

Article 64: Have You Had Mystical Experiences -part 2

Your brain creates thoughts, visions, and feelings about what it senses, and in that creates its awareness of the event from memory; ...but despite all neurological investigations and re-creations, mystical visions or experiencing a oneness with God or the universe, no investigator has ever shown, or can show, that such experiences exist only within your brain ...without a separate reality. These visions and experiences are in your brain and one with your brain ...but not of your brain.

And though some individuals appear to be predisposed toward and more reactive of spiritual feelings and visions and experiences, this does not indicate that these events are self-contained, ...for this only reveals that the brain's pathways and functions of these individuals are predisposed toward, sensitive to, and accepting of this reality. After all, everyone has the ability to move beyond judgment and duality ...and activate these receptive and creative spiritual pathways and experiences. Even people who proclaim that they are not religious can produce these mystical experiences and emotional responses, ...and frequently do this through meditation, dancing, and other forms of intense focus or stimulation which deprives their brain of the input it requires to maintain a sense of self, orient them in the world, and separate them from all other things.

Since a sense of separation between yourself and all other things requires constant reinforcement through input and sensations, and that without this reinforcement your mind creates or reveals a state of oneness, is it reasonable to assume that separation is normal and natural? ...or that oneness, which permits individuality, is genuine and true?

Are you lessening or weakening your sense of self within oneness? Could it be that your judgments provide constant input which maintains your false sense of separation and limitedness? Instead of quieting down to truly be yourself, it seems that when you are striving to create or maintain self through judgments, you lessen or destroy your awareness, experiences, and feelings of being one with the universe. Does your brain create your sense of oneness with God and the universe ...or withhold these personal experiences?

It seems that, without a constant input of judgments, your brain creates or reveals a sense of self *within* universal oneness ...without in any way lessening either, ...and that self within oneness –one**selfness**- is true, ...and is *not* a delusion or false creation of your brain. Rest easy and continue developing and strengthening your assurance of selfness, for this

does not create separation ...or deprive you of oneness or mystical experiences, ...but be careful of your judgments.

When faced with doubt or difficulties, withdrawing into an inner world of fantasy or illusions will not clear your mind or energize you, ...that will only increase your denial and conflicts, for that inner world, no matter the visions, feelings, and assumed awareness, does not provide mystical experiences and clarity. When doubtful or in difficulty, you need to remain free of judgments and in touch with the self and life you are truly creating and living, which true mystical experiences reveal and support, ...and never offer denial or conflict.

Just as your physical body is composed of a coalescence of molecules crowded around an essential-core or self, your life is composed of beliefs which have coalesced around a similar essential-core; ...what is that essential-core? Is it love or purpose? ...faith and devotion? ...trials and lessons? Whatever that essential-core may be, it is life itself. What is true life to you? Is it grace or salvation? ...wonder or happiness? ...experiencing or overcoming? Whatever that is, your essential-core or self, which you can visualize and experience through mystical experiences, brings your beliefs, molecules, visions, and experiences in your body and world to conscious life. Every belief, thought, attitude, emotion, word, and action in your life coalesces around and expresses your essential-core or self. In other words, as a tree is merely a tree in your world until you give it meaning and purpose, you give, and must give, meaning and purpose to your self and life ...and to everything in your world.