**THE THUNDER OF SILENCE
UNCONDITIONED MIND**
Part Three

**SELF LIMITING — EMOTIONAL PROBLEMS**

James 1

**6BUT WHEN YOU ASK, YOU MUST BELIEVE AND NOT DOUBT,**
 **because the one – who doubts – is like a wave of the sea,**
 **blown and tossed by the wind.
7That person should not expect to receive anything –
 from the lord.**
**8SUCH A PERSON IS – DOUBLE-MINDED – AND UNSTABLE –
 IN ALL THEY DO.**

(The Techniques of Creative Imagination, R.E. Davis)

**WE ARE ONLY– *SELF-LIMITED***

**MOST PEOPLE – *ARE LIMITED* –
 *BY THEIR OWN THINKING PATTERNS* -
 AND – *BY THEIR EMOTIONAL PROBLEMS*.**

**Do you blame the past?
Do you blame others – who did not understand you,
 did not treat you well,
 or did not do their part in a business relationship?
Do you blame your parents? Your teachers? Government?

Are you failure-prone, or success oriented?
Do you harbor resentment, guilt or sneaking suspicion?
Are you prejudiced, self-righteous or vain?**

***THE MEMORIES* –
 WE HAVE RECORDED ON THE SUBCONSCIOUS LEVEL -
 *MONITOR OUR THOUGHTS AND ACTIONS*.**

 **IF WE ARE LOADED – WITH NEGATIVE MEMORY PATTERNS –
WE ARE SOMEWHAT PARALYZED –
BECAUSE WE ARE AFRAID TO ACT AGAIN –
 FOR FEAR OF FAILURE.**

**REMEMBER,
*JUST AS* - THE PRESENT - IS THE EFFECT OF - PAST CAUSES,**
***SO THE FUTURE* - *WILL BE THE EFFECT -
 OF PRESENT CAUSES*.**

***MENTAL PICTURES* - *TEND TO EXTERNALIZE -
 AS* EVENTS AND EXPERIENCES,** **–
 *SO WHEN* – *WE* – *CONTROL MENTAL PICTURES*** -
 **WE – ARE ABLE TO -
 *CONTROL EXPERIENCES AND EVENTS* - *YET TO COME*.**

**Serenity Prayer**

 God grant me the **serenity**
to **accept** the things I cannot change;
**courage** to change the things I can;
and **wisdom** to know the difference.

**- Reinhold Niebuhr (1892-1971)**

**God, give us - grace -
to accept – with - serenity
the things that – cannot be changed,
courage - to change the things -
that – should be changed,
and the wisdom - to distinguish -
the one - from the other.**Original: **(1943)**

**ONE WHO IS LOVING -- WILL NOT LACK LOVE,
 ONE WHO IS PEACEFUL -- WILL NEVER BE DISTURBED.**

**No matter how others around us express,
 according to their understanding and consciousness,
if we are in tune with life --
 and in harmony with the process of nature,
 we will never want for any essential thing.**

**FEEL GRATITUDE AND THANKFULNESS -
 *THAT YOUR DESIRES* -- *ARE FULFILLED* -**
**AND YOUR DREAMS -- *ARE REALIZED*,
 EVEN BEFORE THE EVIDENCE IS BEFORE YOU.**

**THIS IS CONFIRMATION -- THAT IT IS AS GOOD AS DONE,**
**FOR YOU CANNOT BE THANKFUL --
 FOR THAT WHICH DOES NOT EXIST.**

**GRATITUDE AND THANKFULNESS -- CONFIRMS OUR FAITH.**

***DO NOT LIMIT* -- *THE CHANNELS* --
 *THROUGH WHICH* -- *YOUR GOOD FORTUNE* --
 *WILL FLOW INTO EXPRESSION*.**

***LIFE FULFILLS ITSELF*** – ***THROUGH PEOPLE****;*
 **it is the cause of all expression** –
 **AND INDIVIDUALS** – **ARE BUT CHANNELS.**

**MIND SUBSTANCE** –
 **IS WITHOUT BEGINNING AND WITHOUT END -
 *AND CAN EXPRESS*** – ***IN VARIOUS WAYS*** –
 ***THROUGHOUT ETERNITY*.**

**ONCE THE CREATIVE FLOW STARTS,
 ONCE YOU ARE** – **IN HARMONY WITH THE PROCESS,
 *FULFILLMENT*** – ***WILL BE NATURAL AND EFFORTLESS*.**

**The Redeeming Power of Imagination** – Ch. 4 (Roy Eugene Davis)

**WE DO NOT - *CREATE A CONDITION OR EXPERIENCE*,
*WE RELEASE IT - INTO MANIFESTATION* -
 *THROUGH - AN ADJUSTMENT OF ATTITUDE*.**

All possible human conditions - and all possible human experiences -
**ARE PRESENTLY AVAILABLE -
 *FOR – RECOGNITION and MANIFESTATION*.**

**One of the most welcome promises given to man - is that -**  **CREATIVE IMAGINATION, properly used,
*CAN LITERALLY* - CHANGE CIRCUMSTANCES –
 AND - REDEEM - THE PAST.**

***BY ADJUSTING MENTAL CONCEPTS*** *-* ***through controlled imagination*** -
 ***WE CAN UNDO*** - **WHAT HAS BEEN DONE** - ***AS A RESULT OF PREVIOUS UNWISE THINKING****.*

Let us be reminded that –
***AS CONSCIOUSNESS*** – **we are without name and form.**
***CONSCIOUSNESS*** – is - ***self-existent***. ***I know that I exist***.

**Moods may fluctuate, concepts may change,
 attitudes may be altered -**
***BUT I AM ALWAYS - AWARE*** - ***THAT I AM THE OBSERVER*** -
  **OF THESE CONDITIONS AND STATES.**

***If - my consciousness*** –
 **is the result of - attitudes, memories, and concepts** -
 **then - I can alter my state of consciousness** -
 **by altering attitudes, memories and concepts.**

**WE ARE - THE CENTER OF OUR ENVIRONMENT –** AND -
THE - ***ENVIRONMENT*** - ***REVOLVES AROUND US***,
 **FROM OUR - POINT OF VIEW**.
**WE ARE - THIS MOMENT -** ***WHERE WE BELONG*** -
**ACCORDING TO *OUR -
 PRESENT*** – ***STATE OF CONSCIOUSNESS***.

**THE MAJORITY OF PEOPLE IN THIS WORLD -**
  ***ARE VICTIMS* - *OF PAST DECISIONS* -
 AND - *THE MEMORIES OF PREVIOUS EXPERIENCES*.**

 **REMEMBER, *DESIRE - TEND TO - FULFILL THEMSELVES* –**

 ***unless - THEY ARE MODIFIED OR NEUTRALIZED.***

**How many** – **desires** **- of the past**,

 **long forgotten, still linger in the subconscious mind -
 awaiting the occasion of fruition?**

**HOW MANY** - ***MEMORIES*** –

**OF PREVIOUS FAILURES, REJECTIONS,
 OR PAINFUL ENCOUNTERS WITH LIFE -**
***LIE BURIED - IN THE RECESSES OF THE SUBCONSCIOUS*** -
 ***AND STILL MODIFY AND TEMPER*** -
  **OUR BEHAVIOR AND RELATIONSHIPS** – **WITH OTHERS?**

**LITTLE DOES THE AVERAGE PERSON KNOW** -
**IN WHAT EXTENT HE IS COMPELLED, OR INFLUENCED,
BY THE WEIGHT - OF MENTAL** – **EMOTIONAL CONDITIONINGS**.

**THREE CLASSIFICATIONS -
 OF - SUB-CONSCIOUS IMPRESSIONS**

**Mental impressions** - ***are usually recorded on the subconscious level*** - **along with - *all of the emotions and memory of related incidents*.**
**That is**, we take into - **the subconscious - filing system** -
**everything to which the senses are exposed - at a given moment.**

**People are easily confused -
 when their firm concepts are *challenged.*****Because -
*WE ARE NOT ACCUSTOMED TO* -
 REMAINING – OBJECTIVE - AT ALL TIMES,**

**THE FIRST CLASSIFICATION -
 of subconscious impressions - deal - with ones -**
**WE ARE – NOW - ALLOWING - into our consciousness**.

**WHAT WE ACCEPT - INTO MIND - AND FEELING-NATURE -
 NOW,** – **WILL MODIFY - *OUR LIVES* - *IN THE FUTURE***.

***This is - WHY*** - we should be -
**aware, selective, and CREATIVELY DECISIVE - AT ALL TIMES.**

**Learn to monitor - the sensory input** -
 **as you read newspapers, magazines and books**.
**Learn to discriminate** - **and allow into your mind -
 only that which is \*true and of good report.”**

**Do not be impressed** - **just because you are addressed -
 in a serious tone of voice, or with emotional impact.**
**Use intelligence - and discern the truth, always.**

***Use - CREATIVE IMAGINATION*** - ***TO INTENTIONALLY* –
 adjust attitude and states of consciousness**.

**The sooner we learn -
*THAT -* *NO EXTERNAL CAUSE* - *IS RESPONSIBLE* -
*FOR OUR EXPERIENCES IN LIFE*,
 *THE BETTER OFF WE WILL BE*.**

**THE SIMPLE FACT - IS THAT -** ***WE ARE* -
THE PRODUCT OF - *OUR OWN – STATE OF CONSCIOUSNESS*.**

**PRESENT-TIME - *MENTAL STATES* -
 *ARE DETERMINING* - *CURRENT EXPERIENCES*.**

***THESE - MENTAL STATES*** - may be -
**partially - the result of - past intentions-** and - **accepted concepts**,
 ***BUT WE NEED NOT* *- CLING TO THEM*.**

**Such - MENTAL STATES - *CAN BE REDEEMED* -
*AS A RESULT OF* -
 THE PROPER USE OF - *CREATIVE IMAGINATION*.**

***OUR CONSCIOUS DECISION* - and ability -
 to use - AWAKENED IMAGINATION -
 can save us - from misfortune, pain and suffering.**

**THE SECOND CLASSIFICATION -
Of Subconscious Impressions - Has To Do With Impressions -
*ACCEPTED IN THE PAST*, - *WHICH ARE NOW BEARING FRUIT*.**

If what is unfolding in our lives -
is acceptable - and in accord with our ideal - of what life should be for us, **then we can allow the process to continue**.

**IF NEED BE, WE CAN ALTER OUR MENTAL STATES** –
 **AND ADJUST OUR ATTITUDE,
 AND IN THIS WAY MODIFY THE EXTERNAL EVENTS.**

**A MAJOR RULE - IS NEVER –
 BECOME - *EMOTIONALLY REACTIVE* -
 TO ANY - UNWANTED EXPERIENCE.**
***TO DO SO*** - ***IS TO -*** ***ALLOW OURSELVES*** -
 ***TO BE - THE EFFECT - OF THE CONDITION.***

**If we are to be - THE MASTER OF CIRCUMSTANCES** -
**WE MUST - REMAIN OBJECTIVE** -
 and **- *IN POSITION OF COMMAND***.

***IF A PROBLEM - PERSISTS***, **– *ANALYZE* –
 *THE CONTENTS OF* - *YOUR MIND*** – **and *CONSCIOUSNESS*** **-
 *TO SEE WHAT THERE IS* - *IN YOU* - *WHICH RELATES TO IT***.

**Why are you - accepting it?**
**Why are you - allowing it -– to be a part of your experience?**

**It may be that – the present unpleasant situation** -
**is the result of** **– a previous - MENTAL CAUSE,
 or even – lack of attention to details.**

**HANDLE - MENTAL IMPRESSIONS -
 IN THIS SECOND CLASSIFICATION,**
 **NOT AS - PAST CAUSES, BUT AS – CURRENT ONES -
BECAUSE**, ***EVEN THOUGH THEY INCURRED IN THE PAST,***
 ***they are* – *CURRENT IMPRESSIONS***.

**We do not have to actually - *go into the past* - to correct causes -**which were started - then; **WE CAN HANDLE - SUCH CAUSES** -
**AS CURRENTLY EXISTING ONES**,
 ***BECAUSE - THEY ARE - CURRENTLY EXISTING.***

**THE THIRD CLASSIFICATION -**
 **OF THE SUBCONSCIOUS IMPRESSIONS -
 DEALS WITH DEEP SEATED** - **AND, THEREFORE** -
 ***UNKNOWN AT THE PRESENT, - IMPRESSIONS***.

**THEY WILL EITHER- BECOME ACTIVE IN DUE TIME,
 OR THEY WILL BE NEUTRALIZED.**

It is not necessary for us to become involved in a program of depth self-analysis in order to roam through the corridors of the unconscious.

***It has been demonstrated that - positive action -
and success in reaching goals - tends to -
DECONDITION - THE SUBCONSCIOUS NEGATIVE PATTERNS.***

***TO BLAME THE PAST -
 FOR PRESENT MISFORTUNE - IS DISASTER.
IF ONE CAN EASILY – RELEASE -
 PAST PAINFUL OR UNPLEASANT MEMORIES,*
 *SO MUCH THE BETTER*.**

***I DID NOT SAY – WE SHOULD FORGET*.
 I SUGGESTED *RELEASE****.****FORGETTING - IS REALLY SUPPRESSION.***

**WHAT IS - *SUPPRESSED IN THE MIND* – *MUST ONE DAY* – *BE BROUGHT TO THE SURFACE AND* – *CONFRONTED.***

***RELEASE, HOWEVER, MEANS THAT -******WE HAVE - THE MEMORY* –  *OF PAST EXPERIENCES -******BUT WITHOUT* – *THE EMOTIONAL CHARGE - ATTENDING THEM.***

*In other words,* ***such memories*** *-* ***comprise information -
 which we can use, but without compelling power.***

**WE MAY NEVER UNDERSTAND –
 WHY OTHERS TREATED US UNFAIRLY,
 OR – WHY WE “DIDN’T GET THE BREAKS,” -
BUT – WE *CAN* –
 REMOVE THE PAIN FROM THE MEMORY BANK.**
***WE HAVE TO - WANT TO DO IT*** *-* ***AND BE WILLING TO GO THROUGH THE PROCESS*** *-* ***IF WE EXPECT* –  *TO BE FREE FROM -
 THE COMPULSIONS* – *OF THE SUBCONSCIOUS*.**

**OF COURSE,
WE NEED NOT USE THE TECHNIQUE OF CREATIVE REVISION -
*IF WE CAN*, FROM A MATURE LEVEL OF UNDERSTANDING,
 ACCEPT THE FACT - THAT OUR PAST EXPERIENCES -
 WERE THE RESULT OF – OUR STATE OF CONSCIOUSNESS -
 AND THAT – NO ONE – WAS REALLY TO BLAME.**

***UNDERSTANDING*, *FORGIVENESS* AND *RELEASE* -
 CAN BE – ALMOST IMMEDIATE -**
**IF WE ARE WILLING –
 TO ASSUME - A RESPONSIBLE ATTITUDE.**

**On a day-to-day basis,**
***IF NEED BE***, **we can use the process of *- CREATIVE REVISION***.

In the evening, scan the events of the day -
and become aware of mistakes made, or of rejections and failures.
Resolve not to duplicate mistakes and, if necessary,
revise the episodes of rejection and failure.

By this process we can clear mind and consciousness on a daily basis **–** and not accumulate destructive and limiting subconscious patterns.

***AFTER REVIEWING THE DAY, REVISE IT – IN IMAGINATION -
 AND – RELIVE IT - AS YOU WISH IT HAD BEEN.
THEN SLEEP THE NIGHT THROUGH -
 AND AWAKEN REFRESHED AND RENEWED.***

**Pay attention -
 to the state of mind you maintain - as you go to sleep**,
for this is what we take into the subconscious levels.

Our pre-sleep states - tend to become permanent in consciousness,
as well as modify our sleeping experience.
It is well - to spend a few minutes prior to sleep -
in reading inspirational material - or in meditation.

**We are then - not likely to take the stresses of the day -**
 **into - a realm - of the subconscious**.

**We can use the technique of - *CREATIVE REVISION* -**
***to rid ourselves of undesirable*** -
**mental-emotional characteristics** -
 we may have been nurturing for years.

**Or, we can use it - along with *- CREATIVE IMAGINATION* -**
to see ourselves as being free from restricting mental-emotional conditions.

We can literally be born again, over and over,
into ever more expanded states of consciousness -
once we determine to take the initiative.

We find, through practice, that the journey into consciousness -
is far more thrilling - than any journey we might take -
in the surface world alone.

**THE ONLY WAY - OUT OF A PROBLEM -
 IS - INTO THE SOLUTION.**