



Application #10C – Variations on a Theme

This tool presents numerous meditation options and variations. A number of previous applications are reassembled to introduce other exercise approaches.

Exercise 10C+ -- Zen and slipping between thoughts, options, options, options...

Up to this point in this series, the applications introduced have been playing with the perceptual lens related to what choices we make.⁸³ The previous meditation/mantra forms are manipulating the flows through the lens array – your mind. Your perceptions and your desires (motivations/intentions) are part of this manipulation along with the available choices. The idea of these applications is to make choices based on truths of the whole and unity, to reduce ~~truth~~ within your mind.

Applications using imagination, perception, and focus have been introduced. Imagination exercises today are called visualizations. Which are just other ways to play with the *Perceptual Lens Array*.⁸⁴

Also, what has been touched upon in a previous applications is using the brief moment in time the *Perceptual Lens Array* takes to focus. The eye exercise was an example of doing that.⁸⁵ It constantly caused your mind matrix to refocus and in doing so, no or few choices (a decrease in ~~truth~~ chosen [\mathbb{F}_C]⁸⁶) are made, which directly affects your *Programming*.

⁸³ *I AM A I*, Chapter 4

⁸⁴ Figure 4-4, Mortal Mind Matrix, back of book

⁸⁵ *Application 5*

⁸⁶ *I AM A I*, Chapter 5, Formula of Effectiveness

“Now, for something completely different”.

In previous elements in this series, it was brought to your attention that your mortal mind/matrix is limited. This makes stepping out of the mind a ‘gilt edged’ priority for anyone who is serious about metaphysical or spiritual studies. In order to explore that which is beyond our normal perceptions we have to leave those perceptions behind.

All the meditations that have been covered, including the mantras, the breath, and everything that has been introduced; have passive and active elements in them, yet they are still dynamic in nature. They are doing something. Some are efforts in reducing ~~truth~~ (F) within the mind while others are efforts that increase truth (T) within the mortal mind/matrix. All the exercises up to this point in the book (except for the recognition exercise of truth, *Application 1A*) you, the operator, are doing something actively. The very act of meditation is an act. Even if it is to non-act, this is an act.

With most of the previous exercises, this action involves a manipulation of the mind/matrix operation. Previous meditation exercises used your mind’s operation to alter what truth or ~~truth~~ it contains at any given moment. Essentially, you -- the operator, are setting a block of time to do ‘something’ within your head.

What if that block of time is set aside to do absolutely nothing? Instead of manipulating the mind/matrix, recognize the limits of the mind and ‘step’ outside those limits. This, in turn can reduce the participation of ~~truth~~ within the mind.

You are not your mortal mind. You are God’s Creation. When you leave your mortal mind behind, the only thing left will be who you really are – God’s Creation.

Option #1

This application is a truly passive form of meditation and was introduced as the watching waiting part of at the end of each exercise. An excellent image of this meditation is the Zen or the Taoist picture of a heron on a lake. A functional stillness occurs with the passive operation of watching and waiting – just being relaxed and paying attention.

St. Romuald⁸⁷ said, “Sit in your cell as if in paradise.” You do not know there is a paradise around you (or in you for that matter), but there is. (The heron is probably more cued into the paradise aspect than any human is.)

This next exercise application is for your mind to be as a heron on the lake; watching and waiting in the whole paradise that is around you.

⁸⁷ Founder of the Camaldolese Order and lived to 150 years old.

This exercise is for you to cultivate a functional stillness or non-action arising from just being relaxed and paying attention. While paying attention, you are to be like the heron and watching your thoughts as the heron watches the fishes, without judgment or choice, and no action. You are watching your perception/desire or thought/emotion mechanism, which is reflected by the 'subjective events' that are created by your mortal mind/matrix.

Be an objective observer of these thoughts, daydreams, and fantasies. You are watching it all inside your head as if they are fishes. You are just watching your movie go by. And...as one thought passes by, another one arrives. The thoughts follow each other, and you are watching them from above. Like a bird, that already has had dinner. Be like the heron watching the fish below it.

Here is an analogy to fixing a record player. After the author got out of college, He started working in analog electronic repair places: TV and stereo repair, p.a. systems, alarms, etc. The first three jobs (the very first chore) the author got in these electronics repair stores would be they would give him a box full of parts; and say, "This is a record player; fix it."

The first couple of times, after putting it together though, the author would see the record player is not working properly. It was not doing what the author knew it is supposed to do. It is supposed to eject, it is supposed to play, etc. Because the author did not know what made a record player eject or play, the author would have to watch it go through the eject and reset cycles maybe 30 or 40 times. He would just sit and watch it, not doing anything except recognizing connections. He was just watching. (The author was being paid the same -- minimum wage.)

Finally, as the author observed, he saw 'this' connects to 'that', he saw that this notch goes there, and the wheel comes back. As said, the author may have had to do this at first -- watch it numerous times -- to digest what is happening with each part. Most of it was just watching, and finally in the watching; a cognitive jump occurs. "Oh, I got it! I see it now!"

Doing this inside -- watching yourself, watching the mechanism of the matrix inside yourself -- is a truly passive form. By not taking any active control anywhere here, you are using the focus/cognition mechanism of the mind/matrix on the mind/matrix itself, using the Cognition input only.⁸⁸ You are just watching with no judgments.

Watching your thoughts. Watching your reactions to thoughts. Watching what you are feeling. Watching how you are sitting. Watching the car go by. Watching your reaction to the car go by. The whole idea behind doing this is that certain reoccurring mechanisms will begin to

⁸⁸ *I A M A I*, Chart 4-4, B5

appear to you as you are doing this. Start watching yourself, looking at your mechanisms. This exercise addresses the old Oracle of Delphi adage, “Man, know thyself”. This application is a beginning.

An excellent example of watching and waiting, in everyday life; is to watch yourself watching TV. Watch your reactions to watching TV. The TV itself is totally neutral. The reactions within you are what you have created through your previous mind programming to the TV programming.

The value of this exercise is that it exposes you to your parade of thoughts. Whatever meaning these thoughts have for you is what you give them.

Outside of you, these thoughts have no meaning. Once you cease giving these thoughts any meaning, you begin to step ‘outside’ of the mind’s operation.

This exercise is for additional study. The exercise is for you to watch your thoughts. If you find yourself becoming involved with a thought-desire set, pull back and disengage. Remember why you are doing this -- your intention; even if, that intention is to fool around or explore your own head.

Breathing exercise can also help the operator relax into this exercise. Instead of watching the breath, you are watching your mind.

In this exercise, you are to:

- ***As in the other forms of meditations, before you start this passive exercise, perform Application 7B; look at what are you doing this for. What do you want? What is your intention? How do you feel?***
- ***Set aside three separate blocks of time (15 to 30 minutes) to watch your thoughts or reactions.***
- ***Find a partially comfortable position.***
- ***Watch your thoughts and wait.***
- ***Enter some of your perceptions of the operation in to the workbook or your journal.***

You will find the chatter -- the mind/matrix chatter -- is endless. That was touched on in a preceding application. The human matrix, like a limited mortal mirror version of the Truth Matrix that it is, is constantly creating. One matrix is creating on a temporal level, and the other is working on an Eternal level. Most of the time, your mind’s creations are meaningless chatter, based on what is in *Storage* – ‘back of your mind’. They flit from one perception/desire set to another.

One of the things this application is addressing is for you to see this and just watch the parade of thoughts going by. To re-cognize it is there, that it exists, and to watch it. You will begin to see some reoccurring themes within them as you are doing this. In seeing these themes, a re-

evaluation may occur. In re-evaluating, perceptions, desires, and attachments may change; including, being attached to your own mind.

The next logical application of this is to learn to ignore your thoughts; ignore the chatter.

Again, this series entry is a passive application. The reasoning for these type of actions – learning to step out of your mentation -- are:

- Given: whatever meaning your thoughts have is what you give them.
- Given: whatever the thoughts say to you is going be limited by what is in your mind – programming – and are liable to be inaccurate representations – ~~true~~ – based on your limited perceptions.
- Given: truth is laws by which something ‘works’.
- Given: the more you work in truth of an event, the more functional you will be in the event. And...conversely, the more you work with ~~truth~~ – not in the laws of an event, the more dysfunctional you will be in that event.
- Then: learning to ignore your thoughts can contribute to your increase function – effectiveness – in an event.

This exercise is more personal. Everybody has to learn to do this on your own. It is difficult to tell you how to watch and/or ignore your own thoughts. It is kind of telling you how to swim or walk.

Option #2

Another meditation modality that is used is called *Lexio Divino*.⁸⁹ An easy way to do this is to use the writings in a spiritual or meaningful book – something that impacts you. This application involves using a spiritual text, reading it, and sitting with it afterward.

Mechanically, this method temporarily (while reading) steps out of the free flowing thought-desire sets that come through the subjective input, to use mentation to get out of mentation (like mathematical operation of division by zero leaves mathematics).

Referring to the ‘ringing’ of the first exercise – *Application 1A*, it was mentioned that if Truth is perceived constantly, it could alter states of consciousness through this ringing.⁹⁰ The speaker/writer is ‘weaving’ truthful symbols, and the listener/reader is interpreting the symbols and resonating.

⁸⁹ A monastic Catholic exercise

⁹⁰ *I AM A I*, Chapters 1, 3, and 4

In that interpreting, the listener can make a mental 'jump' and leave the separate elements of the 'weave' and start to appreciate the 'cloth' of the subject matter. Kind of like seeing the curved sphere – a non-linear concept, that is implied by the straight lines of geodesic dome struts – linear concepts.⁹¹

A listener can leave mentation (their mental constructions) and enter the presence of Truth through mentation. The mortal mentation in itself is limited and temporal in nature.

In this application, the mind is intentionally preoccupied initially with some writings where something is being woven to imply that which is beyond (behind) the mortal mind -- an Eternal.

It is you, the listener/reader, which makes the dimensional jump in perception. A one-dimensional thread is woven to produce a two dimensional cloth.

This application involves a method of 'weaving thought forms', pumping truths through the mind. It does this with as much Absolutes as possible from your *Knowledge*, through the subjective event, via your *Perceptual Lens Array*, into Choice, thereby altering your *Programming*; and then, going around again.⁹² Usually reading something that affects you, spiritually or inspirationally, can do this. This can start the ringing in the mind/matrix, *Especially* if the truths are augmented/increased each time it goes through the lens array.

The effectiveness of such an operation is contingent on the measure of truth already within your mind/matrix *Storage* to start with. A specific amount of truth applications must be present within your *Knowledge* for this to work effectively.

This application involves an intentional 'ringing' of *Application 1A*; and then, has you sit with what you are experiencing afterward.

This exercise is to:

- **Perform Application 7B. Establish what do you want? What is your intention? What attachments do you have on the results of the exercise?**
- **Pick a piece of spiritual writing that impacts you**
- **Read it**
- **Sit with how you feel, or sit with what that writing means to you for 15 minutes**
- **Do this on 3 separate occasions**
- **Write perceptions in the journal**

⁹¹ Another case of a logic system – linear -- creates something outside of the logic system -- curved.

⁹² Figure 4-4, Mortal Mind Matrix, back of book. Some examples are *I AM A I*, Chart 4-4, *I10-12* or *J10-11*

Option #3

There is another way to use mentation to leave mentation, still using the weaving cloth analogy. What if you are following some threads of thought or symbols within an idea weave, and all of a sudden, there is nothing there; a hole with nothing else to grab or to follow? A Zen koan can do this, "What is the sound of one hand clapping?"

OOPS. All of a sudden, there is nothing there. It causes the mind/matrix to refocus or reset. Every time it refocuses, there is still a hole that prevents full operation of the array, even to cognition.

In doing this, it is possible to slip between the threads of thought to enter another state of consciousness. A kind of slipping between the temporal thoughts and leaving temporal thought behind. As stated previously, because eternal and temporal are mutually exclusive, when an individual leaves the temporal, the only thing left is the Eternal one way or another.

An example or a spin-off of the koan idea was introduced at the end of *Application 5*. That is, when a series of unrelated cognized perceptions (with their subsequent reasoning and logic) are put in a semi-logical order to produce a new independent unrelated cognition.⁹³ This condition can cause the mind/matrix to completely reset. It is similar to pressing *Ctrl, Alt,* and *Delete* on the computer keyboard.

As stated in that application, when the mortal mind/matrix is resetting on the *Knowledge* level, an element of the eternal joy of God/Creation manifests in the matrix. We experience that moment as laughter.

Playing with these introduced exercises/mechanisms in this particular series entry are more of an auxiliary applications for you to experiment with. Everybody's mortal mind/matrix is programmed different.⁹⁴ Your applications will follow your intentions. This series entry is just putting it out there that there are a multitude of directions as well as approaches.

⁹³ As opposed to a series of unrelated cognized perceptions put in a semi-logical order -- there is no cognition, and the matrix refocuses, *I AM AI*, Chapter 4.

⁹⁴ Due to the choices they have made and the subsequent mind/matrix programming these choices have produced with their constituent perceptions.