

**Namaste!**

**Once upon a time, ... . And always  
remember,**

**not this, not that ...**

**Be without attachment**

**to the way you THINK things are or  
the way you think you would like them  
to be –**

**including: people, places, things,  
events, your own thoughts, feelings,  
emotions.**

## Goals:

1. To relieve as much as possible unnecessary pain and suffering.
2. To render the cause of pain and suffering, i.e. attachment to one's belief in an ego, self.
3. To engender the Mind of a Child, being without attachment.
4. To realize one oneself as calmness, tranquility, equanimity and peace amid the happenings in human life.

What is Reality?

Perhaps an answer rests in ourselves,  
in the Universe itself where we reside.  
From **The Quantum and the Lotus** by  
Matthieu Ricard & Trinh Xuan Thuan  
(ISBN 1-4000-8079-7) we find the  
physicist David Bohm summarizing the  
conversation of Quantum Mechanics/  
Particle Physics thusly:

Reality is what we take to be true.

what we take to be true is what we believe.

what we believe is based upon our perceptions.

what we perceive depends upon what we look for.

what we look for depends on what we think.

what we think depends on what we perceive.

what we perceive determines what we believe.

what we believe determines what we take to be true.

what we take to be true is our reality.

(p. 121.)

who forms the belief?

who decides?

who is responsible for one's  
integrity?

Therefore, just do it whatever the  
it is and all will be in agreement,  
falling into place naturally.

## *The Reality of Nonduality*

### *Simple Observation:*

**Nonduality** is the state or condition of not being separate and distinct even if appearing to be so.

Nonduality is the condition that one arrives at when all distinctions and relations between 'things' are removed.

Fundamentally, all such distinctions and relations are the result of error on our part because it is **we that impose the idea of plurality on the whole.**





Nonduality is ineffable. Any words that attempt to capture its essence instead hides it from us.

Thus the name "Nonduality" is used to indicate a denial of multiplicity, yet the **mind**, seeing this denial, **may assume** that it means 'One' as that is the opposite of multiplicity in quantitative reasoning, and while reasoning the mind is locked into certain forms of thought, among them the **form of contradictories**.

But the name "Nonduality," while it denies multiplicity, also denies its contradiction and subsumes both.

If you can 'see' the meaning of these words, you do not need any more definitions.

*(Hint: There are No contradictions, as contradictions are a products of the mind, existing in the mind, and as such are only fantasies and fantasies do not exist in absolute reality, do they?)*

## what is the world (the universe)? A

- a. The world (the universe) is the collection of objects consisting of the body-mind and all other objects. The world appears to exist in time and space.
  
- b. However, time and space are nothing but concepts. They are not real.

**what is the world (the universe)? B**

c. Time is the concept of change. Since all objects change, all objects are temporal concepts.

d. Space is the concept of extension (size and shape). Since all objects are extended in space, all objects are spatial concepts.

It can be said that  
the Mind of a Child is Nondual,  
And knows no suffering  
As there is no self to suffer.

The Mind of a Child is Unbounded  
Awareness that is immediate and clear.

**Awareness requires only subjectivity,  
not a subject\***

We are reacquainting with our own Mind  
of a Child by training our attention  
to be aware of that very process of  
attention.. Training attention is the  
gateway to everything else.

**\*Brain indexes across moments of  
subjectivity to create an apparent  
subject (Prefrontal Cortex).**

Buddha Mind, 210

We each have the innate capacity of Awareness. Awareness is the tool of experience.

Whatever I chose to do and not do shapes and sculpts our brain.

**We are now aware that we are aware.**

**We are aware even when we are not aware.**

**(the Human Condition)**

**It may be thus stated:**

**We are Awareness.**

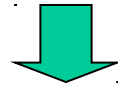


## what are You?

- a. You are not a concept or object. Clear seeing shows that You are not the body-mind because You are what is aware of the body-mind.
- b. Therefore, You are Awareness.
- c. The world and the body-mind appear in You--You do not appear in the world

# MASTERY (Tying Shoe Laces)

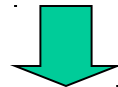
Unconsciously Incompetent



Consciously Incompetent



Consciously Competent



Unconsciously Competent

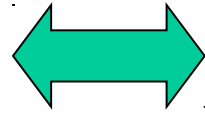
## Dualistic Reasoning:

Either YES or NO

Neither YES nor NO

# Modal Reasoning:

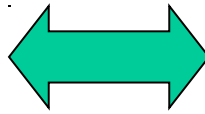
Possible to be



Impossible to be



Impossible NOT  
to be



Possible NOT  
to be

## Thought Forms 01

*Tarthang Tulku. Tulku is a Tibetan lama founded the Nyingama Institute in Berkeley, California in 1969. His method for eliminating unwanted thought forms and their effects is described in his book Hidden Mind of Freedom.*

"Working with thoughts by opening them as they arise can bring many pleasant feelings, which - **without attachment** - also become our meditation. .

We can even go into the thoughts that judge other thoughts, and, embracing this judging mind, become united with it."

## Thought Forms 02

"By relying on the **light of awareness** you can see that the difficulties you face are manifestations of your own concepts.

Going deeply into your thoughts, you will see how you create your experience, how you alone are the judge who determines heaven and hell, good and bad. "

## Thought Forms 03

**"Whatever experience arises, stay with it, expand it, and heat it up.**

**If you remain within the intense core of the experience, you unite with thoughts and emotions, and everything dissolves.**

## Thought Form 04

Then **awareness** grows powerful and one-pointed. As thoughts and emotions are increasingly included within this **field of awareness**, they become more useful.

Instead of being a cause of frustration or confusion, they become agents of well-being... "



**Thought forms are  
Units of LANGUAGE.**

**Units of Language**

**are**

**Metaphors and  
Analogies**

**(among others)**

**Metaphors and Analogies:**

**this is how we learn (ie,  
encode/learn information)**

**...**

## A Metaphor:

A figure of speech

in which an implied comparison is made  
between two unlike things

that actually have something in common.

*All the world's a stage,  
And all the men and women merely players  
They have their exits and their entrances  
William Shakespeare*

Metaphor ...

. . . scientists (and indeed all who possess creative consciousness) conjure like the poet and the shaman, that their theories are metaphors which ultimately are inseparable from physical reality,

and that consciousness is so integral to the cosmos that the creative idea and the thing are one and the same. (p. 5)

“Physics as Metaphor” by  
Roger S. Jones

## Analogy

Logic: a **form of reasoning** in which one thing is inferred to be similar to another thing in a certain respect, on the basis of the known similarity between the things in other respects.

*surfs are to a king*

*as earth is to the sun*

from Vyvyan Evans and Melanie Green, *Cognitive Linguistics: An Introduction*. Routledge, 2006:

“Language offers a window into cognitive function, providing insights into the nature, structure and organization of thoughts and ideas.

The most important way in which cognitive linguistics differs from other approaches to the study of language, then, is that language is assumed to reflect certain fundamental properties and design features of the human mind.”

$V^e$

**FILTER**

$V^i$

**FILES**

**of**

**(STAGE I)**



$A^e$

**B**ief



$A^i$

**MEMORY**

**(II)**

$K^e$

**Systems**

$K^i$



**Long/Short**

**(Imagination)**



**WHAT WE DO**

**INTERNAL STATE**

**Psychology**

**(V)**

**(IV)**

**(III)**



## Definitions of **BELIEF**:

- 1. state or **habit** of MIND in which trust or confidence is placed in some person or thing.*
2. something believed; specifically, a tenet or body of tenets held by a group.
3. conviction of the truth of some statement or reality of a fact especially when well grounded.

**Belief:** may or may not imply certitude in the believer.

**Faith:** always implies certitude where there is no evidence or proof and may also suggest credulity.

**Credence:** suggests the fact of intellectual assent without implying anything about grounds for assent.

**Opinion:** a view, judgment, or appraisal formed in the mind about a particular matter.

There are Four Way Belief Systems  
evolve:

By Emotional Appeal

By Social Custom

By Factual Beliefs

By Intentionality

## Belief Systems: Type One

Based upon an emotional appeal to fear, sympathy, distrust or hatred.

Intentionally cripples one's ability to observe & reason.

Emotionally dependent believe & others leave with shame/regret for conduct & gullibility.

"You can't"

"You are going to..."

## Belief Systems Type Two

Appeal to need & insecurities.

Logic behind social custom & common knowledge, "fact."

Often converts to Type 3.

"You probably ought to..."

"Sometimes you have to..."

## Belief System Type Three

Based on "factual evidence."

"Not "belief," but "science,"  
"technology," "bodies of hard  
evidence."

"For every action there is an equal and  
positive reaction."

"Seeing is believing."

## Belief Systems Type Four

### Intentionally created beliefs

Temporary & changeable as no "hard reality" to reflect.

Belief systems are art forms, fluid & explore other systems.

"I decide." "Things always work out for me."

**Belief Systems and the Human Brain (ref *The Body as a Mind of its Own*. Blakeslee, ISBN 978-1-4000-6469-4)**

**In other words, our understanding of reality is a far cry from reality itself.**

**Our understanding of reality is constructed in large part according to our expectations and beliefs, which are based on all our past experiences, which are held in the cortex as predictive memory.**



## Belief Systems and the Human Brain (2)

**This is worth repeating:**

**Many of our perceptions – what you see, hear, feel, and think is real – are profoundly shaped and influenced by our beliefs and expectations.**

**This includes beliefs about your body.” (p. 41f)**

We say **fantasy** is what exists in our minds as our creation.

*Our minds actually exist in our own minds -*

A fantasy within a fantasy. The mind is a fantasy, a figure of speech, a metaphor.

**Inception**

We say thoughts exist in the mind.  
Thoughts are in the mind.

Then are not thoughts themselves  
but a fantasy?

Or we say thoughts exist in the  
brain – yet they can never be  
found – they are much like  
electricity, just a flow of  
electrons (*which aren't either –  
another topic*).

We say further that beliefs are thoughts?

So are not beliefs, then, but fantasy as the word itself suggests in that

*in every “belie**f**”*

*there is a “**lie**”?*

And in the Human Condition, we tend to believe that our beliefs are  
**TRUE or ABSOLUTE.**

Hence, we find ourselves creating/  
experiencing a whole lot of  
unnecessary pain and suffering in the  
form of obsessive thinking, worry,  
anxiety, depressive thought patterns,  
anger, hate, hostility, impatience,  
etc. expressive in our common  
understanding of the Human Condition

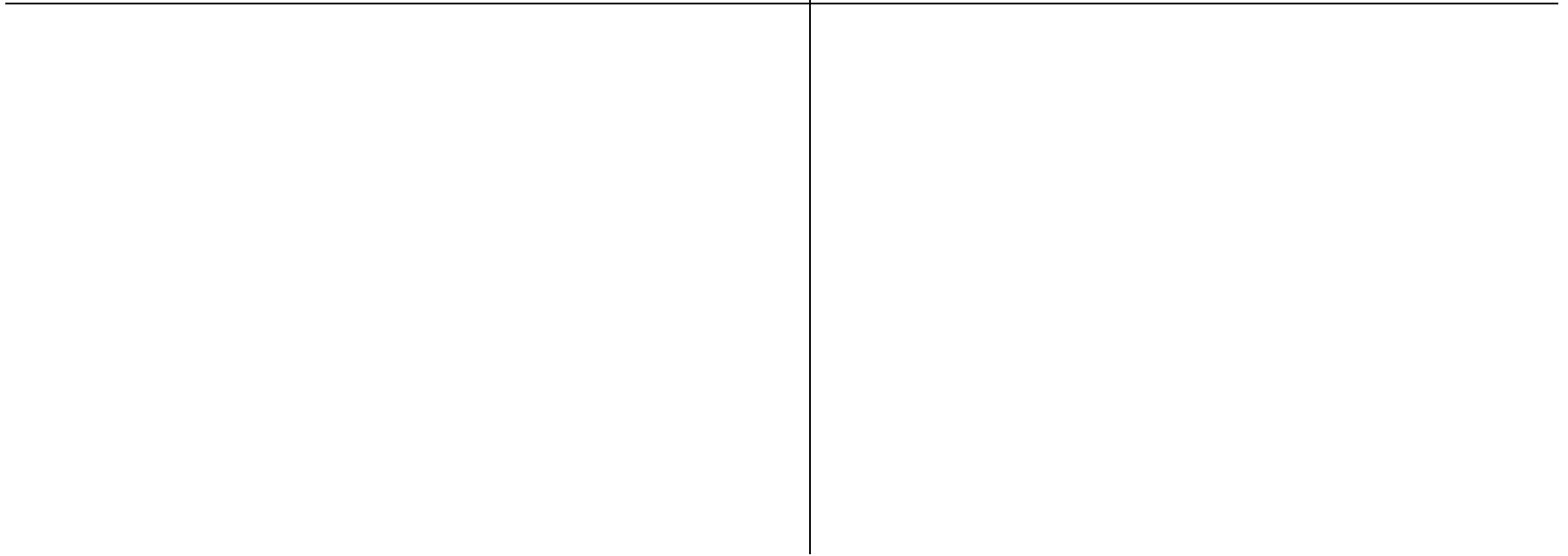
**But what if such need not be the case?**

**What if one can experience directly  
peace of mind,  
a clear mind,  
a silent mind?**

**How can we become aware of and let go  
of our conscious and subconscious  
beliefs that open us up to self-  
sabotage and unnecessary pain and  
suffering?**

**Real Reality**

**“Think it is”**



**Real Reality**

**“Think it is”**

**Ideal Reality**

**“Hope it is”**



**Real Reality**

**“Think it is”**

**Liberal**

**Liberal**

**Ideal Reality**

**“Hope it is”**

**Real Reality**

**“Think it is”**

**Liberal**

**Conservative**

**Liberal**

**Conservative**

**Ideal Reality**

**“Hope it is”**

**Real Reality**  
**“Think it is”**

**Liberal Realist**

**Conservative Realist**

**Liberal**

**Conservative**

**Liberal**

**Conservative**

**Liberal Idealist**

**Conservative Idealist**

**Ideal Reality**  
**“Hope it is”**

**Real Reality**  
“Think it is”

**Liberal Realist**

**Liberal**

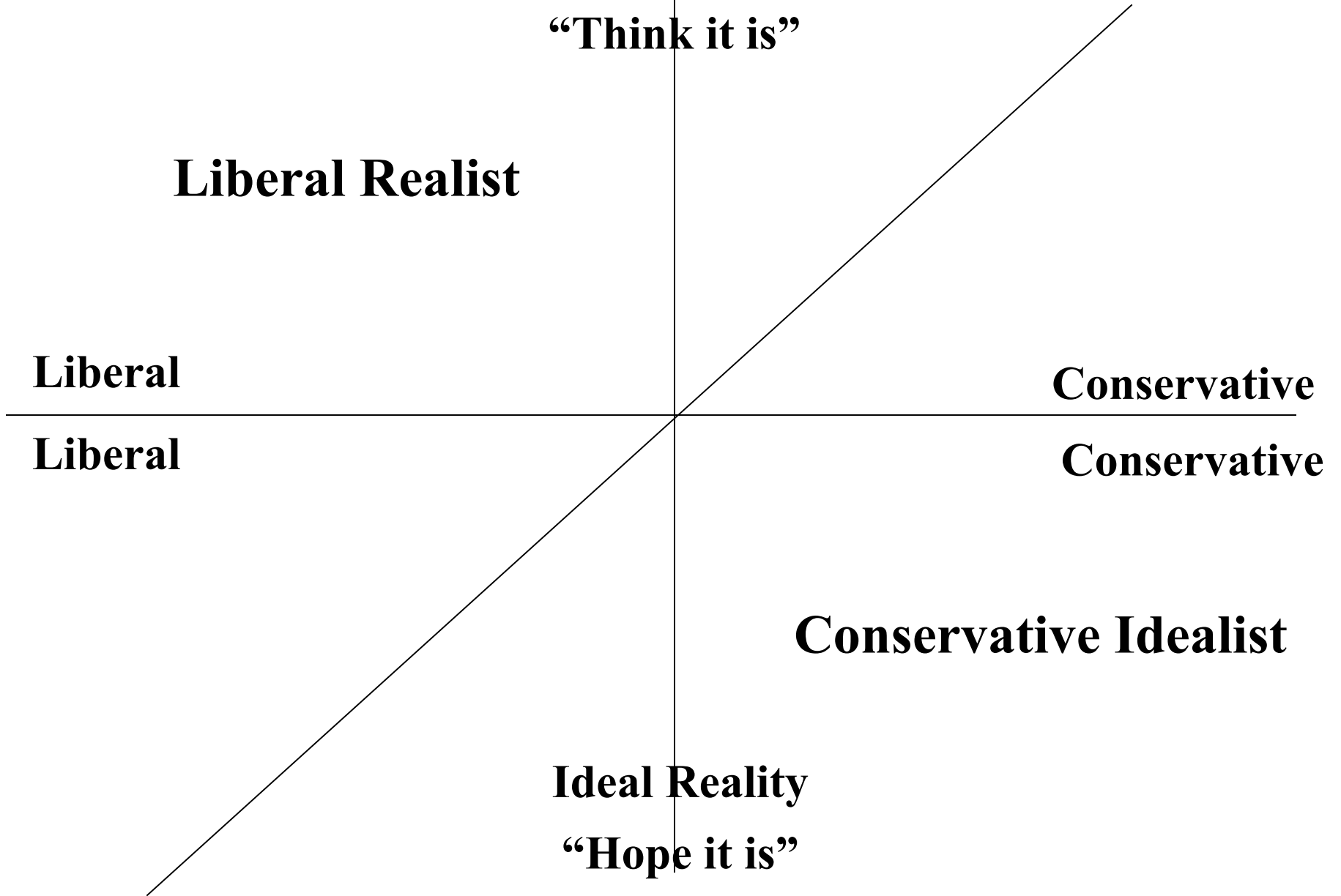
**Conservative**

**Liberal**

**Conservative**

**Conservative Idealist**

**Ideal Reality**  
“Hope it is”



**Real Reality**

**“Think it is”**

**Presenting Personality**

**Liberal Realist**

**Liberal**

**Conservative**

**Liberal**

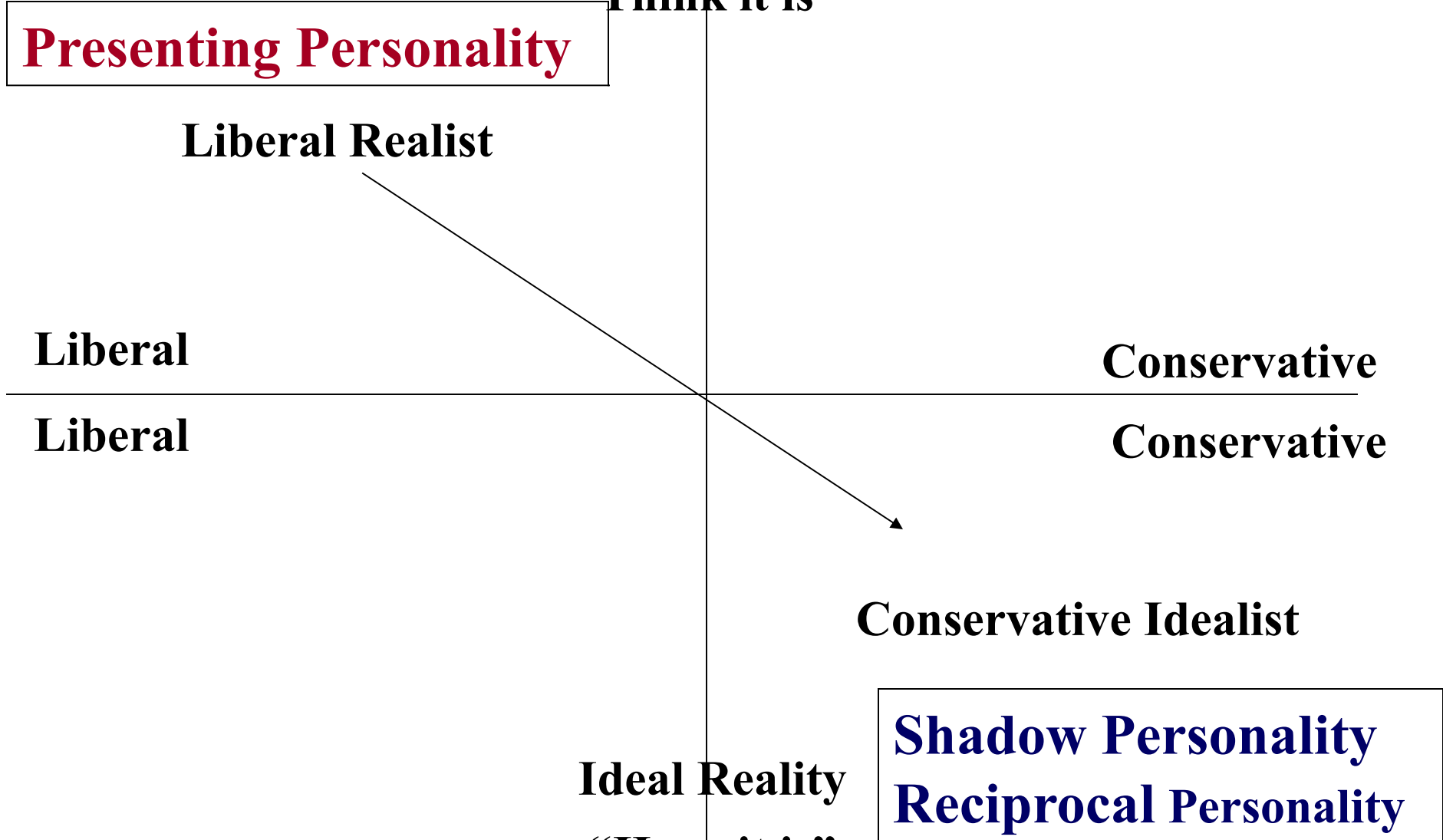
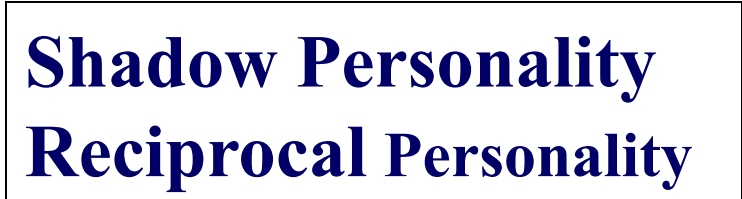
**Conservative**

**Conservative Idealist**

**Ideal Reality**

**“Hope it is”**

**Shadow Personality**  
**Reciprocal Personality**



**Real Reality**  
“Think it is”

**Liberal Realist**

**Collapse both sides**

**Liberal**

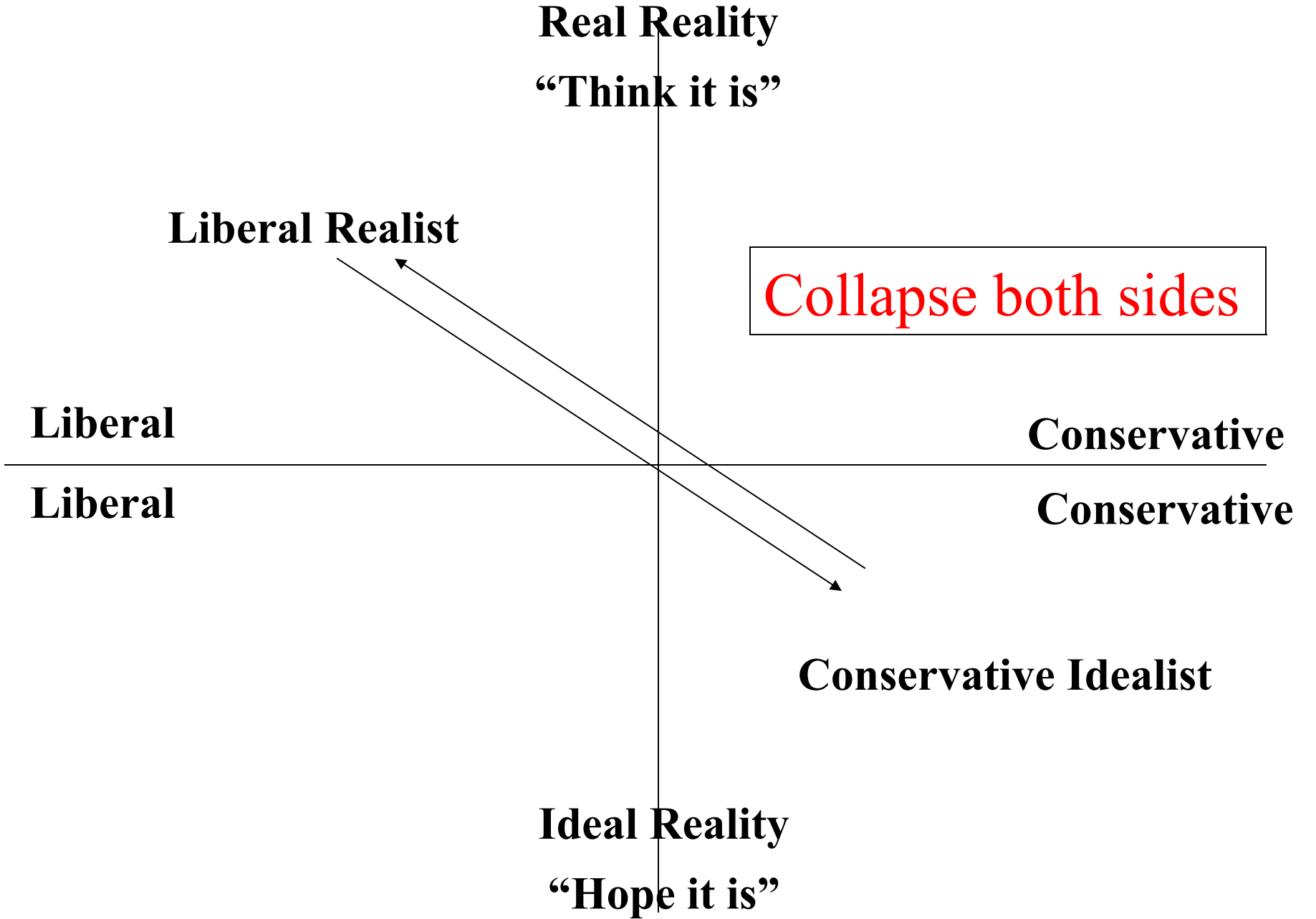
**Conservative**

**Liberal**

**Conservative**

**Conservative Idealist**

**Ideal Reality**  
“Hope it is”



**Real Reality**

**“Think it is”**

**Liberal**

**ABSOLUTE REALITY**

**Conservative**

**Liberal**

**“AS IT IS”**

**Conservative**

**Ideal Reality**

**“Hope it is”**

**What is/How is: AS IT IS? (01)**

*Returning to Silence: Zen Practice in Daily Life.*

Dainin Katagiri; Shambala, 1988.

**Silence is the total manifestation of our whole personality, in which we have digested the three flavors of optimism, pessimism and mysticism.**

**They never come up, because they are all digested.**

**They become just energy for us.**



## What is/How is: AS IT IS? (02)

**This silence is quite different from silence in terms of human eyes.**

**According to human eyes, there is a vague disconsolate pain or pensiveness in the depths of our life that we cannot wipe out.**

What is/How is: AS IT IS? (03)

(According to open eyes,)

**silence**

**is exactly the total  
manifestation  
of our whole personality.**

what is/How is: AS IT IS? (04)

whole personality means our individual personality is manifested with the whole universe.

All other beings are the contents of our personality.

What is/How is: AS IT IS? (04)

So when we manifest our whole personality it is not just our individual personality;

but simultaneously through this personality we can feel the whole universe.

What is/How is: AS IT IS? (06)

**That is why we can feel magnanimity,  
tolerance, and compassion."**

*Returning to Silence: Zen Practice in  
Daily Life.*

Dainin Katagiri; Shambala, 1988.

# Silence but a metaphor for Awareness

## Awareness:

- connotes **doing** something cognitive with an object, i.e., seeing, hearing, thinking or feeling it.
- carries no connotation of an emotional bond.
- mind gives rise to something and apprehends it.

The English word "awareness" implies that we understand something and are conscious of it.

Not understanding something is just as much a form of engaging with an object as is understanding it.

whether we are conscious or unconscious of something, we can still experience it. For instance, we can be talking to somebody with unconscious hostility.

Even though our hostility is unconscious, it still exists.

We still experience it and it produces an effect..



Being aware, even when we are not aware, **by shifting the focus of our attention from the mental noise itself,** and dwelling morbidly on it, **to the cognitive process that is occurring of merely the arising of a sound and the hearing of it,** we realize that the arising of the noise of mental traffic is the arising of just another sound, and the hearing of it is just another experience of hearing. **There is nothing more.**

The noise does not mean anything and that it does not mean anything that noise does not mean anything, it just does not mean anything.

With such shift of focus in **awareness**, we subjectively experience the same event of hearing the mental traffic in a totally different qualitative manner.

**Nondual Awareness**

# Nondual Awareness

Our experience of hearing the mental  
noise can now be accompanied with  
**indifference/Dispassionate Presence**  
**peace of mind or**  
**joy,**

instead of  
anger,  
unhappiness and  
self-pity.

# **MIND OF A CHILD**

# Overview Mind of Child

Absence of Entification

Absence of Unnecessary Conditioning

Absence of Unnecessary Thinking  
-hence, Avoidable Suffering

Absence of Time and its Perception

Absence of Selfish Anger

Absence of Unnecessary Memory

## No Entification

No guilt or pride for one's own actions.

No feelings of blame for another's actions

No residual emotional image of self/others.

The past is NOT experienced emotionally, hence not emotionally prejudicing one's view of the present.

**One's self image is one no longer a being of edited memories (Weber?)**

## No Unnecessary Conditioning

No emotional or me-based conditioning.

Therefore, subjective feelings =  
conditioned reactions  
are learned and, therefore, can be  
unlearned.

Basic/conventional conditioning remains,  
therefore,

One can still drive a car or use a  
computer.

# No Unnecessary Thinking

Hence avoidance suffering.

A silent mind w/o constant thinking, verbalizing, conceptualizing, image formation.

Therefore, totally unconditioned and totally one with, at home with, the universe.

The mind knows no conflict, the person remains in a state of whatever he may be doing, remaining calm and composed during any activity.



## No Time

No past memories/depression.

No present worry.

No future imaginings (anxiety).

### **ONLY NOW:**

No illusion of continuity of events.

No emotional impact.

No "I" as center of universe.

No boredom (no thought marking time).

## No Long Term Emotion

Anger not based on selfish motivation.

Anger very short lived w/o residual mental impression.

Basic Temperament remains the same.

Reaction to events is always absolutely objective.

Emotional content, if any, is minimal and momentary.

## No Unnecessary Memory

Factual memory exists.

Nothing is taken personally.  
*(flattery/abuse)*

No attachment to past:  
no emotion about the past,  
no romance about the past,  
no nostalgic feeling.

**Real Reality**

**“Think it is”**

**Liberal**

**ABSOLUTE REALITY**

**Conservative**

**Liberal**

**“AS IT IS”**

**Conservative**

**Ideal Reality**

**“Hope it is”**

**Real Reality**  
“Think it is”

**Liberal Realist**

**Collapse both sides**

**Liberal**

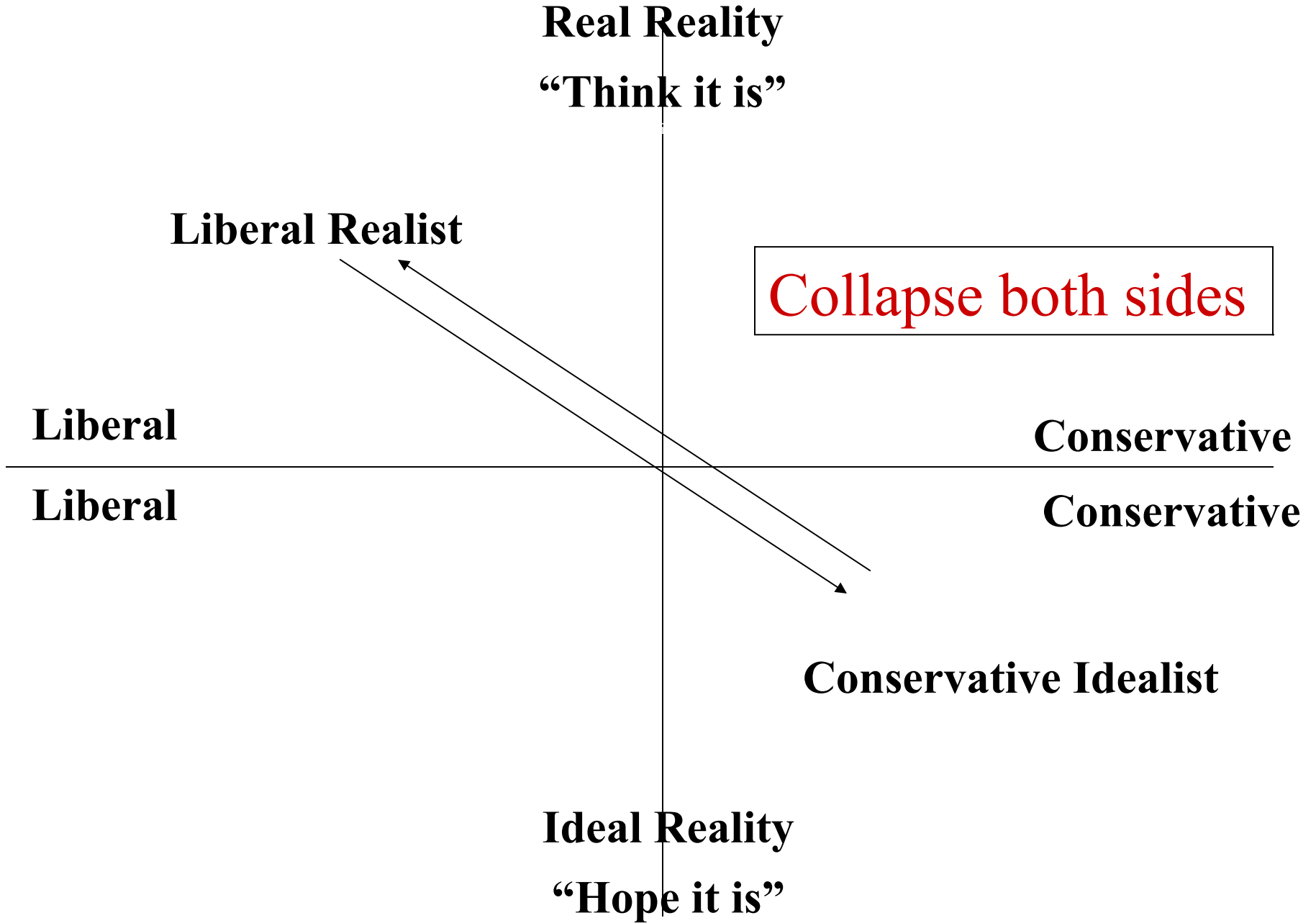
**Conservative**

**Liberal**

**Conservative**

**Conservative Idealist**

**Ideal Reality**  
“Hope it is”



How do we collapse our  
Presenting and Reciprocal  
Personalities?

How do we get beyond the I, *ego*,  
and Return to Silence,  
Nondual Awareness,  
being Absolute Reality,  
Just as it is:  
as the Mind of a child??

**Some Paths are:**

**Soto Zen Practice (Buddhist Tradition)**

**Centering Prayer (Christian Tradition)**

**Sufi Practice (Islamic Tradition)**

**Learning Kabbalah (Jewish Tradition)**

**Energy Psychology (Power word, Tapping)**

And given we are in a Science and  
Non-Duality Conference:  
Entitled Beyond the *I* ...

The *I* being Ego and  
the Ego being the subject of  
Psychology and  
the brain being the subject of  
Neuroscience,

Let us expand our awareness into the  
fields of  
Energy Psychology and  
Cognitive Linguistics.



Where is this “I” we want to get beyond?

There is no one point in the brain where “I” is:

“I” exists in loops of circuits. The “I” is merely the sum of brain activity distributed across dozens of maps and other brain regions.

The “I” is an illusion.

**(and hint: we make it up!)**

# Ego

The thought of who, how, when, why  
**I THINK** I am or am not.

We have witnessed in awareness that  
this ego is a series of

self-referencing brain functions –  
and as such, the Ego, who I think I  
am, has no actuality in the  
spatial-temporal continuum.

*In summary, Ego is only but an  
activity called me.*

This “I” or self is continually constructed, deconstructed again. This composite construction of experience creates the illusion of integration and continuity.

Buckminster Fuller:

“‘I’ seem to be a verb.”

Ken Wilber:

“(‘I’ am) a being of edited memories.”

**Ego Metaphoric**

**Conditioned Habit Patterns  
of Resistive Behavior**

**A. Banal Male/Female Scripts**

**B. Personality Types**

# Metaphoric Ego False Self Guardians

<http://sfhelp.org>

Abuser//Rager  
Addict (Distracter)  
Blocker/Number  
Clown/Joker/Entertaine  
r  
Controller/Manipulator  
Deceiver/Liar/Con  
Fanatic/Zealot  
Fantasizer/Dreamer  
Idealist/Optimist  
Impatient/Hyper One  
Inner Critic (Shamer)

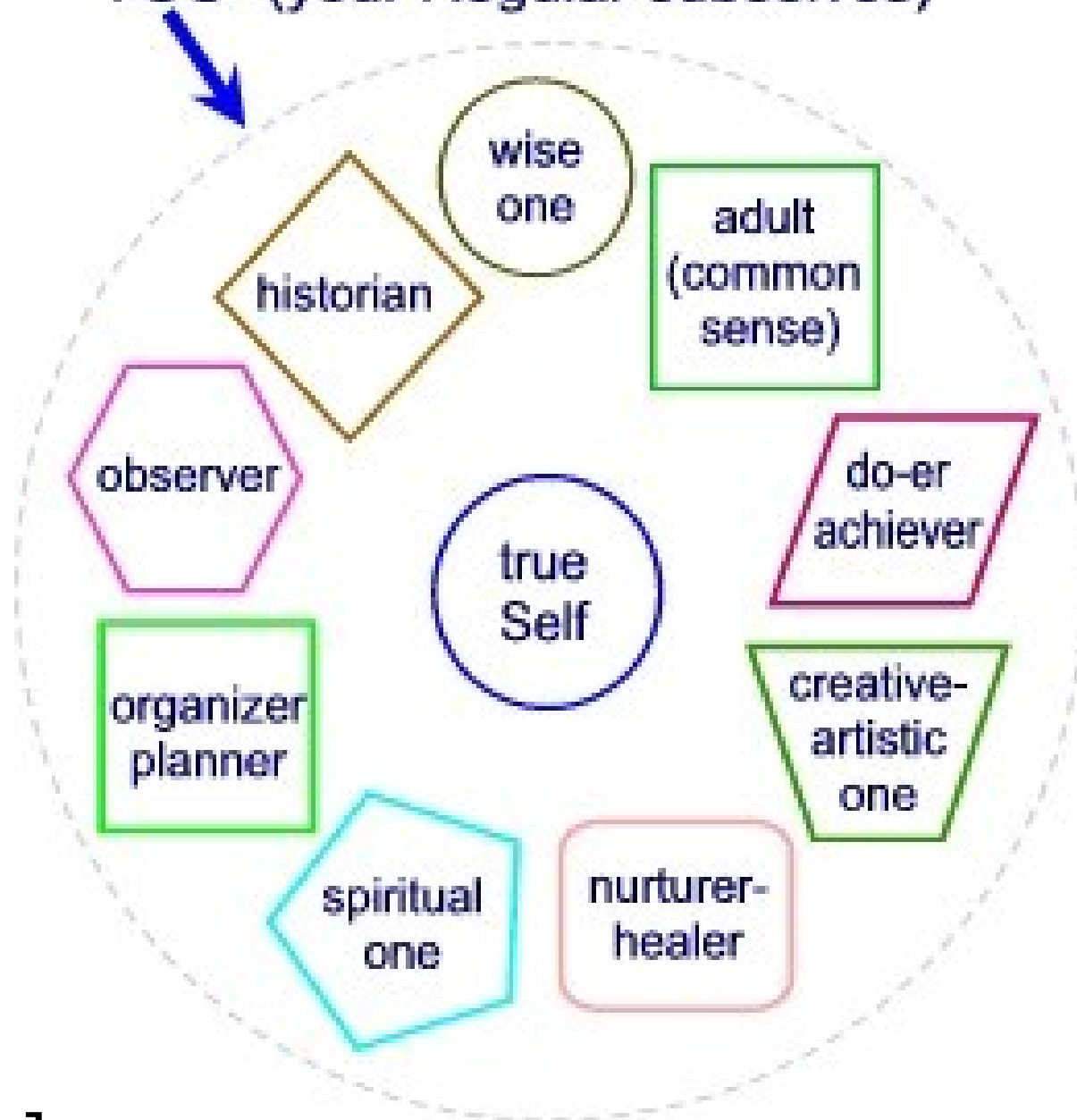
Loser/Victim/Martyr  
Loner/Hermit/Recluse  
Magician (Distorter)  
People-Pleaser  
Perfectionist  
Pusher/Driver/Achiever  
Rebel//Aggressor  
Saboteur/ crew Up  
Survivor  
Warrior/Amazon  
whore/Stud/Flirt  
Worrier//Catastrophizer

# Metaphoric Ego False/Little Kids

aggressive child  
awed child  
creative child  
defiant child  
good child  
guilty child  
hurt child  
infant/fetus  
jealous child  
little adult  
lonely child

lost child  
loving child  
lusty child  
needy child  
playful child  
rageful child  
sad child  
scared child  
selfish child  
shamed child

"YOU" (your Regular subselves)



## People report feeling notably

Alert

Awake

Calm

Centered

Clear

Confident

Energized

Focused

Grounded

Light

Present

Purposeful

Resilient

Serene

Strong

“Up”

**even in crises and conflicts.**



# Ego True Self/Managers

**(true) Self/Leader/Coach/CEO**

Achiever/Driver/Pusher/Do-er

Adult ("Common sense")

Analyzer/Thinker

Artist/Creative One Survivor

Far-seer Visioner

Healer/Health Director

Historian(memory keeper)

Nurturer/s-Loving Mom/Dad

("instincts")

Observer/Reporter

Planner/Organizer

Peaceful warrior

Responsible One

Spiritual One/(Soul?)

Wise One/Sage / Crone

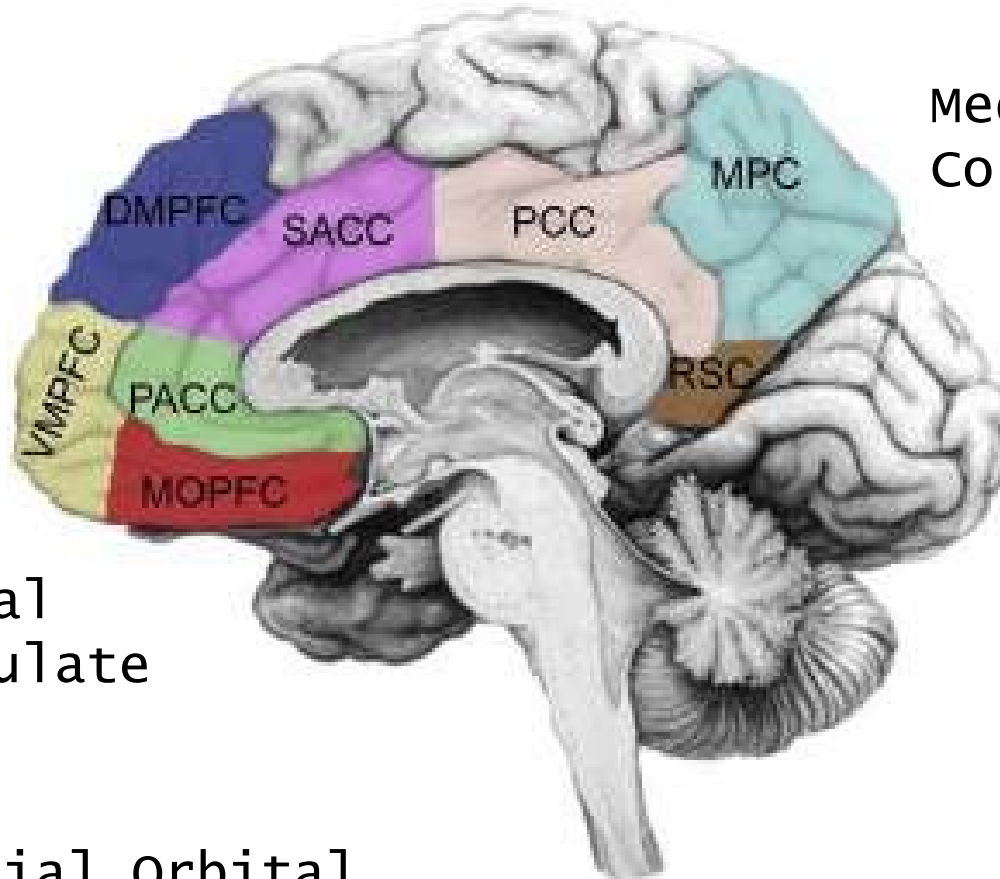
where does all this take place?

Supragenual Anterior  
Cingulate Cortex

Posterior Cingulate Cortex

Dorso-medial  
Prefrontal  
Cortex

Medial Parietal  
Cortex



Retrosplenial  
Cortex

Ventromedial  
Prefrontal  
Cortex

Pre & Subgenual  
Anterior Cingulate  
Cortex

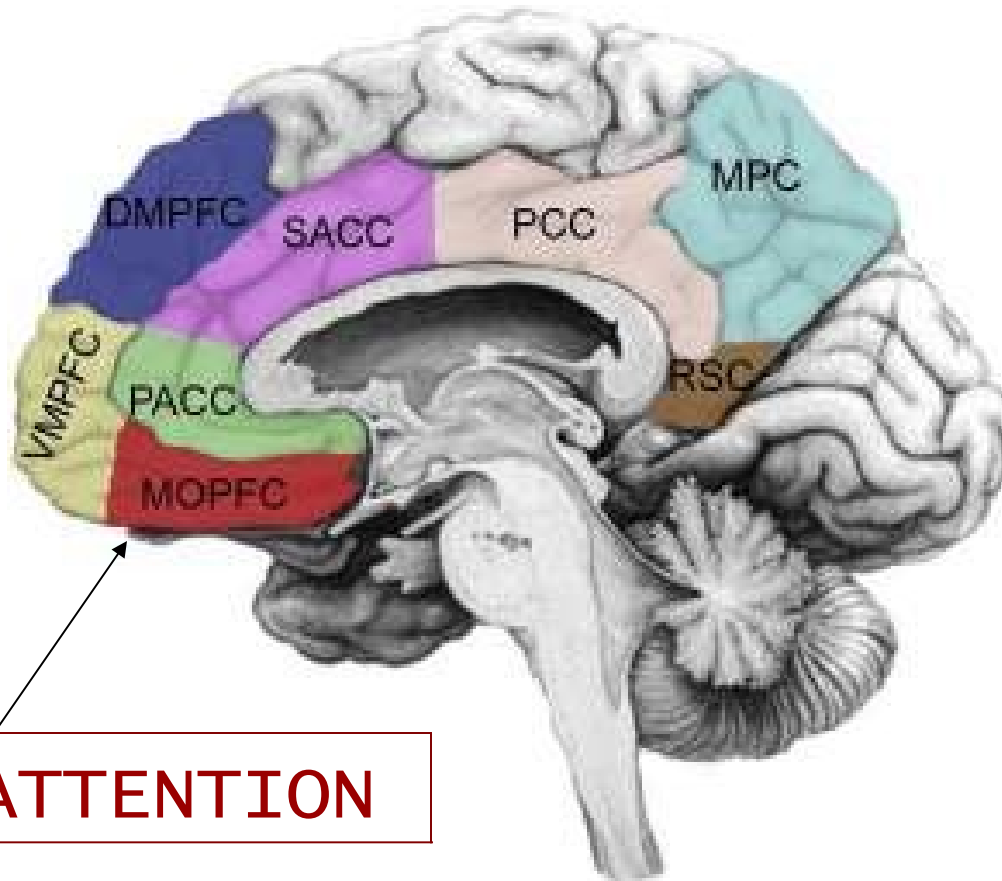
Medial Orbital  
Prefrontal Cortex

## **Nondual Awareness Exercise:**

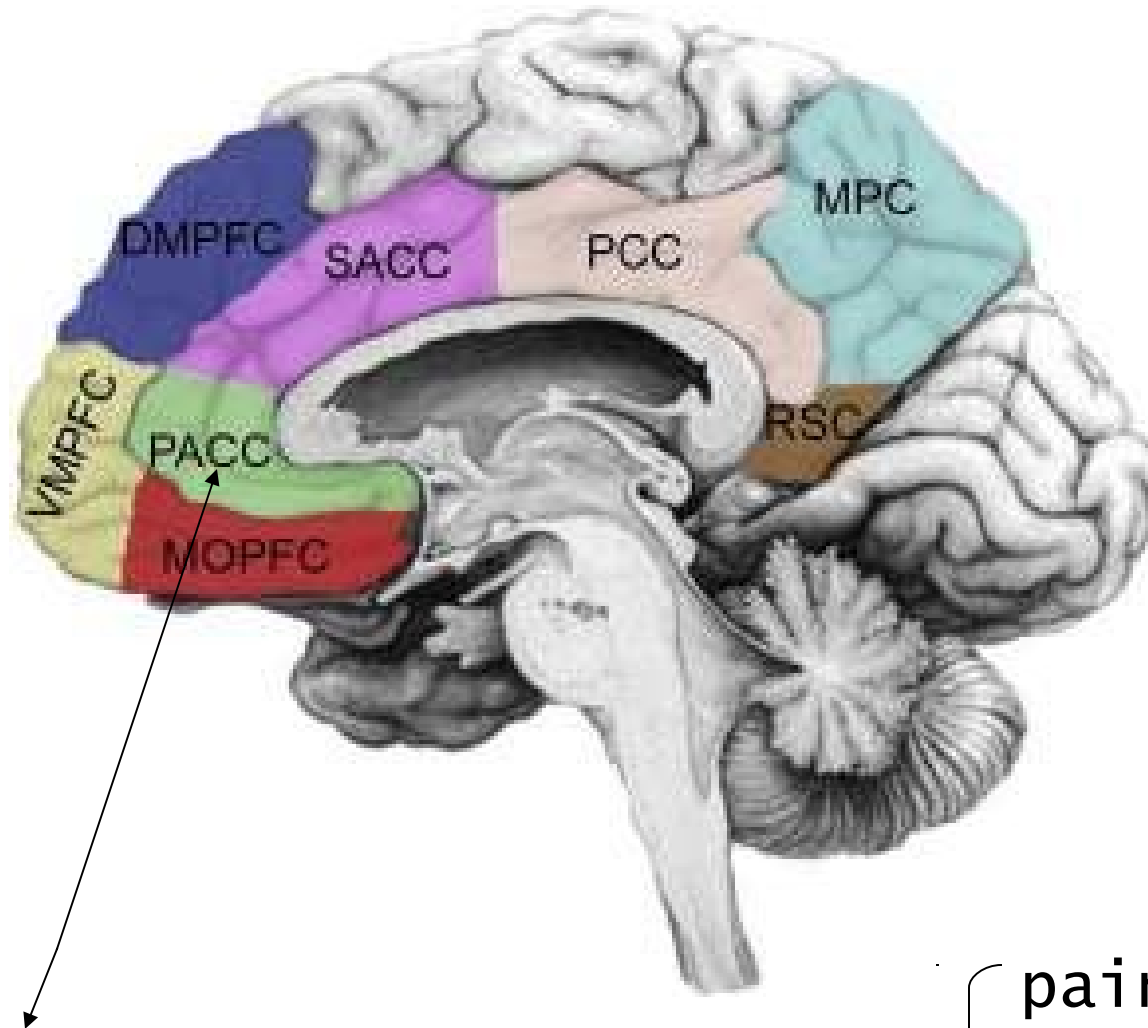
### **Paying Attention to Brain Function**

Each part of the brain is connected to every other part of the brain. There are “centers” of self-activity, many yet being researched. what follows is at best a generalized awareness exercise.

**Metaphor. Not this, not that.**



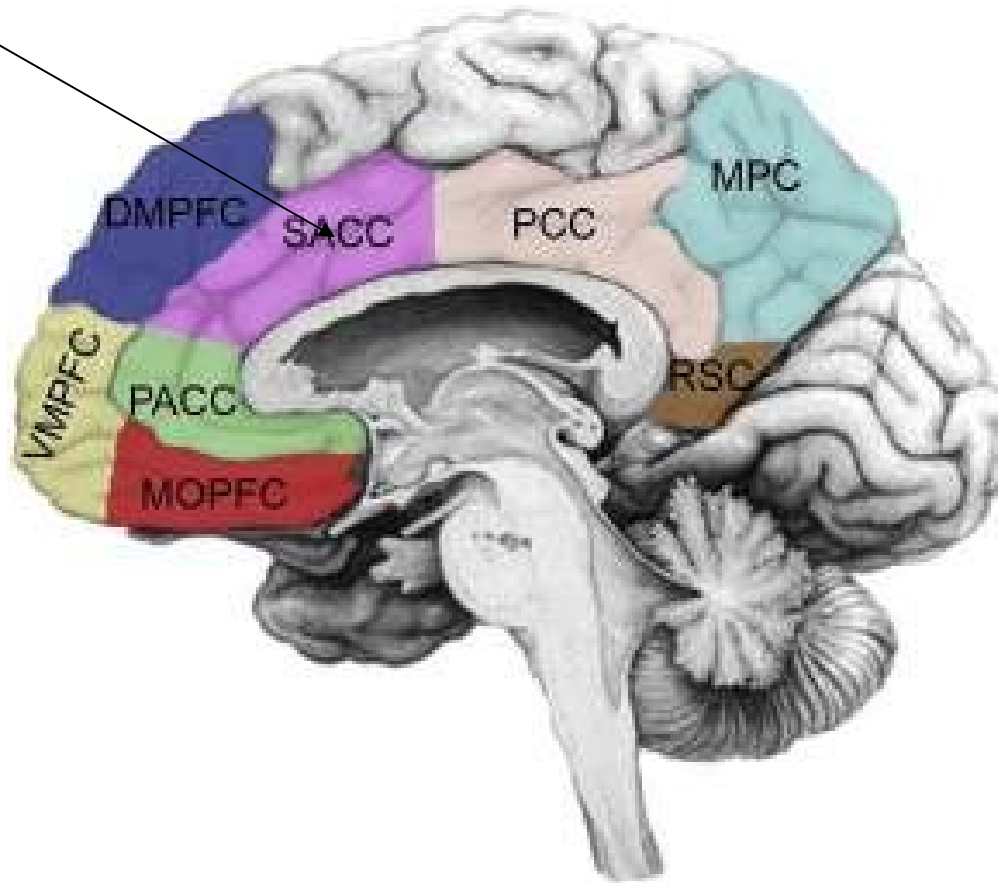
Pay ATTENTION



awareness and interoception

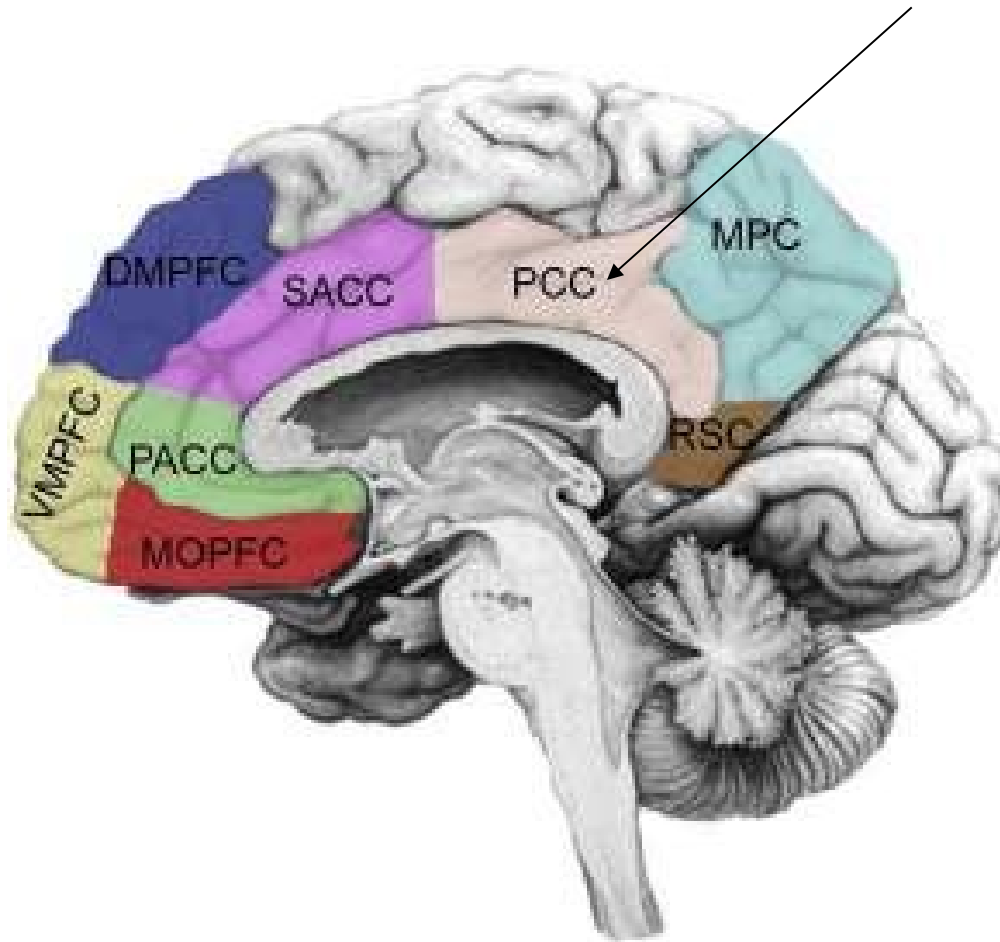
{ pain,  
temperature,  
itching,  
hunger

# Pain Control/Stress



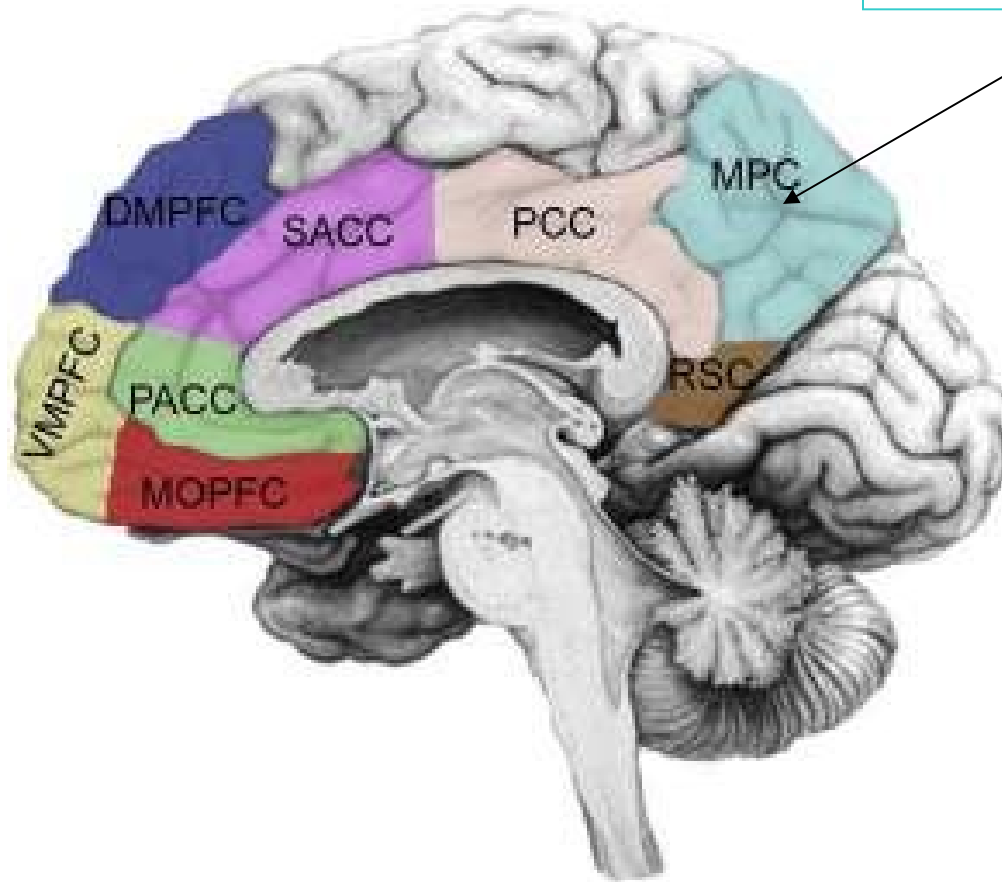
G. Northoff et al; NeuroImage 21 (2006) 442

# Understand what others believe

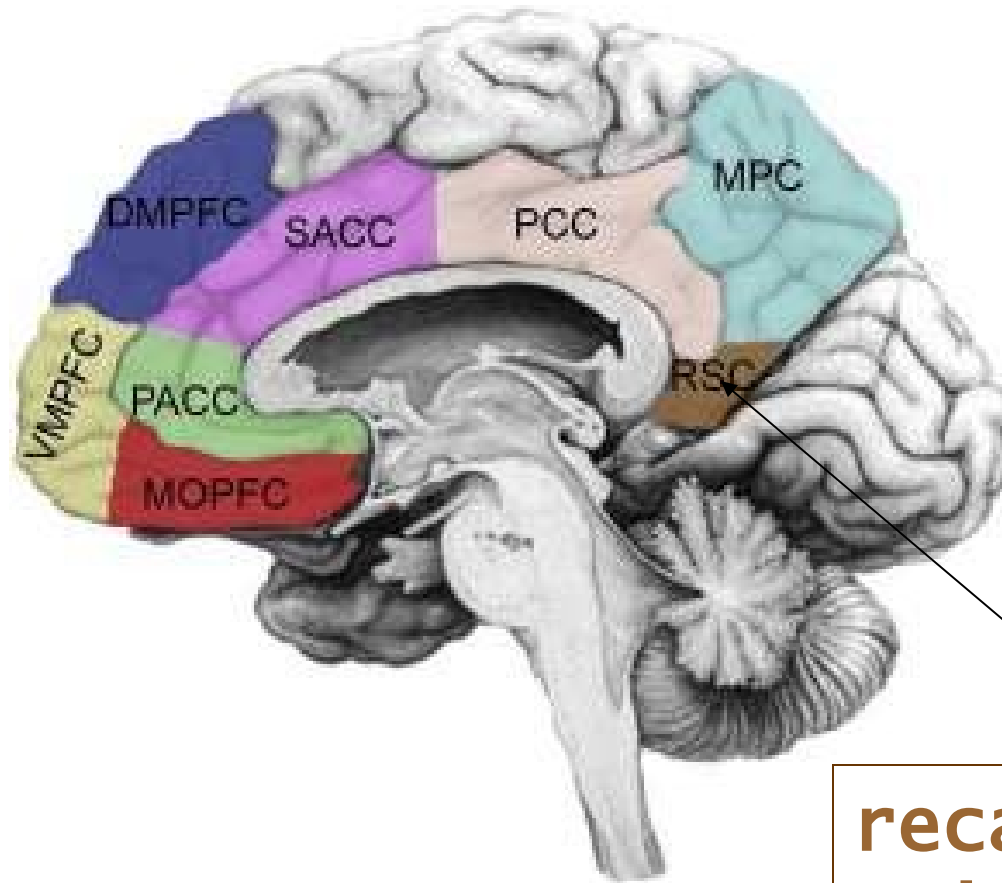




Memory

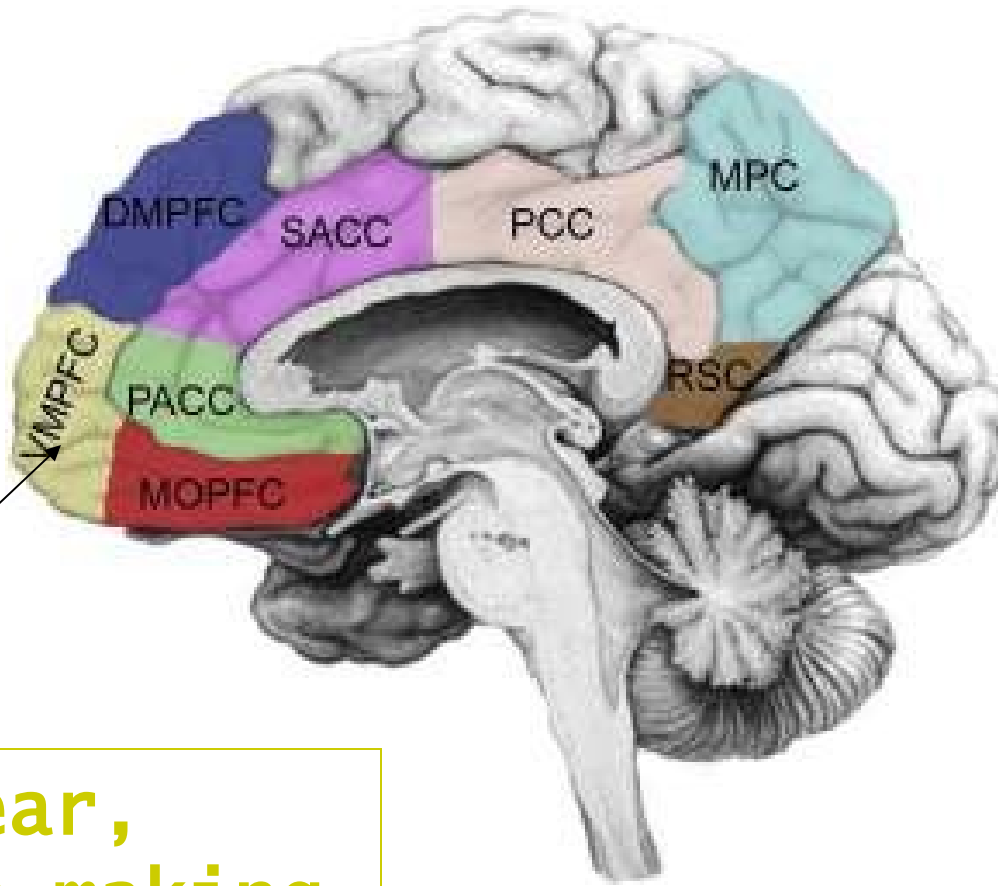


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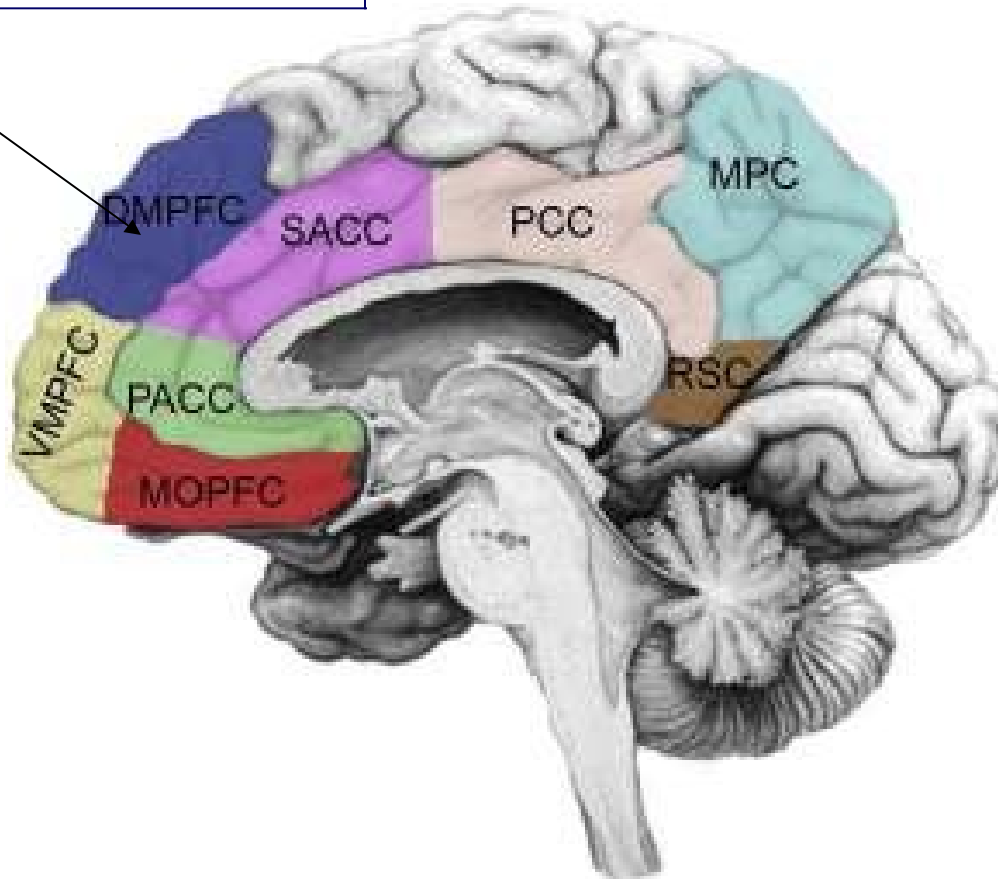
recall of  
episodic  
information

Left Brain  
RSC

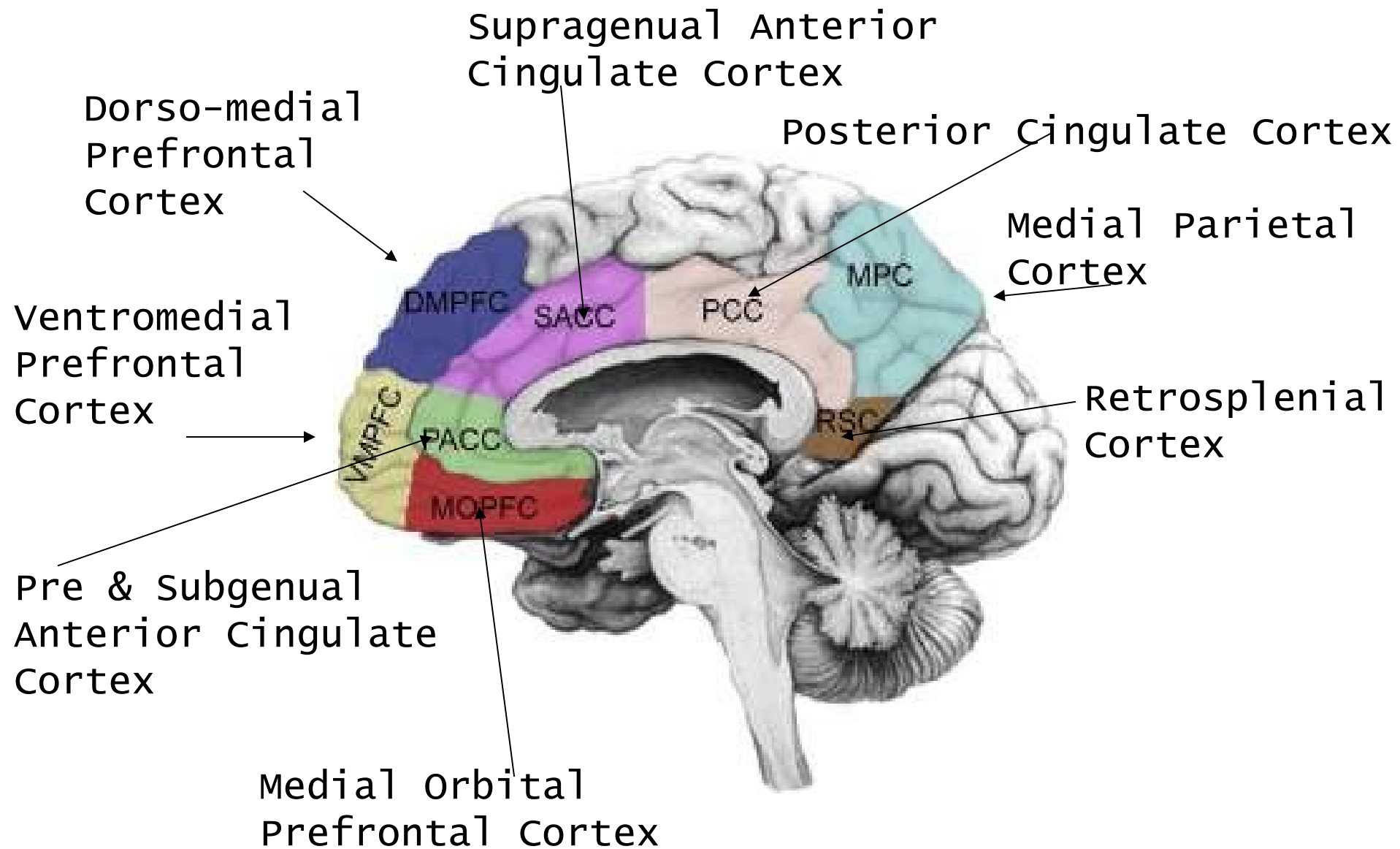


**Risk, fear,  
decision making**

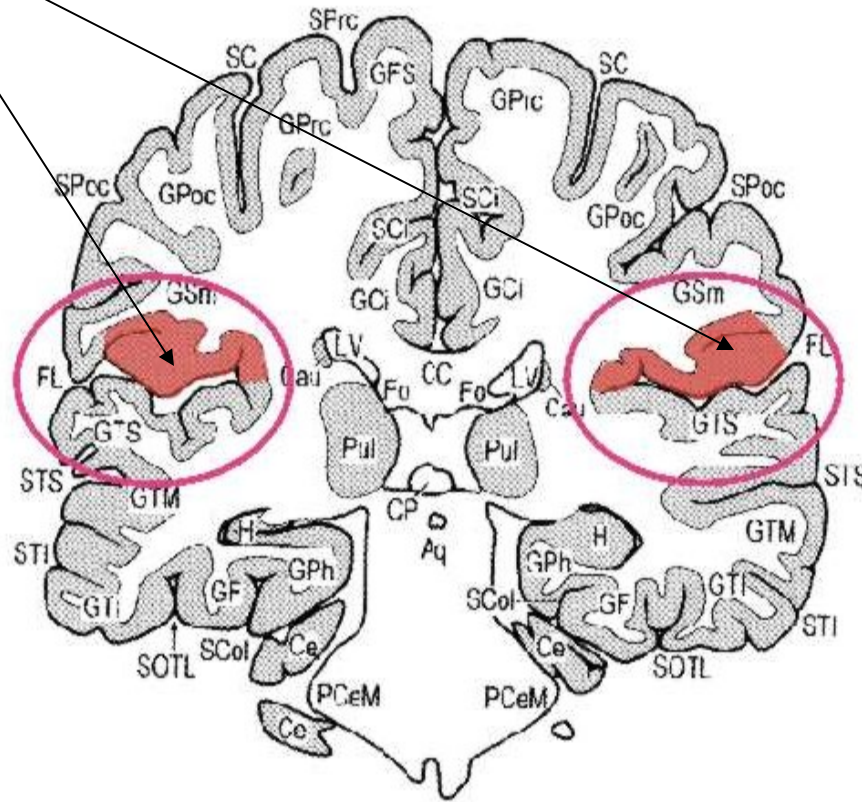
# Error Prediction



G. Northoff et al; NeuroImage 21 (2006) 442

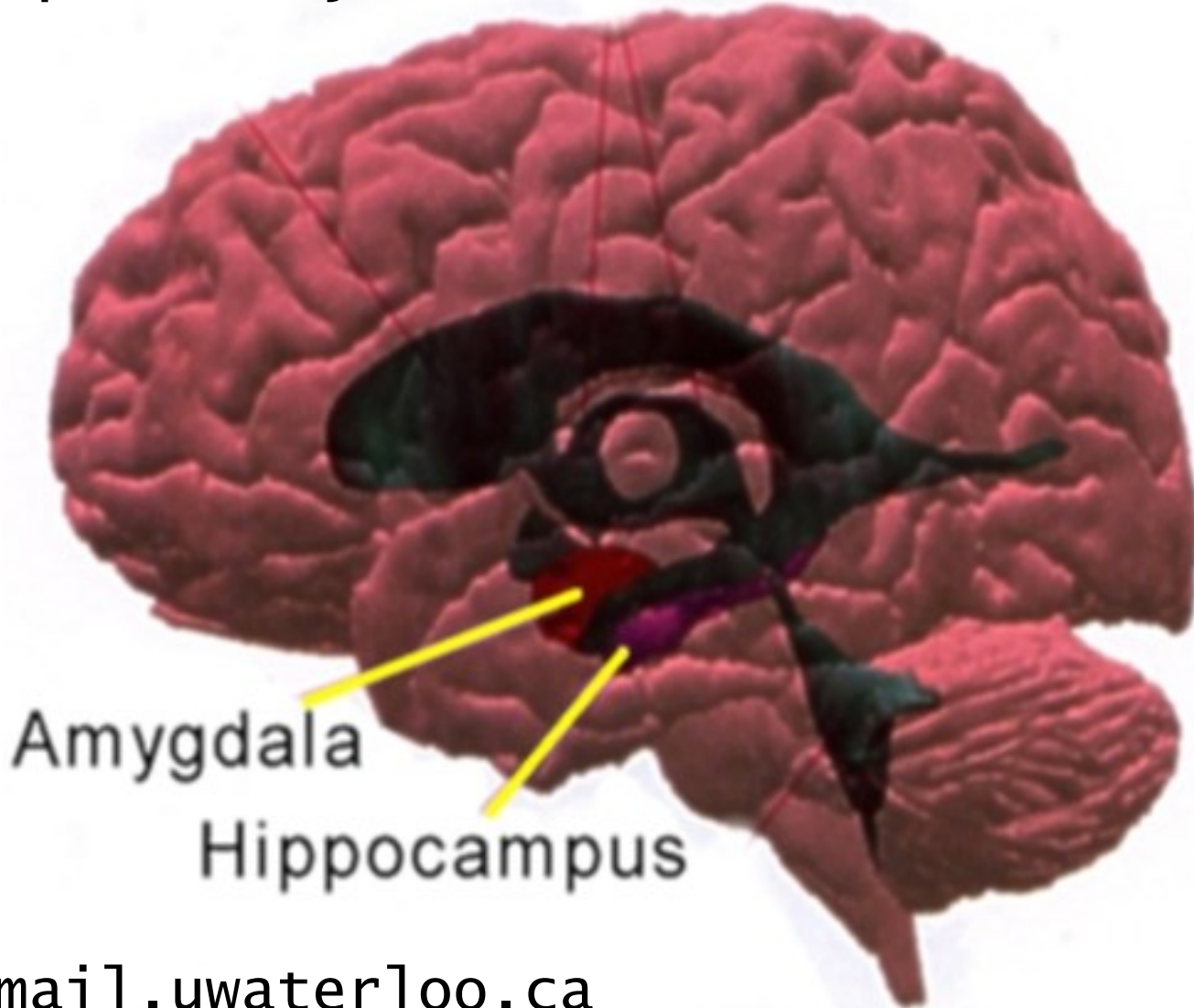


# INSULA



Homeostasis  
perception,  
motor control  
self-awareness  
cognitive  
functioning,  
interpersonal  
experience

emotional responses,  
especially associated with fear.



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**VMPFC** Ventromedial Prefrontal Cortex

*(risk, fear, decision making)*

**PACC** Pre & Subgenual Anterior Cingulate Cortex

*(emotional/autonomic response social/provocative=empathy)*

**SACC** Supragenual Anterior Cingulate Cortex

*(pain control/stress)*

**DMPFC** Dorsomedial Prefrontal Cortex

*(error prediction)*

**MOPCFC** Medial Orbital Prefrontal Cortex

*(attention)*

**MPC** Medial Parietal Cortex

*(memory, cognitive perspective taking)*

**PCC** Posterior Cingulate Cortex

*(understand what others believe)*

**RGC** Retrosplenial Cortex

*(recall of episodic information)*



# Self-Focused ID's Brain Processing:

## A. Conceptual or Narrative Self

*("me" in my story)*

---Past-Future oriented

---Fixed self-concept

---Rumination (*depression Rx Meditation*)

---Absent: Quiet Mind / Mind of a Child

## B. Experiential/Embodied Self

---Present Moment focused

---On-going changing experience of self

# Self-Focused ID's Brain Processing:

## C. Physical self

- Sensory Feedback/sense own body
- Interoception

## D. Cognitive self

- Self-awareness
- Reflect on a situation
- Reframe it in another (+) way

Pure focus on an emotional state can reduce activity in amygdala, creating calming effect. (Cognitive Reappraisal: KN Ochsner, J J Gross, U. Herwig)

We commonly understand that Physics offers only but a metaphor for what we assume to be physical reality.

So, too, in the realm of the Psychology, have we come to create various metaphors for the workings of the brain such as

**MIND** and **PSYCHE**.

In conjunction with both  
Physics and Psychology we know  
that which we resist, persists.

The more we **resist**,  
the less we are able to **RESPOND**  
effectively to either

an internal event  
*(thought, feeling, emotion)* or

an external event  
*(person, place, thing, event)*.

The less we **RESPOND**,  
the more we **REACT** inviting

- a. stress and
- b. unnecessary pain and suffering.

# Response/Reaction Sheet

# Catastrophe Slide

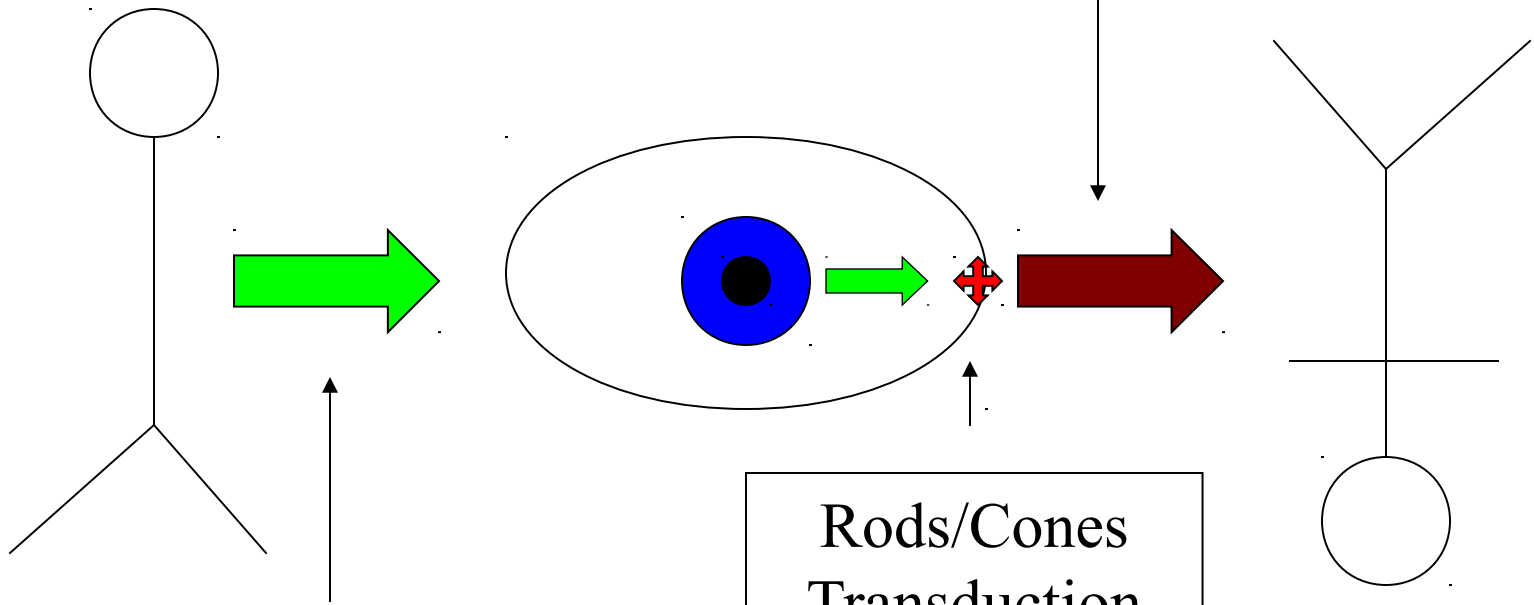
OPTIONAL COPING WITH STRESS

Full Catastrophe Living



The Eye of the Beholder  
(similar for all senses)

Percepts  
Electo-Chem Impulses



Light Wave

Rods/Cones  
Transduction

Area 17 of Brain

whatever I do not like about the other  
Is what I do not like about my own self.

Because I deny I am like that  
I project  
my own self-hate onto the other,  
Making the other WRONG for being  
what I am.

Hence, Classical Projection and Denial.

**D-E-N-I-A-L**

**D**on't

**E**ven

k**N**ow

**I**

**A**m

**L**ying

## Resistance (01)

To re-cap - Yes, things occur in conventional reality: people say things, people die, mistakes are made, "good" things happen, etc.

## Resistance 02

Often times in that we resist things occurring, we create more unnecessary pain and suffering for ourselves.

**"That which we resist, persists"**

- as the saying goes..

We want to keep things the way they are (really already "were"). We hold onto thoughts, feelings, emotions rather than just letting them go.

We resist even resisting....

How do we resist:

- There are many ways to resist an experience, such as:

- ignore it

- deny it

- suppress it

- think about it, figure it out, or any other mental process

- label it

o do something about it, or do something else

o talk about it

o feel something else instead, or remember another feeling

o distraction: put your attention on anything else

o pretend it's not important

o dissociate (or *disassociate*) –  
separate from the body or enter another  
component of consciousness (part,  
voice, sub-personality, identity)



## Resistance (03)

And remember when we are aware that a particular behavior (train of thoughts, feeling, emotion) is self-defeating and we continue to exercise that behavior, we may be getting some benefit by continuing to do that behavior.

what benefit do I really gain by doing this?

How am I really benefiting myself

- when I am actually hurting myself?

what am I proving to myself?

## Resistance (04)

All of this benefit for holding on is **Secondary Gain**, which may be either allegedly positive or negative.

Do I get to prove what  
a schmuck I am, what a  
victim of my circumstance I am, how I  
am powerless to change

- all just like my mother or father,  
teacher or relative said I am when I  
was really young? -

and I be**lie**ved them!

Resistance (05)

In awareness

we note the distinction between  
"surrender" and "resignation."

**Surrender** implies responsibility in unconditionally accepting that water is wet, rocks are hard, fire heats, the sky is blue, and this is that – hence, one is responsible for one's integrity:

**I am the creator of my experience.**

*Once we surrender, we can let go.*

Resistance (06)

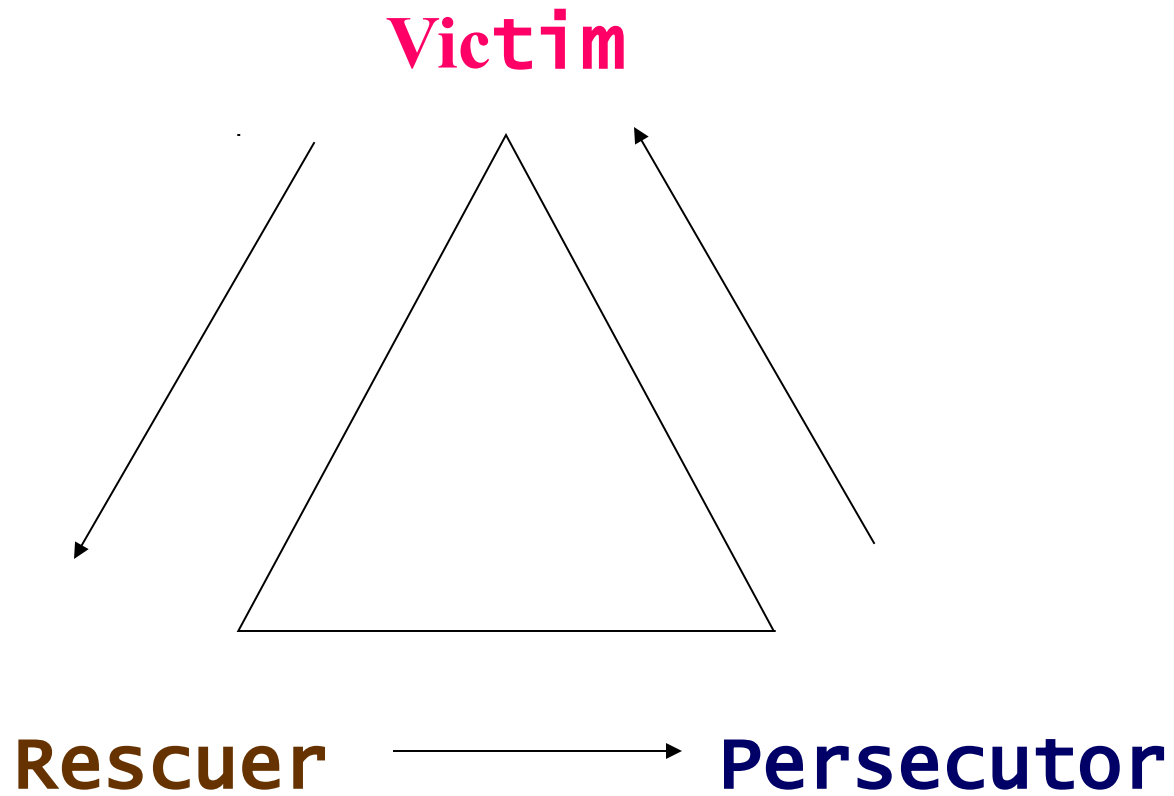
**Resignation** means victim-hood, resigning to one's fate, "it" is greater than I, I give-up my responsibility and, hence, I become perversely co-dependent upon that "it."

I deny my integrity, who/how I am:

**the creator of my experience**

of reality as it is in awareness. I become a victim to my experience and seek out someone to rescue me who eventually persecutes me for having to rescue me....

# Karpman Triangle



Resistance (07)

BTW – **Mental Illness** may be defined  
*(thanks to Paul Heller SF Zen  
Center)* as resisting the direct  
experience of dynamic interactive  
experiencing.

Field of  
Awareness



Thoughts  
Feelings  
Emotions



People  
Places  
Things  
Events



Situations  
Circumstances

Let us glean a living perspective from beyond the "I" the nondual mind of a child, selfless, without ego as such - how do we do this?

We will have the direct experience of various means by which we can experience our ego just as it is and be beyond the alleged "I" we have created.

From beyond "I" we will experience how being more dispassionate actually, paradoxically, enhances our passion for life. We cease interfering (resisting) and experience a sense of equanimity.



Being Equanimity, we, whether aware or not, are The Center of the Cyclone (John Lilly), being just peace amid the chaos of the world, of our own mind.

So doing, we will experience a still mind, a thinking mind, a reflecting mind, and mind in relation to the body.

Then we will experience both the still and the thinking mind in sequence. An awesome experience!

## Neuroplasticity (cortical re-mapping):

The ability of the human brain to change as a result of one's experience, that the brain is 'plastic' and 'malleable'.

The brain consists of **nerve** ("neuron") and **glial** cells (support & signaling) which are interconnected.

Learning may happen through change in the strength of the connections, by adding or removing connections, and by the formation of new cells.

"Plasticity" relates to learning by adding or removing connections, or adding cells.

According to the theory of neuroplasticity, experience can actually change both the brain's **physical structure** (anatomy) and **functional organization** (physiology) from top to bottom.

**I am Nonduality.**

**I am Calmness.**

**I am Tranquility.**

**I am Equanimity.**

**I am Peace.**



# Power word Technique

Subconscious mind, every time I notice a problem, discomfort, belief, or behavior I intend to release,

you will employ the following power word to eliminate all the roots of the problem, emotional discomfort, belief, or behavior.

You will also apply this power word to install any statement of intention, affirmation, or new belief that I make.

The power word I am going to use is

\_\_\_\_\_.

To overcome resistance to change, you could work with a sequence such as this:

- I release my need for resistance.  
(Power word)

- I release my fear of \_\_\_\_\_.  
(Power word)

- I am willing to deal with the consequences of moving forward. (Power word)

I give myself permission to enjoy  
changing my \_\_\_\_\_ position. (Power  
word)

I can make these changes and still be  
safe. (Power word)

I can make these changes and not be  
alone. (Power word)

I am comfortable with change. (Power  
word)

I release my resistance and manifest  
change. (Power word)

On the other hand, to surmount impediments introduced in response to an identity threat, you might achieve better results with this sequence:

I release my need to maintain my current identity. (Power word)

I release my fear of creating a new \_\_\_\_\_ identity. (Power word)

I release my fear of being unable to change my \_\_\_\_\_ behaviors.  
(Power word)

I want to change the way I deal with \_\_\_\_\_ . (Power word)

I am willing to go through the discomforts of this change. (Power word)

I am able to deal more comfortably with \_\_\_\_\_ . (Power word)

# Tapping

Balloon



## Affirm 1 Oneself

- I am good, beautiful, & lovable.
- I love myself just as I am.
- I appreciate myself.
- I am capable and creative.
- I am a success in life.
- I am unique and special.
- I am the creator of my destiny.

## Affirm 2 Family

- About One's Family
- My family is good.
- I love my family just as it is.
- My family loves me.
- My family supports me and gives me freedom
- My family is capable and creative
- My family is unique and special.
- My family has creative impetus for success.

## Affirm 3 Community

- My community is Good.
- I love my community just as it is.
- My community loves me.
- My community supports me and gives me freedom.
- My community is capable and creative.
- My community is unique and special.
- My community has creative impetus for success.

## Affirm 4 Abode

- My abode is good me for.
- I love my abode just as it is.
- My adobe gives me peace and joy.
- My abode supports me and gives me freedom.
- My abode is a place of rest.
- My abode is unique and special.
- My abode gives me creative impetus for success.

## **Affirm 5 Career/Current Job**

- My job is good for me.
- I love my job just as it is.
- My job gives me peace and joy.
- My job supports me and gives me freedom.
- My job gives me rest.
- My job is unique and special.
- My job gives me a creative impetus for success.

## Beliefs Self-Sabotage 1A

- I must always get my way.
- I must be loved and approved by every significant person in my community.
- I should be thoroughly competent and achieving in all that I do.
- Some are bad and should be punished.
- If something bad happens, I must worry about it.
- I have very little control over my happiness.
- It is terrible and catastrophic if my plans collapse.

## Beliefs Self-Sabotage 1B

- I will enjoy life more if I avoid responsibilities and take what I can get.
- My past has a lot to do with what is happening to me now.
- I should get upset about the problems of others.
- There is a perfect solution to even human problem.
- I should NEVER question authority.
- I need some one stronger than myself to depend on.

## Beliefs Self-Sabotage 1C

- I should be perfect in all that I do.
- It is wrong for me to love myself.
- Good relationships are built on sacrifice.



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