

Three States of Mind

My state of mind is important to my experience of life, therefore the state of mind that I choose is equally important to my experience of an ideal life. As always I have three choices:

1. Mindfulness is being careful.

Taking care is a solution to a problematic life.

Mindfulness is a solution to taking care of all my problems.

Mindfulness creates a full mind.

A full mind is full of solutions to a potentially problematic life.

This eventually becomes a problem because the more I focus on my problems the more problems that I have, the more solutions that I need, and the more mindful I become.

Eventually my mind becomes so full that it is difficult to discern my best choice.

Overloaded with entropy, my mind is no longer free to fulfil its purpose.

The purpose of my mind is to know the direction of my path by being of a mind to be free to follow my path.

2. Mindlessness is a duality of mindfulness.

It is a state of being where the mind is less dominant when balanced with the body & emotion.

When my conscious mind is balanced with my sub-conscious mind and is in alignment with my super-conscious mind, I connect with my inner direction and strength.

In isolation and disconnection, my conscious mind is bombarded by positive & negative choice.

Too much choice and I require mindfulness to manage it effectively.

The chaos of too much choice creates the challenge of the possibility of failure.

Mindlessness allows clearer thinking.

It allows the choice of being a mindless idiot or a mindless genius.

My genius appears when I have less mind and more heart.

3. Mindfreeness is not being free of my mind.

It is being less of a slave to my mind.

Mindfreeness is being free of the duality of mindlessness & mindfulness.

It is freeing the mind from the process of choosing by overcoming the duality that allows choice.

When my choice becomes a process it is no longer free but a slave to the process of choice.

Freedom of choice allows either my choice to be free or for me to be a slave to my choice.

Choosing mindfreeness is accepting whatever occurs as my choice.

My choice is no longer what occurs but how I relate to whatever is occurring.

Relating in the most beneficial way to whatever is occurring is not possible when I am being either mindful or mindless.

Being mindfree is the gateway to Acceptance.

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