

Article 425: Feeling Well•Feeling Content –part 3

Following part 1, the question remains as to whether what we refer to as mind or consciousness is different from the brain, or is it actually the focus and activities of the brain which is sensed as mind. This is an important issue, for if mind is not different from brain, then brain-body IS mind-body, and if it is not different, then, while understanding the interactions of brain-body is a more-complete, knowing, since, obviously, a material•non-material body exists as a “field of mind”, which is personal for every individual, nothing is really known about the *mindfully embodied individuals*, ...so, let’s consider whether the mind is different than brain ...or is merely brain activities ...and occurs only as the brain is active.

Near death experiences (NDE’s) indicate that mind and some mental processes are independent of brain functioning, otherwise, an individual who is determined to be “brain-dead” could not return to consciousness and reveal the actions and conversations of attendants and relatives ...and events that occurred during this period of brain-death. The brain may have stopped functioning, but the mind had not!

Consider this, if you are losing bone density, do you really believe that this is only a calcium deficiency? ...a calcium•hormone problem? ...a calcium•hormone•exercise•incompleteness? ...or even a brain•attitude outpicturing? ...of course not, for all of these are acting and interacting in a field of mind, ...and following a physical pattern of functioning which is dominated by mind. Even what you consider as your inner•outer environment can be ...and frequently is subdued by mind. Now, considering these factors in action, do you see that any diagnosis or treatment which does not consider your mind activity, not brain activity, is seriously deficient? And if your breathing, body functions, brain or organ activities speed up or slow down ...or perform “incorrectly” ...isn’t that a mind function?

For example, if you are driving and hear a siren chose behind you, every function of your body changes immediately. Your brain may have “heard” the siren through your auditory sense, but your mind, not your brain, interpreted the siren ...which functioned through your brain and memories to alter your body processes.

It is declared that, “If anything is altered within a system, everything in the system must be, and is, altered”. That being so, a mind•body system is far-greater than, and other than, a brain•body system, ...yet holistic therapies or mind•body practices are essentially only brain•body treatments, ...and though mental therapies try to resolve this problem or bridge the gap, with little understanding and treatment of a mindful body system, the individual’s mind will continue actioning ...and alter the whole system, such that little can really be accomplished or expected. This is the problem of healing today! Remember, today’s mind•body oneness is actually brain•body wholeness.

If you deal with energy or chi or vital forces of the body ...and believe this is blocked or weak or moving ineffectively or inappropriately, isn't the mind in control of the brain in control of that? ...therefore, if you adjust any energy and leave the patient's mind unattended to, do you really expect any energy treatments to be effective or lasting?

If these words resonate with you on deeper and more-expansive levels, as they do with many people, isn't it possible that these words are enlivening and expressing the profound recesses of your mind? ...which controls your brain-body wholeness?

It is frequently declared that if you put three people in a stressful situation, such as an automobile accident, these individuals will each react in a very personal and different way, ...for example, one might get angry, another could be depressed, and the third may actually get excited. Following such examples as this, even professionals announce that events do not create stress, it is your response to those events which creates your stress. Don't you believe it! This event, even an automobile accident, is just an event, but you alone create that event, for whatever mindful reason or action, as a stressful event, and even create the event in your life as a stress, and then judge the event and react to your own judgments, ...or, more-accurately, you create the event as an emotion inducer ...and react to your emotions, and even judge to intensify your emotions!

Stress as tension is self-created, self-induced, and self-imposed, for there are not tense situations or events which create tension. Even concentration does not "cause" tension, in fact, concentration resulting tension is not concentration, ...therefore, tensing is due to other mindful actions. Why not understand what your brain-body is stressing about ...and live•promise other than that? ...or realize through all of your brain-stressing, that your minding can remain content! ...or do you get fully involved in your brain stressing?

Meditation is an effective stress-management tool only within a brain•body system, not within a mindfulbody system, and unfortunately, because the mind is not normally relieved through these actions, the brain tends to continue stressing.

Yet, many people claim that their mediation experience was pleasant from the very beginning ...and grew more-pleasantly intense as they continued, ...therefore, *doing other than stressing and relieving that through mediation* would deprive them of these pleasant feelings, the more-pleasant experiences as they continued ...and deprive them of this hope for even greater experiences as they get deeper into the practice. In one word, they are *hooked* on the process and addicted to the feelings ...even at the expense of creating stress to relieve ...and keep the addiction going.

The pressure you are under is
the pressure you are putting on yourself.