

Within and Beyond the Mind

By Adrian Mitchell

At various times over the last few articles I have made references to being present and going beyond the mind and in this article I want to explore and highlight how these relate to and interact with, the mind.

These two concepts are totally inter-related as our ability to be present and therefore be in our presence can only happen when we go beyond our mind. When we have looked at being present before, we have seen that it allows us to make conscious choices and decisions in the moment. This is vital, as being fully present when we are making choices means that we are powering our choices with energy that is coming from beyond the mind and therefore not tainted by moods or mindsets.

When making these choices we are coming from our stillness and our silence within which contains no mindsets, no emotions, no moods, no opinions, no fears, no expectations, no sabotaging voices, no judgements, no blockages or no blind spots. This energy is pure, which means free from any impurities. It is fully and wholly representative of whom we are as Beings. It is the Flow of Universal Energy (God, Oneness) cascading through our Beings, always available to us, always aware of us and always ONE with us.

When we are aware of our real self, the Being who created our Body and Mind, we are able to tune into and be fully connected to this pure and clear energy. This is where we need to be as much of the time as we can be. It doesn't mean that we have to move out of the mind completely, but more that we need to bring this energy into the mind with us. The mind needs to be infused with this energy to both generate and attract thoughts which are also representative of this powerful, clear and light energy. We would then be able to make much better choices and decisions which would truly represent who we are.

Beyond the Mind

So, what is beyond the mind and how do you go beyond it? What I am talking about here is your Spirit. This is what created your Mind and Body and lies both beyond them and within them. Your Spirit wishes to be manifested in the physical world and so created the mind and body to bring it into physical manifestation. Your Mind and Body are the main manifestation tools of the Spirit. Without them the Spirit couldn't manifest and therefore couldn't have physical life experience.

Your Spirit, like mine and all others are expressions of Universal Energy, Oneness or God. They are all expressions of that which created them. All physical life is this energy manifesting itself, from the Amoeba to the Milky Way Galaxy. The breath of life is the Spirit and life is the Spirit. It is both the breather and the breath. This is your real Self...this is You. This energy, this force, this power is immeasurably greater than the individual mind it creates to manifest it on earth. Yet that mind, like the tail wagging the dog, way more often than not, thinks it is in control and running the show. In fact in some

people, this mind rarely becomes aware of any other energy lying within it, not to mention being its creator.

Disconnection

How can it happen that a mind, miniscule in power and size relative to its creator, can run the show with very little obvious awareness of its creator or interaction with it? Probably because when we are using the mind we can forget who we are and therefore forget the presence of our Spirit. If we are generally not aware of our Spirit, we can assume the mind and body represents who we are and therefore hand control of our lives over to the mind. We then manage to try to represent ourselves from that miniscule aspect of our real selves. It is ironic but no wonder that so many people spend so much of their lives searching for something that seems so illusive and yet is actually the very fabric of their being. This disconnection from the Spirit happens because we can too easily get lost in our own minds, being driven by our fears, desires, needs, emotions, expectations and judgements. Can you imagine someone hopping into the driver's seat of your car and driving you around to destinations that come from the passing whims of the driver who never even asks you where you would like to go? Well this is what we allow to happen all too often. We allow tiny aspects of us to take command with no awareness of the "bigger picture" of who we are and we find that somehow what is happening in our lives never seems to represent what we really want and who we really are. It is like trying to put together a giant jigsaw puzzle without any reference to the picture on the front of the box.

Going beyond the mind

That bigger picture that we get separated from is contained within our Spirit. When we are able to extract ourselves from all the mental and emotional activity we so often get lost in and reconnect to our Spirit we can once again tune in to that bigger picture and we can then bring that bigger picture, which is our self awareness, back into the mind and body for processing and use. We can do this by visiting ourselves more often; visiting our Spirit, that is. We need to tune into our real selves on an ongoing basis to get the sense of what we should be doing in and with our lives. Meditation is an obvious way of doing this. So too, we can sit in, or lie in, our own silence and stillness and allow ourselves to connect with our essence bringing awareness to life within us again. We can do this also by connecting with nature which can help to both ground us and inspire us and thus reconnect us with our Spirit once again.

This stillness or silence is constant within us. Despite all the activity around us and all the activity in our minds, this stillness and silence within us doesn't change. It is completely unaffected by anything else because it is so powerful and immense. It is so because it is our Essence, and not just our Essence. It is the Essence that all human life and all other life forms emerge from. Therefore all life carries within it this stillness and silence, this Essence.

The Logic Mind

When we look around we see separateness everywhere. We see everybody separate from every other body. At times we feel connected to some others, but this is a feeling. We still

“know” that they are separate from us. This “knowing” comes from the logic mind processing information according to what it has been taught and according to what it has experienced. The basic job of the logic mind is to give us answers. It processes information and categorizes it, so that we can recognise it. It works on the basis that everything needs to be boxed off and labelled so that it can be recognised and understood. This is an extremely helpful process for us in living out our daily lives. Having common agreement with others on all the things and situations we find ourselves interacting with everyday certainly makes our lives much easier.

We would literally be lost without the use of our logic minds. The logic mind takes something from the ether of our communal consciousness and attaches size, shape, colour and label to it so that we can all know it, understand it and therefore make use of it. However having taken it from where it came it is not able or hasn't been taught, to put it back. It has separated something from its essence and keeps it separate. It forgets or dismisses where it came from. It has created a smaller picture from the bigger picture so that it could understand and use it, but doesn't reconnect it to the bigger picture again. It doesn't even reference the bigger picture again. In this regard the logic mind has been misinformed and misguided or at best this is simply the limit of its power or of its role. Its job is to break something down or take it apart and label each piece but not to put the pieces back together again. As a result of this we end up with zillions of smaller pictures through which most of us try to live our lives most of the time. In this scenario we rarely allow ourselves the opportunity to piece all of these smaller pictures together to see the bigger picture from where they originated. We are left groping around in the darkness in a piecemeal world instead of being able to experience the light and flow of eternal oneness in everything we say and do in our physical earth journey. So even though we would be lost without the logic mind, we more often than not get lost in it and because of it!

The Creative Mind

The logic mind or the left brain as it is often called is stereotypically male in terms of its energy corresponding as it does with all the functioning associated with maleness such as breaking down, sorting out, organizing, labelling, focusing, directing, structuring, aiming, achieving, competing, winning etc. It has a sister mind, called the creative mind or often known as the right brain. The creative mind is stereotypically female, as it mirrors the functioning generally associated with femaleness such as openness, acceptance, bonding, flowing, caring, all embracing etc. When these two minds are working together we experience peace and contentedness, but when they are at odds with each other we experience conflict.

Coaching through the Logic and Creative Minds

In coaching terms, the logic mind is associated with focusing the client, questioning the client, helping the client to identify a goal and to achieve it and helping the client to create action plans so they can get to where they want to go. The creative mind is very much centred around trusting, listening with empathy, process work and raising the client's awareness. Clearly a coach needs to have both minds working together to be able to offer an excellent service to his or her client.

The Host, the Hostess, the Guest and the House

The creative mind represents the first part of the spirit filtering process. It is here that the two worlds, the Spirit world and the Physical world, meet initially. The creative mind with its receptive, open, accepting and all embracing nature is a natural first filter to allow the Spirit energy to flow throughout the body and mind. The Spirit energy has already been infused in every part of the body. In fact not alone that but it is not, nor is it ever separate from the living body. As the body is the grounding force for the Spirit to manifest on the physical plane it is wired to accommodate both worlds. The creative mind, the always available hostess, allows the spiritual energy to “settle in” to its new dwelling place, the body. The host (the logic mind), the hostess (the creative mind) and the guest (the spirit) then communicate with each other on how best to create the physical journey the spirit is undertaking. As long as the host and hostess are listening to, and taking the lead from the guest, then the journey will be a relatively happy and pain free experience for all concerned. However most of the time this doesn't happen as either the host or the hostess or both, stop listening to the guest and get carried away with their own agendas, thus sometimes moving further and further away from the guest's intention and requirements. If they don't get the journey back on track then “Life” or the Universal Energy which is always at work behind the scenes will create situations to make sure it is brought back on track.

The Great Illusion

Beyond the Mind is the Spirit. Within the Mind is the Spirit. The Body houses both the Mind and the Spirit. Everything in this physical world was initially set up for the Spirit to experience Itself. Now the Mind, getting carried away with, and lost within its own agendas, tends to forget and “disconnects” from the Spirit. The Mind has reproduced and projected itself so well into the “external” world and identifies with it so much that it has practically duped itself into believing that this external projected world is actually the real world. This is the great illusion. It is like looking at a mirror image of yourself and getting so lost in the mirror image and so fascinated with it that over time you identify more with the mirror image than with yourself. You forget who is looking in the mirror, the real you, and default to your mirror image for your life experience. Or, you create an animated version of yourself on a Playstation or Wii game and you get so enthralled with the game and yourself in it that you spend most of your life sitting in the playroom playing God creating more and more dramatic scenarios for “you” to “experience”. Or, you lose yourself in TV Drama, TV Sport, TV Politics, TV Adventure and Wildlife or whatever other aspect of life you can “experience” through TV. Or, you lose yourself in your Work. Meanwhile your ever loving, non judgemental Spirit, your Creator, awaits a shift in your awareness, recognition of your real self and a reconnection to your real self. For despite its creative ability, the Mind cannot sustain itself without reconnection to that which breathes life into it.

We are our Spirits

We are not our thoughts, we are not our emotions, we are not our fears, we are not our actions, we are not our behaviours, we are not our choices, we are not our likes or dislikes, we are not our wishes or desires, we are not our needs. We are immeasurably greater than any or all of these put together and multiplied a billion, billion times. All of these are tiny aspects of our incarnate experience.

We are our Spirits. We are both what is within the mind and beyond the mind. Our Spirits are all part of the Universal Spirit (God, Oneness). At this level there is no separation. The separateness that we see on a daily basis is brought to us by our Minds. The energy of Spirit, the Essence of all Life, is both within each body and mind and outside each body and mind at the same time. The air or space that appears to separate each one of us from the other is infused with Spiritual energy also and actually bonds us together, rather than separating us. There is no real separation, only the illusion of separation formed in the mind.

The planet Earth on which we are living is also a Spiritual Being manifesting itself and we are not separated from Earth either. We are experiencing Spirit manifesting itself within us and all around us. When we fully realise this, we can let go of the emotional roller coaster rides we find ourselves on so often and the mental stress we torment ourselves with so often. Though we can appear to be lost in the middle of these and out of control, our realisation of who we really are (Spirit) can allow us at any moment to begin to free ourselves from situations, events and experiences we don't like or we feel are bad for us because we have the choice and power to do so. We may still have to extricate ourselves from delicate or indeed troubled situations which we allowed ourselves to be drawn into by our reactions and responses to people, life events or situations. However, with the knowing that our Spirit is untouchable and untainted by our mental and emotional transgressions, we can very quickly see a ray of light pointing to the way out of our unintentional and unpalatable situation.

Being Present and Developing Presence

Our ability to trust in ourselves and to trust in life is restored once we become aware of our spiritual heritage. It is the illusion of separation from the source that brings with it pain, suffering and torment. When we work from the source we reinforce it in our lives and we can experience fulfilment, but when we don't, or when we manage to "separate" ourselves from the source, we will eventually experience separation, isolation and emptiness.

As has been said in previous articles, our ability to be present when we are making choices and decisions means we are far more likely to be able to re-present ourselves in the world in the way that we want than if we are absent when making those choices and decisions. Our self pre programmed habits make our choices and decisions for us in our absence. They do not re-present who we are or who we are trying to be now, though they might re-present who we were at some point in the past. This practise will only help us to recreate our past rather than live in the present. In order to truly re-present ourselves now, we need to be in the "Now", the Present. To do this we need to become aware of how and

when these habits are being activated and we need to be able to replace them with our preferred and present chosen responses so that we are re-presenting ourselves well. When we are re-presenting ourselves well, we experience congruence and peace within because we are in sync with our true selves. Our awareness, which is our acceptance within us of our true source, lights up the moments when we are making these choices and decisions or reacting or responding to people or situations. This allows us to infuse ourselves with our spiritual energy so that this energy can form and create our life experiences from moment to moment. The more often we do this, the more we develop our presence which is our essence being presented to life, and eventually our presence crystallizes and becomes the new habitual way we meet the world. Our presence is our signature, a true reflection to the world of who we are. The world will know us for this and will treat us accordingly. When we are truly re-presenting ourselves, we are Presence re-presenting OmniPresence to the world, which is our ultimate purpose.

An Afterthought...

God, Adam and Eve and the Garden of Eden

The Spirit (God) created the Logic Mind (Adam) and the Creative Mind (Eve) to live within the Body (Garden of Eden) so that the Spirit could experience self actualisation...