

## **Lighten Up!** **by Adrian Mitchell**

Do any of us really want to make our lives more difficult than they need to be? Do we want to make our situations more serious than they need to be? Do we want to make our hearts heavier than they need to be? Do we want to make our relationships more stressful than they need to be? It is unlikely that any of us in our right mind would answer yes to any of these questions, is it not?! Yet if we take time to reflect on it and think deeply about it, we may discover that perhaps we do often create unnecessary hardships for ourselves maybe because we are not in our right mind a lot of the time or at least some of the time!

We couldn't possibly be in our right mind when we make our lives harder than they need to be. In our right mind we will always make choices for ourselves that resonate with who we are, with our spirit, with our essence. This is because when we are making these resonating choices our mind and spirit are one. Unfortunately for a lot of us we are too often out of our mind; we are too often lost in our small mindedness. When we are lost in our small mindedness we make choices that simply reinforce our small mindedness, which keeps us in it for longer.

While lost in the small mind and operating our lives from there, we are practically closed off from our self awareness, although thankfully, not fully. Despite the shutters being down, the light of our self awareness will always manage to filter through somehow and hopefully this will help to light up the darkness in the small mind and show us what the small mind is really harbouring and really represents. When we can finally or even suddenly see what we are really doing to ourselves, as distinct from what our small mindedness would have us believe others or circumstances were doing to us, we can begin to loosen ourselves from the grip of the small mind. It is great that we can do this, but it far better to use our self awareness to light up the way forward on an ongoing basis than to have to use it time and time again to bring us back from the edge of our own self destructiveness caused by our own self deception. Where there is a lack of self awareness there is likely to be an abundance of self deception!

### **Recognising the one true voice from the others**

We need to be able to go beyond the many voices of the small mind to hear the one true voice of the Self. There is usually a world of difference between the two in terms of what we experience as a result depending on what voice we are listening to. Here the difficulty is in knowing the difference between the voices of the small mind and the voice of the self. A very useful way of knowing the difference is by allowing yourself to focus on the tone and energy of the voice you are listening to inside. Like all voices, the voices of the small mind are always going to carry with them the energetic tones and characteristics of that which they represent. This is what we can recognise or grasp onto in the midst of the self deception and self destruction taking place within the small mind.

If, for example, you were just after having an argument or row with someone and the voices you are engaging with in your head are those representing your emotional

reactions and or your “logical” conclusions to what had just happened, these voices will fully represent the energy and tone of those reactions and conclusions. You are likely to be either blaming the other person or you will be blaming yourself. There will nearly always be a “right” and “wrong” or “good” and “bad” to it. As long as this process is happening you are stuck in the middle of your small mind. Every now and again a ray of self awareness may lighten up the small minded deceptions and with these opportunities you may be able to loosen the grip that these thoughts, emotions and reactions hold over you. However, by going back into those reactions you might tighten that grip yet again. You may need to be right and hate being wrong and this may be driving the thought processes. As you keep thinking about the row and the other person, you may generate more and more thoughts and emotions, even more than you noticed initially, which “prove” to you that you were right and the other person was very wrong. These additional reactions will carry the same energy and tone as the original ones.

At this stage you are moving further and further away from your real self. You are disconnecting from who you truly are and that which gives you life. You are reacting and therefore you are not present. You are not doing anyone any favours, least of all yourself. But to let go, would mean to let go of being right and you don’t want to do that! After all, the other person was wrong (as usual!). In fact, given half a chance you will tell others about it also, and you will expect others to back you up. You do not want to hear someone telling you that there may be two sides to it! If they do, they will probably also be blacklisted and more emotions and reactions are created bringing you further and further into the recesses of the small mind. Now see if self awareness can find its way in there! Thankfully usually it does!

Can you imagine if you were able to hear those “inner conversations” out loud and if you weren’t caught up in the bias of the whole thing, you would be able to discern the critical, cold, judgemental, righteous and perhaps bitter nature and tones of the energy being directed from your small mind at the other person. Not alone that but you would probably be able to notice the damage that this is doing to you as well with all this toxic energy caught up in your system. Until such time as you become self aware and you deliberately release yourself from this toxic energy it will remain within you. It is just as bad or possibly even worse if you are blaming yourself internally as the level of toxicity will probably be higher and more concentrated.

This cold, judgemental and critical voice within the small mind is of a vastly different nature to the one true voice of the self and so will give itself away rather easily as long as you are able to release yourself from it for long enough to be able to see it for what it is...POISIN! Hopefully however, you will be able to do this and you will allow yourself to be guided by that one true voice which always carries the energy of love, peace, understanding, compassion, acceptance, strength and power. When you are able to identify the voices and energy within that is of a cold, judgemental or even a hot, temperamental nature, you will know that this is the small mind at work and it is not serving you.

Noticing this is an important step to you being able to empower yourself on an ongoing basis. You are totally disempowered when the small mind is in control, so your ability to take control back and run the show in the way that truly represents your real self is of vital importance. If the small mind is running the show you will be laden down with unnecessary burdens born out of faulty thinking, blinkered perceptions and toxic emotions. Your head might have created the aforementioned thinking, perceptions and emotions with its mindset and stance on the issue, but it is your heart that will bear the brunt of the reactions of the head.

### **Your Heart is the Gateway to your Spirit**

Your heart is the human organ that represents the gateway to your spirit (your brain being the organ that is the gateway to the mind), and as a result your heart, in good times, sings to the music of the spirit. It is uplifted by the waves of spiritual energy moving through it. It is lightened by this very fine and very pure life giving and life sustaining energy. It is warmed and heartened by the loving and compassionate nature of the energy as it flows through on its way to every organ and every part of your body. It is filled with joy and it is filled with peace. It is filled with love. It is truly representative of the spirit of life. When that last breath is drawn on earth and the spirit that is you is passing to another world, your heart stops. It has fulfilled its purpose. If, on that last breath your heart is at peace and filled with love and joy, as well as compassion for the loved ones you are leaving behind, you have truly fulfilled your purpose.

Regardless of the details of our death, this is probably the kind of heart that we would all like to end up with. Naturally, the choice is ours; not just on our last breath, but on our every breath. The more we can be present and move beyond our small mindedness, the more we can experience spirit in our daily lives. The more often we make this choice, the more likely it becomes our default position on everything. The key then is to keep making this choice. We can do this by being watchful of ourselves on an ongoing basis. We can do it by taking responsibility for our thoughts, emotions, behaviours and actions. We can do it by recognising our small mind in action and by extracting ourselves from its grip. The more we can do this, the easier it becomes.

The more often we get caught up in the small mind, the more disconnected we get from that which gives us life, our spirit. This simply does not serve us, or at best, serves us very poorly. Yes, we can learn lessons from it, but why would we continue to create hard lessons for ourselves when we do not need to?!

### **ME...ME...ME...**

The essential nature of the small mind is isolation or separation based. It is the ME against the world. It is the ME that sees separateness everywhere, and that therefore is in conflict and competition with everyone and everything. It is the ME that gets hurt and chooses to remain hurt. It is the ME that needs to be "right" and needs to win all the time. It is the ME that wants everything...now! It is the ME that is greedy. It is the ME that is impatient. It is the ME that gets defensive. It is the ME that hurts others and wants to hurt others. It is the ME that resents others. It is the ME that is selfish. It is the ME that is bitter, and God help anyone who gets in the way of the bitter ME, particularly myself! It

is the ME that is angry and that feeds the anger. It is the ME that gets depressed and gets lost in that depression. It is the ME that gets addicted and gets lost in that addiction. It is the ME that is in need of something (or someone) and cannot function without it (or him/her). It is the ME that bypasses the heart and operates from the head and gets lost in it. It is the ME that pretends emotions are for wimps while all the time doing everything and anything in the head to avoid them. It is the ME that creates the emotional drama and gets lost in it, time and time again. It is the ME that only can represent one aspect of my self's experience at the expense of all others, and sees and or experiences no connection to anyone else. Finally, it is the ME that is self deceiving rather than self aware and carries with it and presses the Self destructive button. This **ME** is the **M**ental and **E**motional states we get ourselves into when we miss the bigger picture and cut ourselves off from our life force. If we were able to see the ME in action from a distance we would clearly see that this form of energetic being bears no resemblance to who we really are and yet can have far too much input into the journey we are creating for ourselves on a daily basis.

### **Cancer of the Heart**

As I already mentioned, God help anyone who gets in the way of the bitter ME, especially myself. Bitterness is the cancer of the heart. It is life gone sour. It is insidious. Watch out for bitterness creeping in to your life, because like cancer it can spread like wildfire. All cells in the body die and give way to new ones. This is how we renew ourselves physically. However cancerous cells refuse to die, refuse to give way to new life and like one rotten apple in the barrel, they spread their dis-ease into nearby cells and as we know they can kill us. The heart is the gateway to the flow of life and when bitterness is allowed in, its icy coldness cuts through the heart, blocking the flow of life and if this bitterness gathers momentum, eventually the once sweet heart will turn sour as the poison engulfs and permeates it.

But bitterness is a choice and therefore we can stop it. We can stop it by changing how we engage with life, how we interact with people, how we treat ourselves and how we feel about ourselves. Like the physical body, we also need to renew ourselves psychologically, emotionally and spiritually on an ongoing basis. Like the physical body, the psychological, emotional and spiritual cells need to die to allow new ones in. The cells of the past have to die to allow the present to be. Let go of the past and be present. If you do this there will be no bitterness. There will be no cancer of the heart. If you can let go and be present, your heart can sing to the music of the soul. Watch yourself in action and when you notice the sour taste of bitterness in your voice, whether it is voiced out loud or internally, the alarm bells should start to go off inside you. If you continue to respond and react in this manner you weaken the immune system considerably and expose yourself to the possibility of heart cancer. Don't do this to yourself!

Look into your heart on a regular basis and notice what you find there. If you find any or some of the following you could be in trouble...mistrust, suspicion, fear, resistance, blockages, coldness, darkness, isolation, regret, guilt, shame, lack, cynicism, resentment, bitterness. Whether you are holding these against others or against yourself it doesn't

matter. It is your heart that is laden down with the heaviness and denseness of these and it is you who will pay for it.

What you want to find when you look into your heart is the following...trust, acceptance, peace, openness, light and lightness, flow, gratitude, compassion, empathy, connectedness, oneness, song, music, dance, life. If these are not in your heart now, make it your business to bring them in. That is where they belong and what your heart needs.

### **Lighten the load and brighten the road**

How much input does the ME have in your life? Are you happy with this? Do you want to do something about it? Yes? Well, NOW is the time to start making the changes that will lighten the load and brighten the road. Identify one area at a time where you can do this, where the ME has a stranglehold of your journey or even simply where you can see the ME at work and ask yourself what you need to do to take back your power, to represent yourself better and make the load lighter. If you can do this by yourself, great, but if you need help, get it!

**A heavy heart clogs the life flow, a bitter heart sours it.  
You have choices on both.  
Choose neither.**

Who among you would wish to have bitterness as your calling card when passing through the gates to the next world? Imagine if your heart is screened at that final moment and it is laden down with unresolved baggage and reeking of bitterness. Would this be your choice? If the alternative was to have a heart full of light, love, peace and compassion, would this be your choice? Would it matter either way at that stage? Well, whatever you bow out with, you also leave behind. What do you want to leave behind? As always, it is your choice. However, don't leave it to the last breath to make that choice...make it on every breath.

### **Amazing Grace**

Letting go can be very hard to do at times. Sometimes we don't know what to hold onto and what to let go off and even when we figure it out it can still be difficult...because of the way we are looking at it, and because of our attachment to it. Perhaps we find it hard to let go of anything? Perhaps we are afraid to let go before it is time to do so? By listening to the one true voice of the self, we will know. That voice is not just the voice of your Self, it is the voice of God, Oneness, the Universe, the Creative Principle. It is the only voice that knows. By tuning in to that voice, to that energy, and allowing it to flow through our humanness we bring grace into our lives. We become gracious in everything we do and everything we say. The presence of grace leads to the absence of bitterness. Grace is the sister of Gratitude and an energy that is so finely tuned it turns everything it touches into light and love. It can release us from our biggest fear, our deepest depression, or our darkest nightmare. It can transform our everyday lives. Grace is the energy of acceptance and oneness and by allowing it into our hearts and into our lives we can truly experience the spirit of life. Letting go is no longer an issue with grace present as it is the energy of flow. Bring grace into your lives. It is truly amazing. With grace

flowing through us we will have found the way to live our lives with ease, to allow fun and joy to replace seriousness, to lighten and light up our hearts and to have loving, fulfilling relationships in all areas of our lives. Our calling card at the last breath will be our calling card during every breath and it will be stamped with peace, love, light, joy, bliss, compassion and of course, grace. Our choice!