

Possibilities that are **YOU!**

Volume 19: The Art of Thought Adjusting

by Alex Bennet

Mountain Quest Institute

This is 19th in a series of 22 short books, what we call Conscious Look Books, that are conversational in nature, taking full advantage of the reader's lived experience to share what can sometimes be difficult concepts. We live in a world that is tearing itself apart, where people are out of control and wanting to control others, rebelling from years of real and perceived abuse and suppression of thought. Yet, this chaos offers us as a humanity the opportunity to make a giant leap forward. By opening ourselves to ourselves, we are able to fully explore who we are and who we can become. With that exploration comes a glimmer of hope as we begin to reclaim the power of each and every mind developed by the lived human experience!

These 22 concepts are part of the learning journey of which we are all a part, the Intelligent Social Change Journey (ISCJ). This is a developmental journey of the body, mind and heart, moving from the heaviness of cause-and-effect linear extrapolations, to the fluidity of co-evolving with our environment, to the lightness of breathing our thought and feelings into reality. Grounded in development of our mental faculties, these are phase changes, each building on and expanding previous learning in our movement toward intelligent activity.

These little books share 22 large concepts from the Profundity and Bifurcation of Change (which is written from an academic viewpoint). Each book is independent and includes seven ideas offered for the student of life to help us become the co-creators that we are. These books, available in soft cover from Amazon, support idea exploration, class discussion, other discussion groups or can be used as special occasion gifts.

Possibilities

that are **YOU!**

Volume 19: The Art of Thought Adjusting

by
Alex Bennet



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*Spirit Thought Adjuster touch me
Open my eyes so truth I see
Yielding through choice, I acquiesce
Lift up my soul so I may progress.*

*Reaching hands surrendered and meek
It's a veiled promise I now seek
Enter into the mind of thought
Oh, indwelling one forever sought.*

*Flow gently through and intertwine
Perfect my actions, heart and mind
This somatic bound conductor
Listens for the divine instructor.*

-Cindy Lee Scott

Preface

This book is for YOU. Regardless of economic success or educational prowess, beyond cultural influences and habitual routines, YOU have been and continue to be a student of life. And since our time in this learning sphere is precious, the challenges and opportunities are both rapid and continuous, always offering new insights. YOU are a verb, not a noun. Forget what you were taught in grammar school!

Now, we live in a world of demanding challenges, where people and systems are rebounding from control, rebelling from eras of real and perceived suppression of thought. With the acceleration of mental development over the past century has come increased awareness of human capacity, with economic success in small bites for many and large bites for the few, and for some coming with an arrogance that says, “Look at me. I’m right, you’re wrong, and I’m not listening.”

Because of our Economy’s focus on the material, economic success begets economic success and the separation of wealth grows larger, flaming the difficulties of surviving in a CUCA world, that is, a world of accelerating change, rising uncertainty, increasing complexity, and the anxiety that comes with these phenomena.

Yet all of this **offers us, as a humanity the opportunity to make a giant leap forward.** By opening ourselves to ourselves, we are able to fully explore who we are. With that exploration comes glimmers of hope as we contemplate the power of each and every mind developed by the lived human experience!

As YOU move through your life of thoughts, feelings and actions—even when you have to repeat things over and over again as part of the experience—YOU are advancing toward the next level of consciousness.

Here's the bottom line. Everything that has been learned and continues to be learned is out there ... and as a student of life, YOU have access to it all. So often it is expressed in ways that don't make sense because of the language and media being used. It just isn't presented conversationally, and you don't have a chance to ask questions from your unique point of view.

So, these little books—which we refer to as Conscious Look Books—are specifically focused on sharing key concepts from *The Profundity and Bifurcation of Change* series and **looking at what those concepts mean to YOU.**

These books are conversational in nature, and further conversations are welcome. We invite your thoughts and questions, not guaranteeing answers because there is still so much to learn, but happy to

join in the conversation. Visit Mountain Quest Inn and Retreat Center www.mountainquestinn.com located in the Allegheny Mountains of West Virginia or email alex@mountainquestinstitute.com

As my partner David reminds us: *Run with the future!*

Our gratitude to all those who take this journey with us, and a special thanks to the colleagues, partners, friends, family and visitors who touch our hearts and Mountain Quest in so many ways.

With Love and Light, Alex and David

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Introduction

Did you ever wonder why people who get an undergraduate or Master's degree in "Physics" are awarded a Bachelors or Masters of Art? Yet a Master's degree, say in "Management for Organizational Effectiveness," is a Master's of Science! This can get quite confusing.

Okay. Let's start with some definitions. First, science. Since it's a noun, we can think of it as a state or condition. We know it relates to knowledge (or knowing) versus ignorance, and that it represents systematized knowledge. Here's where it starts getting tricky. That systematized knowledge deals with general truths or laws concerning the physical world and my physicist husband would be sure and add that these truths and laws be tested through the scientific method.

Let's pull up a definition from the online Merriam-Webster dictionary to clarify this "scientific method." This method includes "principles and procedures for the systematic pursuit of knowledge involving the recognition and formulation of a problem, the collection of data through observation and experiment, and the formulation and testing of hypotheses."¹

Second, art. Definitely like the idea of art as an expression of human creativity and imagination.

often responsive to pressures produced by unexpressed emotions. Our ordinary dream experiences are physiologic and psychologic phenomena. However, kind of exciting and similar to the phenomenon of mirror neurons, “There is strong evidence to suggest that when we are dreaming of doing something (like singing) we are activating those neurons that we would use while actually doing this thing when we are awake.”⁴

Physicist and mathematician George Christos actually suggests a new theory for the function of dream sleep, which is concerned with the generation of spurious memories. As George says, “This added bumpiness on our memory store is what prepares us for a new day of learning.”⁵ Quite fascinating is that waking and dreaming consciousness is controlled or influenced by a different set of memories, and different neurochemicals. “During dream sleep the brain is cholinergically driven, while in waking consciousness it is driven by aminergic neurotransmitters, like norepinephrine and serotonin. It would seem from these examples that the chemistry of the brain plays a major role in what we “recall and how we perceive events around us.”⁶ This would also mean that the shifting electro-chemical forces of the human could potentially impact an individual’s creative imagination. We’ll talk more about those forces in Idea 6.

To explore this worldview, we briefly look to authors Will McWhinney, Francis Bradley and James Carse:

From Will McWhinney: “If I were to speak from the mythic view, I would say (to myself): ‘All the world is my creation; you, my readers, are my creation; I people the world, I create its phenomena, and I assign it in time and locate it in space—which themselves are given meaning by my thought.’”⁹

From Francis Bradley: “I cannot transcend experience and experience is my experience. From this it follows that nothing beyond myself exists; for what is experienced is the [self’s] state.”¹⁰

From James Carse: The mythic reality is a world of story in which we assign and play a role, both created and to be created. Part factual and part fiction, “Whole civilizations arise from stories—and can rise from nothing else . . . Myths, told for their own sake, are not stories that have meanings, **but stories that give meanings**” [emphasis added].¹¹

As can be seen, in the mythic world view, causality is free will and intentionality, with no restraint on one’s choices. The mythic believer does not experience change; rather, change is a part of the way the world is. There is a flow; nothing comes by chance and everything has meaning. Since the mythic belief creates all, they are amoral with no ethics or values issues. Examples of historic people exhibiting this worldview are Ghandi, Mao and

Hitler. When coupled with compassion such as that shown by Ghandi, the mythic reality worldview becomes an important player in the creative leap. There is a Conscious Look Book on *The Creative Leap*.

There are times in our lives when we are able to tap into the larger energy field of which we are a part and access ideas. It seems like the ideas are just there, waiting to be accessed. And, well, they are!

8 | Thought Adjusting

[Your Thoughts]



Idea 2: We can build an indwelling thought adjuster using our creative imagination.

What might a “thought adjuster” be like? There are some historical precedents for this concept. For example, from the viewpoint of a conscience, the old wives’ tale about having an angel (or devil) on your shoulder. The idea of conscience is a very human concept, perhaps perceived as an inner voice who is admonishing you to do the right thing. That “right thing” is generally connected to laws and rules, ethics or morality, learned patterns of behavior.

In the Hindu faith here is the concept of atman, which is an inner presence, an inner self, which was the eternal core of the personality, the soul. In a 2007 research study, which explored the value of human characteristics spiritual in nature with respect to their relationship to learning, the soul represented the animating principle of human life in terms of thought and action, specifically focused on its moral aspects, the emotional part of human nature, and higher development of the mental faculties.¹² From the philosophical aspect, the soul is the vital, sensitive or rational principle in human beings.¹³

The Chinese, however, recognized two elements within the human, the *yang* (soul) and the *yin* (spirit). Similarly, the Egyptians and a number of

African tribes saw two elements supporting the human as the *ka* and *ba*, although the soul was not pre-existent. For those in the Nile valley, the *ka* was a protective spirit that lived with the mortal throughout life and passed on with the soul. The *ka* is pictured as a second child in a picture on the walls of a Luxor temple depicting the birth of Amenhotep III. While at first only kings were honored with a *ka*, eventually all righteous men possessed a *ka*.

Let's use a little bit of each of these examples—and draw on ideas forwarded in *Urantia*¹⁴ as well—to imaginatively create our own personal thought adjuster (herein referred to as TA). First, let's establish that we each have free will. We are each unique, have individuated, and have developed our own preferences. So, the nature of a thought adjuster would be to POINT OUT POSSIBILITIES, help us stay on track to be the best that we can be, and to, well, maybe even cheer us on when we make wise decisions.

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***INSIGHT:* Since each of us has free will, the nature of our thought adjuster would be to point out possibilities and help us stay on track to be the best that we can be.**

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Second, what is the nature of our thought adjuster? We already have a plethora of “thought

Further, this is an “inner” guide, a partner, *influencing us intellectually while simultaneously honoring our free will*, linked together in a continuous search for higher truths. We picture an “existence” of *high moral character*, that is, spiritual energy that is *loving, wise, trustworthy, supportive, respectful, loyal, dependable and valorous*. That last thought is interesting. It means showing great courage in the face of battle, and in this context, there are both inner and outer battles in which we engage during life! So, I’d want *my* TA to help me be courageous during these times.

This TA interacts internally on the intellectual plane, which means interacting with our mind. Just so we’re clear, in the brain, which is the physical structure, thoughts are represented by patterns of neuronal firings, which represent thoughts, images, beliefs, theories, emotions, etc. Although the patterns themselves are nonphysical, their existence as represented by neurons and their connections are physical, that is, composed of atoms, molecules and cells. If we consider the mind as the totality of neuronal patterns, then we can consider the mind and the brain to be connected in the sense that the neural patterns cannot exist without the brain, yet the brain would have no mind if it had no patterns. While our TA may well contribute possibilities in terms of thought content (for our choice), the focus would be on coordinating, improving, adjusting, and modifying our thinking processes.

In terms of our imagined TA, as we noted above, there would be no physical representation, yet through thought (vibration / frequency) our TA would have the ability to *make an impact on the patterns of our mind*. This “impact” could take the form of heightened awareness of a situation, insights through intuition, or even pictures or messages coming through our internal and external senses. I picture a continuous stream of communication, with guiding thoughts always available *when we choose to listen*. For example, have you ever felt an internal unceasing urge to do more, knowing that your current life just isn’t enough? Or, have you been in the middle of something and all of a sudden known that you needed to be doing something different? I just bet you’ve had one or both of these feelings. Let’s attribute that to our TA, at least if that push was moving you toward expansive learning situations rather than selfish actions!

This would also include supporting our communication with others, enabling us to share larger concepts such as ideals and values, and to voice our experiences in relationship with those larger concepts such that we think in whole thoughts.

One way to recognize our TA’s influence is to *feel* the level of truth emerging. Since we are continuous learners and the situations in which we find ourselves are continuously changing, new knowledge is always emerging and we, as co-

creators, are continuously changing our way of seeing and interacting with the world. While things are relative in time in the physical reality in which we live, we are all on the path searching for higher truths. “The more truth you know, the more truth you are, the more of the past you can understand and the more of the future you can comprehend.” This search for truth is essential to co-creating the future. There is a Conscious Look Book on *Truth in Context*.

[Your Thoughts]



Idea 3: The journey toward moral choice begins early in our lives.

Our TA joins us when we make our first moral choice, which happens around the end of the 5th year of life, or, to be exact, at five years, ten months, and four days (the 2,134th day of life on Earth!)¹⁵ [Since we're using our creative imagination, just roll with this.] This is the age at which we begin to take moral responsibility, that is, where we first “exhibit the ability to choose between the emerging values of good and evil.”¹⁶ Until that point, a TA would be pretty useless. But once we begin to make choices, that TA could sure prove useful! At this point we have fully developed the ability to convey our emotions, have developed speech, and are at the beginnings of verbally expressing our preferences to others. This is early mental thinking, looking at relationships among things, but not yet capable of building and sharing ideas and ideals, which require the concepts of higher mental thinking.

Our personal TA chooses us, just as we have the choice of whether to listen or not! So, as an adult, how could having a TA prove useful? Remember, we have free will, so we want to make our own choices. AND, life experiences are how we learn and grow, how we expand our consciousness, so the job

of our TA wouldn't be to help us avoid learning experiences! And, frankly, if everything was the same in life, we would be bored. We need excitement in our lives. Still, there are times when another set of thoughts on our experiences sure would help, especially a set of thoughts without judgment! This would be especially useful in times of crisis! (But during those times, I wonder if I could quiet my mind enough to listen.)

Let's see, here's a set that makes sense. Of course, you're going to have some ideas that I've missed, so add anything that you think needs to be added.

*Our TA might assist us in **shifting old paradigms**.* Paradigms are habits, behaviors, ways of thinking and acting that repeat themselves, sets of concepts or thought patterns. Sometimes these are ruts in which we are stuck; perhaps they served us well in the past, and even when circumstances have changed, we find it difficult to see beyond them. A paradigm shift is in some sense a world shift. The physicist and philosopher Thomas Kuhn goes so far as to characterize a paradigm shift in terms of a scientific revolution. While we don't quite go that far, a paradigm shift is certainly a dramatic change, an entirely new way of thinking.

*Our TA might assist us in **breaking through cognitive dissonance**.* Cognitive dissonance is a term from psychology which represents the discomfort or stress that occurs when we hold two ideas, beliefs or values that don't agree with each other, or an inconsistency of self between the beliefs we have and an action we take. While today we understand that all knowledge is context-sensitive and situation dependent, it is still quite difficult—even when we know things have changed—to release beliefs and values that we've held for a long period of time. People have a tendency to become quite emotional when their beliefs are challenged! Further, there may be a dissonance between inherited beliefs and experienced reality, that is, a conflict between what we've been taught to believe and what we experience in life. This is a difficult road to travel.

*Our TA might help us by **stimulating and multiplying decisions**.* In today's CUCA environment we live in what could be described as a complex adaptive mess. CUCA represents the increasing change, uncertainty, complexity and anxiety that engulfs our individual and collective realities. Of course, in the midst of all this complexity comes a world rich with new thoughts and possibilities. Still, engulfed in this MESS, amidst the continuous expansion of information and knowledge, it can be difficult to make decisions, much less intelligent decisions. For those of us who

have grown up professionally in a fear-based world where reason was king, the four primary barriers to intelligent decision-making are fear, reason, social convention and tradition. When we conform to a fear-based external code, we give up our unique individuality as a decision-maker. Fear can cause preoccupation with projections of imagined outcomes, with the result of the decision-maker becoming a virtual prisoner to their own designs, unable to perceive beyond that singular interpretation! In the field of fear intelligence often takes a back seat, and we are unable to tap into our higher mental faculties and the expansive awareness available through our unconscious resources.

*Our TA might assist us in **diverting negative idea processions.*** By now, if you've read any of these little books previously, you probably recognize that your mind is an associative patterner. This means that everything that comes in through your senses is complexed with everything that you've ever experienced and learned, and that knowledge (the capacity to take effective action) is created for the situation at hand. Thus, there is a triggering that occurs. Unfortunately, this can work negatively as well. For example, when a movie reflects a situation that occurred earlier in your life, it can pull up all the thoughts and emotions that accompanied the situation. And, once those set in, one thought can follow another, or from this negative frame of reference, pretty much everything around you may

look pretty negative. And, as we've all experienced, it is REALLY hard to pull yourself out of that loop.

*Our TA might encourage us in **building the skillsets necessary to successfully navigate life.*** While opportunities to fully engage in life abound, we often don't see them, or we don't perceive them as *opportunities for us*. So, a push here and there, an inner urging, a well-placed advertisement or conversation, what we could perhaps label as a synchronicity, can help move us forward to embrace these opportunities. By this time in your life, you've already done the mental work, that is, you know the skills you have and have most likely assessed the skills you would like to have, so when the opportunity presents itself, it is time to embrace it.

*Our TA might serve us through **conferring a sublime peace of mind and a superb tranquility of spirit.*** This is huge. At some pretty horrendous times in my life, I've called out for help, and help has been there. Only, it's different than expected. For example, on one teaching trip abroad I was boarding a plane from Bangkok to Hong Kong at the very same time my life partner David was undergoing eye surgery. I was a mess, worried about it, and angry at myself as I traveled away from him rather than toward him. I was shaking inside, having a difficult time handling the emotions that were rattling through my body. So, I went within and asked for help. And it was immediately there. I felt like I was *wrapped*

up in a blanket of love, and I absolutely KNEW everything was going to be just fine. Mind you, the circumstances were exactly the same; nothing had changed in my material reality. But *I had changed*. And everything was just fine.

You get the idea. There are so many times when it might be a good idea to have a TA on board. Other times a TA could help are rushing into mind, and no doubt you can expand this list! Our TA might assist us in ...

- **Discovering the courage to follow our passions and dreams.**
- **Changing feelings of fear to convictions of love and confidence.**
- **Living a life of service.**
- **Reaching the potential perfection of me.**
- **Spiritualizing an ever-expanding consciousness.**

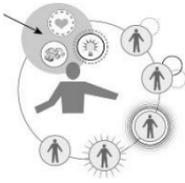
We started to talk about synchronicity a few paragraphs ago as one way that a TA could communicate with us. Synchronicity refers to a coincidence of events that seem related, yet with no obvious connection one to the other. The famous psychiatrist Carl Jung first used this term to represent a *meaningful occurrence happening in time*. Carl saw the synchronicity principle—that a meaningful coincidence is connected by simultaneity and meaning—as “the absolute rule in all cases where an inner event occurs simultaneously with an

outside one.”¹⁷ Carl’s conclusion was that time and space become relative under certain conditions, and even appear to be transcended.

An early researcher looking into the nature of life’s coincidences was Paul Kammerer, an Australian biologist who investigated coincidences and unexplained clusterings of events. Over a number of years at the turn of the century, Paul collected data and looked for clusters in time through careful statistical analysis. From this work, Paul hypothesized that random events fall together into clusters just as asteroids drift together in space under the influence of gravity.¹⁸

In his book, which speaks to synchronicity as the bridge between matter and mind, physicist David Peat suggests that synchronicity “arises out of the underlying patterns of the Universe rather than through a causality of pushes and pulls that we normally associate with events in nature.”¹⁹

As you can see, whether we refer to them as coincidences or synchronicities, there appears to be something larger in the connection. As the old adage goes: *There are no coincidences in life!*



Idea 4: We are the master of our emotions.

Evolutionary biologist, psychologist and philosopher Henry Plotkin says, “Normal human life is lived within a sea of experienced and expressed emotions.”²⁰ I don’t think anyone could describe that any better!

Building on the work of neuroscientist Antonio Damasio, for this discussion we’re going to differentiate emotions and feelings. Antonio says, “The term feeling should be reserved for the private, mental experience of an emotion, while the term emotion should be used to designate the collection of responses many of which are publicly observable.”²¹ Thus, emotions are externally focused and feelings are internally focused. I like this differentiation. Still, as part of our inner guidance system, emotions are telling us how we “feel” about something, and we have to know what we don’t like to help us understand what we do like.

“Wait a minute,” you say, “this little book is about *thought* adjusting, not emotions!” Yes, that is right, only thoughts and emotions are directly linked. **All incoming signals and information that come in through the senses have an emotional tag.** As they are sensed, these signals are immediately passed to the amygdala, where they are assessed for potential

the body's cells.²³ This "established that the 'mind' was not focused in the head, but was *distributed via signal molecules to the whole body*,"²⁴ with the mind, spirit, and emotions unified with the physical body as *part of a single intelligent system*. In a sense, we have "feelings" associated with all of our other senses, and our whole body has sensory capability!

Feelings such as confusion, or being puzzled, discouraged or distracted represent intellectual emotional difficulties. These may be telling us that we are out of alignment with our inner self—which could also mean out of alignment with our TA—and it's time to explore our motives and decisions. Drawing on the rich learning of our early philosophers, we can ask ourselves: Am I basing my decisions and actions on truth, beauty and goodness? Am I in alignment with my belief systems? Am I fully engaging wisdom and demonstrating love? That's a pretty good set of questions.

As humans, we are prone to attribute various causes to our emotions and feelings. We say such things as: "*He* made me angry" or "I'm upset *because of ...*" or "*That* is frightening." However, these emotions and feelings are our own. To understand this concept, let's look at a scenario.

Imagine you are the dad of a 17-year-old son who asks to use the family car on Friday night for a "hot" date. Agreeing, you give him a curfew of 12 Midnight. When Friday arrives, at half past Midnight

he is not yet home. You are waiting in the front hall, saying to yourself, “When I know he’s okay, I’m going to kill him!” The phone rings. “This is Mercy Hospital; I’m sorry. Your son, John Doe, was in an automobile accident. He died of massive head injuries.” What happens to you? Your pulse speeds up, you are sweating, your head is pounding. You may very well have a stroke or heart attack. Two minutes pass, and the phone rings again. “This is Mercy Hospital. I’m sorry, wrong John Doe.” And in walks your son, saying “Hey, dad, I ran out of gas, but I did everything you told me to ...” You may be there lying on the floor ... yet, **NOTHING HAS HAPPENED**. Your emotions and feelings were a result of your **PERCEPTION** of what had happened.

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INSIGHT: While we as humans are prone to assign “fault” for our emotions to external events or people, our emotions and feelings are our own.

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As can be seen from this scenario, your emotions and feelings are very much a product of your personal beliefs, perceptions, thoughts, experiences, and even the newspapers you've read and the movies you've seen. This scenario deals with relative meaning, which is context sensitive and situation dependent. Note that mind deals with quantity, reality, meanings. But quality, which deals with values, is felt. While emotional processing

internal thoughts provide stimuli to trigger desired feelings. This is the concept upon which the exercise below is based.

* * * * *

EXERCISE: *Mood Shifting*

Small and large perturbations have a way of working themselves into our lives, interfering with the flow. This is a simple tool that can serve you well. Your thoughts are *quite powerful*. By choosing our thoughts we can determine or adjust our emotional experience.

STEP (1): Each of us has moments in life that make us feel good when we think about them. We also have special memories that help remind us of who we are, and perhaps why we are here. Take a wallet-sized card and on one side write five things you are, or have been a part of, that you feel good about. On the other side write down five things you have done in your life to serve others. These can be as simple as a well-timed compliment to a loved one, or an act of kindness to a stranger.

STEP (2): Put that card in your wallet and carry it around with you.

STEP (3): Whenever a life perturbation occurs and your emotions tank, recognize your immediate emotional response and honor it, being sure to note any lessons learned. Then, pull out your card and read whichever side is most appropriate for the

situation at hand. Spend several minutes (or as much time as needed) remembering and reflecting on the events or situations represented on your card.

STEP (4): When you feel your emotions positively shift, you are ready to address the issue at hand from a different viewpoint.

* * * * *

The little card used to spur happy thoughts in the technique above can be used to raise your vibration anytime you feel an emotional low. We also have the ability to release emotions. Let's look at a little exercise that will help.

* * * * *

EXERCISE: *Releasing Emotions*

STEP (1): Recognize and name the emotions you are feeling, fully acknowledging their presence.

STEP (2): Put your arms around yourself and, rocking in a motion from left to right and back in a self-embrace, and with gratitude for these emotions, *say out loud* "I am having a human moment."

STEP (3): Ensuring that you have learned all you need to learn from their presence, thank your emotions for existing and for this learning.

STEP (4): Using your creative imagination, choose to release these emotions, visualizing them floating away in a balloon, or imploding into the air, or sending them to a junk yard for potential reuse.

Have fun with this. The only limit is your imagination.

STEP (5): When a negative emotion departs it leaves a clear space that needs filling. To fill this space, spend a few minutes thinking about some happy memories, or engage in an activity that makes you happy.

* * * * *

It is clear from this short discussion that our emotions and feelings are our own. They are intended as a guidance system, to help us recognize what we like and what we don't like. When we have negative emotions, it is an indicator to either change the situation or change the way we perceive the situation. See the Conscious Look Book on *The Emoting Guidance System*.

With this understanding, when dealing with our emotions, our TA might have the role of (1) reminding us to honor our emotions; (2) moving us through the emotional thicket to clarity of thought; and (3) helping us use those emotions for positive growth. While I'm not sure what that might look like, perhaps it would come through internal "feelings"? At any rate, I'm going to pay closer attention to those internal feelings from now on, and if they are urging me onward to become a better me, then I'm sure going to try and pay attention!



Idea 5: Through will and preference, we choose our thoughts.

The abilities to **control our attention, remember, abstract, and reason** are what sets the human apart from other animals. It is with these abilities that humans have built cultural systems such as language, religion, art and science. As individuals, organizations, countries or a global world, we require ordered systems of rules to engage in intelligent activity. At the highest levels, this is what we call civilization. As psychologist Mihaly Csikszentmihalyi says: “It is good to have rational, logical structures by which to order thoughts and actions. Much of what we call civilization consists of attempts at rationalizing life, so that actions can be predictable and reasonable. But civilization is a fragile construction that needs constant protection and care. Without it, the mind will not behave logically.”²⁶



***INSIGHT:* The abilities to control our attention, remember, abstract, and reason are what sets the human apart from other animals.**



However, it requires more than being logical. Is war logical? Is the economy of today logical?

man and woman into a more civilized form than our ancestors.”²⁸ We *can* change our minds, and we now know that changing our thoughts, in turn, changes the structure of our brain, and that affects our thoughts. Thus, the more we think, the more we *can* think. Our very thoughts are a powerful instrument of change!

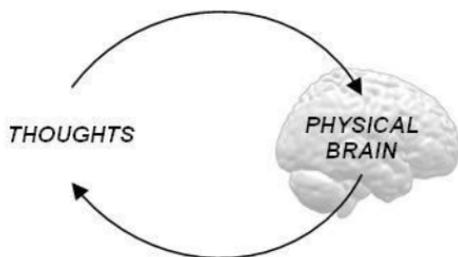


Figure 1. *Changing our thoughts changes the structure of our brain, and the structure of the brain affects our thoughts.*

So, let's pull a few exercises from other Conscious Look Books that can help us adjust our own thoughts (that is, once we recognize that they need adjusting!) The first is *Redirecting the Mind*. While quite simple, this is also quite effective. In fact, you have probably already tried this! The second is *Transmuting Negative Thought Forms*. Both combine thoughts and emotions.

EXERCISE: *Redirecting the Mind*

This is a tool for stopping a negative thought pattern's neural firing in the moment and then redirecting it to a more positive one.

STEP (1): Identify a mantra or song that is uplifting and shifts you into the vibration of love or reverence. If you are a Christian, this could be the Lord's Prayer or a church hymn that lifts your spirit and is easily remembered. For example, one author discovered that he always whistled the tune to *Amazing Grace* in times of stress. The words that would run through his head are: "Amazing grace! how sweet the sound, that saved a wretch like me! I once was lost, but now am found, was blind, but now I see." Regardless of an individual's belief set, the concept of living in grace—with grace representing beauty, kindness and mercy—enables the perception of a positive learning experience. Eastern mantras such as the *Ohm Mani Padme Hum* serves this purpose, as does the heart sutra mantra of *Gate' Gate' Paragate Parasam Gate' Bodhi Svaha*. Just about every spiritual tradition has good options to draw from. And if an individual is more secular in nature, since we seem to be hard-wired for music, there are most likely favorite songs to be found in memory that catch hold of the mind and uplift.

STEP (2): Whenever you catch your thoughts or emotions spinning in a negative direction, make a ritual out of repeating the mantra, prayer or song to

yourself over and over as many times and as often as needed until you feel your state of being shift into a more positive state.

* * * * *

NOTE: Even if you have not been aware of it, you may discover that you have unconsciously been using this tool throughout your life!

* * * * *

EXERCISE: *Transmuting Negative Thought Forms*

STEP (1): Acknowledge the existence of the negative thought or emotion at the surface level without digging deeper into the thought or feeling. *Identify where the thought or feeling resides in or around your body.*

STEP (2): Using your creative imagination, see beautiful pink rays of light come down from above, stream through your body and swirl around the negative thought or feeling. See rich green streams of energy rise through your feet and join the pink light swirling around the negative thought or feeling.

STEP (3): Watch and feel as the swirls get faster and faster, with the negative thought or feeling dissipating into nothingness from the outside-in. Feel the power within you and, as the swirling light reaches the last center point of the negative energy,

sense an explosion of color into white, filling you, surrounding you with joy.

STEP (4): In this state of joy, picture something or someone you love. Feel peace flow through your heart and send this peace and love into the larger Field to which we are all connected. Offer your appreciation for the experience and the opportunity to be of service to humanity.

* * * * *

[Your Thoughts]

success and what we perceive as failure, and in the midst of this stress our perception may be fuzzy.

Further, there are issues that have very much to do with cerebral endowment as well as the electro-chemical systems of our physical bodies. And there are innate characteristics that emerge. For example, humans have a tendency to be sordid and selfish, irreverent of that which is beautiful, and display animal fears and childish anxieties, often leading to war. We are literally filled with mental poisons such as fear, suspicion, envy, jealousy, anger and intolerance, which all interfere in our learning and expanding our consciousness. On the other hand, when you consider primitive man, we've come a long way!

Then, there are personal traits. For example, we all have mental models, strong mindsets of how things work, attitudes that are difficult to change, which can thwart the best-laid plans and cause a great deal of mental confusion. And, we can become distracted and discouraged.

Clearly, we are imperfect beings, yet we DO have the freedom of will and choice, which could lead to incredible success, or tragedy. In this environment, having a TA looking at our long-term success in life and beyond could be a gift! Yet in the midst of all this, how can we hear that little voice inside of us? How do we recognize the distortions of our dream sequences? It would be so easy for any

messages to be caught up in the swirl of material currents of everyday emotions and negative thought. Every decision we make and action we take determines the direction we are heading, **SO, EVERY DECISION IS IMPORTANT, and COMPLETION OF THOSE DECISIONS IS ESSENTIAL.**

Perhaps we can use the basic concepts of Relationship Network Management (RNM) to help figure out how to consciously cooperate with our TA. RNM is built upon interdependency, trust, openness, flow and equitability, all of which overlap. Interdependency would have a different context since our TA does not have a personality or any of the personal choices that come with personality. However, our TA **DOES** have purpose in terms of assisting us in expanding to our fullest potential and *that* could come into play. Trust is based on integrity and consistency over time, saying what you mean, and following through on what you say. By definition, the integrity of our TA is unquestionable, and there is tremendous consistency in terms of the desire, and support of that desire, for us to walk the path towards the greatest good. Openness is directly related to trust and a willingness to share. Equitability in terms of fairness and reasonableness means that all those involved in the sharing gain something of value out of the relationship. *We* gain expanded learning and a higher level of experience

and consciousness. Our TA? Hmmm. Well, appreciation for a job well done!

How do we maximize this opportunity? We've touched on some of this, but it's worth taking another look. First, reflecting on our discussion of RNM, we need to keep up OUR part of the bargain. That means recognizing *our* interdependency, trusting our TA, being open (and willing) to receive (and remembering to listen), and ensuring equitability of our relationship, that is, *thinking long-term growth and expansion, considering others in our decision-making, ever searching for higher truths, and acting in good character.*

Second, and absolutely essential, *by sustaining our physical, mental, emotional and spiritual health.* As we learn from *Urantia*, “It is to the mind of perfect poise, housed in a body of clean habits, stabilized neural energies, and a balanced chemical function—when the physical, mental, and spiritual powers are in triune harmony of development—that a maximum of light and truth can be imparted.”³¹

Third, *by quieting our mind*, learning to tap into the superconscious, and listening. In the Conscious Little Book on *Knowing*, we describe the superconscious—which is part of our unconscious resources—with the terms spiritual learning, higher guidance, values and morality, and love. Spiritual learning is defined as the process of elevating the mind as related to intellect and matters of the soul to

increase the capacity for effective thought and action. In a 2007 research study, there was a positive correlation between representative spiritual characteristics and human learning.³² This makes sense, of course, since growth is a life goal of spirituality. As pointed out in *Knowing*, the superconscious is also characterized as “pre-personality” to emphasize that there are no personal translators such as beliefs and mental models attached to this form of knowing. The flow of information from the superconscious is very much focused on the moment at hand and does not bring with it any awareness patterns that could cloud the decision-makers full field of perception.

Interestingly, these descriptive words very much represent the flow of information and knowledge facilitated by our imagined TA! So, we’re on the right track.

Fourth, *by staying open to, looking for, and recognizing the synchronicities in our lives*

Fifth, *by experiencing beauty*. The experience of beauty is individuated, that is, what you perceive as beauty is most likely quite different than what I perceive as beauty. My favorite definition of beauty comes from the 2007 movie *Next* starring Nicholas Gage, when he says: “There’s an Italian painter named Carlotti, and he defined beauty. He said it was the summation of the parts working together in such a way that nothing needed to be added, taken

away or altered.” While to my knowledge, there has never been an Italian painter name Carlotti, those words seem to make sense. Beauty is that special state where something seems, well, perfect, at least from our personal point of view! What’s really exciting is that beauty is a transcendent state. During the experience of beauty, all of our senses are fully engaged such that there is no room for negative thought! Thus, beauty is consciousness expanding. So, let’s bring more beauty into the world in all that we do. There is a Conscious Look Book on *Transcendent Beauty*.

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INSIGHT: Beauty is transcendent; during the experience of beauty, all of our senses are fully engaged such that there is no room for negative thought!

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Sixth, *by seeking wisdom and engaging in intelligent activity*. Intelligent activity is a state of interaction where intent, purpose, direction, values and expected outcomes are clearly understood and communicated among all parties, reflecting wisdom and achieving a higher truth. There is a Conscious Look Book on *Seeking Wisdom*.

As promised, before leaving this idea, here’s an exercise for quieting the mind.

* * * * *

EXERCISE: *Quieting the Mind*

STEP (1): *Location.* Find a quiet and comfortable place to sit or lie for a half hour (or more), keeping a pen and pad of paper nearby for emerging thoughts. This may be inside or outside, depending on your comfort level.

STEP (2): *Clearing your mind.* Close your eyes and use your imagination to create a mental exercise that will allow you to empty your mind of past and present worries and concerns. As an example, here is an exercise adapted from The Monroe Institute.³³ Imagine a large box with a heavy lead top, which is open.

(a) In your hands is a checklist. On that checklist are all the incidents in your life that have troubled or bothered you in any way, the names of any people with whom you have had an altercation, all the worries that are currently in your mind, and any future commitments that are prominent in your mind. You do not have to bring these things into conscious thought. Just acknowledge that the list is complete, fold it up and put it in your box.

(b) Now, do a quick scan of your body for any aches and pains. Focus on the place where the ache or pain is manifesting, imagine it as clay, and reach in and pull out all the clay, rolling it into a ball and

bouncing it into your box. Do this for each area where an ache or pain is manifesting.

(c) Next, do a quick scan for fear, all fears, large or small, wherever fear resides in your body. Focus on each place and, imagining the fear as a stream of yellow, orange or red light, stream it into the box.

(d) Next, focus inside your brain and imagine all the monkey chatter underway as old-fashioned tickertape, the stuff you've seen in the movie *Miracle on 24th Street* being thrown out of windows during the Macy's holiday parade. Grab two or three big handfuls of this tickertape to clear out the monkey chatter, putting each handful in your box.

(e) Finally, reach inside your chest, pull out your ego, and put it inside the box. Don't worry, you can retrieve it later (as you choose).

(f) Now, close that heavy lead top and push the box around behind you. Imagine a vacuum cleaner hose coming from that box to your left shoulder. Should any negative image, ache, fear or monkey chatter come up during your quiet time, just send it up that vacuum cleaner hose to your box.

STEP (3): *Float*. For those who regularly meditate, clearing your mind may have already taken you into a place of floating, a quiet mind state. One way to achieve this is to focus on the Fontanelle, the soft spot at the top (center) of your head that served

you as an infant. This focus is not accomplished by thought, but rather a feeling of the inner eyes looking upward. This becomes easier with practice.

STEP (4): Once you have achieved this quiet place, relax and enjoy it, letting free-flowing thoughts and visuals play in this space, opening your eyes and briefly jotting down notes when something of meaning to you emerges, then continuing your float. A common visual during this event is the opening and dissolving of colorful energy bubbles. Enjoy the energy and allow your body to relax.

STEP (5): When you feel complete bring your awareness back to your outer enriched environment, knowing that you can return to this quiet place whenever you choose.

* * * * *

[Your Thoughts]



Idea 7: We connect with the Universe through intelligent intercourse.

This little book has been an exciting exercise! And personally, I'm reluctant to let the idea of a TA go away! So, let's keep it close at hand. One way to do that is to imagine our TA as real. In the *Conscious Look Book on Attention and Intention*, Idea 5 says that there is a direct link between setting intention, focusing attention and what is manifested in the physical reality. We also discover that the intensity of attention and intention impact the ability of consciousness to order or influence the external world. So, we set the intention that we have a TA, and, through this little book, we focus our attention on what that means to us.

For those of you who are more science oriented, let's take a look from a scientific viewpoint. For example, researchers who were part of the Princeton Engineering Anomalies Research (PEAR) program, which was active over a 25-year span, studied human/machine interactions. These interactions were focused on the effects of consciousness on physical systems and processes, and remote perception, the sending and receiving of information over distances. Consistent with Quantum biology,³⁴ they discovered that "the unconscious mind somehow had the capability of

communicating with the subtangible physical world—the Quantum world of all possibility. This marriage of unformed mind and matter would assemble itself into something tangible in the manifest world.”³⁵

Another example is the work of physicist William Tiller of Stanford University. William demonstrated through repeated experimentation that it is possible to significantly change the properties of physical substance by holding a clear intention to do so. Repeated both in the United States and Europe, William’s mind-shifting and potentially world-changing experiments began with using intent to change the acid/alkaline balance in purified water, which were followed by experiments with liver enzymes and the life cycle of the fruit fly.

What Tiller discovered is that there are two unique levels of physical reality. The “normal level” of substance is the *electric atom/molecule level*, what most of us think of and perceive as the only physical reality, and consistent with what we have learned through Newtonian physics. However, a second level of substance exists that is vibrating at a faster-than-light *magnetic information wave level*. While these two levels always interpenetrate each other, under “normal” conditions (those conditions we have historically lived under) they do not interact; they are “uncoupled.” Intention changes this condition,

causing these two levels to interact, or move into a “coupled” state.

A fascinating finding of the research is that there is a threshold where conditioned state/space stabilizes. Tiller presents this in terms of a grid or lattice. Through intention, space is conditioned, providing a coherence (consistency) in direction, which in turn creates an invisible structure in the environment (akin to a scaffold) that holds the intention. This invisible structure becomes part of a larger energy grid structure, *achieved through intention by the coupling of these two distinct fields.*³⁶

While William’s descriptive language emerged from his own frame of reference, his results are not too different than what we are discovering about a Quantum field. The observer effect is an example, recognition that the act of observing or measuring some parameter changes that parameter, that is, the observer affects the observed reality. This description emerged out of research by the Weizmann Institute of Science noting that, when observed, particles can also behave as waves.³⁷ Our intercourse with the Field literally births something new. You’ve probably already heard about that ... it’s becoming pretty well-known in this generation!

Regardless of your belief set, if you’ve read this far, then you recognize that there is more to this little book than our creative imagination. We are

energy beings connected to a larger energy grid, whether you call that a Quantum Field, a Consciousness Field, or a God Field. And, as we've together built an understanding of what a TA might be like—how this amazing energy might assist in our growth, expansion and survival—let's set our intention and focus our attention and, with the help of our TA, get on with living this life fully in service to the guiding light of truth, goodness and beauty.

[Your Thoughts]

What does this mean to me?

Setting your intention and focusing your attention on making sure you openly communicate with your TA seems like a really good idea. As has emerged in these little books over and over again, we are co-creators of our reality. And since we are energy beings, it really makes sense that we have connections to other energies!

Meanwhile, here are a few take-aways from this little book. Add your own set as well.

-  Thoughts are very much an expression of human creativity and imagination.
-  Creative imagination involves whole thought, that is, a combination of concepts (higher mental thought) and logic (lower mental thought).
-  Since each of us has free will, the nature of our thought adjuster would be to point out possibilities and help us stay on track to be the best that we can be.
-  It only takes 17 seconds of focused feeling to shift from one emotional state to another.

-  It takes the mind and development of our mental faculties to create knowledge and to use our intuition to effectively act on and with the world.
-  We are conflicted between our higher and lower tendencies; we are both “divine in heritage as well as human in inheritance.”
-  We are energy beings connected to a larger energy grid, whether you call that a Quantum Field, a Consciousness Field, or a God Field.

Our intercourse with the Universe is continuous, and, if we choose, two-way.

Do you choose?

This volume of **Conscious Look Books** builds conversationally on the ideas presented in *The Profundity and Bifurcation of Change*, with small bites taken from each of the five Parts. Co-authors of the original text include David Bennet, Arthur Shelley, Theresa Bullard, John Lewis and Donna Panucci. Full references are available in the original text, which is published by MQIPress, Frost, WV (2017), and available as an eBook on www.amazon.com

Endnotes

- ¹ Downloaded November 26, 2018, from <https://www.merriam-webster.com/dictionary/scientific%20method>.
- ² *The Urantia Book* (1955). Chicago: URANTIA Foundation.
- ³ See Boden, M. (1991). *The Creative Mind, Myths & Mysticism*. London: Basic Books.
- ⁴ Quoted from **Christos**, George (2003). *Memory and Dreams: The Creative Human Mind*. New Brunswick, NJ: Rutgers University Press, 7.
- ⁵ *Ibid.*, 9.
- ⁶ *Ibid.*, 53.
- ⁷ See MacFlouer, N. (1999). *Life's Hidden Meaning*. Tempe, AZ: Ageless Wisdom Publishers.
- ⁸ See McWhinney, W. (1997). *Paths of Change: Strategic Choices for Organizations and Society*. Thousand Oaks, CA: SAGE Publications, Inc.
- ⁹ Quoted from McWhinney, 43.
- ¹⁰ Quoted from Bradley, F.H. (1966). *Appearance and Reality*. London: Oxford University Press, 218.
- ¹¹ Quoted from Carse, James P. (1986). *Finite and Infinite Games*. New York: Ballantine, 168.
- ¹² See *The Urantia Book* (1955). Chicago, ILL: The Urantia Foundation.
- ¹³ See Bennet, A. and Bennet, D. (2007). "The Knowledge and Knowing of Spiritual Learning" in *VINE: The Journal of Information and Knowledge Management Systems*, Vol. 37, No. 2, 150-168.
- ¹⁴ Taken from *Oxford English Dictionary* (5th Ed) (2002). Volumes 1 and 2. Oxford: Oxford University Press, 2928.
- ¹⁵ Urantia.
- ¹⁶ *Ibid.*

¹⁷ de Laszlo, V. (Ed.) (1958). *Psyche & Symbol: A Selection from the Writings of C.G.Jung*. New York: Anchor Books, 261.

¹⁸ See Kammerer, P. (1919). *Das Gestex der Serie*. Stuttgart-Berlin: Deutsche Verlags-Anstalt. Quoted in Arthur Koestler (1972). *The Roots of Coincidence*. New York: Random House.

¹⁹ Peat, F.D. (1988). *Synchronicity: The Bridge Between Matter and Mind*. New York: Bantam Books, 16.

²⁰ Quoted from Plotkin, H. (1994). *Darwin Machines and the Nature of Knowledge*. Cambridge, MA: Harvard University Press, 211.

²¹ Quoted from Damasio, A. R. (1999). *The Feeling of What Happens: Body and Emotion in the Making of Consciousness*. New York: Harcourt Brace & Company, 42.

²² See Christos, G. (2003). *Memory and Dreams: The Creative Human Mind*. New Brunswick, NJ: Rutgers University Press.

²³ See Pert, C. B. (1997). *Molecules of Emotion: A Science Behind Mind-Body Medicine*. New York: Touchstone, 179.

²⁴ Quoted from Lipton, B. (2005). *The Biology of Belief: Unleashing the Power of Consciousness*. Carlsbad, CA: Hay House, 132.

²⁵ Pert.

²⁶ Csikszentmihalyi, M. (1993). *The Evolving Self: A Psychology for the Third Millennium*. New York: HarperCollins Publishing, 41.

²⁷ Csikszentmihalyi, 42.

²⁸ James, J. (1996). *Thinking in the Future Tense: A Workout for the Mind*. New York: Touchstone, 23.

²⁹ Urantia, 1215

³⁰ Ibid.

³¹ Ibid.

³² See Bennet, A. and Bennet, D. (2007). “The Knowledge and Knowing of Spiritual Learning” in *VINE: Journal of Information and Knowledge Management Systems*, Vol. 37, No. 2, 150-168.

³³ The Monroe Institute furthers the experience and exploration of consciousness, expanded awareness and discovery of self through technology and education See www.monroeinstitute.org/

³⁴ See Pribram, K.H. (1998). “Autobiography in anecdote: The Founding of Experimental Neuropsychology” in Bilder, R. (Ed.), *The History of Neuroscience in Autobiography*. San Diego: California Academic Press, pp. 306-49. Also, Popp, F.A. (2002). “Biophotonics: A Powerful Tool for Investigating and Understanding Life” in Durr, H.P., Popp, F.A. and Schommers, W. (Eds.), *What is Life? Scientific Approaches and Philosophical Positions* (Series on the Foundations of Natural Science and technology). Singapore: World scientific.

³⁵ Quoted from McTaggart, L. (2002). *The Field: The Quest for the Secret Force of the Universe*. New York: Harper Perennial, 121.

³⁶ Dr. William Tiller, Professor Emeritus of Materials Science and Engineering, Stanford University, is the author of *Science and Human Transformation* (2007), a book on esoteric concepts such as subtle energies that work beyond the four fundamental forces which he believes act in concert with human consciousness. He appeared in *What the Bleep Do We Know?* See www.tillerfoundation.com for a complete list of published materials and downloadable white papers.

³⁷ Downloaded from Davidson Institute of Science Education in November 2018 from <https://davidson.weizmann.ac.il/en/online/maagarmada/physics/physics-light>

The Volumes in
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All Things in Balance

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ME as Co-Creator

Seeking Wisdom

Staying on the Path

Transcendent Beauty

Truth in Context

What might a "thought adjuster" be like? We invite you to engage your creative imagination to explore a world where each of us has a special indwelling energy that is supportive of our highest goals in terms of truth, beauty and goodness. This is an inner guide, a partner in facilitating expanded thought processes while simultaneously honoring our free will, linked together in a continuous search for higher truths. This little book presents mental exercises in support of thought adjusting, including *Mood Shifting*, *Releasing Emotions*, *Redirecting the Mind*, *Transmuting Negative Thought Forms* and *Quieting the Mind*.