause for sixty seconds. Sit down, hand on heart, one deep breath.

*“What wants to happen here?” The pause is not a delay. The pause is the practice.*

### Practice Two: The Evidence Log

Notice when life moves without forcing — the right call at the right moment, the answer that arrives in the shower.

Write it down. Over time it becomes evidence: the Intelligence is operational, not theoretical. Unity calls this Divine Order.

### Practice Three: Contemplative Discernment

When a real decision looms, find quiet, close your eyes, breathe, and ask:

*“If this situation were already resolved in the highest good for everyone involved, what would have happened?”*

## THE RIVER ALREADY KNOWS

The Intelligence that set the stars in their courses knows the way through your situation. It knew before you arrived. It has been working while you were sleeping, worrying, and making your lists. It is not waiting for you to find the right formula — it is simply waiting for you to ask the better question.

*Stop asking only what you should do. Ask what wants to happen — and trust the Intelligence already at work in you, through you, and ahead of you.*

## AFFIRMATION

*I release the need to force. I align with the Intelligence already moving toward my highest good.  
What wants to happen — happens. I am open. I am ready. I trust.*