



**WELCOME TO THE**

**MINDLINK**

**BEHAVIOURAL SELF MANAGEMENT**

**SEMINAR**

**MODULE II**

**PRESENTED BY: ROD BRIGGS**

NAME: \_\_\_\_\_

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## **ADDICTIVE THOUGHT SYSTEMS**

An Addictive Thought System is a mental pattern or programme that causes an emotional reaction when triggered. If the world does not fit in with the programmed pattern in your mind it causes emotions like anger, worry, anxiety, jealousy, fear, depression etc.

For each addiction that you harbour you pay a price in lost happiness. Even the so called 'good addictions' bring misery because they are in time and space and therefore pass away.

These addictions, or hang-ups, as they are sometimes called, colour the way you see the world. We therefore find ourselves in the endless struggle of trying to change the world out there so that it doesn't cause us all of this misery. The attempt is futile.

What we have to do is to let go of our addictions and develop ACCEPTANCE of that which we want. In fact:

### **YOU ONLY NEED THAT WHICH YOU ALREADY HAVE.**

If you think about it all that we really need is security, love, peace, and happiness. These things are your birthright and are freely available to you now.

The reason that you are not experiencing them right now is because you are stuck in the lower three chakras of Survival, Sensation and Power. These centres are governed by the ego, which believes that you are separate from the universe and therefore it has to fight the universe and other people in order to reclaim its birthright.

As it takes 21 days to change an addictive thought pattern, the following 21 lessons will enable you break down these addictive blocks and allow you to dis-cover the true self.

## LESSON ONE

***I have given everything I see in this room (on this street, from this window, in this place) all the meaning it has for me.***

Because this lesson completely contradicts the addictive thought system, it can be confusing at first. This lesson says that there is nothing inherent in anything that gives it a set value or meaning. You alone define what is important to you and what is not.

When you are addicted to something or someone, it is because you have invested too much in one area, thinking it would bring happiness. You compulsively pursue something that continually leaves you feeling empty inside. A true statement about our lives is

PEACE AND CHOICE COME FROM REALISING THAT I GIVE  
EVERYTHING ALL THE MEANING IT HAS FOR ME.

To understand this lesson, visually scan the room in which you are. Start with things that are close to you and apply the lesson, boldface, to all things upon which your eyes rest (large or small, people or objects, bright or dull). Then widen your gaze and look all around you, near and far, and apply the idea to everything you see, hear, taste, smell or feel. Do not try to systematically include everything. Rather, just relax and apply the idea to anything that comes into your awareness. Do not decide to exclude anything either. Simply apply the idea in an equal fashion to everything, regardless of your seeming attachment or non-attachment to anyone or anything.

Tonight when you enter your levels stand before the black framed screen and look at all the things that happened that caused an emotional response in you. Then change the frame to white and in the white frame see yourself in the same predicament only this time you respond more lovingly because you know that you gave this situation or person the meaning it had for you and you choose to have peace instead of suffering.

Throughout the day practice applying the lesson. If you catch yourself operating in the addictive or black framed thought system, put your finger and thumb together and say "WHITE FRAME". The positive statement that goes with this lesson is

**Peace comes from within. It is not determined by people, places or things.**

## LESSON TWO

### ***My mind is preoccupied with past thoughts.***

When you allow yourself to become burdened by guilt and shame, you are operating in the Addictive Thought System belief that the past always determines how you feel in the present. The love-based thought system recognises that

IT IS IMPOSSIBLE TO FEEL GUILT AND LOVE AT THE SAME TIME.

When feelings of guilt, shame, low self-esteem or negative judgement arise, you can say to yourself

I AM NOT AT PEACE BECAUSE I AM LOOKING UPON EVERYTHING  
AND EVERYONE THROUGH A DISTORTING FILTER OF THE PAST.  
PEACE ABIDES IN THE FREEDOM OF THE PRESENT MOMENT.

Whenever you identify with the past you preoccupy your mind and create blocks to experiencing love. When you use the past as a source of knowledge so that you can pass judgement and induce guilt, you further isolate yourself from love.

To practice this lesson enter your peaceful scene from nature, make yourself comfortable and begin to watch your breath for five minutes. Then shift your observation to your mind. Note each thought as it comes as it goes. Try not to spend too much time on each thought. Simply watch your thoughts for a few minutes. Do not think about your thoughts. Notice how many of your thoughts are based on the past and therefor are perpetuating your addictive black frame, or old self-image.

When you catch yourself wallowing in the old addictive patterns during the day, simply put your finger and thumb together and say "White frame". Repeat the affirmation:

**I now let go of the past and BE HERE NOW.**

## LESSON THREE

### ***I am not the victim of the world I see.***

The Addictive Thought System tells you that other people or circumstances are responsible for how you feel. You may be a habitual finger pointer, always playing the role of the victim. When you think that you are a victim of the world, you give up your personal power and the ability to choose.

In order to recognise your personal power and to understand that you have choice, today focus upon a simple fact:

I AM NOT A VICTIM.  
MY OWN THOUGHTS AND BELIEFS  
DETERMINE WHAT I SEE AND WHAT I EXPERIENCE.

Begin your practice with the following:

When I see the world as responsible for how I feel, I am seeing myself as a victim, and consistent peace is impossible. Regardless of the circumstances I find myself in, I can maintain my power to choose.

When I am stuck in a rut, it may be because I am seeing myself as a victim. Today, if I feel victimised, I will not attack another or defend myself. Instead, I will remind myself

I AM NOT A VICTIM OF THE WORLD I SEE. I CHOOSE THE FEELINGS  
I EXPERIENCE, AND I DECIDE UPON MY OWN GOALS.

The Addictive Thought System says that changing others is how I am released from being a victim.

You choose the peaceful alternative when you recognise the truth:

Whenever you find yourself pointing a finger at a situation, person or thing you are giving away your power. Take a deep breath, put your finger and thumb together and say:

**I take full responsibility for this situation and choose to be a Master instead of a Victim**

## LESSON FOUR

### ***I could see peace instead of this.***

You are constantly choosing between the Addictive Thought System and the love-based thought system. You are always only a choice away from peace. Today's lesson focuses on the fact that you have the ability to direct your mind.

Peace of mind begins in your own mind. When you are not peaceful, it is because your eyes are closed to love. In addition you see yourself as separate from others in a world that appears to be harsh, without meaning, threatening and fragmented. You end up seeing yourself as vulnerable and in constant need of defence. But you choose instead to see a united world where every situation offers you the opportunity to learn to love.

If you become depressed, sad, angry or fearful, say to yourself

I CAN CHOOSE PEACE *RIGHT NOW* INSTEAD OF THIS.

If you find yourself caught up in the addictive cycle of judging yourself or others, stop and silently say, "I want peace of mind. Instead of judging, I choose to practice forgiveness."

By concentrating on forgiveness you train your mind to know where to look for peace. You come to understand that there is no need to wait any longer for peace of mind, because forgiveness is a choice you can make each minute of the day.

To help you choose the WHITE FRAME whenever the BLACK FRAME has been preoccupying your mind, simply go towards a tap, fill a glass with water and while drinking the water say:

**I choose peace instead of this.**

## LESSON FIVE

***Let me recognise the problem so that it can be solved.***

The Addictive Thought System says that in order to solve your problems and be happy you need to change someone or some circumstance. It also tells you that acquiring something new will lessen your problems. The last thing the Addictive Thought System would have you do is to look at the contents of your thoughts, for this would reveal the flimsy foundation of the Addictive Thought System. The Addictive Thought System presents you with endless problems to be solved, yet always keeps the real problem hidden.

You cannot solve a problem if you do not know what it is. Instead of seeing yourself as having a number of problems to solve, concentrate on recognising the one problem that is at the root of all others: the belief that you are unworthy of love, separate from love, alone and empty.

This belief is the only problem that needs to be addressed, because it is feelings of emptiness and unworthiness that lead you to look outside of yourself for happiness.

The Addictive Thought System has many costumes, which gives the illusion of many problems in need of many solutions. From now on, be determined to look beyond the cloaks and masks and see the real problem. Seeing the underlying consistency to all problems is the first step to realising that you have the means to solving them.

Sit comfortably and close your eyes. Tell yourself "My only problem is that I feel empty and so look outside of myself for happiness." As you allow your mind to become quieter, the awareness of love will replace the endless list of worries. One by one gently release the numerous problems you think you have from your mind. As you let go of each "problem", begin to feel the tranquillity that comes from ceasing worry. Tell yourself that whatever the problem is, love is the answer.

To practice lesson five, enter your head quarters, go over to the screen and begin to acknowledge all the problems you think you have. Allow them to appear in the black framed screen. Begin to see that all your problems are based on the illusion or misunderstanding. When you feel ready switch to the white frame and see yourself surrounded with an aura of peace, light and love. The truth has set you free. Say to yourself:

**All my problems have been solved.**

## LESSON SIX

### ***Forgiveness offers everything I want.***

The addictive thought system tells you that constant analysis and judgement ensures your safety. But these activities are born of fear and only perpetuate fear. So, instead of judging, choose to practice the gentle means that uproots the Addictive Thought System: forgiveness.

Sometimes you may be confused about what you want, and unsure of your life purpose. Peace does not come from the transient satisfaction of getting what you want. Consistent peace of mind is possible only through forgiveness. When you judge another as guilty you reinforce your own sense of guilt and unworthiness. This is because what you see are your own thoughts projected outward.

Forgiveness is always the peaceful solution. Forgiveness, being based on unity, recognises that to free another from the chains of the past is to unbind yourself as well. In short, forgiveness is the water that extinguishes the raging fire of the Addictive Thought System.

Begin to use forgiveness as a means to bring about peace. Start by thinking of someone you dislike or see as having done something “unforgivable” to you. Close your eyes and picture this person standing in front of you. Tell yourself that only the present moment matters. Look upon this person as if you know nothing of his/her “wrong-doing”. Notice a ray of light in this once fearful and hateful picture. Allow this to spread, permeating and surrounding this person, until you hold a mental image bright and unmarred by the past. Hold this image in your mind for a few minutes. Notice, as you release the past and allow light to fill and surround this person, how peaceful you feel. After a few minutes, open your eyes.

With this exercise, go to your HQ. Sit in your chair and start to think of someone you dislike or see as having done something “unforgivable” to you. Then invite them into your HQ. Begin to ask them to forgive you for thinking that they had done wrong. Assure them that you now understand that your ignorance caused you to blame them but now you now the truth and forgive them for what they have not done. See yourselves parting as friends. Feel the peace that you have created.

Say to yourself:

**Forgiveness offers everything I want.  
As peace is my goal, forgiveness is my function.**



## LESSON SEVEN

### **All that I give is given to myself.**

The Addictive Thought System makes no connection between what you think and how you feel about yourself. You may not realise that your thinking determines your experience, but *your thoughts are like a boomerang, always coming back to you.*

Learn to embrace the idea that giver and receiver are the same, that what you put out you receive back. Imagine what life would be like today if you had no goal besides peace; saw no value in negative judgement. You would probably be giving yourself a gift of peace of mind.

In your communication with others, if you offer acceptance, understanding, honesty and forgiveness, you will find that in return, bringing peace. If you offer judgement, attack, fear and condemnation, you will be inviting that back, as well as distance and pain into your life. Examine your own past communications to see how simple this truth operates. Then start fresh today by saying to yourself:

TODAY I WANT PEACE AND SO I WILL OFFER ONLY THIS TO OTHERS.  
TODAY I CHOOSE TO HOLD LOVE IN MY HEART FOR OTHERS. I DO SO NOT  
BECAUSE I AM SUPERIOR OR INFERIOR, BUT  
BECAUSE OFFERING LOVE IS HOW I RECEIVE LOVE.

Throughout the day look for opportunities for experiencing peace and love. Each time an addictive thought arises put your fingers together and say:

**Right now, I will receive what I give and so I give what I want for myself**

## LESSON EIGHT

### ***I will not value what is valueless.***

Nothing, in and of itself, has value. You determine what you feel is valuable and what is not. When you assign so much value to something that it results in an external pursuit of happiness, you are operating in the Addictive Thought System. This is important to remember, for you may behave as though you can't live without someone or something, forgetting that you gave it all of the value that it has for you.

Once you realise that valuing the valuable ensures peace and valuing the valueless creates conflict, you are on the path to peace of mind. Yet, what are the criteria for deeming something either valuable or valueless? Today's lesson addresses this question

What you value determines what you want. Following is a list of criteria by which to judge all things that you think you want. No matter how much you want something, if it does not meet all these requirements, it has the potential to bring you conflict.

#### **1. Will what I want last forever?**

If not, it is valueless. Love, for example, is eternal, and is therefore valuable. Time can never diminish its value. Yet it is important to realise that it is not the impermanent things in themselves that bring pain, it is your attachment to them that creates addiction and conflict. Ask yourself, "If I lost (specify), would my peace of mind be affected?"

#### **2. Will getting what I want result in someone else's loss?**

If it will, it is valueless and will not bring you lasting happiness. If you seek to take something away from somebody, or harm another in any way, you have deceived yourself into thinking that another's loss and pain can be your gain. To give is to receive. To take at another's expense only harms myself.

#### **3. Why is what I want of value to me?**

Arms can be used to strike in anger or embrace in love. An aeroplane can drop bombs or packages of food. If you want peace, use all things as a means to create peace. Things are, in and of themselves, not bad, but attachment to them makes you a slave to them. That which you value is that which you think will bring happiness, yet pursuit of it may result in frustration, depression, loss and despair. When this happens it is probably because you have placed value on the valueless. Perhaps you think that things like money or prestige will give your life meaning. But when you look to them for happiness you are valuing the valueless and will always end up in conflict. If you want peace today, do not value the valueless.

**Spend some time in your HQ viewing your future goals on your mental screen. Ask yourself if your current goals are really what you want. As your values are constantly changing allow your goals to do the same.**

## LESSON NINE

### ***If I defend myself I am attacked.***

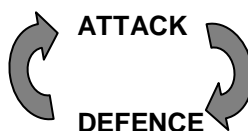
When you operate in the Addictive Thought System, you busy yourself building walls of defence and are always on the lookout for attack. Love becomes lost. How can your heart be open to love when it lies behind a fortress of fear?

When you defend yourself, you believe that your defence, if strong enough, will protect you. Perhaps, when hurt, you are quick to erect defences. But those defences do not protect you. In fact, your defences simply help perpetuate the cycle of attack and defence. Nobody builds defences who does not have fear in his or her heart.

You make defences because you fear attack. Yet with each new defence, your fear of attack increases. How can defences offer safety when they escalate fear? Today, recognise the truth about defences:

DEFENCES ALWAYS BRING WHAT THEY WERE MEANT TO GUARD AGAINST.

Defensiveness sets up a cycle in which you cannot be peaceful. Attack leads to defence and defence leads to attack:



Today, instead of making your armour thicker, invite love to replace your defences. Love needs no defence. Love grows through being shared and is unaffected by time. Waiting for you, beneath your defences, is undisturbed peace. It is this peace that you can find today.

A good thing to remind yourself of throughout the day is:

IF I DEFEND MYSELF I AM ATTACKED.  
LOVE IS WHAT I WANT AND LOVE NEEDS NO DEFENCES.  
TODAY I OFFER LOVE INSTEAD OF DEFENSIVENESS.

**Nothing real can be threatened; nothing unreal exists.**

## LESSON TEN

### ***The power of decision is my own.***

Your ability to choose is what constitutes your freedom. The power to decide which thoughts you hold in your mind is the richest gift you have, for it makes you the director of your life. You are always choosing between the Addictive Thought System and the love-based thought system. The decision you make determines your experience. Today, make this process of choosing conscious, and come to realise the power of decision.

You decide what to believe and thus choose your experience. It is not the world that moulds and shapes you; you do it yourself. If you are in conflict, it is because you have accepted a false belief as true.

You are the director of your life. You decide between a script containing only scenes of peace and a horror story with terror and attack lurking in every corner. Your power of decision is a tool that you may have forgotten how to use to your benefit. Today, learn that your power of decision can ensure your peace of mind.

THE POWER OF DECISION IS MY OWN.  
TODAY, I USE THIS POWER TO  
CHOOSE ONLY LOVE-BASED THOUGHTS.

There is a quiet place within you that is undisturbed, full of love and complete. When you quiet your mind you can hear this inner love guiding your way. Many refer to this inner guidance as their Higher Power, in contrast with the lower voice of the ego.

Today, if you find yourself in conflict, bring your finger and thumb together and say:

**My point of power is here now and I choose the WHITE FRAMED IMAGE**

## LESSON ELEVEN

### ***Today I learn to give as I receive.***

The Addictive Thought System wants you to believe that the more you get, take, buy or conquer, the better you will feel. The emphasis is always on getting, never on giving. In the Addictive Thought System, giving is a manipulation, a way to get something that you want. The Addictive Thought System says that to give something is to lose something. In contrast, the love-based thought system says that to give is to receive.

In others you but see yourself. If you see others as having done unforgivable things, so must you see yourself. If you look upon one person or one thousand with condemnation and hatred, so must you condemn and hate yourself.

There is no lapse of time between giving and receiving. As you give, so you receive. This is why peace is always a possible alternative. Today's lesson offers the alternative to loneliness because:

YOU CAN GIVE AND RECEIVE FORGIVENESS AND LOVE  
AT ANY MOMENT YOU SO CHOOSE.

Today's lesson is very practical. You can easily and continually try it and verify the benefits throughout your day. As you see the effectiveness and results of giving and receiving love, the truth of giving and receiving will unfold to you.

Today, offer love, kindness and compassion to everyone you meet or think about, and see how quickly the awareness of love returns to you. Throughout the day look for opportunities for experiencing peace and love. Each time an addictive thought arises, put your finger and thumb together and say:

**Right now, I will receive what I give and so I give what I want for myself.**

(Begin the day by closing your eyes and saying this to yourself)

## LESSON TWELVE

***I rule my mind, which I alone must rule.***

The addictive mind is like a wild animal thrashing about uncontrollably. Today, begin to tame your unruly mind by realising that you determine the thoughts you think and thus the feelings you have.

At times it may seem that you have no control over your life. Thoughts fly through your mind and you never question your beliefs. Instead of looking inward you begin to think that other people are the cause of your anger, fear, unhappiness and depression. When you believe this, you cease to be the ruler of your own mind. Take the first step in deciding to rule your mind by taking responsibility for your own feelings and thoughts.

Today, understand that you alone rule your mind, choosing between the voice of the ego and the voice of love, deciding what thoughts to have how to feel and how to act. Today, determine to listen to the ever present peaceful preference within.

If you are to have peace, you must first take charge of your own mind. You can always direct your mind to recognise, listen to, and choose the peaceful alternative.

Whenever you experience an unwanted thought, you can silently say:

**I rule my mind, which I alone must rule.  
I choose to let go of this addictive belief (specify) and direct my mind toward love.**

## LESSON THIRTEEN

***Today I will judge nothing that occurs.***

Judging others and yourself increases fear and guilt, shutting the door on love. Begin today by asking yourself the following questions:

1. If I stopped judging for one day, what would that day be like?
2. If I chose to concentrate on extending compassion instead of judgement, how would my experience change?
3. If I devoted a day to love rather than judgement, how would I feel around other people?

The thoughts that you hold toward others affect how you feel about yourself. For example, you cannot simultaneously feel hatred toward someone and feel love for yourself. It would be like trying to exhale and inhale in the same moment. You may have previously learned that it is both natural and healthy to judge situations and people, that it enables you to make good decisions. Today, begin to retrain your mind to see that your negative judgements do nothing but create feelings of separateness. Love-based thinking recognises that any thought or action that condemns results in fear, guilt and aloneness.

Today, leave love free to exist undisturbed by your judgements. Instead of judging and separating, look at the interdependency of all life, of which you are an integral part.

Determine to view all people and events without negative judgement. When tempted to pass judgement, you can remind yourself:

IF I JUDGE THIS PERSON  
I WILL ROB MYSELF OF LOVE.

Begin to turn inward and allow love to be your guide.

**Today, turn away from your old habit of judgement and condemnation. In looking for guidance, turn your focus inward, toward your heart. Trade the sword of judgement for the tender touch of love, and peace will dawn in your mind.**

## LESSON FOURTEEN

### ***Let me not see myself as limited.***

The Addictive Thought System promotes limitation in every way possible. The ego constantly tells you that you are full of lacks that can be filled only by someone or something outside of yourself: a person, drug, or a possession. Today, devote yourself to seeing yourself as whole, boundless, and with unlimited potential. Only your beliefs limit you. The only limits you have are self-imposed.

All thoughts of limitation are restrictive to relationships. When you place limits upon others, you bind yourself as well. There is no greater gift you can give yourself than letting go of limitations. By doing so you unshackle yourself and others.

You may have limited yourself by perceiving darkness and weakness within and around yourself. Every limit that you impose on yourself or others is a chain that inhibits your growth. Today, give yourself strength by seeing the power of love everywhere and in everything.

Limits, which are created by the Addictive Thought System, appear very real. But, regardless of the limitation, the solution is the same: Remember that you lack nothing to experience love this instant.

Today, begin to challenge any limitation, no matter how real it appears. For example, inadequate time and money are common lacks that the Addictive Thought System invents. You may think that you do not have enough time to pause to relax, or perhaps not enough money to be happy and secure. Whenever you impose a limitation on yourself you can challenge it. For example, if you feel you lack time or money, you might say to yourself:

**I am limitless.  
Do I not have the time to send a loving thought?  
Can I not afford to extend compassion from my heart?**



## LESSON FIFTEEN

### ***This day I choose to spend in perfect peace.***

The Addictive Thought System says that the only way to spend a day in peace would be to have all your emotional needs met by someone, have many material possessions, and be able to control all situations. The problem is that the list of needs becomes endless, the desire to control becomes compulsive, and peace becomes impossible. Today, understand that that is not the way to peace.

Peace has never left your mind. Have faith that peace is within you now; it is only covered by a thin veil of addictive thoughts. Today, look past this veil and rest in the quiet peace that awaits you. Today's lesson is a declaration that inner peace is possible if you just give it a chance to emerge. Instead of listening to your addictive thoughts today, make peace of mind your single goal.

It may not seem possible to you to spend an entire day in peace. Perhaps you think that if you were in a more ideal circumstance, then you could have peace. Such an "if only..." thought system leads nowhere but to conflict. Reverse this thought system by telling yourself many times throughout the day:

RIGHT NOW I HAVE EVERYTHING I NEED TO HAVE PEACE OF MIND.  
IF PEACE OF MIND IS MY SINGLE GOAL TODAY,  
WHAT WOULD I DO NOW TO ENSURE IT?

The following are just a few examples of ways to ensure a day grown in peace:

1. Reach out to heal a relationship that has been wounded.
2. Let go of an ancient grudge.
3. Focus on giving instead of getting.
4. Extend a thought of compassion when you normally might defend yourself or judge someone.
5. Do something nurturing for yourself.

Make your own list and commit yourself to carrying it out.

## LESSON SIXTEEN

### ***I will not be afraid of love today.***

The Addictive Thought System leads you down a path that results in your fearing love. In a mind full of guilt, fear and judgement, the light of love is obscured by layers of darkness. Guilt keeps you from love, because you think that you are undeserving of it. Today, choose to welcome that which can heal you of all your misconceptions about yourself: love.

The foundation of your belief system is simple: You like all people identify with what you think will make you safe. If you use the Addictive Thought System you think that judgement, defences and attack are the keys to safety, and so you identify yourself with fear. If you use the love-based thought system you see that your safety lies in acceptance, forgiveness, and defencelessness, and so you identify yourself with love. What you choose to identify with - fear or love - will determine your feelings about yourself and your outlook on the world.

Today, invite truth into your mind. You have, no doubt, grown tired of the illusions of the Addictive Thought System. Love is your safety. Fear cannot exist where love is present.

When you identify with love you feel safe. When fear is your guide you constantly run to or from someone or something. Today, hold the invitation to love in your heart. Remind yourself hourly:

IDENTIFY WITH LOVE AND I AM SAFE.  
IDENTIFY WITH LOVE AND I AM HOME.  
IDENTIFY WITH LOVE AND I FIND MY SELF.

Today, see the truth about fear by recognising its presence in your life. When fear arises, face it. As you do, you will find that fear does not exist separate from the mind that made it. You give fear all the power it has. Fear does not exist in and of itself; it is formed and fuelled by your thoughts. When you find yourself fearful, you can say to yourself:

**Only my mind can produce fear.  
Fear is overcome when I allow love to be itself.  
I welcome love today.**

## LESSON SEVENTEEN

Archangel meditation.

Use when needed for protection, energy, and healing, deep relaxation and connecting to higher consciousness levels.

*(CD available for purchase from your organiser or as an MP3 download on our website)*

## LESSON EIGHTEEN

### **Let me remember what my purpose is.**

If you were always aware of your true life purpose - love and forgiveness - there would be no reason to listen to the irrationality of the Addictive Thought System. It is in remembering your purpose that love can begin to shine in your mind. Today, concentrate on remembering love, instead of being bound by the chains of fear.

When you forget that your goal is peace of mind, you become confused and conflicted, unsure of your direction, and, ultimately, unsure of who you are. When you forget your purpose, you become like a robot, automatically responding to external circumstances while having many conflicting goals. When you forget that your purpose is forgiveness, you judge others. In the absence of the awareness of love, you become concerned with getting instead of giving, condemning instead of accepting. You become obsessively involved in pursuing that which is valueless. You have conflicting goals if you tell yourself that you want love, yet, at the same time, have a goal to change others to fit your specifications. Conflicting goals never lead to love.

WHEN I HAVE CONFLICTING GOALS,  
CONFLICT IS WHAT I'LL GET.

The Addictive Thought System specialises in conflicting goals. These conflicting goals can make you depressed, frustrated, fearful, and angry. You can escape from conflicting goals by identifying which goal is bringing you pain. Release that goal and keep the one you know brings love. An unexamined mind goes unchanged.

You can escape the pain of conflicting goals by determining to remember your purpose. You can tell yourself:

**What I want is love.  
To have love, I offer love - and forgiveness is how I offer it.**

## LESSON NINETEEN

### **My present happiness is all I see.**

When you look at yourself through the window of the past, it is like looking in a curved amusement park mirror: you see a distorted image of yourself. With each new breath you move into a new moment, untouched by the past. Today your goal is to embrace your happiness through living in this new moment. The only thing that you need to do to see your happiness is to change your mind from being focused on the past to being focused on the present. The present moment is a beautifully wrapped gift of love. It is waiting for you to open it.

Only when you look upon a distorted past and anticipate a fearsome future does your present happiness escape you. When you see a world full of separation, what you see is painful and frightening. Do not allow yourself to be deceived into thinking that guilt is inescapable, because in the present moment guilt does not exist. Today, begin to see that there is no value in holding on to your past.

Throughout this day, seek to find nothing but your present happiness, and look upon only what you seek. Do not obsessively wish that something could be different, and don't invite fear into your mind by thinking that the future will duplicate the past. Realise that the only thing that keeps you from experiencing peace of mind is your procrastination in accepting it, for peace of mind is always available to you in the present moment.

Repeat to yourself often:

**The past is past.  
The future is in the future.  
My present happiness is all I see.**

## LESSON TWENTY

***This instant is the only time there is.***

Today's lesson is an extension of yesterday's in that the emphasis is on living in the present moment.

When your mind is focuses on love, the present moment is all that exists in your awareness. Fear is a stranger to the love-based thought system. In contrast, the Addictive Thought System uses the past as a branding iron, attempting to burn guilt deep into your mind.

If you want a tranquil mind, you must change your idea about the purpose of time. You may have seen time as both a judge and a prison guard, sentencing you to the guilt of the past and the worry of the future, overlooking the serenity of the present moment. Such a conception of time defeats your goal of inner peace and hides love from your awareness. How you perceive time determines what you will experience.

EMPHASIS UPON THE PAST PRODUCES GUILT.  
EMPHASIS UPON THE FUTURE PRODUCES WORRY AND FEAR.  
EMPHASIS UPON THE PRESENT YIELDS LOVE.

You may mistakenly have thought that love was something to be achieved. You may have put love into the future by thinking that you had to do something to be loved. Love is not achieved. Love is remembered in the present moment. It is in the eternal now that love waits patiently. You may have thought that you had to wait for certain things to be accomplished or changed in order to deserve love; the only thing that needs to change is your belief about time.

**When I am anything less than joyous, when I feel a lack of any kind,  
when I want something I don't have, when I think that peace is impossible  
because of what has happened, or that peace is impossible  
because of what has not happened, I need but remind myself:**

**I need to change my mind about time.  
This instant is the only time there is.**

## LESSON TWENTY-ONE

***Fear binds the world, forgiveness sets it free.***

Today's idea is a summarisation: Within this lesson are all the other ideas presented in this book.

The Addictive Thought System of fear, judgement and guilt bind you in conflict and pain. The love-based thought system of caring, forgiveness and peace heals your mind and cleanses your perception.

Choose to break the bars of the prison of fear and realise how much all people are alike. Today, allow the darkness of conflict to be healed by the light of forgiveness. No longer can separation, fear and conflict be called by other names, denied, projected onto someone or something else, avoided, hidden or disguised.

Blocks to forgiveness, and, therefore, love, arise when you accept the Addictive Thought System as true. As you begin to gently remove these obstacles, the awareness of love becomes free to blossom and grow.

Determine to no longer hold yourself and the world in fear. Today, use no relationship, object or situation to hold yourself in the past. Instead, in all situations, and with all whom you meet, see another chance for peace of mind by practising forgiveness.

With all whom you see or think about, offer a gentle thought of forgiveness, and accept the same for yourself.

**Fear binds the world.  
Forgiveness sets it free.  
This is the key to my healing.**

## FIVE YOGA'S

### Hatha Yoga

I am often asked what kind of system / philosophy / spirituality is taught by the Mindlink Foundation. While there is no simple, definitive answer, as it is based on what I call the "Core of Truth" which runs through all religions and philosophical systems, a good start point is an understanding of the various forms of training normally grouped under Yoga. It is important to note, however, that this does not mean that the system is an "Eastern" one. The system behind the esoteric side of the "Core of Truth" has never been made public; allusions to it are only rarely found in Eastern writings. The system cannot be simply regarded as a combination of the various forms of yoga as it contains many ideas, forms, and principles which do not enter into any of the classical forms of yoga. A grounding in all of the forms described below gives, however, the most efficient introduction to the "Work", as I refer to it.

The next 5 sections we will be introducing each of these in turn. With this as a base line we can then start to build deeper levels of understanding in terms of Yoga.

The five basic forms of Yoga are:

- 1 Hatha Yoga
- 2 Raja Yoga
- 3 Karma Yoga
- 4 Bhakti Yoga
- 5 Jnana Yoga

This section deals with the first form.

The word Yoga is the Sanscrit root from which we get such words as 'yoke', as in the yoke of an oxen. It means, simplistically, 'to join together', and hints at a bridge between the two worlds of physical reality and enlightened spirituality.

Hatha Yoga specifically deals with the physical body. In the west, it has been sanitised with the vast majority of teachers only involved in the exoteric form, i.e., physical callisthenics. This does a great disservice to a very rich and complex system of balancing out body, mind and soul. The esoteric understanding behind Hatha Yoga deals with the fact that the body is a microcosm of the cosmos and contains within it everything from mineral to God. The Asana's (positions) taught are designed to bring awareness to each organ and system within the body. By understanding the interrelationship of all of them we attain a similar level of understanding of the cosmos. For instance: The water in our body can only come from the water in the cosmos. The minerals in our body can only be part of the greater pool of minerals in the universe, the oxygen in our body is part of the oxygen pool of the entire planet. In addition to this, each subsystem within the body, i.e., vital organs, endocrinal system, musculature etc., contains its own 'life', which presupposes a separate consciousness. These are the spirits of the body. By being able to subordinate them to himself, man is able to make them serve his aims. By extrapolation therefore, by learning his own body man is able to govern the entire material universe. This philosophy, until recently thought to be mystical, is supported by quantum physics and the notion that we live in a holographic universe in that the entire universe is found in every individual molecule within the given universe.

No doubt, certain physical benefits will accrue from practising Hatha Yoga as it is taught in the West, but by ignoring the esoteric side we are relegating a spiritual practise to nothing more than a physical workout.



## Raja Yoga

This is the second section in the series of forms of Yoga (union with the divine). In the last section we discussed Hatha Yoga. This is the bridge to the second form of Yoga - RAJA YOGA.

Raja Yoga is the Yoga of the education of consciousness. The man who studies Raja Yoga practically, acquires consciousness of his "I". At the same time he acquires extraordinary inner powers, control over himself and the capacity to influence other people. In relation to the psychic world of man, to this self consciousness, Raja Yoga has the same meaning as Hatha yoga has in relation to the physical world. Hatha yoga is the Yoga of the overcoming of the body, the acquiring of control over the body and its functions; Raja Yoga is the Yoga of the overcoming of the illusory and erroneous self-consciousness. It teaches man that which constitutes the basis of the philosophy of the whole world - knowledge of himself.

Just as Hath Yoga regards the physical body as imperfect but capable of being changed for the better, so Raja Yoga regards the psychic apparatus of man as being far from ideal, but capable of being set tight and improved.

The task of Raja Yoga is the "placing of consciousness", which is completely analogous to the "placing of the voice" in singing. Ordinary Western thought does not in the least realise the necessity of "placing the consciousness", finds in general that ordinary consciousness is quite sufficient, and that man can have nothing else. Raja Yoga establishes that consciousness, like a powerful voice, requires proper "placing", which would multiply its power and quality tenfold, increase its efficiency, make it "sound better", reproduce better, reconstruct the interrelation of ideas, embrace more at one time.

The first assertion of Raja Yoga is that man does not know himself at all, has a completely false, distorted idea of himself. This lack of understanding of himself is man's chief difficulty on his way, the chief cause of his weakness. If we imagine a man who does not know the parts of his body, their number and relative position, does not know that he has two arms, two legs, one head and so on, it will give an exact illustration of our position in relation to our psychic world.

One of the first practical tasks set before a man who begins to study Raja Yoga is the attainment of the ability to stop thoughts, the capacity not to think, that is, entirely to stop the mind at will, to give a complete rest to the psychic apparatus. This ability to stop thought is regarded as a necessary condition for awakening certain powers and possibilities latent within man, and as a necessary condition for subordinating the unconscious psychic processes to the will. Only when a man has created in himself this capacity for stopping the flow of his thoughts can he approach the possibility of hearing the thoughts of other people, and all the voices which incessantly speak in nature, the voices of the "small lives", which are component parts of himself, and the voices of the "big lives", of which he is a component part. Only when he has acquired the capacity to create a passive state of his mind can a man hope to hear the voice of the silence, which alone can reveal to him the truths and secrets hidden from him.

Moreover (and this is the first thing that is attained), in learning to stop thinking at will man acquires the power of reducing the useless expenditure of psychic energy consumed in unnecessary thinking. Unnecessary thinking is one of the chief evils of our inner life. How often it happens that some thought gets into our mind, and the mind, having no power to throw it out, turns the thought over and over endlessly, just as a stream turns a stone over and over in its bed.

This happens especially when a man is agitated or annoyed or hurt, is afraid of something, is suspicious of something, and so on. And people do not realise what an enormous amount of energy is spend on this unnecessary turning over in the mind of the same thoughts, of the same words. People do not realise that a man, without noticing it, may repeat many thousand times in the course of an hour or two some silly sentence or fragment of verse, which has stuck in his mind without any reason.

Only once man has been taught to stop the chittwa (mental monkey) can he be taught to think and contemplate specific questions - allowing the deeper answers to come through without constant interruption of useless mental impressions.

## Karma Yoga

In the third of our series of methods of increasing consciousness, we will discuss Karma Yoga (Yoga of right living). Bear in mind that all the forms of yoga are interdependent and, with practice, should form a continuum.....Hatha yoga gives us the awareness of the interconnectedness of all (e.g., our bodies are part of the flow of universal chemistry, etc), Raja yoga guides us to the search for the "Eternal I" behind all the small "I's" (last week's homework) and Karma yoga teaches the right relation towards people and correct action in the ordinary circumstances of life.

Karma Yoga is always connected with the aim of inner development, or inner improvement. It helps man not to fall asleep inwardly amidst the entangling influences of life, especially in the midst of the hypnotising influence of activity. It makes him remember that nothing external has any significance, that everything must be done without caring about results. Without Karma Yoga man becomes absorbed in the nearest, the visible, aims and forgets the chief aim.

Karma Yoga teaches man to change his fate, do direct it at will. According to the fundamental idea of Karma yoga, this is attained only by altering the inner attitude of man towards things and towards his own actions. The same action can be performed differently, one and the same event can be lived through differently. And if a man alters his attitude towards what happens to him, this will in the course of time inevitably change the character of events which he encounters on his way. It teaches man to understand that when it seems to him that he himself is acting, in reality it is not he who acts, but only a power passing through him. It asserts that a man is not at all what he thinks himself to be, and teaches man to understand that only in very rare cases does he act of himself and independently, and that in most cases he acts only as a part of one or another great whole. This is the "occult" side of Karma Yoga, the teaching concerning the forces and laws which govern man.

One who understand the ideas of Karma Yoga feels all the time that he is but a tiny screw or a tiny wheel in the big machine, and that the success or failure of what he things he is doing depends very little on his own actions. Acting and feeling in this way, a man can never meet with failure in anything, because the greatest failure, the greatest unsuccess, may further success in his inner work, in his struggle with himself, if he only finds the right attitude towards this unsuccess.

A life governed by the principles of Karma Yoga differs greatly from an ordinary life. In an ordinary life, no matter what the conditions may be, the chief aim of man consists in avoiding all unpleasantness, difficulties and discomforts, so far as this is possible.

In a life governed by the principals of Karma Yoga, a man does not seek to avoid unpleasantness or discomforts. On the contrary, he welcomes them, for they afford him a chance of overcoming them. From the point of view of Karma Yoga, if life offered no difficulties it would be necessary to create them artificially. And therefore the difficulties which are met with in life are regarded not as something unpleasant which one must try to avoid, but as very useful conditions for the aims of inner work and inner development. When a man realises this and feels it constantly, life itself becomes his teacher.

The chief principle of Karma Yoga is non-attachment. A man who follows the methods of Karma Yoga must practise non attachment always and in everything, whether to good or to evil, to pleasure or pain. Non-attachment does not mean indifference. It is a certain kind of separation of self from what happens or from what a man is doing. It is not coldness, nor is it the desire to shut oneself off from life. It is the recognition and the constant realisation that everything is done according to certain laws and that everything in the world has its own fate. From an ordinary point of view the following of the principles of Karma Yoga appears as fatalism.

But it is not fatalism in the sense of the accepting of the exact and unalterable preordination of everything without the possibility of any change whatever. On the contrary, Karma Yoga teaches how to change the karma - how to influence the karma. But from the point of view of Karma Yoga this influencing is an entirely inner process. Karma Yoga teaches that a man may change the people and events around him by changing his attitude towards them.

The idea of this is very clear. Every man from his birth is surrounded by a certain karma, by certain people, and certain events. And in accordance with his nature, education, tastes and habits he adopts a certain definite attitude towards things, people and events. So long as his attitude remains unchanged, people, things and events also remain unchanged, that is, corresponding to his karma. If he is not

satisfied with his karma, if he wants something new and unknown he must change his attitude towards what he has and then the new events will come.

## Bhakti Yoga

This is the fourth in the series of Yoga, in which we will discuss Bhakti Yoga - right religious action.

It can be applied to any true religion and deals with the principles which make religions effective - understanding the result, the state of ecstasy, samadhi, nirvana or rapture. These states are all the same and the rituals, dogmas and sacraments of religion are designed to facilitate this state. That is why yogic mystics have visions of Lord Shiva while Christian intuitives have visions of Christ or "Our Lady". Pseudo-clairvoyance, which is the occult term for these phenomena, is also responsible for the darker emanations, Christians become possessed by "Satanic" forces while non-Christians experience a not-Christian demonic episode.

We experience what we focus on, and it is this simple but powerful trait which is at the core of bhakti yoga. This is illustrated by a monastic text from 19th century called "Narrations from a Pilgrim"

The "pilgrim" repeated his prayer, "Lord Jesus Christ, Son of God, have mercy upon me", at first three thousand times consecutively in a day, then six thousand times, then twelve thousand times and finally without counting. When the prayer had become quite automatic in him, did not require any effort and was repeated involuntarily, he began to "bring it into the heart", that is, to make it emotional, to connect a definite feeling with it. After a certain time the prayer began to evoke this feeling and to strengthen it, enriching it to an extraordinary degree of acuteness and intensity.

This "God centering" is the core of Bhakti yoga. It is very similar to Raja yoga except the search for the "Eternal I" is now the search for "God", the "All" within which the I vanishes.

## Jnana Yoga

Jnana Yoga uses all the methods of Raja Yoga. It starts from the affirmation that the weak human mind, brought up in contemplation of illusions, will never solve the enigmas of life, that this demands a better instrument specially adapted for the task. Together therefore with the study of the principles lying at the basis of things Jnana Yoga requires the special work of the education of the mind. The mind is trained for contemplation, for concentration, for thinking in new and unaccustomed directions and of new planes, connected not with the outward aspect of things but with their fundamental principles; and above all the mind is trained to think quickly and exactly, always keeping in view the essential, and wasting no time on external and unimportant details.

Jnana Yoga starts from the fact that the chief cause of human misfortunes and disasters is *Avidya* - ignorance. And the object of Jnana Yoga is to overcome *Avidya* and bring man nearer to what is called *Brahma-vidya*, divine knowledge.

The aim of Jnana Yoga is the liberation of the human mind from those limited conditions of knowledge in which it is placed by the forms of sense perception and by logical thinking based on opposites. From the point of view of Jnana Yoga a man must first of all learn right thinking. Right thinking and the broadening of ideas and conceptions must lead to the broadening of perception, while the broadening of perceptions must finally lead to a change in sensations, that is, to the abolition of all false and illusory sensations.

Guru's do not in the least aim at making their disciples accumulate as much miscellaneous knowledge as possible. On the contrary, they want their disciples to see in everything they study, however small it may be, the principles that lie at the basis of everything. (Hence, my regular nagging to balance our state of being with our state of knowing.) Usually the disciple is given for meditation either some verse from ancient scriptures or some symbol, and he meditates for a year, two years, possibly for ten years, from time to time bringing to his teacher the results of his meditations. This seems strange to a Western mind, which always aims at going ever forward, but possibly it is the right method for penetrating to the root of ideas instead of acquiring a superficial acquaintance with their external side by making enormous mental collections of words and facts.

In studying Jnana Yoga man sees clearly that Yoga cannot be only a method. A right method must necessarily lead to certain truths, and in expounding a method it is impossible not to touch on these truths. Nevertheless, it must be remembered that in its nature Yoga cannot be a doctrine and that there can therefore be no synopsis or general outline of the ideas of Jnana Yoga. In using Yoga as a method man must himself find, feel and realise the truths which form the content of the philosophy of the Yogis. The same truths received in the form of a doctrine from another person or from books will not have the same effect upon the mind and soul as truths which man has found for himself, truths he has long sought for and long struggled with before accepting them.

Jnana Yoga teaches that the truth for a man can only be that which he has felt as the truth. Moreover, it teaches man to verify one truth by another, to ascend slowly towards the summit of knowledge, never losing sight of the point of departure and constantly returning to it, in order to preserve a right orientation. It teaches that the truths realised by the logical mind, educated on observation of the three dimensional world, are not truths at all from the point of view of higher consciousness. It teaches man to distrust himself, to distrust his sensations, mental images, concepts, ideas, thoughts and words; above all to distrust words, to verify everything and always to look around at every step, to demand that everything that has been found should accord with the testimony of experience and with fundamental principles.

The ideas of Jnana Yoga have been transmitted up to now in a symbolical form only. The images of Indian gods and the figures of Indian mythology contain many ideas of Jnana Yoga. But the understanding of them requires oral explanations and commentaries.

The study of Jnana Yoga from books is impossible because there exists a whole series of principles which have never been expounded in writing. Indications of these, and even some definitions of them, can be found in books, but these are intelligible only to those who have already received direct tuition. The difficulty of understanding these principles is especially great because it is not enough to understand them intellectually; it is necessary to learn to apply and use them for the division and classification not only of abstract ideas, but also the concrete things and occurrences which man meets in life.

The idea of *Dharma* in one of its meanings in Indian philosophy is an introduction to the study of one of these principles, which may be called the principle of relativity. The principle of relativity in the science of Yogis has nothing in common with the principle of relativity in modern physics and is studied not in its application to one class of phenomena only, but in relation to all the phenomena of the universe on all planes and levels, and thus, by penetrating everything, it connects everything into one single whole.