***ON MY MIND***

**BY Michael Brady #25**

**Now that you are meditating…**

Now that you have learned how to get yourself into a space where you can meditate for 15 minutes, let us go further. This assumes that you practiced the techniques I wrote about last time, lol. If you didn’t, you can always go back and re-read the article to catch up.

     Answer this question. Right now, are you more aggravated or worried about your life? Those words go with Mad and Scared, respectively. I say this because there is an awful lot of stuff going on to make us feel mad or scared. People are worried about paying their bills. People are scared that they could get sick…and die. People are concerned about these things more than normal. Oh, and there is polarized division in our politics and government much like what happened before the Civil War in the United States (1861-1865). There is enough going on to make anyone uncertain of their future. Have we come to rely on a sense of certainty in this lifetime, more than ever before? Even if you answer the question with, “I am happy about my life,” I bet there is some sense of insecurity lurking in the background. The background in this case is our unconscious mind. Let us tune into the unconscious mind.

     First, the unconscious mind is not the brain. The use of the word “mind” refers to the non-material part of us that we all believe in.  You can argue whether the mind emerges from the brain or the brain is derived from the mind. Even if one believes that the mind ceases to exist after the death of the brain, we all still believe that it exits while we are physically alive. Personally, I believe that the mind exists before life and after death. I believe in reincarnation. I have personal experiences that have convinced me of that. Therefore, I believe that the mind is an aspect of soul. I believe that our soul is eternal. And because I believe in many lifetimes, I see the conscious mind as a part of the soul having to do with the current life. I see the unconscious mind as a part of the soul connected to all our lifetimes. If you believe in the soul, then the unconscious mind is the portal or gateway to the soul. Along with that, the unconscious mind also runs what biologists call the peripheral involuntary autonomic nervous system. That is the part of the brain that handles EVERYTHING that our conscious mind is not attending to in the moment; or our voluntary neural system is not executing at the time.  All the operations of our body that maintain life, all our memories both in-life and out of life, any connections we can experience with other dimensions or realities, learning, and experiences of transformation are examples. That is, everything that we are not accomplishing with conscious directed control. More examples are, the first time we do something or understand something we did not understand before, belching, orgasms, hunches, visions, dreams, falling asleep. I could go on and on. You could too if you tried.

An aspect of the unconscious mind/brain connection also extends to the human heart. The heart has 40,000 neurons that can sense, feel, learn, and remember. Research has shown that the heart communicates to the brain in several ways and acts independently of the central brain. The heart is interactive with our emotions. In fact, you can think of emotions as the language that the heart uses to think about what things mean to us. I do. The Psychologist Carl Jung said, whenever there is a conflict between what we think and what we feel, feelings always trump thinking. Put another way, the heart dominates the head whenever there is a conflict between the two. You can see that there is a strong connection between the unconscious mind, the heart, and the emotions. I also hope you can see from my last article and your own practice, that meditation is an unconscious mind and heart experience.

     So, when you get yourself into your heart/heart center and breathe out stressful emotion and breathe in positive higher emotion, clearance and balance are achieved. And your conscious awareness can be in touch with what your heart thinks about something with clear emotional processing. This allows us to process our life with our head and our heart. We can think logically with our conscious mind/brain and our heart with clear emotional processing. The conscious mind calculates probabilities with thought; and the unconscious mind, utilizing the heart, tells us about truth and certainty through clear emotional response. I call that thinking with the WHOLE mind.

     When you meditate, you can think about some - thing you are concerned about with a clarity that is not possible in your normal state of consciousness or awareness. And just getting to the place where you can meditate and think about something pertinent to you clears out toxic emotional constipation along the way. Now add this in the mix. What if you are creating your own physical reality regardless of whether you know it or not. That would mean that what you think, and feel, are influencing and controlling how physical reality shows up for you. You cannot control what other people create. And lots of others’ creating can influence or even dominate your creations. That is especially true if you are unaware or unconscious of yourself. So, AWARENESS is the key to everything. Awareness of our emotions and connection with our hearts lets us THINK about our life with clear intention. We can start creating and manifesting our own reality…better.  Safety and security are internal states of being not external conditions. Whether or not we know it, outside mirrors inside sooner or later. Pick something personal to focus on this week or month. Meditate on it daily. Think coherently in meditation about how you wish to manifest the future of that personal thing. Keep notes about it in a journal. Give yourself a break. Be gentle with yourself. Dare to dream with longing about your heart’s desire. Let go of whatever your heart says you no longer need. Trust in your soul. Ask him or her to assist you in any way that is allowed. Embrace the unconscious part of who you are as your best friend, bringing your greatest assets forth to assist you in creating the reality that satisfies your heart and fulfills your life. If you do that enough, maybe you influence the world around you. If enough of us do that for ourselves maybe the world (I mean us humans) will change for the better. I’m just saying.