

Writing: Opening To More

The Great Intelligence Of The Body

Recently I was relaxing into thoughts about how my skin heals. Many times in my life, my skin has become irritated or torn. Then the skin heals so that there is no trace left of the previous tear or irritation. There is a great intelligence in the body. This great intelligence acts without any help from the mind. This great intelligence is doing a very large number of unknown and very precise functions every second.

I remember the first time I saw a drop of my blood under a microscope. I was amazed at the entire world that was going on in this one drop of blood. It was the first time I saw a white blood cell go around like one of those robotic dusters that moves around on hardwood or tile floors and picks up the loose dust and dirt. The entire drop of blood was like a dance.

The vast intelligence of the body runs uncountable functions every second of our life. Now let's take a look what usually runs our life ... our mind.

The Mind

There is this great vast intelligence making sure that the body stays alive. There is (let's face it) the dysfunctional (I could go on and say neurotic, obsessive, chaotic, prejudiced, judgmental and opinionated mind, but I'll stay with the one word of dysfunctional) mind that is telling you things all day long and making decisions about what you do and say ... probably thousands of times a day every day decade after decade.

I only know of two sources that decide what I think, do and say in my life: either 1) my mind that keeps developing and changing over time or 2) intuition (that comes from the same source as the great intelligence that runs the body).

Intuitive Guidance

Take a moment and take inventory of your day. How many of your decisions, thoughts and actions have come from your mind? How many of your decisions, thoughts and actions have come from a deeper place than what you think of as your mind?

I'm not saying that you've been living today only from your mind. Take an honest inventory of where your thoughts, actions and decisions have come from today. You'll probably find that there is a very high percentage of your thoughts and of your actions that are made from your usual mind. The mind is a tough cookie. Without active action, the mind will take dominance and direct and control your actions, decisions and thoughts throughout your life.

On one hand you have a great internal intelligence running your body, creating miracles everyday. Jesus turned water into wine ... the body turns McDonald's into hair cells and blood cells and nerve cells. That's awesome miracle after awesome miracle after awesome miracle every second of every day for decades!

The body gets a vast, incredible intelligence to run it and you get your mind to run your life. And you wonder why you're not happier.

Thought and Emotion

Byron Katie says that thought precedes emotion. First comes a thought and then emotion comes. I can't say that I know for sure that before every emotion there is a thought, though I haven't found any time that I can say for certain that an emotion has come before a thought.

The thought may be so fast that a person doesn't recognize that a thought first happened; like when we get triggered and 'fly off the handle.' When we get triggered, it seems like there is pure emotion there, though if you slow down time really, really slow, you may find that there is a thought there before you emotionally lose it. It may just be a flash of a thought. The thought may be 'this person is acting like a total jerk' or 'what they're saying is a load of crap.' We fly off emotionally so fast that we don't even know that there was a thought before we tiraded on the other person.

Another example of thought preceding emotion is when a person is reacting from instinct. A mother or father will jump in front of an attacker in order to shield their child. If you slow down time really slow, you may find that the mind first recognized and thought that the person was an attacker before the mother or father jumped in front of their child.

If emotions do follow thought, then maybe it's the mind that we mostly need to work on and not our emotions.

Cracking Through The Mind

Spirituality and religion are about cracking through the dominance and control of the mind. Spirituality and religion actively bring more surrender, prayer, contemplation (which can include mantra and affirmation), meditation, compassion, and service into our life. As our life is guided more from within than from our mind, we say that we're living a more spiritual life.

The mind will continue to have thoughts, though these thoughts are now being 'thrown into the soup' along with surrender, prayer, contemplation, meditation, compassion and service. Now we're not living just from mind soup. We're living from mind soup that has the additional ingredients of surrender, prayer, contemplation, meditation, compassion and service.

Writing/Journaling

Another way to crack through the mind is to write/journal. The way that I was taught to write by my teacher, Charles, was to become more quiet and wait for the still, small voice to come through and then to write what came through. For the still, small voice to come through in writing, the mind needs to not be in control. In this way, writing becomes a portal for the intuitive intelligence, the same intelligence that runs the body, to come through.

Charles strongly emphasized how important it is to bring Intuitive/Spirit/God's guidance through my body and into the physical world as words on paper; to bring what is unmanifested and to manifest it as words on paper (and not just as thoughts going through my mind). This last drawing through of intuitive guidance onto paper took years before a more consistent flow happened.

There are many 'lofty thoughts' that come into my mind that have a very spiritual flavor to them. And then there is what comes through my body and onto paper. For me, there is a noticeable difference when the words of guidance are written on paper. When writing in this way, it's been interesting how many of the 'lofty thoughts' will not come through my body and get written down. The mind can imitate very well the spiritual part of us.

The mind can go on and on with spiritual thoughts mesmerizing us while the mind still gets to make most of the decisions about our life. The mind can think many, many spiritual thoughts all day long and still we can end up with some incredibly negative speech and action during our day.

If the deeper wisdom, if our intuitive nature, were really talking to us and guiding us throughout the day, we'd be much more at peace and much more accepting of whatever comes along in our life. We'd be truly surrendered and in a place to be of service to whatever comes up next in our life; even when it's a flat tire and we're late in driving our child to school. How do you greet an event like that? Probably pretty reactively and all from your mind (that then usually kicks in an added jumble of distressing emotions). This example shows that in this time of stress the mind predominates; not the intuitive wisdom.

The mind can talk up a great storm all day long about being so spiritual, and when the rubber meets the road in life (when the tire blows on the way to school), what happens???

When stress comes, what part responds? Higher Self/Intuition or your mind? This is the test of spirituality – when stress comes. It's not the test of spirituality if you can think spiritually. Where do your thoughts and actions come from when you're stressed? This gives you insight into whether your Higher Self or your mind is in charge of your life.

Writing: Opening To More

Writing, in the way that I was taught, has put my life on a very different path than if I wouldn't have been writing. For years there's rarely been a day without writing. Many people wouldn't think of living a day without flossing or brushing their teeth, and yet with writing, most everyone rarely writes.

Without writing, my mind would have made many different decisions than what came through in writing. I can't think of a single time in these nine years where it would have been wiser to follow what my mind was telling me. There have been times when the writing told me the opposite of what I was set to do. Each time goodness came from following what came through in writing.

Writing has, at times, given me the harder way rather than the easier way that I was preferring. This is a major reason why people don't write. They (their mind) may not like to do what comes through as guidance from writing. So the mind quietly acts with resistance to stop us from writing; so quietly that we don't know that the mind is what is stopping us from writing.

I know the resistance that was in me that stopped me many times from writing. I know the resistance in me that had no writing come through even after I'd been more quiet (meditated) for a half hour or more before putting the pen to paper.

For years, I've had a specific amount of times of writing per week as a requirement to be able to come to group meetings; possibly by 'making' people write, they'll develop the habit of writing. I haven't seen that this has worked all that well, though most people probably have written more times because of the requirement. Now there is no requirement to write in order to be able to come to the meetings. There is something new coming in about writing.

Writing can be like being a concert pianist. Every concert pianist has had to practice for thousands of hours before becoming excellent. I'm now in the thousands of times of writing.

Writing now is much different and easier than when I first started to follow my teacher's instructions. I wouldn't want to live my life without writing. Guidance comes through on paper that isn't in the thoughts of my day or in my awareness.

I was recently at a workshop with my teacher. Racquel, a twenty year student and also a group leader, was writing more than anyone else throughout the workshop. It's common that Racquel writes more than anyone at the workshop. As I watched her, I could sense the flow that was coming through. Many people reading this paper feel Racquel is awesome. Writing is a/the major lifeline for her to live more and more from the deep well within. People love what they see in Racquel and they'd like to have more come through them; as it comes through Racquel. Are they willing to do the hard work, as Racquel has done for many years, of writing to help promote the flow of intuitive guidance to come through?

Writing is a tool used for many centuries by many great souls to bring themselves into more Divine Attunement. Writing is a portal to the same greatness that guides your body into manifesting many miracles every second of every day. If you want more of this greatness in your life, you may choose to go through what is needed to develop the habit of writing.

Why would you not choose to write? Not enough time? Too much trouble? The mind will tell you in many ways to ignore writing; to ignore this portal to the great intelligence that is always waiting to help you and guide you.

Love,
Phil