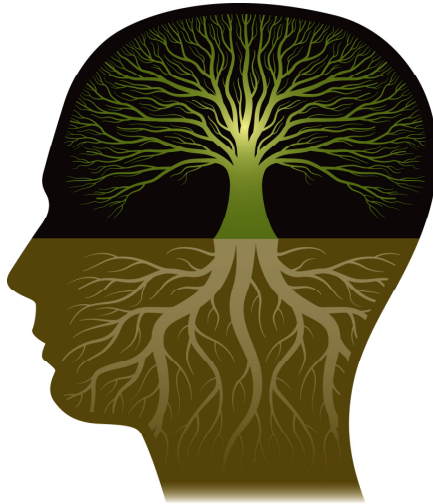


Lesson 4: The Conscious Mind



The beginning of all wisdom is when you realize how much you don't know. One of Bruce Lee's teachers said it a different way...empty your cup. If your cup is full, there isn't room for any more. If you think you "know it", or have heard it before, your cup is full. What I'm going to request of you is to empty your cup.

If you're sitting back and feeling you have a life all figured out or that you have read or heard all this before, then let me ask you....why are you still searching?

To be proficient in your Warrior Mind Strength training you have to leave your ego at the door and say to yourself there is so much that you don't know and that you are open and ready to learn a new way of thinking and experiencing life.

That's the being of wisdom!

What you're going to find in this training is that there is whole lot about your mind that you don't know and don't even understand.

There are three intriguing aspects of the conscious mind that you must become aware of before your training to start.

Your Conscious Mind is in Constant State of Motion

It's always thinking thoughts...it's forever thinking thoughts. Take right now, what's happening is you're processing the information that you're reading. Your conscious is working right now. If it's not evaluating and processing, it's fantasizing, worrying, projecting, remembering, it's in constant motion.

It's like the energizer bunny; it keeps going and going and going. It's like a machine with no off switch. This is the first thing to become aware of. Your mind is constantly working and there is always things going on inside it and never stops, never, not even while meditating.

Your Conscious Mind is a Great Storyteller

Your own mind is a great storyteller...what do I mean by that? Your mind will create stories that will trick you, fool you and limit you in a multitude of ways, way more than you can even imagine.

How does it do this?

Well, your mind knows you, oh so well. Your mind knows the most intimate details about yourself. Your mind knows your most secret failings; you're inadequacy, your greatest fears. Your mind knows things about you that you that you have not shared with anyone, not even your best friend or spouse. Your mind knows you so well and your mind likes to play with you like a cat plays with a mouse.

Your mind will take the thing that you fear the most and project into your thoughts and say, guess what's gonna happen to you! It will then make you deal with it. Your mind will tell you that these things are going to happen to you and they don't ever happen!

So often your own mind will lie to you! It will tell you outright lies. If you had a friend that told as many lies to you as your mind, you would not trust or believe that person ever again. Yet, there you are listening and believing everything your mind tells you! You can't believe what our own mind tells you!

I'm going to repeat this...it is absolutely crucial for you to understand this...

You can't believe what your own mind tells you!

Your mind is the great storyteller. It tells you stories, it tricks you, and it fools you and limits you. It has mesmerizes you in countless ways, far more than you're even aware of.

So, from this point I'm going to request that you don't accept everything your mind tells you. From this point on when your mind projects you into some scenario that is undesirable and you're suffering and wondering what's going to happen. When this happens I want you to say "Is that you the great storyteller?", and begin to doubt your own doubts. You don't have to accept or agree to everything your mind tells you, because your mind is that great storyteller.

Your Conscious Mind Has a Lot of Useless Thoughts

There is a lot of useless thought going on inside you.

What is a useless thought?

Worries are useless thoughts, anxiety is useless thoughts, and our negatives are useless thoughts, fear is a useless thought. Now there is a role and a place for fear in our lives. For example, it's a good healthy fear that when you go on a camping trip that you don't run up to a bear and give it a big hug!

That's a good healthy fear, if you didn't have that fear you could end up being a living example of energy transformation! Yes, there is a role and place for fear in our lives but that isn't what I'm talking about.

What I'm talking about is the fear going on inside us. When we're afraid to try something new; when we're afraid to approach someone we don't know; when we're afraid of things that might happen to us in the future. There is a lot of fear going on inside your head that is useless and energy draining!

So what's happening is that we are living our lives and creating our reality through a process and mechanism that is in constant motion and fear.

And what is really going on here is the great storyteller is fooling us and tricking us into believing the stories!



Assignments:

Write down the questions and answers in your note to the following:

1. What do you talk (complain) about everyday
 - a. Your work
 - b. Your health
 - c. Your Finances
 - d. What else ...

2. Think about your typical day and record
 - a. How many hours of the news you watch
 - b. How much “other” TV you watch and the type of show(s)
 - c. What is the content of what you read everyday, include
 - i. Internet
 - ii. E-mail
 - iii. Books
 - iv. Newspaper

3. How do the answers to above effect your mind’s motion and the stories it creates?