

A Better Quality Of Life

This Article's Inspiration

People in the Thursday group are taking a big step up. They are suffering more. More energy also is releasing.

Some people in the group are having, at times, a very hard time to stop listening to their mind; even when their mind is sending them into more unwanted and negative thoughts and feelings, and their body is very uncomfortable when the troubling thoughts are active.

People in the group are also being more intimate with their uncomfortableness. They're, more and more, not running away from the uncomfortableness or suppressing it. The uncomfortableness is in their body; an energy that can manifest as tight muscles, headaches, stomach pain, back pain, an antsy-can't-get-comfortable feeling, fatigue, sleeplessness. The uncomfortableness also has a emotional-mental component of being irritable, feeling shame, blaming others, being a victim, feeling hopeless, wanting to give up, being angry, having fear. This energy in their body is developed by their troubling thoughts.

A thought without energy is like a lion without teeth and claws and that can't move much; not much of a threat. *It's the energy of the thought that is so uncomfortable and this energy is in their body.*

In The Last Group Meeting

In the last group meeting at least three people shared how the troubling thought-train was so powerful and that they got sucked into a long ride on the thought-train.

One person said that it was because of habit. The ride to hell has happened so many times in their life that it was impossible to stop. I've been there where it's taken many minutes, hours or longer for the thought-train to finally run out of steam.

Every time the thought-train runs, it's easier for it to run again. It's like training your body to run. A well trained body can run for many, many miles. Many people have a thought-train (blame, shame, victim, fear, anger) with a very strong engine; that can go fast and go for a long distance.

A Basic Part Of Charles' Teaching

My teacher, Charles, has a saying that is a tenet of his teaching: If it (a thought or an emotion) is not neutral or loving, let it go. Countless times I've come back this basic teaching of Charles. If a thought or an emotion is not neutral or loving, let it go.

In the early days of this practice, it was impossible for some of the thoughts and the associated emotions 'to go' in a short period of time. The thought-emotion could stick around for many minutes, hours or days. I was hounded by the thought-emotion and by the relentlessness of the many following thoughts-emotions.

A re-training of my mind was happening. My mind was used to being able to keep going and going on a thought-train unhindered. As the thoughts continue to keep coming, as the thought-train gains more momentum, the emotions come in anger, fear, jealousy, envy, shame, blame, feeling victim, wanting to attack. *The emotions add more fuel to the thoughts; giving the thoughts a blistering energy to keep going.* This blistering hell thought-train ride is why Charles said: if the thought or the emotion is not neutral or loving, let it go.

If The Thought Or Emotion Is Not Neutral Or Loving Exercise

I'll give a brief overview of the 'if the thought or the emotion is not neutral or loving, let it go' exercise.¹

When Charles first gave me this exercise (he gives this exercise to everyone), I could be with a strong negative thought-emotion for forty minutes and up to two or three days before it'd let go. I now was having attention, desire and action (more about action later) to de-rail the thought-train. The negative thoughts had a lot of practice in staying strong. Now a strongly negative thought rarely stays for very long, though exceptions do happen.

Charles' instruction, over the years, has deeply altered the types of thoughts that go on in me throughout the day. I got to experience, time and time again, that when negative thoughts run through my mind, then my body and my breathing respond in a stressed way. My body tightens, my breathing tightens and chemicals that make my body uncomfortable like cortisol get released in greater quantity. I find my life to be happier and better by not dwelling in, or being captive of, negative thought-trains.

Alternatives To The Thought-Train

Come Back To Abdominal Breathing

Previous articles have been written about how the calming, grounding and centering part of our nervous system becomes more active and more engaged when we breathe with our belly going in and out; not just having shallow breaths where only our chest is moving.²

Having our breathing go deeper into our body not only activates the calming part of our nervous system, it also gives our mind something else to think about. Now our attention cannot be totally on the thought-train ride.

Baby Distraction

If a baby or a child is having a difficult emotional time, we can try to get their attention on something else. Once their attention is on something else, they're not as distressed.

A mentor of mine used to clean his garage when we was on a thought-train. This activity of his body and the attention of his mind to cleaning helped move the uncomfortable energy in him.

Coming Closer To What's Uncomfortable

The opposite of baby distraction is to come closer to the uncomfortableness in our body. When we're on the runaway thought-train, our body is going along with the ride. Our breathing is altered. Our body is more tense and there is a very uncomfortable energy that is different from just muscle tension.

It's the uncomfortableness of the body to come closer to. It's not coming closer to the thoughts. When we come closer to the uncomfortableness of our body, we can breathe deeper, move our body if the want of movement is there, make sounds if that comes. The active part of coming closer is listening to our body in how the uncomfortable energy can release. This listening becomes easier the more that we do it.

It's not always possible to let the body move and to make sounds. We may be at work or with other people. At these times, we can breathe more deeply and help the uncomfortableness of the body to release in subtle movements. We can also journal to bring the thoughts and the feelings out of our body and onto paper. We can take a walk to help the energy to release.

Coming closer is being with the uncomfortable feeling in our body. Coming closer is not trying to make any sense of the thoughts or trying to find what's true in the thoughts. We don't try to come closer to the thoughts. We come closer to our body and to our breathing.

The thought-train is fueled by energy. The energy is in our body. When we're with the uncomfortableness of our body and when we're with our abdominal breathing, we're with the engine that fuels the thought-train. Have you noticed the longer that the thought-train runs, the more your body is 'worked up' and uncomfortable? The thoughts make the body uncomfortable and the uncomfortableness in the body are the fuel that keeps the thought-train going.

Deeper Peace and Deeper Hell

Deeper Peace

Three people in the last meeting had a lot of energy release from their body. Each person began in a very distressed state. Two people released energy by long crying. One person released energy by loud screaming. I asked two of the people if there was any story going on when their body was releasing energy. Both people said there was no story at all. They were simply feeling the energy and the energy was releasing. I didn't ask the third person if a story was going on.

Each of these three people felt much more at peace after the energy had dissipated. They also felt the power of Love. The fuel that keeps them small had lessened and now the power of Love was coming through. They were simple in the release of what was uncomfortable in their body. They stayed with the release of the uncomfortableness (the fuel) without giving more attention to the thought stream.

The more times that we stay with the uncomfortable energy and help it move through our body, the easier it is to have it flow the next time the thought-train starts going.

You can know that you're progressing on the spiritual path when what used to take you days to get through now takes hours, what used to take hours now takes minutes, and what used to take minutes now takes seconds.

Deeper Hell

Another person in the last meeting was feeling sad and sobbing. She was in the story. Her sobbing was being fueled by the thought-train. She was in victim and her sobbing was increasing her feeling of victim and powerlessness. Maybe she thought if she continued in this way, the energy fueling her feeling of victim would lessen. The opposite was happening.

It took quite a bit for her to go in the direction of the power of Love. She had ridden this particular thought-train so many times and she was again on the same train to the same hell. By riding this same train so many times, it was hard for her to get off the train. She learned a lot about this particular thought-train and why it's still going.

Being More Intimate With The Thought-Train

People in the Thursday group are becoming more intimate with their thought-train. The thought-train has always been there. These thought-trains are a major reason why people don't feel happy. People wonder why they're not happy. What are people listening to most of the day?

Our Mind

Our mind is doing most of the internal dialog that happens throughout the day. Thoughts also come from our intuition; from our inner knowing. For most people, the intuitive thoughts are sparse throughout the day. 99.9% of the thoughts that run through most people are from their mind.

The mind's job is to create thoughts. We want peace of mind when our mind is creating too many thoughts. If we argue with our mind about creating thoughts, that's more thoughts being created and doing the opposite of experiencing more peace.

More About The Thought-Train

A thought comes. Even if the thought is 'I want revenge because of what my spouse said.' No problem with the first thought. Really be with this. There is no problem with a first thought. Having that thought doesn't make us a bad person.

If we start going into judgement, oh, that's not spiritual. Or, I'm not supposed to think those things. Or, I should be beyond those type of thoughts going on. Or, how can I get revenge? Or, what can I do to make them miserable? Or, I've got the perfect plan to get back at them. Then, these thoughts that follow the first thought can be a problem.

Every thought after the first thought of revenge, whether it be criticizing ourselves by thinking 'I'm good and I shouldn't be having this thought' or 'how can I get revenge' can fuel the thought-train. Enough fuel and we're soon on the thought-train to hell, and soon our breathing and our body are tightening and we're feeling very uncomfortable.

Junking Out

We recognize (sometime during or after) that we've been junking out on eating. What started as a little bit of chips or nuts or ice cream has turned into a junk out session of eating. We also recognize, during or after, that we've been junking out on the internet, facebook, or on TV.

What goes under many people's radar is the amount of junking out that they do with their thoughts. It's very useful for us to notice when we're junking out on thoughts; when the thoughts are meaningless or destructive to ourselves.

People in the Thursday group are recognizing more when their thoughts are junking out. And they're feeling the ill-uncomfortable effect of the diet of negative, judgemental, blaming, victim, angry and fear thoughts.

Taking Responsibility After The First Thought

We take responsibility for what we say and for what we do. We know when we say something to another person that what we say has consequences. When we do something, that also has consequences.

When it comes to thoughts, we junk out for a lot of the day. I want get back at my spouse. The first thought is not a problem. *What we do after that first thought is, or is not, a problem. Our responsibility for thought comes after the first thought.* We can begin to discriminate more between healthy, useful thoughts and blaming, shaming, angry and fearful thoughts.

Many Useful Thoughts

There are many thoughts in the day that are useful. Where are all the clothes in the house that I need to wash? What am I going to buy at the store? How am I going to plan out tomorrow? Many thoughts are useful and needed. The mind is a wonderful tool in organizing and in prioritizing. We don't want to stop the mind from thinking.

Recognizing Useful And Non-Useful Thoughts

Useful Thoughts

Thinking fondly of our children or of our grandchildren is very useful. Kind and loving thoughts have a great usefulness to them. Giving our thoughts room to expand and play during a creative process is very useful. Being imaginative can be very useful.

If the thought is creating a feeling of expansion in you, a feeling of ease in your body, an ease to your breathing, then the thought is probably very useful. Useful doesn't mean it has to be practical. Useful, in these examples, means that there is an expansion coming from the thought.

Useful thoughts don't always have an expansive feeling to them. We may find an answer to a problem. The thinking that came before the answer may have some tension in it. The mind as a useful problem solver can have tension during the thought process and tension may develop in our body during the thought process.

The body and the mind can also be neutral when we have useful thoughts; neither expanding nor contracting. The mind simply is doing its job of solving a problem with no stress and no expansion occurring with the thoughts.

Non-Useful Thoughts

If the thought is creating tension and creating even more rampant thoughts and increasing tension, then even if the subject needs to be addressed (what am I do to with my child who came home late), the thought-train you're on is not useful.

By thinking more and more in a way that tightens our body, that freezes deep abdominal breathing, and that creates more of a feeling of distress, then this thought-train is not useful. It's sending us to hell.

The mind doesn't want to give up on solving the problem. The mind wants to keep the stressful thought-train going until a solution comes. We need to recognize that letting the mind go unhindered on its thought-train can often be going in the opposite direction of coming up with a solution. Have you noticed that when you simmer down, when you're less agitated, that you think better and a really good solution can come?

Recognizing Useful And Non-Useful Thoughts

We haven't been taught how to take responsibility for what we think. By recognizing useful and non-useful thoughts, we're taking more responsibility for our thoughts.

The Junk Thought Diet

Do you want to die knowing that you lived a lot on junk thought throughout your life? Binging every day on non-useful and/or negative thoughts? Or do you want to try an alternative? Do you want to become more aware of your thoughts rather than having thought-train after thought-train run unhindered throughout the day?

People in the group are more deeply feeling what happens when they're fully on-board the stressful-judgemental-angry-fearful-sad-blaming-victim thought-train. They're feeling the suffering that the thought-train is creating in their mind and in their body, and then in how they relate with others. This increasing awareness and increasing suffering is progress on the spiritual path.

The Uncomfortableness Of Our Body Releasing

The work in the Thursday group and the work with my teacher has an important component of releasing the uncomfortableness that builds up in us when the thought-train is going.

There are three levels of releasing. The most superficial level is when we're crying, screaming, moving, breathing deeper, and our mind is having attention to some story. Not much gets released at this level, though we may be going through a lot of outer movement, noise and breathing.

A deeper level of the uncomfortableness of our body releasing is when thoughts are not present, though we're very connected to emotion – sad, angry, fearful. More is released at this level of emotional connection without a thought-story.

An even deeper level of the uncomfortableness of our body releasing is when there is no thought and we don't have a connection to any emotion. This may seem like a detached, unconnected place. Yes, we are detached (without trying to be detached) and we're not connected to our thoughts or to our emotions. What we're connected to is that we're very, very close to the energy that is the fuel for the manifestation of our thoughts and of our emotions. This energy can keep releasing and releasing and releasing. There can be outer movement and noise (even crying or screaming).³

People in the group are, more and more, experiencing the release of the uncomfortableness in their body with no story. The already built up fuel for our unhappiness is being released again and again. This built up fuel is from decades of residue from our thought-train rides. With no uncomfortable energy inside, we're at peace real, deep peace.

Congratulations to the people in the group that they're getting to the depth in them where their suffering is increasing by experiencing an increased sensitivity to the uncomfortableness in their body created by their current thought-train rides and by coming closer the uncomfortableness of the stored-past thought-train rides. Congratulations too for being so intimate with what is uncomfortable that this energy can release with no story.

May all beings live in peace and love.

Footnotes:

- 1 A previous eight page article called [If It's Not Neutral Or Loving, Let It Go](#) goes into much more detail about this tenet of Charles' teaching.
- 2 Previous articles have gone into detail about abdominal breathing. These articles, with the specific pages referring to abdominal breathing, are [Processing](#) (pg. 4), [Being Triggered](#) (pg. 5) and [Moving Forward When We're In Reaction](#) (pg. 4).
- 3 If you've had a 'good cry,' then you've probably experienced beginning 'the cry' with a feeling of frustration or a feeling of sadness. As the good cry continues, you're not (or barely) feeling the emotion. You're simply in the place of having a 'good cry.' The same can be with screaming. A person can have a 'good scream' and not be emotionally charged as they scream. At the end of a good cry or a good scream, there is a feeling of lightness and relief.
The good cry or good scream can keep going deeper and deeper as the cry or scream goes on. This deeper cry or scream can be felt as a deep soul cry, scream or wail to be reunited with God.
If you try to have a soul cry, wail or scream, that's the ego trying and it won't happen. These deep soul releases happen as a gift.