

## 21 WAKING FROM THE HAS BIN

"In each Healing Crisis , you will have the opportunity to question different realities fed to you by your mind. It is a chance to review and make decisions based on principles, rather than having to accept and be directed by whatever happens to be triggered in you. The reason for doing this, even though it appears you are experiencing the present moment through your mind, is that all experience from the human mind is from the past . The present moment cannot be experienced through the mind."

"I can't even relate to that thought, michael. How else can I experience life but through my mind? Obviously, what comes from the mind is from the present." Richard appeared to be in resistance to a new idea again.

"Recall the analogy of the two-dimensional creature? She assured us that a basketball was a series of flat planes experienced over time , right? How did we finally get her to see the basketball as it is? She had to question everything, including her own experience. It was not until she did, that the possibility of a new experience opened for her. It is amazing how many people want change but refuse to think or act differently."

I explained to Richard an experiment I do in my workshops. I ask everyone in the audience to step back from their minds and observe what happens inside. I then ask them to put their right hand on their right ear and invite everyone to look around and notice that each person is doing pretty much the same thing.

**KEY THOUGHT**—Another key to healing: Give yourself permission to experience life differently.

"Why did they all do the same action and put their right hand to their right ear, Richard?"

"They followed your directions."

"I have another theory. In each mind there are brain cells storing information from the past . Each person was trained in what the words 'right,' 'hand' and 'ear' meant. When I spoke, I caused those brain cells to fire, and each was shown the reality contained in their brain cell structure and followed the directions given to them by that reality . They did not follow my directions."

"Of course, they followed your directions!" he protested.

"The instructions, 'Put your right hand on your ear,' came from my voice, true. The reality each mind had for those words came from the past of each individual involved in the exercise. The only reason each person did the same thing is that they were all taught the same realities about 'right,' 'hand' and 'ear.' They didn't follow my directions, but the directions that came from their minds, from the past ."

"Interesting theory, michael, but how do we verify it?"

"I thought you might ask that, Richard. Imagine that we have somebody in the audience whose mother trained him differently. Imagine his mother taught him that the nose is an ear. Where did he put his hand when I said 'Put your right hand on your right ear?'"

"He would put his hand to his nose, of course."

"Put that in the context of our search to verify that everything from the mind is from the past . I gave one set of instructions but two different results were produced. One person was out of step with everyone else and put his hand on his nose, which he had been taught was an ear. Was anyone following my instructions? I offer that each person followed the guidance of the reality that my instruction triggered in them, and that guidance came from the past in each mind, not from my words .

"Had I spoken my instructions in Chinese, would anyone have moved a hand? Only those who spoke Chinese. Otherwise nothing from the past was triggered in anyone's mind by the words I spoke.

"Richard, put your right hand on your gizzard."

He paused a moment, "I can't do that, I don't have one!"

"Notice, though you have no gizzard, you still looked through your past , in your Has Bin, your mind, to check and see if there was a reality there that could give meaning to my words . No information in brain cells? No past from which to gather a meaning! With no past, there was no reality to project onto my words .

"Whether your mind gives its meaning in an instant, as when I said 'Put your right hand on your right ear,' or whether there is a time delay as in looking for your gizzard, every meaning from the mind is from the past . Each meaning is an individual reality projected onto my words .

"The mind's meanings are all from the past. The mind, known as the 'great deceiver,' subtly deceives us into thinking its information is the Truth and what is happening now, in the present. All 'thought' is from the past.

"If all of the information in our brain cell structure has come from the external world, our reality structures have been totally molded by that world. When we unconsciously lend our creative power to our past , we can become lost in recreating it—the essence of the Why Is This Happening To Me . . . AGAIN?! experience. When we awaken from the sleep induced by existing in the shadow of a dead past and a dead mind, we find that Love , Aliveness, Joy and Delight are our birthright and anything less is a lie. If you doubt that, just look into the eyes of a child . The only reason we live in anything less than our birthright is that we are living out of the content of the Has Bin, the mind. The limitations of that storage device need not be the promise of the future."

"Should we get rid of the mind, michael? Is it useless?"

"No, Richard, the mind, in its proper place, is a great servant. It is designed to be a storage device, and much like a computer, it is useful for its task. The problem begins when we allow the mind to make our decisions for us, when we allow it to run our lives. You use your computer to store and recall information when you need it, but what would you say to the person who makes no choices for themselves, the person whose computer makes all of their decisions? Might you say to that person: 'Wake up, there is another world out there, another whole level of aliveness. Your computer 'mind' can't think, it can only spit out what has been put into it. Let go of it as your decision making device, make your own choices and take charge of your life!'

"In the Aramaic creation story Adam goes to sleep. Have you noticed that nowhere do they mention him waking up? The root of the word 'Adam' means 'red clay.' I propose they were telling us we were asleep in the realities that come from the body's memory bank and, therefore, stuck in the mind of the past—asleep, so to speak. We are more than a body or a mind, we are designed to live in a larger context—the world of actuality. We are not designed to be trapped in the tiny framework of the Adam-mind which only knows how to repeat its past, its Why Is This Happening To Me . . . AGAIN?!"

we are led to believe a lie

when we see with and not through the eye. William Blake

KEY THOUGHT—What you are looking for is what is looking.

"There you go again, michael, making perfect sense. I want to hear more! I can't seem to get enough! It feels like every concept, every word is feeding my soul!"

"That is exactly the idea of true Spiritual teachings, Richard. They were Spirit-rituals. Rituals or tools for realizing our true nature, which is not physical but in the level of energy beyond physical, a level of energy called Spiritual. These tools were created to assist us in waking up from the Has Bin and putting an end to being controlled by the past realities in our minds. They are the keys to awakening and stepping into true aliveness.

"Once a person realizes there is another way to live life and there are real tools available for doing Spiritual work, it often seems as though nothing else matters. Finding this other way of living, in the Aramaic, was called 'finding the Pearl of Great Price.' It is exciting to catch the vision of a New Self, alive and vibrating with the delight of existence, coming into expression, and the old painful life of the mind passing away. In its roots, this Spiritual process was known as awakening or being reborn—a very real experience."

"You know, michael, when someone asks, 'Have you been reborn?' I usually feel like I am about to be pounced on if I don't answer the way they expect. I feel like I'll be cut off because I'm not part of their 'in crowd.'"

"I think you will find that the person who uses force and becomes obnoxious when asking a question about being reborn, is not as reborn as they would like to think. Love does not

abuse, it gently demonstrates what it has found and holds the space for others to find the gift. Some people also get genuinely enthusiastic, perhaps overly enthusiastic, in their desire to help others find what they have experienced."

"I see that there is another level of meaning to being 'reborn,'" Richard said pensively. "I'm ready to wake up! I want to get this process over with yesterday! Let's do it!" Richard was at another new level of enthusiasm.

"Slow down a little, Richard. If you get ahead of yourself, it will wreak havoc in your life. In the Aramaic , people were warned 'not to storm the gates,' not to go too quickly. Doing your inner work is a process that takes time , and remaining in balance throughout that process makes life much easier," I cautioned. "Each of the tools we offer is designed to assist in keeping that balance. Some people get so excited about the intellectual aspect of this work, they forget to use the tools . Using them is of paramount importance for maintaining balance!

"Some people, on first hearing, have an uncanny understanding of this work and use the tools automatically. For them, it is like recalling something they've always known and wanted. Living in an awakened state is such a radically different way to view life that, while others find that this work rings true for them, it takes more time to make sense of the concepts involved. These people require discipline to use the tools . Still others go through a period of total confusion when they begin this study."

"Which category do you suppose I'll be in, michael?"

"It really doesn't matter, Richard. The key lies in doing your work. Many people alternate between clarity and confusion each time new levels of understanding and empowerment are reached.

"Each time you use the tools , new insights will open. Information that was not available the time before will pop into your head," I volunteered.

"Wait a minute," Richard broke in, "that just doesn't make any sense. If the information is there, it is there. It makes sense that it is available no matter when you read it!"

"That would seem to be true, but recall our discussion of actuality versus reality . Reality is the meaning that shows up in your brain, out of the Has Bin , as a result of an actuality you have experienced. What shows up in your brain comes from what is 'built into brain cells'—not from what you read, or marks on a piece of paper. If information is not in the Has Bin, it cannot be served up to you as a reality."

"Explain to me again what 'built into brain cells' means."

"Information has to be in your structure before your brain can turn it into a reality . Though information may be on a piece of paper, it is not available through your brain as a reality until it is in your brain cell structure.

"What we 'see,' when we 'see,' is the image output from the mind, not what is in the world. Every image seen through the mind is internal to that mind. The physicists tell us that what goes on in the world of actuality is a whirling mass of energy , moving in patterned ways. The eye cannot 'see.' It is a frequency device, an antenna, tuned to certain frequencies we call the visible light spectrum. It brings those frequencies into the brain. The mind, a function of brain cells firing, filters everything through its own content. Anything inconsistent with that content will be changed to conform to the internal belief system of the evidential device, the mind."

Richard broke the chain of thought. "I notice I'm not breathing, and I am surprising myself at how often I don't. What surprises me most is that, for as frequently as I hold my breath, I usually don't even know when I'm doing it. For something as basic as breathing, I would think I'd be more aware of it when I'm not!" he gasped. "When I do breathe, michael, all this information feels like overload. It feels like I can't grasp it, I feel stupid," he acknowledged.

"Good!" I replied. "Nice catch! What I hear is that you are noticing for yourself when unconsciousness surfaces, which usually means the Has Bin is having one of its conflicting realities challenged. Holding your breath tends to lock your awareness into the smallness of the mind of the past . Breathing opens the larger context of actuality and is one of the keys to dumping the Has Bin's contents when they are inaccurate or no longer useful.

"Who taught you, who gave you the thought, you were stupid?" I asked. "When a reality like this surfaces, if you stay conscious, it is your opportunity to forgive , to remove that reality from the Has Bin."

"My dad always called me stupid! Are you saying that I took on the reality 'Being Stupid' and now as it surfaces I have the chance to Forgive—get rid of that reality in my mind—or be run by it, which you call going unconscious ? As I put this together with the Evidential Mind stuff you explained earlier, it occurs to me that if I accept 'Being Stupid' as my reality , my mind can only give me evidence of that and I'll 'be' stupid. Is that why 'Being Stupid' has plagued me all of my life?"

"That's the way it works!" I confirmed.

"I'm changing that thought! I'm letting go of that idea, now!! I've been blocked by the reality of 'Being Stupid' long enough. It has interfered with everything. It's been terrifying, almost like a dragon has been chasing me. Honest! That's what it feels like!

"Hmmm, is this what was meant by 'the casting out of demons?'" Richard asked. "That's what it seems like to me. I bet that was the kind of thing they were referring to in the Scriptures when they spoke of demons. It was getting free of the things that haunted us from out of the Has Bin. They were referring to this inner healing process , right?"

"Exactly. Our disintegrative inner thought complexes are our demons, Richard."

"I'm seeing that, michael. A whole complex of 'Being Stupid' thoughts and feelings just surfaced for me. It felt overwhelming and confusing when that happened, but somehow it was different from when it has happened in the past . Whenever that occurred before, I would get lost in the feelings and buy into being powerless . Just now I stayed conscious and processed—I think that's what you would call it—through those thoughts and feelings without getting lost in my 'stupid' pattern. This feels great, it feels like relief!"

KEY THOUGHT—When we lay claim to the "evil" in ourselves, it can be Forgiven. We then no longer need fear its occurring outside of our control.

"Nice work! Yes, this is process and I think you just worked through one of your demons or what are sometimes called 'drag-ons' and in some circles, 'Kling-ons.'

"Richard, you are grasping this information quickly and I'm glad you notice it doesn't have to be heavy, it can be fun. It is a process of building brain cells. It takes time to understand this information. As you do this work and 're-view' these ideas, you will grasp new levels of meaning. Your understanding and insights will deepen. Your natural brilliance, the brilliance we were all created with, will shine through. Be patient with your learning process !

"Let's look again at the way the mind works. All output must conform to whatever realities have been built into brain cells. Each reality the mind generates must match the pattern of what is in the Has Bin, in the mind's belief system . The mind formulates its output according to the content of brain cells. The secrets are hidden by the mind, not in the mind. It is the mind that 'sees,' and it only 'sees' the images it generates. It only generates images for which it has brain cells and meaning."

"What is possible when we get past the insane, the loveless meanings we have been trained into, michael?"

"Richard, who knows, but from the records of Spiritual giants of the past , things are going to be very different. Perhaps there is a 'Garden of Eden' available, but we don't let it enter. Have you ever watched how a child keeps coming back with Love ? Perhaps we did not get kicked out of the Garden, but gave up our natural, created condition, Love , by accepting the world of our cultural training, and acting as though the insanities contained in the Has Bin were true.

"Perhaps we will 'see' that we, the world and everyone in it, deserve to be perceived through the condition of Love just because we each exist. Perhaps when we follow this First Law, we will see the evidence that shows us that we will benefit in ways not yet conceived. Love cannot be taken away from us, we push it away. A fresh perspective is necessary. The mind must be cleansed of insanity, of everything less than Love . A mind that could conceive of actuality free of a past that colors what the Creator created is a mind capable of what was called an 'immaculate conception.'"

KEY THOUGHT—Love cannot be taken away from us, we push it away.

"I hear that you are saying there is a deeper meaning to all of the old teachings, and I'm starting to grasp that they apply in my life. I'm a little blown away."

"This idea of realities being available only if they were built into brain cells was addressed in Aramaic when the Scriptures referred to 'the eyes to see, and the ears to hear,' or, 'having eyes, see ye not? and having ears, hear ye not?' Obviously, the people who heard those words had eyes and ears. However, if they did not have the information in brain cells, though they saw or heard the same words or actions as others, the deeper meanings of the teachings could not show up in their minds. They could not 'hear' or 'see' intended meanings."

Richard broke in, "I'm not sure I understand."

"Are you familiar with computers, Richard?" He nodded. "Let's look at a computer analogy that might help make sense of these ideas."