



WAKING UP THE MIND

Much of the time spiritual folks go around saying how they don't know anything, or that they don't know what's going to happen. But in actuality the mind is still operating within a certain set of programs. It is still under its own dictating; that given any set of circumstances, there can only be a certain set of outcomes. If we add one plus one, it can only equal two. But are we really sure about this?

To get curious about thinking is an essential piece to our process. It is a way to uncover the ways we are still locked in this three-dimensional reality. We are not trying to solve a problem by stopping all thought; rather, we are becoming increasingly aware of how our mind can only see a reality that it thinks. The mind is not something we must get rid of; there is nothing wrong with the mind—once it has seen its own limitations. Mind is a tool, eventually to be used in the hands of the all-pervading reality.

Mind is another aspect of our physical self, it resides in the body. The mind and body is essentially the same organism, and this is why so much of our thinking causes feelings. As soon as we have a negative thought, we experience a negative feeling, and vice versa. And if there are emotions and feelings that arise without a prior thought, the mind will label the feeling with a thought, such as why we might be feeling the feeling. The thinking mind is sort of a survival tool for itself. It is a part of ourselves that has been used to keep everything safe and secure. The mind is always on the lookout for danger, be it an imagined disaster in the future or the neighbor's lawnmower. The mind will always find some sort of problem if left to its own. It uses what it knows to keep itself, the body, safe. Even when there are no problems anywhere the mind will search through its files to come up with one. We all have experienced this, how the mind goes round and round even when everything in this moment is perfectly fine and safe. We can be in the most perfect moment, and the mind is going off thinking about any number of potential things it needs to figure out, things it needs to do, memories that happened yesterday and all the problems with other people. So you see, it looks for problems to solve. The unconscious mind is a hyper-problem-solver, and when we are conscious of mind's tendencies, we can also recognize its innocence.

The mind is only trying to keep itself, the body, safe. I know I repeated myself, but that is what the mind is doing—until it wakes up. Yet the mind is also an amazing tool, and a very clear and open mind is a way that consciousness can attract other possibilities. Consciousness does so by continuing to show the mind how it sees only certain realities, certain outcomes. When the mind recognizes that it has been operating with only a fraction of outcomes, and that it can't possibly know any outcome, its linear way of thinking begins to be dismantled.

The mind can get very agitated when it can only see certain outcomes and none of them are really working. As we mature, consciousness is waking up out of limitation, so naturally it is going beyond this reality. The mind is only aware of this reality, and functioning within this reality's "rules." There are many rules to this reality that our minds are programmed to, so to take a step beyond these rules is going to cause a little unsettledness. We can expect this along the journey as we continue to encounter situations where the mind can't see any outcome. The less dense the separate self becomes, the more open we are to a reality beyond this one. We are the consciousness that is opening up to its boundless nature, and the mind simply can't imagine that. It is accustomed to having a plan; and now it's losing its capacity to imagine any kind of future. It cannot know because "future" is ceasing to be relevant. The reality of this moment wants to be the ONLY reality, and the mind of the separate self operates in time. When time ceases, the separate self can get quite confused, it doesn't know how to cope with it. It doesn't see an outcome, and if there is no outcome, there is no life for "itself." It cannot see a future life, so things can look hopeless to the mind. This is very natural, and very common. The mind's old way of operating is being dismantled. We may experience despair, where the mind tells itself "What's the point?" or "Why bother with all this spiritual stuff, it's not working." Well, the truth is, it isn't working for a false self. It is very helpful to be aware of this kind of mental tendency if it shows up, as it is so common. As we tend to lean into the unknown, with the mind losing its capacity to figure things out, it might turn around and try to grab onto anything that it does know. It most likely will.

When the mind is conscious and able to recognize that it has been looking for outcomes through its old programming, it begins to let go. We begin to recognize all the ways we have been hoping for fulfillment in the future. This is consciousness waking up within the mental structure. We are no longer seeing the world through a closed and narrow functioning mind. When the mind is open and restive within the field of consciousness, it becomes a witness to unlimited possibility. The more consciousness is opened up, the more subtle tendencies of the mind's programming can be seen.

At times you might begin to feel the presence of consciousness within the interior of your brain, illuminating from within the infinite nature of existence. It feels good to have your brain filled by presence. Allow your mind to witness this. Be the light that shows the mind the truth of what is unfolding within the mind/body. Be the Mother that takes the child (mind) by the hand and shows the child that there are no problems to solve, there are no boogie men in the closet and that it can relax. Be the infinite Love that shows the mind that all is well, and that it is not an isolated separate self that is all alone. Be the patience that is made up of the eternal truth. If we fight the mind in any way, it will not relax. Be completely patient with mind. You are the consciousness that illuminates the mind to awaken. You as consciousness will wake up the mind to its own infinite nature. I invite you to feel yourself as the light that is showing the mind the truth, not in a thinking way, but in a direct illuminating way. Let the mind witness all this. Stay conscious of this happening, and the mind will relax and let go of its need to know in a much more gentle way. There is no need to prove to the mind that it is wrong, just allow the mind to witness. The mind is a huge part of this process of evolution, and when mind is awake; our systems are really freed up to experience something new. When the mind lets go of its need to hold onto outcome, we are present. The gateless gate is open. This moment begins to reveal its depth and multi-dimensional nature. And the mind witnesses this as well, and the ceasing of old programs becomes more complete. This is another way of dissolving the false self, which is the narrow unconscious mind. It is another way that our limited ways of behaving evolve, and we are no longer trying to maintain any sort of image or personality. We find ourselves in complete cooperation with what is happening right here, right now, and we respond accordingly from what is free and genuine.

We are here to know heaven on earth, and the dissolving of the separate self is the passage. We are the consciousness that is evolving out of identification as an isolated person, to recognize our deepest connection with all of creation and beyond. The individual mind is not something to get rid of; rather it gives us the means to see the limited reality we are living in, and also provides us with a clue on how to evolve from it. Just like the lotus flower, we are using the mind's limited way of seeing reality as the fertilizer to grow up out of the mud. We are leaving behind an old paradigm, which is the only one we've known, and the new one has not yet revealed itself. Yet we stay in this place, this place of in-between, for this is the place of maturation, where the seed of our eternal nature incubates and nourishes itself. Be patient, let yourself rest here. Let the wisdom of all creation create the wonder of a new Life within your own being.