

# AWAKENING NEWSLETTER

## Living Consciously Part 2 The Role of the Mind

Ask someone of scientific bent about the mind, and he will likely sing the virtues of logical thought, analysis and reason, and dismiss anything outside its purview as foppery. Ask someone of mystical bent, and she will likely condemn the mind and its stories of separation and fear as the source of suffering and delusion. And yet here it is, this wonderful thinking apparatus that allows us to develop amazing technology, this constant tormenting voice of condemnation that imagines itself to be king of the world. What a marvelous double edged sword!

Ramesh Balsekar makes a useful distinction between the working mind and the thinking mind -

*The working mind is concerned with what is happening, with what it's doing. It does not differentiate, it does not make any judgment of what is good or bad. The working mind must continue; otherwise the body-mind couldn't do whatever it is doing.*

*The thinking mind is what creates problems. Thinking mind is a conceptualizing mind, the "me" which draws upon memories and projects fears, hopes and ambitions. The thinking mind dwells in its memory and projects into the future. The working mind is concerned with the present moment.*

*The working mind goes about its job and the thinking mind comes and interferes and interrupts. It says, "Are you doing this right? Could it be done a better way? What if you fail? You'll lose your job." So all this thinking mind interfering with the working mind produces worry and obviously the working mind cannot function effectively.*

The prime function of the mind is to keep us safe. It uses past experience to predict future danger, to stay with the known. Growth, by definition, always involves encountering the unknown. The limitation of

**the mind, however, is that it can only draw upon past experience, and it tends to generalize that expectation into the future as fact. This can span a continuum from useful to delusional. Consider:**

- **It is helpful to know that fire, no matter how enticing, is not to be touched.**
- **It is less helpful to be unable to go near water because you almost drowned once.**
- **Life is interfered with when you are unable to form an intimate bond with anyone because your trust was betrayed in the past.**
- **It is debilitating to be unable to leave the house because you were left unprotected as a child.**
- **It is delusional to believe that one is lacking, deficient, or not good enough.**

**The mind always wants to be right, to prove that its position is correct, and will seek out evidence for what it believes. In this great cornucopia of experience, evidence can be found for any position. Once a belief is in place, we will spend the rest of our lives proving it by recreating the evidence for it again and again. (Do your finances bounce off the same ceiling? Do your relationships end up with the same conflicts?)**

**Freedom comes when you don't believe the stories of your mind. Hold them as hypotheses to be tested out in reality. Begin to question the truth of anything you believe. How can I know this is true? When you notice beliefs or assumptions that don't support your wholeness, withdraw your agreement.**

**The liberated mind is subservient to the true self.**

*"At every moment, whatever comes to you unwanted comes from Life and will surely help you if make the fullest use of it. It is only what you strive for out of your own imagination and desire that gives you trouble. Be not afraid of freedom from desire and fear. It enables you to live a life so different from all you know, so much more intense and interesting, that surely by losing all, you gain all." – Nisargadatta*

## **AWAKEN IN THE NEW YEAR!**

**In this season we are drawn to our depths, it is the time of most contraction. We are sowing the seeds that will ripen in the summer. The Birth of Christ can be seen to represent the awakening of awareness of who we truly are. It is a perfect time to do deep inner work.**

**Here are some quotes from the last Intensive:**

*“I am filled with light and love. I found what true peace feels like. I can take on the world! I believe in miracles – I just experienced one!”*

*“I got the jewel of love back. Aahh, so light, so wonderful.”*

*“The wall I had up for 18 years is no longer in place. I found huge courage. I’m whole!”*