

ELIMINATE DISTURBING BELIEFS AND EMOTIONS CAUSING STUCKNESS

I'm not going to be suggesting that what I'm telling you is true, or how things are. Instead, I'm gonna give you ways that things could be thought of. So, if I say to you, let's look at it this way or let's think of it this way, it doesn't mean I'm saying to you this is the truth and anything else is wrong. It just means, let's think of it this way, and let's think of it this way in order to see, not if it's true, but what would happen if we do.

OUR MINDS ARE COMPLICATED AND PRONE TO ERROR

I want to explain to you things that I understand about how the mind works. And, you can just learn about those things without even trying to apply them to you. Afterwards, when we deal with things that concern you, they'll be available to us if they're helpful, and if not, they'll be interesting anyway.

A hammer isn't complicated; you can throw it down the stairs and it will probably be fine. Don't try that with your computer, though! Computers are complicated, which means that simply by existing they are likely to malfunction.



Our minds are really complicated mechanisms, and therefore are prone to certain types of errors, as are computers. Do you ever get e-mail about something called a bug fix or a fix, like an update for your software? The reason they update it is because they figured out it was prone to mess up. They don't update it to say, "here's a few more fonts you might enjoy." They update it because they figured out that it was about to have a problem. Our minds can also benefit from being updated.

Have you heard of planned communities? Well, before they start building one, they design it. So, for instance, they make sure the community center's in a location everybody in all the surrounding places has access to. And then, things pretty much work. On the other hand, let's say you're in the city and there's a huge population area here, but a workplace there. So, every morning, people go from here to there, and every night, they go from there to here. And there's a little bridge, and somebody says to you, what kind of idiots stuck a little tiny bridge in between these two big places? You might say, "when they put that little bridge in there, this place didn't exist!"

That's the way most cities are, and that's unfortunately how our minds work. They were not built like a planned community. So, there are disruptive things that just naturally go on, where people are sometimes amazed when their minds aren't working in a way that's ideal, but we're not amazed when our computers aren't. We're not amazed when our car isn't, we just figure, well of course it would screw up. It screws up when you use it.

THERE IS NO "PAST"

Our minds are prone to confuse information about a thing with the thing. Our minds are also prone to confuse a figure of speech with something that actually exists. One of those is, in the past. I bet you've heard people say, "it's in the past."

I bet you've heard people say "it's not happening now; it's in the past. You don't have to worry about it now because it's in the past."

You hear that so much you begin to believe it. I bet there were times you believed it if somebody said that.

But actually, it's not accurate, because there isn't something called "the past" that contains anything else. So, nothing could be in the past, because there is no past for anything to be in.

And yet, people are constantly saying things are "in the past," and the person nods, and everybody accepts that's the reality of it, and they accept it so much that they think it exists.

Wolf is hunting and she's looking for a rabbit, but she steps in a hole and she's hurt her foot. And, she's walking more carefully, but she's not thinking she should have been more careful in the past.

As she approaches the hole, she doesn't even think there's a past that she should have been more careful in. Wolf is fully present. She doesn't see a rabbit, but a bird flies overhead. Does she think, gosh, I wish I could fly, then I could kill some birds? No—because for a wolf, if you can't do it, you can't think it.

GOAT AND SNOWFLAKE

About 98% of our minds are functioning on about the same level as the mind of a goat. That means that where you have an intellect, that's 2%. Let's think of it as about the size of a snowflake. Snowflake can be looking back, looking forward, and thinking about things that aren't possible or in existence, whereas goat is fully present.

But, for snowflake, he can think all kinds of things he can't do, and snowflake can be looking back, looking forward, whereas goat is fully present. Make sense? So, here's where the problem happens. It's not that there's a problem with the part of your mind working like a goat. And, there's no problem with the part of your mind working like a snowflake. But, there's a big problem with how they've been interacting.