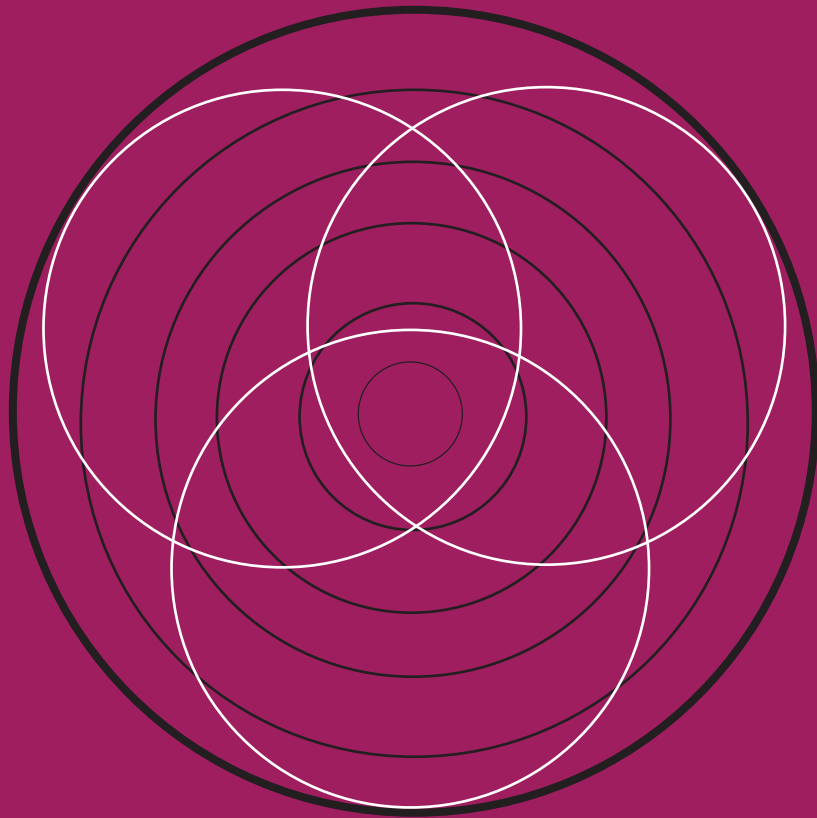


WHO'S MIND?

A process of 'seeing straight' and opening to
the journey of **unlocking our fullest potential...**



By Sean Clarke

Who's Mind?

A process of 'seeing straight' and opening to the *journey* of **unlocking our fullest potential...**

Each of us 'have a mind of our own', in that mind we can think, develop, and utilize very different models of reality based on our beliefs, interests, aims, and sense of what is our purpose, what we are, and what life is...

Each mind is uniquely tailored to us as individuals and yet from a wider perspective all minds belong to life itself, to a singular energy and power that runs throughout all things and makes all that is possible possible...

Nothing runs without this power and so there is no other authority to turn to in the end, affinity with it instantly resolves everything for as long as that affinity is held open, another way of saying this is; when we make ourselves accessible it is there...

It is one singular misunderstanding, misrepresentation, and the resultant manipulation that occurs from our 'source-obscurity' which causes all of our defined problems, however they might manifest...

These problems we have could be seen as a projection from the 'hidden' part of our personal mind that kindly and unerringly harbors all of our limits for us, as well as the larger creative mind that unfolds similar patterns around us as individuals...

This mind and its problems includes; other people, beings, animals, and the planet, anything that has in some way moved out of harmony with truth, where there has occurred some split, confusion, interference, or other distorting factor that prevents the natural emergence of truth into form...

Expression of truth should move through, grow, blossom and develop as natural for us as human beings as it does for a simple flower, if it does not then we are misusing our creative potential, blocking it in some way that is unnecessary to life's available unfolding...

We could see ALL problems as having one single common root cause, and all further manifestations as variations on the theme of that deepest root of our creative minds. That root is constructed of a division(s), denial(s), or any kind of split(s) from our original source, as minor or as major as they may be, the truth is they're all minor but with rather major consequences on our relative field of experience...

As this 'original source' gives rise to mind, including all individual minds, and makes all that is possible in creative mind accessible, then there is only ever one level we need

be working with, and that is the level closest to the source from which our current surface life experiences and issues are made possible...

In a way, this approach and orientation is like removing blocks from upstream and working downwards, if we have a blockage down stream, no amount of removing that will restore the flow when still blocked up stream; however, we still have to remove blocks downstream eventually in order to complete the entire channel of flow...

By working on those blocks closest to our personal minds lack of affinity with source, we remove the very foundations upon which all subsequent blocks were constructed and maintained, we sweep the 'false ground' from them so they can no longer remain and so they then have to clear up, sometimes immediately and other times through a resolving sequence...

It doesn't really matter what specific belief systems, interests, and libraries we have in our personal minds, it is almost irrelevant to the underlying structure of mind and creative flows, the key is that our mental structures, whatever they may maintain in detail, all those specifics of our own personal aims in life, are clear to, open to, and accessible by source, the underlying power/energy that makes all else possible...

Who and what we most truly are, before all definitions, identities, and related goals or belief systems. We're most powerful when operating from this perspective, rather than as an identity working upon another identity, though can still be somewhat successful that way when moving out from a rather heavy identification...

It is just simple sense after a while, it may sound a bit esoteric but really it is not, the language used might be a bit unusual to some, but that is usually because the language we commonly use is specific to a paradigm and stage of development that on the whole lacks an affinity with simple truths, it was designed mostly for the physical landscape, directing people and events, drawing attention to particular details and so is somewhat restricted and frequently only relevant to that plane, although in constant development and potentially infinite in its usage...

No matter, the language is not important other than bringing awareness to things that already are, it is the awareness and direct perception that is most important, language is secondary to experience, taste first describe later!

How do we get in touch with this easily?

Simply sense where you are experiencing or imposing separation in your life, from certain people, places, experiences, ideas, energies, moods, feelings, how you are storing in your mind the memory of 'you being separate from' them or it...

This starts the 'becoming aware', we stop thinking and start noticing, we get WITH perception, and begin to leave thought alone, then we are in touch with our being...

The art is carrying no judgment in this 'discernment portal', letting it be like a window we keep clear and clean in order to enjoy the passing seasons and events, we generally misuse this faculty and it gets diminished and clogged up with heavy cumbersome organizing energies of judgment, that we think help but simply diminish the faculties usefulness and true function...

So we aim for a neutral clarity through which to access discernment, one way is by posing useful awareness evoking questions, that is the active phase, then we remain passive and open and allow ALL contents to 'unpack' without censoring...

The mind may start up again, try to draw attention to something, much like a sales person or marketer, sometimes this is helpful, it allows us to play a particular thread of the journey for a while, and sometimes it is more of a pulling us into the feeding of a drama or unhealthy fixation...

Whichever way, we need not enter back into the mind, we can instead be present to the minds thoughts and images and the biology's feelings, the ingrained patterns and habits of our persona built on our unique view of reality and all the various streams that come of is as they 'unpack' for us as presence...

This unpacking contains both 'junk' energies, like those heavy clogging judgments, and fresh mental space into which can flow more intuitive insight and the fuller integration that emerges with each passing...

The challenge at first can be a tendency to judge ourselves for getting swept back up in the minds suggestions, which only feeds another negative pattern and draws us further in, the bonus of this when we become aware is this; the further into the limited mind patterns we become drawn the more intense the emotional response, so there is a built in alert mechanism so to speak, intentional or unintentional it is there and we can work with it for considerable gains in freedom...

I'd say it is intentional without intention, as I see the underlying nature as perfect and everything about it inherently FOR itself and its overall success, it thinks and forms brilliant qualities, such as the emotional mechanism, without effort, as pure aspects of its innate potential, or as temporary bridging aspects that move all parts back into their proper placement and affinity with the principle...

The second challenge we face is a temptation of withdrawing from the mind altogether and ignoring it, letting it just play out, which is ok, we're no longer feeding it, but then it is left to its own devices, so to speak, and so whatever is set in motion in it will tend to play out in life as some dramatization, the most extreme being fatal...

Even if we sit still for many hours or retreat from the world, we will feel the tugs as our own personal drama moves into our energetic space to resolve, which in itself, as a process, when we appreciate the nature of such things can be a valuable approach, otherwise, without the appreciation and understanding that can use the experience, it is just another distraction...

Much better to rest somewhere midway if we wish to interact and involve more in physical reality, that is 'the best of both worlds' method, accepting our divine expansiveness as well as the minds world, and operating/directing our mind FROM that purer vantage point as frequently as possible...

It then becomes somewhat like directing a library of points and pressures, we press on certain ones and some things happen, press on others and other things happen, stop pressing and some things stop and so on, we do this mostly intuitively, it ripples with our intent/true-cause into subsequent action and movement, a little like a highly sophisticated biological puppet...

In this sense we can learn to 'program' our own neurology, not from within the limited-mind however which is an approach destined to breed as many problems as solutions, but as a sense of being beyond it, we can educate the mind from within life itself, form our own sense of truth and being, and train it to be anything we want it to be that is natural and harmonious for it to be...

There might be places, thoughts, and feelings that tell us we cannot or should not do that, and so then we're back into that 'weeding out' mode where we become alert to those more ingrained patterns and habits that tend to trigger and operate automatically, telling us what reality is, as well as what is or is not possible, usually based solely on beliefs generated from the perspective of the limited mind and its related senses...

Again, we're not denying this mind and sense reality, we are more stepping back and seeing it for what it is, accessing it as it is, and doing with it what is fitting for it, there is no need to push, nor any need to restrict or deny it, we work with what is available to us at the mental level, honoring it, as well as that which is not restricted by any such conditions...

This is the 'best of both worlds' perspective, the swish down the middle of the yin yang and the two dots, or the overlapping of the many spheres of 'the worlds' we're present to and drawing experience/energy from...

Sure, we can 'port more infinity through' to physicality, but change has to ripple through the inherent sustaining layers of the intelligence that hold reality in play as it currently does, change has to be accepted by each layer or level of mind, rippling as uninterrupted waves, and eventually taking full form...

All layers of the ripple must remain in tact in order that the initial pulse, the central intent is manifested, if any layer is interrupted, then the intent either does not manifest or is somewhat diminished in potential, the truth is obscured so to speak...

This is what happens when we second guess and question ourselves, we add interference patterns to our previous/current intent that is destined to manifest, we need to know where to press (true cause) how to press (pure intent) and when to stop as well as what not to add in order to gain the result we intended in the first place...

The physical reality we might consider the store of past thought, the clearer our store the more can move through it, change can happen faster. Just as a fine structure can have the same strength and capacity as a dense one when built with the right materials in the correct order, so too can we be lightweight and deeply powerful and sturdy!

Mass is not as important here in the physical as we're lead to believe, only affinity with truth and clarity about the creative process, as well as our ability to use it is important, which comes from exercising our direct experience of the first two...

Our mind patterns are strongest when grounded in pure power, when they are conducive to natural flow, offering no obscurity or resistance, then there is potentially no limit to their impact in life...

There are many patterns available to the human experience, some have been documented and we can learn of those, but it is best to explore our own direct sense of them, I have discovered many things quite spontaneously that I have never read about elsewhere, such as a series of rings up the spinal column that when aligned in a certain way produce a certain awareness...

There are others too, archetypal images and all manner of imaginative things that evoke real perceivable occurrences, change your energy, your mind, and the resultant perception and action in life...

I don't think one could document them all, best to explore them as they come to you personally, though I am certain there are common systems, think about how you learnt to use your fingers and toes for instance, you needed no direction as such, just a safe environment and a willingness to stretch into them and start pressing on what makes your body move...

Same with the imaginable archetypes that give rise to all energetic and creative phenomena really, see what you can press and see what it does, learn directly by playing and exploring, preferably in a safe environment...

One final note along these lines, about discovering such things and using them...

It is not that we cannot use such patterns actively in life for gains and benefits, or to protect ourselves when appropriate, or initiate certain changes we feel are desirable, only that to use them most fully we must remain in alignment with the source, in this way the patterns remain buoyed and supported by flow by staying un-obscured and clear and so in a state of full unfettered potential...

Consider this, you would not put an irate toddler in the seat of a laser beam that misused could potentially destroy large parts of the world, and you wouldn't give a pack of wild animals the keys to your beautiful home (assuming they could use a set of keys:)

Similarly, we gain access to such aspects of human potential by moving into a place where they are operative and available, this means while we identify with our irate unresolved child, or our wild animal nature and not awareness we're restricted in access and usability of such things, they either do not occur or remain obscured...

So there are some inbuilt conditions, some inherent safety measures for our own protection it would seem. The more we nurture, develop, and exercise this passive neutral power to embrace and discharge clouding mind-patterns, the more we readily align with these 'higher' potentials and can port them into human experience...

This is simpler than you think, life wants this, the universe wants it, and so we need do little but allow it and do that which is congruent with the allowing of it, allowing our most powerful and potent mind patterns to naturally emerge and become activated, then they are useable to us, and so long as we allow them to remain clear and uncluttered, then they remain in that space of infinite accessibility and usefulness...

We only need see; in what ways do we create and hold clutter or obscuring contents in place? With the sole intent of releasing them or advancing them to full healthy capacity, this last point is essential as we can often end up creating more clutter in our effort to clear clutter, so our overriding intent, our thought directive has to have this concise overriding mission...

Remember what defines a 'practicing warrior' from an average person, and that is; know what and when to start and what and when to stop...

This applies to the deepest esoteric truth as readily as the most mundane activity, it is a useful rule of thumb as it is applicable to many levels, remind me of it sometime, the perfect time preferably :)

In this way a realized warrior aims to make ALL options available yet only uses what is appropriate to the actual situation and the larger purpose of peace, they do this by

remaining in tune WITH peace/true-power/self and acting only FROM peace, and so when fully operating in this way they make no error...

They may have the most fabulous and advanced moves ever conceived but will only use what serves the moment and larger purpose, Yoda comes to mind as an example of this, did you see those moves in the most recent Star Wars movies?

Highlights the point beautifully! (Didn't see that one coming did you:)

A practicing warrior is always striving to reach this pinnacle of realization in action, perfecting the creative movement in order to use it for larger benefits...

This is what distinguishes a true warrior from a tyrant, they know when to stop, when enough is enough, when to rest, be at peace and settle, and when to be active as well as what are the most effective actions in context of the aim and overriding purpose, it has little to do with what they do, they could effectively do anything...

What a warrior has is a deep affinity with truth and a practical knowledge of their mental/physical chemistry, they know what to evoke, when to evoke it, and in what amount, as well as how to discharge all energy-motions entirely upon completion or the shifting of their intent in response to open perception...

This is the hallmark.

It may take much practice to attain this perspective and live it 100%, yet it can be instantaneous as one trusts that which is within as well as beyond all of this world of play, the possibility is always there when we are open to accepting it...

The key is recognizing it takes as long as it takes for us, and once on the path there is no putting it down, no deviating, not for long, the energy and momentum of it drives you forward eventually from ANY limitation you may now harbor...

Your mind can be a great piece in this process, the chemists store of resources, the programmers library and matrix, the warriors personal cosmos, understand it and use it from a level beyond its current constraints and there is nothing you cannot unlock in its potential...

Good luck in your journey!

Peace
Sean