

To Have a Mind or To Be a Mind

The Greek word for mind and for soul
is $\psi \nu \chi \eta$.

That is where we obtain our word psychology.
Psychology is the study of the mind.

In Western culture, we often believe
that the brain is the mind.
That comes with believing that all that is real
is the physical.

Some of us that explore meditation,
or have had out-of-the-body experiences,
or have had near-death experiences,
know that we are not only or mostly physical.

We occupy our bodies.
We are not our bodies.

The radio and television producer, Robert A. Monroe,
when experimenting with sleep learning,
with a speaker beneath his pillow,
discovered that by playing
different and close tones
into each ear,
it yielded out of body experiences.

Now, there is the Monroe Institute,
in Virginia,
where people are trained
to explore out-of-the-body experiences.

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The body is a magnetic susceptor.

The mind (or soul) inhabits the body.

There are some books by Robert A. Monroe:

- 1) Journeys Out of the Body,
- 2) Far Journeys
- 3) Ultimate Journey.

There are audio recordings

that guide one in these explorations.

One set of 36 recorded sessions is called *The Gateway Program*.

There are many other books
that describe out-of-body experiences.

It happened for me first,
when I was seven (7) years old.
Out-of-body experiences expanded
in a near-death experience
from having pneumonia, 23 years later.

Preparations for this experience
benefits by learning
that we navigate
by means of that to which we direct our attention.

Attention is developed awareness.

There is more than one kind of attention.

This is discussed in the writings
of Carlos Castaneda, the anthropologist,
who studied Mayan (Yaqui) skills,
the knowledge of the Brujo or the Nagual.

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See: The Power of Silence,
by Carlos Castaneda.

One Chinese philosopher
believed that the only thing that existed
was mind.

This was Mencius.

All there is in existence is energy and pattern.
If we accept the idea of Mencius,
mind is **energy and pattern**.

In Western science,
this **energy and pattern**
has been characterized
as being the particle and waves
of light, or light-like
electromagnetic energy.

Einstein gave us $E = mc^2$
Minkowski described this source
equivalent between matter, mass and energy
before Einstein.

Hassenhorl, in 1903, formulated the equivalence
before Minkowski.

Why c^2 ?

One **c** is the light in the structure of the charge.
One **c** is the light in the motion or the movement
of the charge.

There is the nucleomagnetic.

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The higher energy, shorter wavelength
of the realm of gamma rays and cosmic rays.

These patterns involved in so-called particles or charges
or charge fractions (quarks)
are still only hesitations in the flow of **energy**.

The charges or charge fractions
never are constituted of one and the same
increment of **energy**,
at any two adjacent increments of time
(see Hermann Weyl).

Energy flows into and out of charges or charge fractions (quarks)
continuously.

Where does it flow from
and where does it flow to?

What are the **patterns** of connection?

There is a conservation of pathlength and of susceptibility.

Mass or matter has an ability
to contain and to convey **energy**.

The open domains of **energy** flow
are what we see in the strands or beams of light.

The hesitations of **energy**
are what we see in the charges and charge fractions (quark),
which constitute mass or matter.

Energy flows in coemissive emanations.

One loop or domain is self referencing.

One loop or domain is other than self referencing.

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These coemissive loops or domain are
what we call consciousness.

Everything is made out of consciousness (or mind) (or pattern and energy)
(see The Unobstructed Universe
by Betty and Stewart Edward White).

These coemissive domains
return to assemblage points
with comparator functions.

If there is more order in the environment
than within the structure of consciousness
we learn.

If there is more order within
the structure of consciousness,
we export that order to our environment.

Here we situate at a huge juncture.
The universe is all connected.
There are nested structures of consciousness.
We are such a nested structure of consciousness.

Stay tuned for the next exciting episode . . .