

# AWAKENING NEWSLETTER # 28

## MYSTIC'S MIND

***We are living at a great turning point in history. We are witnessing the shifting of all the power structures of the great nations and systems of this planet as they tumble out of control while struggling to remain in control. – Carolyn Myss***

These are, indeed, what the Chinese would call “interesting times.” We know that the Chinese ideogram for “danger” combines “crisis” and “opportunity. We are well aware of the crisis aspect. What then is the opportunity that is being offered? What are we called to do? Medical Intuitive Carolyn Myss believes we are being called to renounce old ways of thinking and “reason like a mystic.”

As the financial systems crumble, as states (California) and even countries (Iceland) acknowledge bankruptcy, as the stock and real estate markets collapse, as terrorism asserts itself and greed and corruption are exposed on a daily basis – all of these invite the Unwelcome Visitor in. **FEAR.** Will I survive? Will we destroy the planet? What about the shortage of oil? Water? Terror? Genocide? Fear seems very real, a reasonable response to what we see occurring. The mind experiences Fear, believes it as real, and then projects it into an unwanted future that is accepted as real.

Carolyn continues,

***We had no idea how that epochal period of change would actually manifest and perhaps, in our naiveté, we thought that the dynamic of change would somehow occur “out there” somewhere, affecting the lives of others more than us, or be a controllable force that didn’t penetrate our 401K’s or our subprime mortgages or our personal incomes. We all live in the illusion that bad things happen “out there” and that our particular school of myths has the power to protect us. If I’m a good person, bad things won’t happen to me – but things do happen. The reason you study spiritual and mystical literature is so that you can learn to “reason like a mystic” and apply that skill precisely in times like this, so that when difficult crises arise your response is not, “What have I done wrong?” but, “Ah, so change is constant.”***

Doing this will require two things – Trust and Courage.

Trust meaning – all is happening as it should. Nothing is wrong with anything that is happening. It is all unfolding as it needs to for whatever comes next. I can cooperate with Reality, I can accept it is this way now and trust my ability to follow the guidance that will lead to optimum action.

Courage meaning – I trust in myself and my connection to guidance. I can rise to this challenge. I will not embrace Fear or its stepchildren, Anxiety and Worry.

Note that none of this implies any particular outcome. It does not (necessarily) mean I get the outcome I desire. Maybe I do, but if not, still I will not indulge Fear. What it does imply is that the great opportunity here, the perfectly orchestrated learning experience, is the realization that our wholeness and completeness are not dependent on circumstance. They are discovered within as the eternal, permanent Presence that we always, always are. The opportunity then is to turn our attention and our allegiance to This Presence – the only thing that does not change in a manifestation of constant change. Quite simply, this is the work of the Mystic. The only work.

Carolyn concludes,

***If this isn't the time to put all that you've learned about being a conscious person into action, then when would be that time? Ask yourself, "Why have I worked so hard on myself?" Was it just to process the wounds from your childhood? Well, if it was, be done with that and get on with the business of thinking, living, acting, and perceiving the world around you through the lens of a mystic. This is the time to apply all the laws of the cosmos to every one of your challenges, to approach every problem through mystical reasoning. We must now put to use all that we have prepared ourselves to be and to do through these years. The world is now the new monastery in the most cosmic meaning of that term and you are a mystic out of the monastery, who has the potential to be a force of great change in your personal life, for your family, your friends, and your community. It is you who must learn to work with the power of your interior forces, to scaffold your inner consciousness and build a soul with stamina, so that when chaos abounds around you, you can see through it rather than be consumed by it.***

Get the idea?

What better way to develop the Courage of a lion than to be thrust into the lion's den? What better way to find our way through Fear than by being faced with it on the most basic of levels – survival. This is the time to turn away from Fear, to stop making it real, and cultivate the power of Courage and Trust. This is the time to put what we have discovered into practice. In so doing, Fear loses its grip, its power to dominate our thinking.

Simple questions to ask – can I absolutely know that this Fear is true? How do I feel when I believe that thought? Find the place inside where you can question its validity and say **NO**. NO, I don't have to accept you as real, NO I don't have to invite you in and make a place for you, NO I do not entertain you because it scares me when I do. And when we operate from fear, are we not less resourceful, more panicked, less likely to take clear effective action, more vulnerable to mistakes?

The Mystic's Mind – able to choose to embrace the highest Truth when Falsehood is at its screaming maximum. This is the great opportunity.

## **AWAKENING INTENSIVE**

There is a place inside you that is untouched by fear, worry or anxiety. It can be directly experienced as the truth of who you are in Awakening. This is serious, intense, deep personal work in which you will find the love, peace, power passion, courage and freedom you have always been looking for. It's not for everyone, but if you are ready, miracles happen here. Three days and you are Home again. The next Intensive is May 22. Contact Jason Brody at 760-489-8087 to discuss the possibility or visit [www.awakeningseminars.com](http://www.awakeningseminars.com) for further information.

***Here are quotes from the last group –***

***I have never seen so clearly the part of me that was critical, judgmental, and avoiding intimacy. I identified the enemy and my true Essence, which is love. I now have the clear conviction that I won't live another minute with a false self running my life. I am loveable, courageous, joyous, and at peace. - Mark, CEO, Social Enterprise***

***I had been on a downward spiral. I wanted a connection with something real inside. Now the noise of disempowering talk is not real. I can push through it and disregard it. I feel clear and centered in calm strength. I am connected with authentic male energy. – Bill, Science Teacher***

***I was heading down a destructive path. I let go of guilt and shame. Now I am committed to myself first, living my life and***

***letting my light shine. I am whole and complete in myself. It's all here – everything I need to be happy and free is inside me. I deserve all the good. I feel great! - Robin, Spa Owner***

***I had been looking for parent figures since I was a kid, now who needs it? Fear can't stop me anymore. I am not afraid to go after my dreams and whatever happens, happens. I am powerful, strong, courageous and at peace. I feel great!  
- Melissa, Student***

***This was a very good experience. I came as a reluctant, needy husband. Now I am responsible for my feelings, more compassionate for others and I can push through uncomfortable social situations. I am centered and content and loved unconditionally. – Russ, Architect***

***I had been looking for myself. I uncovered my power, peace and strength. I feel good and peaceful with a great ability to love. – Robin, Business Development Manager***

***Jason Brody, M.S. will be interviewed on Contact Talk Radio "A New Way to Handle Absolutely Everything" Friday Feb. 20 at 10 am  
<http://contacttalkradio.com/hosts/elesecoit.htm>***

**Contact Jason at 760-489-8087 or [www.awakeningseminars.com](http://www.awakeningseminars.com)**