

COURSE CORRECTION

I want to talk about. course corrections what we need to do and what is telling us, we need a course correction.

It seems like the universe has a way of letting us know when we need to change direction a little bit. When they send the shuttles out into space and the rockets out into space, they do course corrections. Some of them very minutely. When we're sailing in a boat, we do course corrections from time to time. And in planes, they do course correction from time to time, not as much as they used to because of computers.

But how many of you have ever had your GPS on and it's taken you someplace and you had no idea you were going to go. Especially the early ones, Marigene and I were traveling to Kansas city for our conference and I put it into the GPS and we drove and then it took us off the highway and onto some kind of side street and from the side street to an alleyway and from an alley to another street. And we ended up in the back of the Sheraton hotel at the loading docks, not at the front, but at the back.

So, we didn't bother to do a course correction. We ended up in a different place than we thought we were going to be.

So, what are the things that the universe is telling us that we're not paying attention to? And that's the question? You have to be present in order to know that a course correction is necessary We were driving up to Michigan a couple of weeks ago and on the way it was just like, you can set the autopilot and you can just drive. And for me, I wasn't really present at that time.

I was just thinking of all the other things that were going on in life. And then we came upon a construction area. And so now I had to be present and aware of what was going on and that happened all the way up the highway till we finally got to Michigan. So it took us, I think about seven, seven and a half hours to get there.

And we were originally supposed to be there six hours on the way back. I stayed present during the entire trip. And as we got to a certain point, I heard the voice say, go left. I go, that's not the highway that GPS says. Okay. I went left. We went down from the bottom of Lake Michigan. We went down one of the highways that was a four lane highway, almost all the way, clear sailing, very few cars.

And we got to highway 70 and there was a bunch of trucks as usual on 70. And it took us another way. And the next thing we were on highway 40 and we were headed back. It did a course correction and I listened. How many times have we gotten a message? That course correction is necessary.

Certainly, the country is going through a course correction. It's true. We're going to go through a course correction, trying to figure out what's next and where it's going and it's not really listening. Is it? What's happening is people are tuning into their own belief systems and belief structures. And they're filtering that information.

I did a podcast this past week and we talked about some of the neuroscience. There is almost four, 100 billion bits of information that are coming into our senses and of that we actually process out everything except 400 bits. Think about that 1,000, 000,000 bits of information outside the 400. And that's what we see, feel, hear, taste and touch, which means we have belief systems and structures in place that filter what's coming in.

COURSE CORRECTION

When the great masters say the world is an illusion. What they're talking about is an illusion because you're not seeing the world, you're seeing your version of the world.

And, by the way, there are 7 billion versions of the world. Isn't it interesting that the universe can actually coordinate at least a portion of that crowd to the same place, same concept, same ideas.

Now that points is to what Ernest Holmes says, there's universal Mind and we live and move and have our being in universal Mind. Because universal Mind in current language is consciousness. So we're all in consciousness.

The confusion often comes up, are the dog and the cat or conscious and so on. And, all the way down in quantum physics, they say that certain particles and quarks are conscious. That's a misnomer. It's a misnomer because that's equating the body to being the True part of who we are. That's the physical side, the materialist side that comes from. If you start from consciousness, there's only one consciousness, your consciousness, the conscious of the dog, the cat, the fish all the way down the line to particles is one consciousness experiencing in 7 billion different ways.

That's how we can have same information from person to person without consciousness. You couldn't do that. They wouldn't even understand the language. Nothing would make sense. And in quantum physics, everything is interconnected. And the law there that Ernest Holmes probably would have said if he knew it at the time is called non-locality.

Nonlocality comes from Bell's theorem of mathematics back in the sixties that got proved in the late eighties. And that is what happens to this particular particle happens to this particular particle, no matter what the distance and it happens simultaneously. We're always believing that Einstein was corrected, nothing can go faster than the speed of light. And yet these two simultaneously impact each other, the experiments have proved out time and again, that this is true.

So now in the quantum world, we have what's called non-locality non-locality is something the mystics have known about for thousands and thousands of years, everything is interconnected. What happens to you is happening to me. How do you believe that to be true? Because every single atom, every single quark, every lepton, gluon or whatever the particle is affected. Every particle in the universe is affected, but every other particle in the universe. Is that mind-blowing or not?

If it's not, I got more for you. The power of understanding the oneness is that when we stay in the present moment outside of our mind or chattering mind in the present moment aware - that awareness is present universally. That's pretty astounding. If you think about it for a second, that awareness, which is only one is universal. Therefore, as we stay in that awareness, That's the power and presence that Ernest talks about when we stay in that awareness, the whole universe can inform us rather than our local mind. I wrote down one quote that I really liked, and it was by Ramana Maharshi it says, "Everything your mind says is a resistance to love." Everything your mind says is a resistance to love. What does he mean there?

Love is the way the mystics talk about consciousness. Whereas we talk about consciousness in science and in Ernest's language universal Mind quite often. Now I don't want to get too far down the rabbit hole, but universal Mind is one of the planes, not the final plane, because universal Mind is still mental. Once we move beyond that, we start getting into more and more of the spiritual planes. So in this

COURSE CORRECTION

consciousness, this love, he's saying the mind, the ego mind that's what's giving us our problems. That's what's causing the troubles. Why is that?

So it's because as Don Miguel Ruiz said in one of his books, I think the four agreements, he said, we have been domesticated into the way we believe - think so from childhood. Early childhood, by the time you're walking, you're already hearing that there's things that are separate from you. Things that are separate from you is not possible in the universe. What is possible is that the mind believes leave that there's separateness. And so what that does is we then begin to say, okay, there's out there and there's in here.

Now we've already separated. We've now got a boundary that's up. Once we have a boundary up that then is domesticated into a belief that there are boundaries everywhere. What does that do? It says I am limited. I am limited. Whereas if we really knew the truth of I, you realize right away I is unlimited.

It's limitless. When Ernest Holmes talks about doing treatment work and that very first step of treatment, he's saying you need to shift your mind. You're chattering ego mind to quiet so that you can move into the silence, which is where love is work consciousness resides so that you can not, that it's separate from, but that we become aware of it.

Did you notice a difference? Most of the time we are actually aware of the chattering, roommates in our head, right? Most of the time we're listening to a narration of life. Most of the time we're paying attention to certain things that are going on in the body. We have a sense that what's in the body is different from everything.

Anything else, truthfully, a baby doesn't know that it does. It has no concept of there's something other than me. It just knows mother and baby are one thing. So when Ernest said we need to get to this level of consciousness first, because in that level of consciousness, everything is perfect. And if we now bring that from that consciousness, that awareness into our treatment, we go, if everything is perfect in the universe, then I know what perfect is.

When it comes to this illness is a mental illness. All illness then is mental illness in universal Mind, but it shows up in my body because of the beliefs that I have, that I've adopted from somewhere maybe in childhood or somewhere in between. And it constantly plays on our body because everything is interconnected.

So when I go from - universal - Consciousness, universal Mind into the next step of "I'm part of that," cause I'm connected, you're connected. Everybody's connected, right? Just deductive logic says, if everything is all one, then I must be part of that. Otherwise that treatment's never going to work. So once I'm into that state, then I go from that place and say, if it's all one, everything is perfect.

And now I'm going to make a statement from the power of the universe. Not from my local mind. Yeah. Not from my ego. Wishing you would get, not from my ego thinking. You're going to get well from the universe saying you are perfect now. And then it moves into gratitude because gratitude opens everything up.

It opens everything up. So you've moved from. That awareness and that consciousness to create a vibration of perfection that vibration of perfection radiates out. And if it's directed towards another person, it radiates out into universal mind to that particular localized mind. And that spiritual healing makes sense. Ernest was so good at just going, being. If you follow this is what's true.

COURSE CORRECTION

We forget because we get so into the chatter and narration of our mind. We forget who we truly are. And I keep saying this over and over again, because there are 6.8 billion people who don't know who they are. They believe they're the mind and the body. We're taught that we're domesticated into that.

We're trained into that. We absolutely and completely believe it and it's completely and totally false. And yet we believe it we're suckers for that kind of thing. And we, I need to correct our own thinking and have an experience, a spiritual experience so that we know no, the truth, spiritual experience.

Really the most spiritual experience you can have is to move your world inside yourself, the whole world inside yourself, go inside until you recognize, Oh, what is it that's aware of my world? What is it that's aware of my mind and my body, something is something's listening to your thoughts, right?

Something's listening to your thoughts. Something's aware you've got a body something's aware there's a world out there. Even if we believe it's an objective world out there or something is awareness. That's Dr. Homes telling you when he says the power in presence is within you. When you move to that power and presence, you're moving to the truth of who you are.

And when you move to the truth of who you are, you're leaving the isolated, separate self, the ego self behind, and you're moving into that state. And that's the state in which all healing, no matter what kind of healing it is takes place. If we were to get a group of people together, 500, a thousand people together, and everybody did exactly that. It would make a ripple through the unit, the more people, the bigger the ripple. So if we want change in the world out here, we have to change in here and recognize who we are, the truth of who we are, the consciousness of who we are, that we are love first and foremost and only love.

But as Ramana Maharshi said, whatever comes from our mind is that resistance to that love. That's really powerful. He's saying everything that the ego is generating is a resistance in some way to consciousness and the flow. It flows when we get out of our own way. When we get that ego to not just be quiet, but just ignore it. And allow it to do whatever it's doing and begin to allow the flow to happen. Everything necessary that's going to happen will happen and if the ego's non-involved, it's not judging, it's not judging everything that's happening. Oh, this is bad. Oh, this is good.

There's an old Hindu story. I don't know if I can get it right. But in essence, this man's son, was on a prize horse. And the prize horse bucked him off and he broke his leg, and oh, the people all around said, Oh my gosh, that's terrible.

And he said, we'll see. And about two or three weeks later, a war broke out and they were conscripting everybody, but he had a broken leg. So he was exempt. Everybody went, wow, that's amazing. He said, we'll see. The story actually goes on and on. And you can see where it's going. It's saying don't judge. Everything is exactly the way it needs to be. If you stay in that place it will flow.

Our house burned down. Okay, good, bad or indifferent it's part of the flow. We don't know where that's going to impact what's coming. Maybe the beauty of it is we're in a new place, smaller, and that's what we were talking about we'd like to do. Maybe it's because something down the road is coming that's important to us. Yes, we lost almost everything and yes, we had attachment to it. For me that was a big one to say, okay, I wasn't attached to anything except all the data on my computer. Oh, I go, there's a lesson right there.

COURSE CORRECTION

I need a course correction, the course correction that says don't be attached to anything since the universe is universally intelligent. Intelligence beyond where we know intelligence to be, then don't you think it knows. It knows without having to think it, try that one on it knows without having to think it awareness knows.

It knows and yet it doesn't think it knows you're thinking, right? It knows you're thinking it doesn't have to say to itself. Oh, here thinking it doesn't need that it's aware. And it knows. So that place, that's the place that we want to move to train ourselves, to be in the flow of what's going on from a universal perspective.

Is it difficult? Yes. I won't say it's not difficult. Yeah. some people they get there very quickly. Some people. It just takes a long time. It all depends upon all the structures of the ego. And then when you look at the neuroscience, you look at the, the brain scans, for example, or the infrared technology that looks at the brain.

You find that the older you get, the more these neural networks seem like they're, I'll use the word in crusted. It's not the technical term, but they seem like they're crusty. Yeah. Old things. And they don't want to shake that crust off very easily. Those are the beliefs that we've held for 30, 40, 50 years.

So when we do a course correction. The course correction is to put us on the course towards the destination that we wanted to get to in the universe. There's no destination. The course correction is simply designed to move you in a place where. You awakened to the universe itself, it's simply moving you to the place of awareness.

There is absolutely no suffering in awareness because all suffering comes from the ego. All suffering comes from a thought, generating a feeling, and then it plays on itself. Oh, let's have fun with this. We're gonna, we're going to be in suffering for awhile. Yeah, and I know nobody's experienced.

However, the truth already knows you as you are, and it keeps beckoning you back to a source. It knows the place that you're in because it knows everything. Correct? It knows everything. So it knows where you're at and what the past is that you're on. And then there's the course correction that says, if you go a little bit, this way, you're going to be aligned to that.

And when you start getting more aligned to that suffering folds away, judgment falls away, narration falls away, and you are just like a fish in the ocean, just swimming, just moving along in the stream. It is the most powerful experience anybody ever has. And if you talk to those that have gone into that place, even that 400 bits of is talking about that amount of information coming into your senses, that changes.

And it starts to widen out. You start to see more and more Adahante who had this experience was doing Zen meditation got up and started walking out of his room and the floor begin to collapse away from him and the walls began to fall. And he was looking at all the trees and the trees began to disappear and pretty soon he was in a different state that's because now he's getting all of the information coming into him. And it took him a little while to come back to, Oh, I understand the mind gets involved again. And then more of that experience happened and more of that experience happened that neurostructural that we have that perceives all of this, we know that if the average person were to get 400 billion bytes of information simultaneously we would be paralyzed because the brain couldn't process it.

So the whole purpose of the brain, but part of the frontal part of the brain is about decision-making. It needs to have Ockham's razor, the simplest of all things to make a decision and more complicated, the

COURSE CORRECTION

more difficult the decision. So the rest of the brain is all involved in the process of filtering out everything else other than what's needed for survival.

What's needed for what's happening at the moment or what the ego is driving to get. As we let go. And they have the fMRIs, the functional, magnetic image systems that show where the brain, as it begins, as you begin to let go, it shows how the brain itself begins to shut down the electrical activity.

And when it begins to shut down all that electrical activity, more information is passing through. And the one place is in the center of the brain, in the center of the brain. That spot is lit up and that's what we called the meditation spot. And when they did, in Canada, about 15 years ago, they did a research project and they did the fMRI eye on those that were doing meditation.

And what they found was that those that were meditators for a long period of time had much less noise in the brain. And that spot was active. When they went into meditation, there was no activity except in that brain spot, it became known as the God spot after a while. But what it's telling us is the way the brain functions is it's not consciousness.

It's simply. Managing the system that we have in terms of understanding automatic functioning of the heart and the various organs and things, but who we are is not that. And the more we recognize and have an experience that this is extremely limited. There's something that's not, that's the point at which that spiritual experience takes us to the place that we want to be in the term of.

it's going home. You have the ability and every time, your mind doubts that you have the ability, pass it off, just ignore it and keep moving to that place of being aware. Go, Oh yeah. I'm aware. I'm aware of my thought. I woke up in the middle of the night. Almost awake going. I think it was, I was thinking for the last 15 or 20 minutes or maybe five hours because in my dream process, my mind was working through things and it was processing it all.

When I woke up. How many of you have had that experience? You go, I've been thinking through my entire here. No wonder. I'm exhausted. the brain actually takes more of closer that the brain actually takes more energy than the rest of the body, but by a factor of five or six, and yet more information, true information comes into the heart, then comes into the brain.

The heart receives information through its field and sends it to the brain. The brain for most people filters out. Most of that, this is love experiencing, and it's getting filtered out as we're opening up. We're opening up to love pretty soon, this functioning starts to shut down and everything runs automatically, and we live and have our being from the heart center.

We have the power; you have the power. Everybody has the power. And it's a time when it's so noisy in the world. It's really important to take time for yourself and to go inside and to spend as much time as you can doing that. And I know you have the time because you're all at home most of the time, and we may have more time.

And that's great from the perspective of you get to know who you are truthfully.