

## Chapter 1, The Mind.

Many hold the belief that the mind is somewhat part of the brain or connected to another physical part of the human body. This is incorrect as the human brain is very physical and can be realised within the range of the five main senses. It is physical object that the eyes can see and the hand can hold.

The mind on the other hand is not physical. It cannot be seen with the eyes, measured with instruments or repaired in surgery. This entails that the brain is not the mind, but simply a part of the physical body. There is nothing within the body that can be identified as being the mind because your body and mind are different. For example, sometimes, when your body is relaxed and immobile, the mind can be very busy, darting from one thought to another.

If the mind is neither the brain nor any other part of the body, then what is it? It is a formless continuum that functions to perceive and understand objects. Because the mind is formless or non-physical by nature, it is not obstructed by physical objects, an advanced aspect of your true being.

It is very important to be able to distinguish the disturbed states of mind from peaceful states. Only an unbalanced state of mind can disturb your inner peace. Thoughts based on anger, jealousy and desirous attachment can be labelled 'delusions', the principal underlying cause for much of humanity's suffering.

You may think that your suffering is caused by other people, poor material conditions or society, but in reality, it derives from your own deluded states of mind. The essence of most spiritual practices is to reduce and eventually eradicate your delusions and replace them with permanent inner peace. This is a large aspect of human life.

An essential understanding in which you need to align with is that liberation from suffering cannot be found outside of mind and your own heart. Permanent liberation can only be realised by purifying the mind. Therefore, if you want to become free from problems and attain lasting peace and happiness, then you need to increase your knowledge and understanding of how the mind operates.

Scientific research suggests that humans are only using about 8% to 12% of their brain power; the same goes for the capacity of the mind. When we are consciously awake, we are utilising 10% of the mind. The other 90% is the subconscious mind, which is programmable similar to a computer. Many have been programmed by outside sources in ways only the subconscious intelligence can define and store, mainly from symbolic advertisements, radio, TV, society's expectations and so on. This conditioning can build up layers of an illusory personality, causing somebody to never be themselves from heart, a catalyst for suffering and unhappiness.

This section delves deeper into different aspects of the mind. How to reprogram the mind with what you want to attract and achieve in your life, daily goal achievement and meditation practices to help still thoughts, manifest harmony, abundance and experience an increased sense of joy and overall happiness.

You may have heard the term 'thoughts are things', as there are many published self-help books available centred on the subject of thought power. Remember, you are a creator being in the creator universe. Anything is possible with the right knowledge, dedication and self-belief.



## Metaphysical perspective of the mind & thoughts

You may ask, what is meant by 'metaphysical'? Metaphysics is the study of the non-physical, spiritual/unseen realm, the formless realm that examines the nature of reality, including the relationship between mind and matter, substance and attribute, fact and value. The study and origin of metaphysics (if there is one), would tie in with the fundamental structure, nature and dynamics of the universe.

The thousands of thoughts a human being emits on a constant basis are all charged with a vibratory frequency that goes unrecognised to the five senses, etheric and energetic in nature. You cannot visually see these vibrational force with your physical eyes. This is also evident with the dynamics of light, heat, electricity, magnetism and waves of sound. With modern day technical advancements, a range of frequencies have been discovered that where beyond measure beforehand.

Knowing that this energetic signal exists and that you have constant control over it can be life changing. If you can start to apply the concept of thought vibration in a positive and constructive manner, it can be directed toward your advantage in everyday life.

Have you ever noticed that, when your thought patterns are scattered, fearful and doubtful in nature that more circumstances arise in your reality of the same nature, therefore creating more distress? Well this can be changed. The moment you change your attitude and energetic vibration, the universe responds instantaneously. There is no lag time in the etheric fields, as time and space is a linear concept within third-dimensional reality, also known as the realm of duality.

This dimension of duality consists of balanced factors such as; Love/fear, peace/war, rich/poor, you/them, life /death, up/down etc. with all aspects having their polar opposite or dual point. The lower dimensional realities of the Universe are created, controlled and maintained by mind. Your mind is a microcosm of the Universal 'macrocosm' Mind. The word 'Maya' represents the lower four dimensions of reality – the worlds of duality, created and maintained through personal and collective belief systems, known as the collective consciousness.

Absolutely everything you see, touch and feel is *energy*. All matter is a construct of atoms, positively and negatively charged particles that are bound together by an electromagnetic static charge. This static charge is what keeps the particles constantly orbiting the nucleus. The majority of atomic makeup is the formless light spacing between the nucleus and orbiting particles. Everything you perceive to be solid in reality, at the deepest level, is actually formless.

The point expressed here is that everything perceived by the naked eye is a construct of moving energetic particles. However solid and lifeless they may appear, the atoms that make up solid matter are actually in constant motion, energetic and vibrational forces. It might look like certain things are doing nothing but on the atomic level they are quite busy.

The human mind processes around 50,000 thoughts (on average) every single day (roughly one thought every 2.2 seconds). For many, a large majority of these thoughts are wild and order less, scattered etheric vibrations which communicate an array of mixed signals into the universal field. At first, when trying to change the vibrational patterns of your brain and mind, it can be quite difficult but with the help of brainwave entrainment, subconscious programming and meditation, it then becomes a possible achievement for anybody within a short space of time.