

## Wednesday Night Study Series – “Stillness Speaks”

**Prayer of Surrender:** Spirit of Truth, CARRY ME where you will; BRING TO ME what You will; TAKE FROM ME what You will; AWAKEN IN ME what You will. The Christ MAN is around me. The Christ MIND is in me. The Christ POWER flows through me. And, the Christ MYSTERY exists as me. I believe it. I perceive it. And, now I receive it! I am surrendered. Amen. And, so it is!

### Beyond The Thinking Mind (Part I)

The human condition: lost in thought.

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Most people spend their entire life imprisoned within the confines of their own thoughts. They never go beyond a narrow, mind-made, personalized sense of self that is conditioned by the past. In you, as in each human being, there is a dimension of consciousness far deeper than thought. It is the very essence of who you are. We may call it presence, awareness, the unconditioned consciousness. In the ancient teachings, it is the Christ within, or your Buddha nature.

Finding that dimension frees you and the world from the suffering you inflict on yourself and others when the mind-made “little me” is all you know and runs your life. Love, joy, creative expansion, and lasting inner peace cannot come into your life except through that unconditioned dimension of consciousness.

If you can recognize, even occasionally, the thoughts that go through your mind as simply thoughts, if you can witness your own mental-emotional reactive patterns as they happen, then that dimension is already emerging in you as the awareness in which thoughts and emotions happen – the timeless inner space in which the content of your life unfolds.

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Here is a new spiritual practice for you: don’t take your thoughts too seriously.

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How easy it is for people to become trapped in their conceptual prisons. The human mind, in its desire to know, understand, and control, mistakes its opinions and viewpoints for the truth. It says: this is how it is. You have to be larger than thought to realize that however you interpret “your life” or someone else’s life or behavior, however you judge any situation, it is no more than a viewpoint, one of many possible perspectives. It is no more than a bundle of thoughts.

But reality is one unified whole, in which all things are interwoven, where nothing exists in and by itself. Thinking fragments reality – it cuts it up into conceptual bits and pieces.

The thinking mind is a useful and powerful tool, but it is also very limiting when it takes over your life completely, when you don't realize that it is only a small aspect of the consciousness that you are.

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Wisdom is not a product of thought. The deep knowing that is wisdom arises through the simple act of giving someone or something your full attention. Attention is primordial intelligence, consciousness itself. It dissolves the barriers created by conceptual thought, and with this comes the recognition that nothing exists in and of itself. It joins the perceiver and the perceived in a unifying field of awareness. It is the healer of separation.

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Whenever you are immersed in compulsive thinking, you are avoiding what is. You don't want to be where you are. Here, Now.

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Dogmas – religious, political, scientific – arise out of the erroneous belief that thought can encapsulate reality or the truth. Dogmas are collective conceptual prisons. And the strange thing is that people love their prison cells because they give them a sense of security and a false sense of “I know.”

Nothing has inflicted more suffering on humanity than its dogmas. It is true that every dogma crumbles sooner or later, because reality will eventually disclose its falseness; however, unless the basic delusion of it is seen for what it is, it will be replaced by others. What is the basic delusion? Identification with thought.

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Spiritual awakening is awakening from the dream of thought. The realm of consciousness is much vaster than thought can grasp. When you no longer believe everything you think, you step out of thought and see clearly that the thinker is not who you are.

**Affirmation:** I am in the world, but not of it. I am the awareness of thought, not thought. I am awake to the truth that I 'Inter-Be' with all that exists. I am not separate from God, my neighbor or myself. This week I will be aware of my awareness. I AM that I AM.