

realize how cemented a belief becomes once it enters the mind and gets decided upon, you would see the danger. What you allow in your beliefs, how you take a belief easily from your feelings or another's, or from another's statements, and allow it to be cemented and written into your reality, your definition of who you are and what life is - this is the power of mind, to define and set a course, to believe wholly and firmly in what it holds within it. Yet it could believe this or it could believe that.

It is most important that the mind believe what is true rather than not true, for once the mind holds a belief, it cements it deep into the being, into the memory banks. It sets in place conditions that dictate to the emotional self and the will so that they act like servants of the mind.

In the chapter on dissolution, we asked that you look at what you believe, look at the belief web that you hold and are suspended within. Now we just speak of the power of this mind that has been developed and what it is to be used for. We cannot overemphasize how powerful this mind has become in its ability for foresight and hindsight, to go into great intricacy of projection, in its use of memory, developing realities that may or may not exist, ideas, possibilities that may or may not be true, and the power to dictate to the emotional self, the will self, and the physical self. *Is it peace? Is it health? Is it upheaval and sickness?* The mind sets the conditions by what it holds in its thoughts, beliefs, and core dynamics. The mind translates its reality into the emotion, which translates its state of being into the body. The will acts on what is

believed and felt and takes the being further into that reality, giving more foundation to that belief system.

The human being, in short, has a great capacity to create around it and within it a complete and total reality. And yet does this match the true reality? Or is it an illusion? Does it create wellness, expansion, growth, and peace? Or does it create contraction, illness, and confinement? The very same tools and faculties create either. As the mind declares what is and holds a belief, the life span takes shape around it and sets that belief into matter, cells, the body, and all that is created around it.

The atmic soul, which all of you are and have, which is within your breath, beyond your mind, birth, and death, could be accessed and allowed to direct mind. Then truth would be created. The mind would see as directed from the higher plane of being. The mind would perceive and go into its creative faculty around what is true. What is true creates expansion, joy, wellness and unity. What is not true creates contraction, illness, separation, and confinement.

The mind will most likely, if left on its own, create what is not true because it cannot see the whole picture. It is not meant to, on its own, and was designed simply as a footman, a servant, a tool. It was not meant to be the captain, the guiding force. The mind, like the hand, emotion, and will, is a servant of the master, and was never meant to have the capacity of master. The mind is a sharp knife, a tool for carving, sculpting and creating a life, an understanding, a space and a place for the

being to evolve within. Emotion is meant as a sensory opening to feel, embrace and love. The will was meant as the manifester, the mover, the ditch-digger. The atma, the eternal essence of beingness, is that which knows and understands most purely. As that is opened to, listened to, and allowed to flow through the faculties of the human personage, reality is shaped that is sustainable, that reflects beauty and truth, the beauty *of* truth.

Use, then, the mind. Know what mind is for and know its power. Question its conclusions and beliefs and hold them up into a high measurement before letting them cement themselves into your being. Let the mind be like the page, the servant of the king, and let the mind say what is the most right, what is the most true, what leads to peace, what leads to harmony. Let the mind be a place to receive higher wisdom and knowledge, and once receiving it, let it form its beliefs and sense of what is reality around that. Let it cement itself around higher truth and set in motion within the body, emotion, and will these higher principles.

This is what the human being is for, to manifest the highest aspects of creation, the divine consciousness of great light, through mind, emotion, will and form. Realize what the emotional aspect of your being is doing. Take that emotional sensing but don't stop with it and allow conclusions to be made around it.

Perhaps somebody just came into the room with a dark countenance, a scowl. What did your emotional self tell you? Did it say you were in danger, or that you didn't like this person? That you needed to flee?

The greater truth is that that person is hurting, grieving and needs love. What if that person needed an embrace, needed some grace? Was your emotional self telling you the truth or was it responding in its primitive way? What did your mind do when it perceived that person with the scowl? Did it say this person is dark and ugly? This person is not a good person? This is a person I will not talk to or go near or recommend to my friends? What did you do with your will? Did you get up and leave? Did you turn away and move yourself out of that situation? What if that person needed to be accompanied, needed love?

Understand that the mind and emotion do not conclude around truth. They conclude around response that may be based on memory, protection, gain, and safety, on self in its separated identity. What if you had sat in that room and listened beyond mind and emotion and did not respond to will's decisions? If you had listened into the greater reaches of your being, the atmic centre, and had heard this being is sad, this being is scared, this being needs someone to be gentle, to give some compassion, perhaps then the scowl would not look like a scowl but would look like a down-turned countenance, and the grief that had looked black was just grief. Then the will could take your being closer and say, "Hello. How are you? How are you feeling?" In that moment of truth, in service, you have the ability to transform grief and fear, both within your being and reality and within theirs.