

Escaping the Mind's Game of Illusion

While living in the 3D world, you have experienced multitudinous worries, doubts and fears. What was this all about? Review the kind of thoughts that go running through your mind, the many stories of things to worry about, the narratives about your life's problems, the ways in which other people's behavior that might affect you badly. From moment to moment, the mind is taking you from one script or scenario to another. It is like constantly changing TV channels from one drama to another.

The mind itself is quite fearful of your ever coming to a point of real calm, real silence from this constant chatter, because when and if that happens, you might begin to understand the nature of the game you have been caught up in. A goal of the game has been to keep you so involved that you don't realize the level to which you are reacting to illusions, reacting to your made-up dreams of worries, doubts and fears.

In many ways the 3D brain is a distraction machine. You can begin to understand why it is sometimes described as a labyrinth. Once you are inside of it, you can never find the exit. There is no way out through thinking itself. You need to step beyond being controlled by the constant flow of distractions. You can take control. Taking control means recognizing the illusory nature of your scenarios and the other thoughts that keep you tied down.

When your Mind is playing thoughts of loss, thoughts of being ashamed, thoughts of the injustice done to you, etc., these thoughts are out of harmony with your higher self. This disharmony lowers the frequency of your energy field. There is friction between your higher self and your 3D mind. Bad idea, right? So, why do we spend so much of our lives thinking like this and what might happen if our minds were thinking in harmony with our higher self?

A fundamental learning about life is that we can learn to discriminate what is in harmony and out of harmony with our higher selves by attending to how our thoughts affect us. Some people use muscle testing techniques to tell when their body is weakened by unharmonious thoughts, and others learn to judge this just from the way that they feel. And, here is a great insight into the workings of the mind: the subject of your thoughts of sadness and worry doesn't matter. If you don't worry about one thing, the mind will find another to take its place. It is the worrying that is constant. The particular things that you worry about seem so important, but that is part of the illusion. This is maybe the most powerful part of the illusion.

A major challenge in 3D life is to learn to live in harmony with your higher self. If you are having thoughts that make you feel sad and are lowering your frequency, try some other thoughts. Chose another topic, choose another subject. It is not the subject that matters. It is time to graduate from the 3D mind's labyrinth of illusions. And that is done first by recognizing this illusory aspect of the human mind and second by reshaping your thoughts in alignment with your own higher self. This is a constant process of testing and discovery that aids us in our journey toward graduating from the 3D and into higher consciousness.

Namaste.

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