



CHANGING HORSES ?

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by Frank Salt

Most people come to us only after trying a number of doctrines and practices, and it may take some time to free one's self from the variety of pre-conceptions thus acquired.

A little understanding of the sub-conscious mind may explain this.

If you snap your fingers you do so with no concentration or even preparation. You seek to attract someone's attention and use the most convenient method. The reflex is there for the using. But you had to teach your subconscious mind to do this simple action.

Now the subconscious is a very faithful and attentive part of the mind. You give it the directions and it performs an intricate series of actions in selecting and instructing the nervous system exactly what to do to obey your command. Hundreds of body cells are involved in this action, in fact a computer engineer would take a very long time to arrange all the factors involved.

In all your seeking to date you have trained your subconscious to follow many axioms and practices which bore an unsatisfactory outcome - or you would not be here. You can never "forget" these. The subconscious has perfect memory. But all these experiments constitute a block to new systems. Many may simply need a little fine tuning, some may need to be a conscious resolution to switch off.

This is why we find that the "simple" people respond readily. They carry no excess baggage of "knowledge" to hinder them, and so long as they have average intelligence they move freely. You must try to free your mind of preconceptions and more importantly divert attention from these ideas, set yourself free to experience fresh ideas. If you try to carry over astralism, yoga, negative or regressive meditation forms, you will be placing your own blocks in the way of the Soul.

Phenomena are always eye-catching, and we all tend to look for some phenomenal sign of progress. We have long been hoping for some miracle to prove our beliefs. We have carefully if unwittingly asked our subconscious minds to produce signs and wonders. Read Mark ch.8 v.11-12. "...and He sighed deeply in His Spirit and saith Why doth this generation seek after a sign? verily I say unto you there shall be no sign given unto this generation". Matt.12 v38-39 repeat this. Happy is the one who can enter this Path free of expectations. Use discrimination - not anticipation. If you have already set a goal or bench-mark on progress this will obscure your vision. Freedom cannot be hedged in with provisos, and you must be free, which is exactly why we have no dogma. You cannot offer God your heart with conditions attached.

We must discriminate between credulity and Knowing. No matter how much you read about a person or place you can not know them as you do your family and home. You know the latter, you can only believe the former. We seek Knowing rather than credulity. When you attain enlightenment you will probably find that it is no Big Deal - just normal - and marvel that you did not realise it earlier. The answer is that it was precisely because you expected a Big Deal. You had a preconception acting as a mental block. The process of enlightenment is the natural course of development, of evolution, so when it comes we are surprised to find it "normal", natural rather than phenomenal - except that we realise that hitherto we have seen everything in reverse - a reflection of Reality.