

Thoughts

One of the very first lessons you must learn is that you are not your mind! The mind encompasses your beliefs, ideas, thoughts, emotions, and all concepts. As long as you accept that your thoughts and emotions are not just truth but also a part of you, you will remain trapped in the suffering of your lessons.

As discussed above in how the mind is a tool and how you create your world, the mind is meant to be the part of you that creates form. The problem is not the mind – the problem is that you have given all of your faith, energy, and power to it. You have become so attached and identified with the mind, you no longer are able to turn it off or direct it as your heart directs. You have essentially created an energetic parasite within you that eats all of your awareness each moment.

The Toltec teachings initially teach that you must kill the “parasite”. After decades on this path, I have come to the understanding that making your mind an opponent to be destroyed does not create a path that will produce the best results now. The basis for setting it as an adversary essentially has you use the mind to fight itself. It also set you up to stop believing every thought and/or idea that popped up. In the past, this was probably the best route to take because the need to break someone’s perception of their world took extensive measures. People had such a narrow view of reality it was virtually impossible to question or go against the beliefs they were conditioned to accept as TRUTH. Now people have access to all the differences in beliefs and opinions the world has to offer. This has opened people to accepting and working with new ideas.

My perception of working with the mind is to see it as the tool it was meant to be. Every idea, belief, and thought was set up for you to evolve. So let’s use it to evolve out of the prison we learned and created for ourselves. Let’s learn what it is trying so desperately to tell us so we can move forward and experience the heaven our hearts are perceiving.

Let's talk about your thoughts a bit more. Your mind uses your thoughts to maintain and perpetuate all of your habits, behaviors, and patterns. Your thoughts are driven by your book of law, victim, judge, and personal importance – all the conditioning you received from the world and then from your own mind. These are your wounds which hold your evolutionary lessons.

Your thoughts do 2 things in the conditioned mind. They drive all of your actions and reactions as well as attempt to hide the source of your pain from your awareness and protect you from your wounds. The trouble is that keeps all of your wounds repressed and active. Just because you hide from them doesn't make them disappear. When you don't address your wounds, your thoughts will continue to bring people, events/experiences into your world that will reflect your wounds so you can become aware of them so they can be processed. The typical mind reaction to the reflections in your world is to feel more victimized and see all those things as unfair, punishment, bad luck, etc.

Your mind and thoughts are not evil entities to be attacked and shunned. They are working the way they were set up to. They are there to help you see, face, and release your lessons. The longer you go without looking inside and processing, the bigger the events become. Your wounds, through your thoughts and emotions, can and will create everything from accidents to illnesses. Heal your inner wounds and you will move into more and more positive events, experiences, and people.

In a human free of the domestication/conditioning from the world - thoughts are the creative element of your form that assists your being in creating your world. When you Heal your wounds and live in a state embodying awareness or being, you will experience heaven on earth. As you heal your wounds and take the energy/awareness away from those wounds, your mind will quiet naturally until it ceases. At that point, you can use the mind and thoughts as they were meant to – as tools to co-create with being out of joy and peace to bring heaven on earth out into form.

The idea isn't kill the mind and never think, it is to evolve so that your mind doesn't drive your thoughts based entirely on your evolutionary wounds. Conserve your awareness to focus on your heart's desires, which is always in line with All-That-Is and what is best for all. If you can not stop your thoughts or narrator that is constantly speaking, then you know you have not addressed your wounds.

The Toltec teachings have many techniques to direct your awareness to find and heal your wounds. The techniques are not the only way to get there. They are not the right fit for everyone. They are tools to be used until they are no longer working as pointers.

The fact is that your thoughts create your emotional reactions. Your thoughts are created on a loop based on others' thoughts and ideas that became opinions that became beliefs that became your wounds and book of law. The mind then created patterns to avoid facing the pain in your wounds and book of law. As long as your thoughts are a continuous stream that goes on incessantly with no true awareness, you will be stuck in whatever world your wounds are creating for you. Stop the narrator and be aware of your thoughts and emotions as they arise each moment and watch where they come from. Do this and you will be free to experience the heaven on earth we are here for.