

Beyond The Thinking Mind

This Article's Inspiration

In the last Thursday meeting three people had common ground in their sharing. This common ground has appeared again and again throughout the years of the meetings.

The people said they felt safe and comfortable. It was obvious to everyone else that they were neither safe nor comfortable. Everybody in the room could see they were in pain when they said they felt safe and comfortable. How can this contradiction exist?

The three people were closing down both in their thoughts and in their body because they were feeling very uncomfortable. They called this withdrawal, this shutting down, safe and comfortable. In a distorted way, they were comfortable because they were familiar with where they were and they were walled off/they felt protected. They were also trapped. This shutting down, doesn't, at first, seem so bad. Retreating and closing down may feel, in that moment, preferable to staying with the uncomfortable feelings.

The pain may seem less when we shut ourselves down; suppressing and temporarily numbing some of the pain. This is why they said that they felt safe and more comfortable. They were able to disengage in actively feeling as much of the pain, though this 'solution' is as effective as kicking your toe into a rock to feel ease from your headache.

The Mind Is A Thought Generating Organ

The mind is a thought generating organ. The mind makes thoughts. That is its function. The mind thinks. There are short periods of time when the mind is not thinking. Whenever the thoughts stop, they'll start up again; usually fairly quickly.

Fighting against our mind thinking is useless. It's going to think. It makes as much sense to fight our mind from thinking as trying to stop our toenails from growing. Toenails grow. That's what they do. What we do have power over is how much we listen to, how much we believe, what the mind says.

One Person's Thursday Experience

A woman was especially in hell because of the thoughts that her mind was saying to her. She was believing that these thoughts were true. Once she didn't believe that these same thoughts were true, she felt free and much lighter. She felt more herself and she didn't feel like a victim or that she was a bad person.

The thoughts were the same thoughts, and two very different outcomes; one being in hell and one being free. Again, they were the same thoughts going on. The only difference was whether she believed the thoughts or she didn't believe the thoughts. Some of these same negative thoughts have been frequently going through her mind for years. It very hard to turn off a gushing oil well. She's developed a gusher.

During her sharing a lot of energy was released from her body. This release was primarily done through screaming. After the charged energy left her body, she was more at peace. These same thoughts were there, she simply wasn't believing them. What happened? She actually stopped listening to the thoughts, felt into her body (with some prodding by me and from support from others in the room with their hands on her) and released the charged energy in the body that was connected to the negative thoughts.¹

Minutes earlier she was in hell because of these same thoughts, and now she was in a much more peaceful place with these same thoughts. This shows that *it's not the thoughts in our mind that create our hell, it's how much we believe the thoughts in our mind that create our hell.*²

Repeated Thoughts

It's very common for a person's mind to be repeating the same negative story; about themselves or about others. These same stories can go on for many years without any improvement and without any resolution. Many times the person becomes even more deeply entrenched with the story that they want to be free of.

Why would someone's mind keep repeating the same negative/hurtful story over and over? One of the mind's job is to solve problems and the mind views this as being a problem. The mind is obviously troubled by what happened. The mind will keep bringing up the story until it finds resolution. What happens when we repeat and repeat saying or feeling the same thing? That thing that we're saying or feeling gets reinforced and often gets stronger as we keep repeating it. It's like a muscle growing the more we keep exercising the muscle.

Here are two examples of thoughts that we repeat. The first example is saying: 'I am a child of God.' The more that we repeat this, the more that being a child of God can become real for us. Another example is saying: 'I'm not good enough.' The more that we repeat this, the more that we can feel that we're not good enough.

Now, why would anyone keep repeating 'I'm not good enough?' The mind keeps bringing up this problem of not being good enough so that it can get another chance to resolve this feeling of not being good enough. By repeatedly bringing up that I'm not good enough, a self-perpetuating cycle of not feeling good enough can develop. Rather than coming to a solution, we can increase the problem.

Getting Out Of A Negative Thought Cycle

A reason why we may justify keeping on listening to our mind is that we know the mind has solved many problems in our life. The negative thoughts that we're having are a problem for us. So we give the mind the umpteenth time of going on and on; hoping that some solution will come.

We know that the mind can come up with good solutions and also can come up with bad solutions. Many times in our lives the mind has given us action steps to take in regards to the negative thoughts in our mind. Sometimes the outcome is good. Sometimes the outcome is disastrous. We're angry with our husband. The mind solves this by lashing out at him. Not a good outcome.

Here's a proposition to you. Look into your past as you ponder this proposition. The proposition is this: The longer our mind negatively dwells on a subject, the more likely that it's not going to come up with a brilliant solution. Be in touch with yourself when you continue feeling like you're in hell as your mind goes over the negative-troubling situation for the umpteenth time.

When we feel like we're in hell and the mind is going on and on, how much of a chance is there of having a very good solution pop up? This is why one of the first teaching tenets that my teacher told me was: 'If it's not neutral or loving, let it (the thought or feeling) go.'³ Charles said this because dwelling in a negative state reinforces that state. Negative states most likely produce negative results.

It's when we're cooled down that the best solutions come. The proposition is that the more that we've thought about something and the more we're repeating the same story, the less likely that the mind will come up with a really good solution, and the more likely

that the negative thoughts will become stronger and have more negative influence in our life. So what are we to do?

Going Beyond Our Thinking Mind

Richard Rohr, in his book Falling Upward, addresses the two halves of spiritual life.⁴ In the first half of spiritual life we primarily use our will to overcome our resistance and to develop beneficial spiritual habits. He says that it's necessary to develop being a good person, and in our early life we do this primarily through our will, through our mind.

In the second half of spiritual life, we primarily surrender. Our will, our mind, can only take us so far. In the second half of spiritual life, we turn our life over to God. In the second half of spiritual life, we live by 'Thy will, not my will.'⁵ It's by surrendering ourselves to some power greater than our mind that we can be the serenity and the peaceful Grace that we seek. Our mind cannot deliver us to 'the kingdom of Heaven.'⁶

Closing Remarks

One of Einstein's famous quotes is: "Our thinking has created problems which cannot be solved by that same level of thinking." I'm going to add in that our mind continuing to think about the same thought often creates exactly the opposite of a solution. By our mind continuing to think about the thought (I'm not good enough), our mind can make this thought become even stronger.

If we really [grok](#) (grok means that we understand something thoroughly and intuitively) that the longer we dwell in a negative thought-story, the less likely that we'll have a great solution. We can then become willing to give up the thought-story give up wanting to continue to listen to the negative thought-story, and finally, to not believe the ongoing thought-story.

This is why Charles says: "If it's not neutral or loving, let it go." Healing doesn't occur in an ongoing negative thought state. It's in the Space that Grace enters. It's in the Space that healing occurs.

May all beings be the peace, love and joy that they seek.

Footnotes:

- 1 I've written about this topic of charged energy points in the body that are connected to negative thoughts and negative emotions. I've previously referred to these charged energy points as anchor points. Previous articles go into detail about physical anchor points. The most recent article is [Anger Revisited](#); pages 2-3. Another article that addresses physical anchor points is [Moving Forward When We're In Reaction](#); pages 4-7. Also pages 4-5 in the article [Letting Go](#) has a section on anchor points.
- 2 In the beginning of choosing to not listen to our thoughts, the thoughts are very strong, so it's not easy to not listen to the thoughts. The more that we practice not listening to the ongoing negative thoughts, the easier it will be to not listen to and to not believe these thoughts.
- 3 Previously an article was written entitled: [If It's Not Neutral Or Loving, Let It Go](#). [Click here](#) to read the eight page article in PDF form from my website.
- 4 [Richard Rohr](#) is a Franciscan priest who wrote a book in 2011 when he was sixty eight years old called [Falling Upward](#). This book describes the two halves of spiritual life.
- 5 'Thy will, not my will' is a shortened version of Luke 22:42 which says: "Father, if you are willing, take this cup away from me. Yet not my will but yours be done."
- 6 Luke 17:21 says: "neither shall they say, Lo, here! or, There! for lo, the kingdom of God is within you."