

Jonathan Parker's
The Secret of Letting Go

Session 8
Study Guide

Awakening the Enlightened Mind

Day Eight Overview

Judgments, concepts, and ideas of the analytical thinking mind act like filters between you and a direct awareness and experience of your soul and higher consciousness.

It's kind of amazing when you look at the human condition and realize that practically everyone has allowed themselves to fall into a trance where they are enslaved by the reactions and judgments of their own minds. It is not necessary for you to be this way.

In fact, why do people even refer to a state of being free as enlightened or awakened? We should just refer to it as natural and normal, and when a person is not in that state, we should simply acknowledge they have fallen asleep or became engaged by their own thinking.

You arrive at the natural state by becoming free of the need to be right, for judging, for analyzing and trying to figure everything out, and for the need to control.

What I am calling the Natural Mind includes many of the classical states of enlightenment such as oneness, unconditional love, contentment, satisfaction, fulfillment happiness, and deep peace, and sometimes there is a feeling of inner joy and bliss.

One of the side benefits of attaining the Natural Mind state is the absence of any "charge" on past events, people or trauma. Attaining this state frees the energy bound in the past to help you achieve your dreams.

The mind likes to constantly interpret, evaluate, analyze, and condition according to past pain, past ideas, judgments, choices, beliefs, and conclusions.

These conditioned behaviors act like filters between you and the direct experience of your soul.

When the mind is fully surrendered and at peace, free of the need to judge, that is called enlightenment or the natural state.

The path to the natural state or Natural Mind is usually attained through two modalities:

- Spiritual Practices – meditation, prayer, devotion, spiritual reading, rituals, and ceremonies
- Healing or Clearing – use of techniques to remove distortions and projections of the mind. This would include negative emotions, judgments, and other ego-based reactions. (As issues come up in daily life, you must clear or heal what arises.)

The Natural Mind can also have an effortless quality to it because the process has its own intelligence and knows exactly what you need, when you need it, how you need it, why you need it, and it guides the entire process.

All you have to do is surrender and receive what is being offered.

Start by paying attention to what is going on inside and outside of you in every moment, and be a surrendered, neutral observer.

Enter a witness state where you do not attach to what is happening around you. You notice it and maintain your peace.

This doesn't mean you don't feel what you are feeling. Feel whatever is presenting wholly and completely without judgment.

Let everything be as it is, and release all resistance to what is happening.

Meditation For Awakening the Natural Mind

Assume your meditative position and begin deepening your breath.

Imagine you are breathing in light through a portal in your 6th chakra between your eyebrows. Inhale clear golden light through your brain and exhale any tension or heaviness.

Give your body permission to release anything it is holding onto.

Your soul responds to your requests and intentions. Remember it is intelligent and knows what to do and how to do it, but you must ask.

As you speak these words from your heart, pause between each statement and let it deepen in you.

I ask for the light of the Soul, and the light of highest enlightened consciousness to merge and integrate into me.

I call to the soul's light to flow into all struggles and blocks.

I ask to be awakened to the next quantum leap in my awakening consciousness.

I ask the light presence of my Soul to merge and integrate into every atom of my being

Open your heart very deeply now... and let the source of Love and light pour that love and light into your heart...

And as it fills your heart, let it melt all the places of suffering, lack, and separation... Let it melt the struggle and pain...

Open your heart very deeply and let thw source of Love and light pour that love and light into your heart...and as it fills your heart let it melt all the places of resistance, contraction, hardness, pain, and suffering...

Keep inviting the soul's presence in deeper and deeper...

Allow yourself be washed clear of any source of pain or lack.

Feel the presence in your heart space...

Remember it is your natural state, your Natural Mind ...

Set your prayerful intention to deepen your receiving...

Relax, and open your heart to receive fully...

Notice the peacefulness... Notice the sense of well-being...

Recognize these gifts and receive the blessings deeply into you...Especially into areas where they are the most needed.

Deepen into your feelings and sensations of love and light...

Say to yourself...

I invite love to fill every atom and space within me

I feel surrounded by the soul's Love.

I give myself permission to allow the soul's love and light to continually increase within me.

I fully integrate all of this meditation into the fullness of who I am.