

Chapter One



The Fascinating Truth about the Wise Mind

It's in every one of us

To be wise.

Find your heart, open up both your eyes.

We could all know everything without ever knowing why.

It's in every one of us by and by.

—David Pomeranz, *"It's in Every One of Us"*

You are a being of true magnificence and power, and you can resolve and transform the challenges of your life through the brilliance of your own Wise Mind. You can move from the illusion of darkness to the reality of light, from your limited self to your essence. Through your Wise Mind and the amazing process of transformation, you can set yourself free.

In this book you'll learn how to access your Wise Mind and its revelations. You'll learn the Wise Mind Process, an original and astoundingly simple yet powerful way to resolve your challenges moment by moment. The process is filled with enlightenment and power. You'll learn ways to transform your life so that you can operate on the highest levels.

Through this altered perception, you can handle fears and negative thoughts, relationships, sadness, anger, stress, losses, self-deprecation—everything that you perceive to

limit you—and you can experience huge shifts in well-being, health, work, relationships, and spiritual growth. You'll learn specific ways to release obstacles so that you can experience love, wisdom, compassion, and peace and find new knowledge and spiritual wisdom.

You Don't Have to Spend Years Working Things Out

Everyone in one way or another is looking for a way to overcome the challenges of being human. Almost everyone subscribes to realities of limitation, be it pain in your body, economic or relationship challenges, or old traumas or abuses. Whatever you may perceive, everything in your life presents an opportunity. All of it contains the seeds of dynamic transformation. It means that you don't have to spend years working things out. Through the power of your Wise Mind, you can make dynamic shifts to lift yourself into new ways of being. You can step into advanced levels of your life.

What if you could expand your awareness so beautifully that you might even perceive that you made everything up? You as universal consciousness have creative power. When you step into an expanded understanding, you may see that there is a reality far more potent than your old perceptions of your life. This potent reality is the expanded recognition of your magnificence, love, and power. From this vantage point, what you tell yourself about “what happened to you” is not necessarily the highest truth.

The Wise Mind Presents Itself

The Wise Mind has brilliant transformational power. If you ask the question, “What would my Wise Mind tell me about this?” you can open the door to great revelations and shifts in every part of life.

I regularly ask people, “What would your Wise Mind tell you about that?” Their answers are often fascinating. People from all walks of life and of all ages bring forth wisdom about their life situations that help them to shift their habits, succeed in their careers, remove old blockages, transform their relationships, and dissolve their anger and fear.

What Exactly Is the Wise Mind?

In essence, the Wise Mind is the eternal wisdom of your soul, a part of the infinite wisdom of the Universe. It is the part of you that knows. My eighty-four year old Aunt Phyllis said to me, “I know what the Wise Mind is. My Wise Mind is God sending me my right thoughts.” She is listening more and more to these messages, and true transformation is taking place in her life.

We travel far and wide to find answers. We visit shamans and shrines, teachers and sages, and yet we have in the inner terrain of consciousness a vast network of truth, a universal system that exists as a microcosm within us ready to let us know what is the greatest path to follow, the wisest ways to look at our lives, and the most effective ways to transform ourselves. Not that there is

anything wrong with visiting outer sources. This is often important and necessary. Yet there is a place of truth and knowing in the inner depths of being that we can't deny.

The Wise Mind is brilliant, but not in the same way as the intellect. The Wise Mind is brilliant because its wisdom transcends ordinary awareness and shines like a million stars. It is all-knowing divine energy, alive in us since the beginning of time.

The Wise Mind, also called the superconscious state, is a natural part of the self, as natural as love, and when we come into contact with it, we are given a tool that shifts the very core of our life. It's the crown jewel of states of consciousness, and it is the remedy for all the issues and difficulties of life. The Wise Mind, along with its brothers and sisters, love, peace, light, forgiveness, bliss, healing, and enlightenment, are all forms of divine experience. When we work with the Wise Mind, we tap in to the vast pool of the superconscious system of the Universe, our innate resource for becoming enlightened and transformed.

A Major Shift for Denise

Denise had broken her foot, and after three months she was still on crutches. She wondered why it was taking so long. At one point she even began to cry, as she said, "I miss my body. I miss running and doing yoga, going barefoot, walking down the hall." Her Wise Mind spoke to her and said:

Everything's okay. Everything is as it should be. There is no problem. Don't worry. Be gentle with yourself. All things, objects, people are in the exact proper order. There is

nothing out of place here, and you were sent no curve ball. This is part of your expansion. You will walk again with great ease—and a little lighter as well. Move with stillness.

Denise imagined herself standing, doing yoga with a new lightness about her, understanding that her broken foot was a blessing and a teacher. She now had a different way of expressing her energy, a movement in stillness.

She then had an image of a pond with lotus blossoms. The wind made very calm ripples across the pond. She was sitting on the edge of the shore of this garden pond, surrounded by willow trees and pastel flowers, perched on a rock looking at the pond and the pink lotuses. The sun was filtering through and reflecting off the pond. There was peace, enormous peace. Her Wise Mind spoke again:

This is who you really are. At the bottom of everything, this is who you are. You're enveloped in this warmth and beauty, the sky is blue, and the flowers are gently pink. Seeing this, your foot is healed. You remember the message: "Move with stillness."

Change Is Different from Transformation

Like Denise, you can learn through your Wise Mind not to change, but to transform. Many books have been written about how to change your life. But change is something different from transformation. Change is something done over time, piece by piece. It assumes that something is not perfect, though everything in your world has its own perfection. Transformation, however, is a dynamic alteration of the perspectives from which you live. It's about transforming your ways of seeing life on an

ongoing basis. Through your Wise Mind, you experience life from an altered dimension. You move to a greater reality, into another level of being, and from this expanded space, your issues transform. Transformation is seeing the perfection at the heart of all that is.

My Path to the Wise Mind

I began to understand the miraculous transformational qualities of the Wise Mind in the seventies when I learned yoga and meditation. In my old perceived reality, I needed both desperately, having been a high school English teacher in a school that had succumbed to the riots of the late sixties. I needed to relax, to find a place to rest my head. I perceived great turmoil in my life—with relationship, family, and my work. When yoga and meditation showed me a new way of being and I learned how to become the witness of my mind and tap in to my higher consciousness states, I changed every part of my life—from my work to my way of eating and living. Whenever I felt the call, I tuned my dial to the brilliant Wise Mind and asked how I might understand the truth of any situation in my life. I always received answers—some brief, some more lengthy—and I was eternally grateful that I had found a way to step out of the perceived quicksand of old patterns and thoughts and move into another level of self. You'll read about some of these deeper experiences in this book. These early days of discovering the vast resources of the higher mind were revelations to me through what I perceived as challenges of all kinds. My Wise Mind guided me to transform my

understanding of them. My Wise Mind spoke to me either in brief phrases or at length in paragraphs or pages, and it became the catalyst for me to shift the very ground of my being. Sometimes I'd just listen; other times I'd get a microphone and recorder or just a pen and paper (and now a computer), and my Wise Mind would give me an alternative view of my challenges. This way, it always transformed me.

I learned to look at the images inside my mind and consciousness as well, and I created a form of inner healing that helped people to shift from their deepest troubles to their highest selves. I began to work with people on every issue of human difficulty, assisting them to alter their perception. I developed the Wise Mind Process, which you'll read about here. It's a process that can help you transform every issue of your life.

The material in the Wise Mind Process and in the rest of this book is based on yoga philosophy, Eastern psychology, metaphysics, and modern inner technologies of transformation. The stories you'll read come from thousands of hours of assisting people with their processes of transformation—listening to them and guiding them to move from darkness into light.

This book is for you and for your path with the deepest wishes that your own Wise Mind will guide you on the great path of transformation and healing.

What You'll Find in This Book

Keep reading to find much more about the Wise Mind and how it can help you to make breakthroughs in your life. Here are some of the places we'll go as you read on:

- Understand more about illusion and reality
- Recognize the various qualities of the Wise Mind
- Make contact with your Wise Mind
- Find out what your Wise Mind might tell you, powerful truths that will guide you to release your issues and transform your consciousness and your life
- Learn the powerful Wise Mind Process and how it can help you to transform the challenges of your life simply and deeply, as well as inspire you to move into states of greater happiness, creativity, and peace
- Read many stories of transformation through the Wise Mind and the Wise Mind Process
- Learn how to create your own inner Wise Mind workshop
- Use meditations and scripts to illuminate your life

Seek the Great Inner Force

When you experience yourself as separate from the essence of all life, you may have feelings and experiences that reinforce this separation. When you're in tune, you may experience love, light, and wisdom. Transformation is about renewing the connection with your source. When

you ask the Wise Mind to assist you to mend the rift, you come back to wisdom, love, and peace.

The lyrical and mystical poet Rumi consistently invited us to look inside:

There is a force within that gives you life—
Seek that.

In your body there lies a priceless jewel—
Seek that. . . .

If you are in search of the greatest treasure,
don't look outside.

Look within, and seek That.¹

This book is for you and for your path with the deepest wishes that your own Wise Mind will guide you on the great path of transformation. As you read on, I hope you will find a place to rest your head and your heart also. I hope the Wise Mind Process will help you to shine the light on anything that is ready for transformation in your life. You can always look to the Wise Mind and the eternal wisdom of your soul.