

Mental Strategy and What Am I To See, Say or Do?

Inspiration For This Article

A woman in the group yesterday talked of a strategy; of how she planned on handling something ongoing and difficult in her life. She was proud. She felt strong. She thought this new approach was a good, solid and positive way to work with the situation. (She said this while not in the group setting.)

After hearing of the mental strategy of how she was going to work with a difficult issue, something in me cringed.¹ I could feel her valiant effort. A mental strategy had developed and it seemed, to her, a very good plan.

The Mind's Way

One of the functions of the mind is to solve problems. As children we're encouraged to use our mind whenever a problem comes up. As children we're told to think about the problem and then to implement the plan that our mind comes up with.

We're also taught that if it didn't work out as good as we wanted it to work out, then to make adjustments and to continue with our new updated plan. By using our mind, we've been taught a way that we can rely on to make decisions.

The more we use our mind, the more that our mind gets tested and the more that our mind can develop into a better mind to come up with better solutions. This is the generational teaching that most people reading this article have been encouraged to follow.

My Mental Strategy

Having a mental strategy has been one of my 'go to' approaches throughout my life. A number of times over the years I've told Charles, during group sharing, that I was going to take a specific approach to something in my life. A certain strategy had developed in me and it seemed like a very good way to handle something.

Each time I presented to Charles a very good strategy of how I was going to proceed, Charles knocked apart the strategy. Each time Charles showed me how *having a very good strategy is inferior to listening in the moment and living from the guidance that comes in the moment.*

I would thank Charles for showing me that my developed strategy wasn't as great as I thought it was. I really hadn't seen the shortcomings of continuing with, what I thought was, a very good strategy developed by my mind. Sometimes I'd pause and believe it or not I'd then tell Charles a new improved strategy that, because I saw the falseness in the former strategy, I was going to implement. Yep, I'd confess to Charles how mental strategy wasn't the best way to go, and then I'd come up with, and tell him, a better mental strategy. The odd thing was that I was so sure that this new strategy was the way to go. Then Charles would demolish this new idea as well as he had demolished the previous strategy.

What To See, Say or Do?: Part One

One day, probably in a moment of either clarity or in a moment of desperation to help me, Charles told me to ask the question: What am I to see, say or do?

Something in me stopped. This was a pivotal moment in my life. Something in me recognized what Charles had been telling me every time I brought a mental strategy to him. He was showing me that there was an alternative way to work with ongoing situations. This alternative way is available to everyone and everyone uses this way. By relying on our mind so much, this alternative way doesn't receive as many opportunities to be used.

This alternative way is our intuition. Our natural intuition often lies in the background; often buried beneath our mental thoughts and also obscured by uncomfortable emotions. If we go back to our strongest 'aha moments,' to some of our deepest times of clarity, we may find that we cannot credit our thinking mind for these insights and for these moments.

Our intuition is directly connected to the deepest wisdom inside us. I like saying 'God's guidance system' instead of using the word intuition. If the word God brings up a bad feeling, then you can use the word intuition. Though by adding in God, it makes it clear to me that it's not *me* intuition that I'm listening to.

I want to listen to God (a.k.a. the deepest wisdom within); not to listen to a part of me that can have preferences, bring in experience or alter what is coming from the deepest wisdom within me.

For many people it's time for them to become more sensitive to, to come more in contact with, and to use their intuition more. Continuing to use their mind as their primary 'go to' way through life is over.

Tapping Into Our Divine Potential

Charles has helped me connect to God's guidance system again and again. Now my tendency is to pause and to become more available to a deeper source of wisdom than my mind. Because of my work with Charles and because of my repeated pausing and opening to the deepest wisdom within, God's guidance system has become more accessible and more available to me.

In the beginning, going from relying on our mind to switching over to God's guidance system will need more attention and will. There is the 'use it or lose it' law; the more that we use something, the stronger it becomes. The more that we use God's guidance system, the more that we'll begin to naturally use this system. Our mind will begin to fade more and more into the background. Our mind is still going to think. It's just that we won't listen as much, believe as much, and follow as much, the directions from our mind.

What Am I To See, Say or Do?: Part Two

Prior to Charles' question of 'what am I to see, say or do,' intuition had been coming more into the forefront in my life. Though something in me broke more wide open when I recognized what Charles was offering me with this question.

It was the combination of knowing that there is some power more wise than my mind and Charles' *specific question* to me of 'what am I to see, say or do' that put me on a new path in life.

I began to ask the question of 'what am I to see, say or do' in many, many moments of my life. I was very open to this question and open to the answer. I was listening in a relaxed and alert way for the answer. As I experimented more and more with bringing this question into my life, I liked the results very much. The answers were clear. Resistance could come up at times, though overall, the answers were easy to implement.

My mind actually started to relax more. Without trying to stop the talking of my mind, my mind relaxed. My mind didn't talk as much. It didn't go into a 'spin cycle' as much; looking for an answer or for a better answer, and just spinning the same information around again and again.

Is The Answer Coming From Our Mind?

If the answer to the question 'what am I to see, say or do' is coming from my mind has never come up for me prior to writing this section's title. It never dawned on me that my mind would answer this question.

I was trained by Charles, with him right there, to ask this question. I had learned years earlier that if I ever answered a question that Charles asked me from my mind, I'd quickly see a look on Charles' face like somebody had just put limburger cheese under his nose. It was usually just a flash of expression with no words. I got the message loud and clear: "Phil, you just spoke from your mind. There is a source inside you, actually your True Self, that knows much better than what you just said." Again, Charles didn't have to say any of this to me. When this look came, I recognized that I was coming from my mind and to go deeper inside.

I'm very fortunate to have a teacher. He was able to correct me on the spot. This is like a child who has a parent who is very athletic. The child could be taught by the mother or father, right from the beginning, how to do the sport correctly. It wouldn't occur to the child to do the sport in an incorrect way.

By Charles offering me the alternative of asking 'what am I to see, say or do,' it takes so much pressure off of my mind to find an answer. *Holding onto a mental strategy or trying to come up with a mental strategy can take a lot of energy.*

So how can the reader, who doesn't have someone right in front of them, find if the answer to 'what am I to see, say or do' is coming from your mind or from the deepest source of wisdom within?

Fake and The Real Thing

We can 'fake' being nice to someone we don't really like when we talk to them. Our mind can also be a great faker or a great imitator. Our mind can take on a quiet and peaceful feeling to imitate that the source is our intuition that is coming through.

Just as we can know when someone is being 'fake nice' to us, we can know, if we use our intuition repeatedly, when our mind is trying to pass itself off as our intuition. We'll need to develop this discrimination between our mind and our intuition more and more to not be fooled by our mind.

Intuition and Our Body

A big difference between our mind talking to us and our intuition coming through is how our body feels. Intuition has a body sensation with it. *When our intuition is coming through, our body will often tingle. This tingling can be subtle or it can as strong as the hairs on the back of our neck sticking straight up. Also there can be a feeling of chills anywhere in our body; often in our chest, back, arms or even in our legs.*

We can look back at times in our life when we thought our intuition was guiding us and it turned out to be our emotions or our mind that was guiding us. *As we review when it was our mind or our emotions that were talking to us, we may find that the tingling sensation or the chills may not have been present and/or we may have had strong emotions at the time when we thought it was our intuition.² Or something in us felt 'off'/not right when the message was coming through.*

The more often we listen to our intuition (God's guidance system), the more that we'll know when it's our deepest wisdom that's coming through.

Concluding Remarks

Most people are almost always going to start with a strategy/idea from their mind on how to handle a situation. We've been enculturated and encouraged to use our mind as the way to solve problems. It's not the intention of this article for us to try to stop our mind from solving problems or to exclude our mind in problem solving.

The article's intention is to include our intuition more and more throughout our life. I've found that interjecting the question 'what am I to see, say or do' is very helpful in transitioning from listening to my mind to listening to God's guidance system.

As I've asked the question ('what am I to see, say or do') more and more, it's become more natural for me to listen to God's guidance system (intuition) than to listen to my mind. My mind then relaxes more. My mind doesn't have to come up with the answer. The answer is there, so my mind can relax. The mind's (self proclaimed) job is being

done very well by another source. My mind naturally quiets rather than me battling with my mind to quiet. It doesn't need to talk. The problem is being worked on very well. This lets my mind be on vacation more and more, and for God's guidance system to be in the forefront of my life. This question (what am I to see, say or do) may be an antidote for your mind's consistent effort to run your life.

May all beings find the peace, love and joy that is ever present.

Footnotes:

- 1 It's very beneficial to become aware when we have an 'intuitional cringe;' when something in us contracts to what we hear or see. An intuitional cringe is a way for our Higher Self to signal us that something is wrong. There are also emotional cringes and mental cringes. The reader can become, or may already be, very aware when an intuitional cringe happens.
- 2 The presence of strong emotion is an indicator that it's not just intuition coming through. Intuition can be coming through, though it's being mixed with strong emotion.