

The Bay of Your Mind — Contemplation

A good way to understand your individual life is to think of yourself as a *bay of consciousness*. *Rivers of your lower nature* come into the bay and *tides from your higher nature* come into the bay from the ocean.

How to Practice

Witness the movement, the continuums, the planes of thoughts and feelings as they move by your awareness. See them as rivers and tides. Let them come and go. Don't stop them. Don't avoid them. Let them move. You are a spectator, a witness, not a director.

As you witness the bay of your consciousness, you may see one of these deep, profound *rivers of thought and feeling*: grief, fear, anger, shame, guilt, arrogance or desire. Witness your rivers. Normally you will only witness one river at a time.

You may witness the *tides from the ocean of consciousness* coming into your bay: love, peace, security, creative intelligence, empowerment, strength, goodness, vitality, serenity, knowledge of essence, bliss, ecstasy or delight. Witness patiently.

Benefits

By being able to witness these inner dynamics you will grow in being able to understand and work with all the information and experiences that pour in upon you every day. You will also gain greater insight as to how your life energy, how your consciousness, is moving every day through deep-seated and powerful continuums of your thought and feeling.