

***Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens. Carl Jung***

## **Bamboo Sticks for the mind**

When I am in the midst of an unconscious experience I get what I am given, my mind is in the driver's seat constantly ready to react to whatever happens next. When I find myself in the middle of circumstances such as these I often find it difficult to break the reactive cycle that I am in. But no matter what the circumstances or experience I always know on some level that I have the choice to be conscious or to remain unconscious. So I can always choose to do things, instigate habits and routines that will encourage conscious awareness. I can choose to proactively put my mind to work focusing on what I want to take and receive from each experience, this way my mind is serving my higher purpose of conscious co-creation rather being allowed to run loose and become the master of all my experiences. So it becomes a choice between consciousness or unconsciousness. I can choose to allow my mind to be the master or I can set about putting it to work and making good use of this amazing tool that can truly help us to have everything that we want if and when we give it focus. This idea of consciously creating habits that utilize the mind as a powerful and purposeful tool reminds me of a little story about elephant and their restless trunks:

In villages in India, elephants are sometimes taken in religious processions through the streets to the temple. The streets are crooked and narrow, lined on either side with fruit and vegetable stalls. Along comes the elephant with his restless trunk, and in one sinuous motion, it grabs a whole bunch of bananas. He opens his cavernous mouth and tosses the bananas in - stalk and all. From the next stall he picks up a coconut and tosses it in after the bananas.

No threats or promises can make this restless trunk settle down. But the wise mahout will give it a short bamboo stick to hold. Then the elephant will walk along proudly holding his bamboo stick in front like a drum major with a baton. He doesn't steal bananas and coconuts now, because his trunk has something to hold onto. The mind is the same way. We keep it from straying into all kinds of situations if you just give it something to hold onto. (Eknath Easwaran)

***Give your "trunk" something to hold onto early each day in the form of habitual conscious building routines (writing, movements, meditation, breathing, visualization...). Get clear about what you want to take out of each experience. Write your highest intentions for each day before moving into your day and your highest intentions will become the bamboo stick that your mind will carry for the rest of the day.***