

THINKING

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Thinking is a world-wide disease. Because it is so common place, it is considered normal to think. Thinking is the cause of pain and suffering as it causes separation from the whole. It divides people, families and nations. These are strong statements because it is considered necessary to think. We have been trained to think. But did Einstein *think* up his Theory of Relativity or did he connect with the Superconscious and have an 'aaha' moment, a moment of realisation.

What is thinking anyway? Is it not only a collection of thoughts based on what we have experienced and learnt? Is it not only our perspective and beliefs? Does it not depict our level of awareness at the time? Does not our thinking change as our awareness changes? If this is true, why do we believe what it tells us?

The fact is that we love to think because it is always about us. 'How do I feel?', 'What will I do today?' 'Why didn't he ring me?' 'I don't want to go to work' 'I think I will change my job'. Whatever happens in life our first thought is usually 'how will this affect me'. It is our own moment to moment 'soapy'. Our thoughts are about our personality self and our life. Unfortunately most people do not realize that we are using our consciousness, our life force and *are creating our reality*.

People cry and say, but I didn't ask to be abused, I wasn't thinking thoughts about being abused, so I didn't create this reality. No, nobody would *ask* to be abused, but if they notice their thoughts are continually about 'poor me' and it is that sound that carries through the ethers and attracts to itself circumstances that create victimhood.

Because thinking is so commonplace and considered normal, most of the time we don't even notice that we are thinking. Perhaps this is the reason why we repeat patterns – we simply are unaware of what we are thinking until we react to something that is said or done and an emotion is triggered by our thoughts.

Now the thoughts are so loud that is all we can hear. We become blind to whatever else is happening. We become deaf and out of touch with the world – all else fades away, there are only our angry thoughts which by now have taken over us. These reactive thoughts are emotional and should never be believed for they are very destructive not only to ourselves but to the world around us.

Let us liken our body to a car. The first thing you do to drive is to start the car but it will not move until your put it in gear and then put your foot on the accelerator so that the petrol will flow through the engine.

The body's organs keep our 'car' in readiness but how does it move forward? It is the thought that you must take a shower that sets the intention to move the body to the bathroom. It is the thought that puts the body into gear. Now what is the 'petrol' that

flows through the engine to move the body? It is our own life force, our consciousness, our energy.

When there is anger in the body it is like putting your foot hard on the accelerator and burning the tyres. You don't move anywhere, but you burn up heaps of energy. It is extremely destructive to yourself and everyone else when you are in the grip of anger.

It is said that the parietal lobes of the brain have become over stimulated since birth. When we were born the frontal lobes at the front of the brain were activated. We could look and not name things, we could observe. We were aware of how our mother felt because there was no separation, we were aware of noises. We listened, we felt, touched, tasted and saw. The five senses operated well because there was no thinking.

Gradually, we absorbed language into our computer system of the brain. We learnt quickly. Ideas were put to us from our parents, not from their talking but from their energy fields. The ideas they carried from their parents, ideas that go back 7 generations. Ideology about religion, country and just what they thought was right. The ideas became ingrained into our energy system. These ideas had power and could cause war.

The frontal lobes of the brain have become inactive. Nobody listens anymore to nature or even each other unless you find away to attract their attention away from their thoughts. Thinking has become an obsession. Thoughts have become dominant and the human subservient to them. How often do we say, "I need some space to think." What we need is a quiet mind, a mind that is still. We need peace.

Now there is an urgent need to wake up! To notice what you are thinking about because these are the thoughts that produced the situation you find yourself in right now.

Now is the time to become more aware, take a moment to breathe and see the sky. Is it blue today or cloudy?

Now is the time to take your power back from the Lower Mind and you can only do that by noticing that you are caught up in it.

Take a tip – don't believe a word your mind tells you. This is the first step to enlightenment.