

## 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 II)

The mind exists in a state of “not enough” and so is always greedy for more. When you are identified with mind, you get bored and restless very easily. Boredom means the mind is hungry for more stimulus, more food for thought, and its hunger is not being satisfied. When you feel bored, you can satisfy the mind’s hunger by picking up a magazine, making a phone call, switching on the TV, surfing the web, going shopping, or – and this is not uncommon – transferring the mental sense of lack and its need for more to the body and satisfy it briefly by ingesting more food.

Or you can stay bored and restless and observe what it feels like to be bored and restless. As you bring awareness to the feeling, there is suddenly some space and stillness around it, as it were. A little at first, but as the sense of inner space grows, the feeling of boredom will begin to diminish in intensity and significance. So even boredom can teach you who you are and who you are not. You discover that a “bored person” is not who you are. Boredom is simply a conditioned energy movement within you. Neither are you an angry, sad, or fearful person. Boredom, anger, sadness, or fear are not “yours,” not personal. They are conditions of the human mind. They come and go. Nothing that comes and goes is you. “I am bored.” Who knows this? “I am angry, sad, afraid.” Who knows this? You are the knowing, not the condition that is known.

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Prejudice of any kind implies that you are identified with the thinking mind. It means you don’t see the other human being anymore, but only your own concept of that human being. To reduce the aliveness of another human being to a concept is already a form of violence.

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Thinking that is not rooted in awareness becomes self-serving and dysfunctional. Cleverness devoid of wisdom is extremely dangerous and destructive. That is the current state of most of humanity. The amplification of thought as science and technology, although intrinsically neither good nor bad, has also become destructive because so often the thinking out of which it comes has no roots in awareness. The next step in human evolution is to transcend thought. This is now our urgent task. It doesn’t mean not to think anymore, but simply not to be completely identified with thought possessed by thought.

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Feel the energy of your inner body. Immediately mental noise slows down or ceases. Feel it in your hands, your feet your abdomen, your chest. Feel the life that you are, the life that animates the body. The body then becomes a doorway, so to speak, into a deeper sense of aliveness underneath the fluctuating emotions and underneath your thinking.

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There is an aliveness in you that you can feel with your entire Being, not just in the head. Every cell is alive in that presence in which you don't need to think. Yet in that state, if thought is required for some practical purpose, it is there. The mind can still operate, and it operates beautifully when the greater intelligence that you are uses it and expresses itself through it.

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You may have overlooked the fact that brief periods in which you are "conscious without thought" are already occurring naturally and spontaneously in your life. You may be engaged in some manual activity, or walking across the room, or waiting at the airline counter, and be so completely present that the usual mental static of thought subsides and is replaced by an aware presence. Or you may find yourself looking at the sky or listening to someone without any inner mental commentary. Your perceptions become crystal clear, unclouded by thought.

To the mind, all this is not significant, because it has "more important" things to think about. It is also not memorable, and that's why you may have overlooked that it is already happening. The truth is that it is the most significant thing that can happen to you. It is the beginning of a shift from thinking to aware presence.

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Become at ease with the state of "not knowing." This takes you beyond mind because the mind is always trying to conclude and interpret. It is afraid of not knowing. So, when you can be at ease with not knowing, you have already gone beyond the mind. A deeper knowing that is non-conceptual then arises out of that state.

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Artistic creation, sports, dance, teaching, counseling – mastery in any field of endeavor – implies that the thinking mind is either no longer involved at all or at least is taking second place. A power and intelligence greater than you and yet one with you, in essence, takes over. There is no decision-making process anymore; spontaneous right action happens, and "you" are not doing it. Mastery of life is the opposite of control. You become aligned with the greater consciousness. *It* acts, speaks, and does the work.

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A moment of danger can bring about a temporary cessation of the stream of thinking and thus give you a taste of what it means to be present, alert and aware.

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The Truth is far more all-encompassing than the mind could ever comprehend. No thought can encapsulate the Truth. At best, it can point to it. For example, it can say: "All things are intrinsically one." That is a pointer, not an explanation. Understanding these words means *feeling* deep within you the truth to which they point.

**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.