

## Module 2 – Week 2 - Written Material

“You may believe that you are responsible for what you do, but not for what you think. The truth is that you are responsible for what you think, because it is only at this level that you can exercise choice. What you do comes from what you think. ” --- Marianne Williamson

### “THE GRASPING NATURE OF THE MIND”

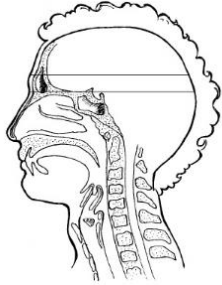
Grasping is the modus operandi of the ordinary mind. Subtle perception requires letting go and that is exactly what the ordinary mind cannot cope with. The mind has to grasp, it is its very nature. When the grasping stops, non-physical worlds begin to open in front of you. Through meditation you will feel the expansiveness behind the grasping, states of inner peace begin to open up and false appearances disappear.

Energy based meditations like the third eye meditation take us away from the ordinary mind and cultivate our subtle energy and non-physical perception.

The third eye is the gate that opens to the inner space of consciousness and to inner worlds. Activating the third eye can awaken the whole body of energy. From a therapeutic point of view, when people connect with their third eye a broad range of energetic circulations are activated and many people begin to feel better whatever the nature of their problem. This is in part due to the fact that activating the third eye has a positive balancing effect on a number of physical and emotional disorders. Even beginning to awaken the third eye puts people in touch with more profound aspects of themselves.

### VIBRATION AND THE THIRD EYE:

In the audio in Module 2, I talked about the grasping nature of the mind and I introduced the concept of resting on something other than the mind. In the practical (short meditation) towards the end of the audio, vibration was the quality that I emphasized. Here’s some more information about vibration and the third eye:



The third eye is not a patch on the forehead but more like a non-physical tunnel that goes from the forehead, an area between the eyebrows, to the back of the head, the occipital bone. The third eye spectrum goes from subtle to gross and vibration is actually at the grosser level of experience. It is the first and easiest quality to feel.

After many years of practice by countless students in the Clairvision School a natural progression has been mapped. There are basically 3 distinct experiences when activating the third eye.

1. Vibration
2. Colors and Light
3. Purple, or darker, space of the Third Eye

These are often referred to as Qualities

Qualities are important to recognize in meditation because if you are truly feeling any or all of the above qualities you cannot be thinking at the same time. Feeling and thinking cannot fully happen together. Either you are feeling or you are thinking. Qualities are the first step in determining if you are actually meditating or simply sitting quietly and thinking.

## VIBRATION

Roughly speaking, vibration indicates an activation of the etheric layer or life force. Vibration is a very general term for a whole range of experiences including:

- Tingling
- Density
- Pressure
- Weight
- Pulsing

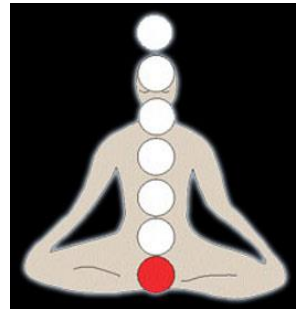
When you experience 'vibration' it indicates that the etheric part of the third eye tunnel has been activated. Essentially what I was doing in the practical was to help you begin to feel your subtle energy and life force. You probably feel this all the time but it may not be completely conscious.

It's very important to not try too hard or search for the quality of vibration when you do the practices. Don't try to make it happen, be receptive and let it come to you.

## MULADHARA:

In the audio I also referred to the base of your body or the root chakra. There is often a sensation of vibration at the base of your body and in your hands and feet when you let go of the grasping nature of the mind. This sensation of vibration can be felt in and around the perineum. Here's a little more about the base chakra or Muladhara:

Muladhara is Located at the base of the spine, the pelvic floor, and the first three vertebrae, the root chakra is responsible for your sense of safety and security on this earthly journey. The word Muladhara breaks down into two Sanskrit words: Mula meaning 'root' and Adhara, which means 'support' or 'base.'



## 5 Top Tips for balancing your base chakra (information by Natalie Southgate)

1. Create a clean and healthy home environment, and spend as much time as possible in healthy environments, especially nature.
2. Find a form of exercise that really suits you, and carry it out in a balanced way.
3. Eat healthily and ensure that you are getting the right vitamins, minerals and nutrients for your body.
4. Learn to listen to your body's needs – know the signs when illness is coming on, or when you need to take a break etc.
5. Limit the amount of toxins you put into your body – this includes alcohol and drugs, but also the toxins in the food you eat, the chemicals in your cleaning products etc.

LET'S END WITH A REFLECTION ON OUR VALUES AND BELIEFS (the arena of the mind)

Please take some time to reflect on the questions below: Keep note of what you value in your life and what belief systems you have adopted, consciously or unconsciously.

- What beliefs did you get from your mom?
- What beliefs did you learn from your dad?
- What are your beliefs around relationships?
- What are your beliefs around money?
- How do you feel about being really seen by others?
- When you observe yourself, do you feel the same inside and out or are you hiding something deep inside for fear of being seen?
- Are you aware of your thoughts and reactions or do they just arrive leaving you as surprised as those around you.
- What thoughts sneak in, in your moments of doubt?

