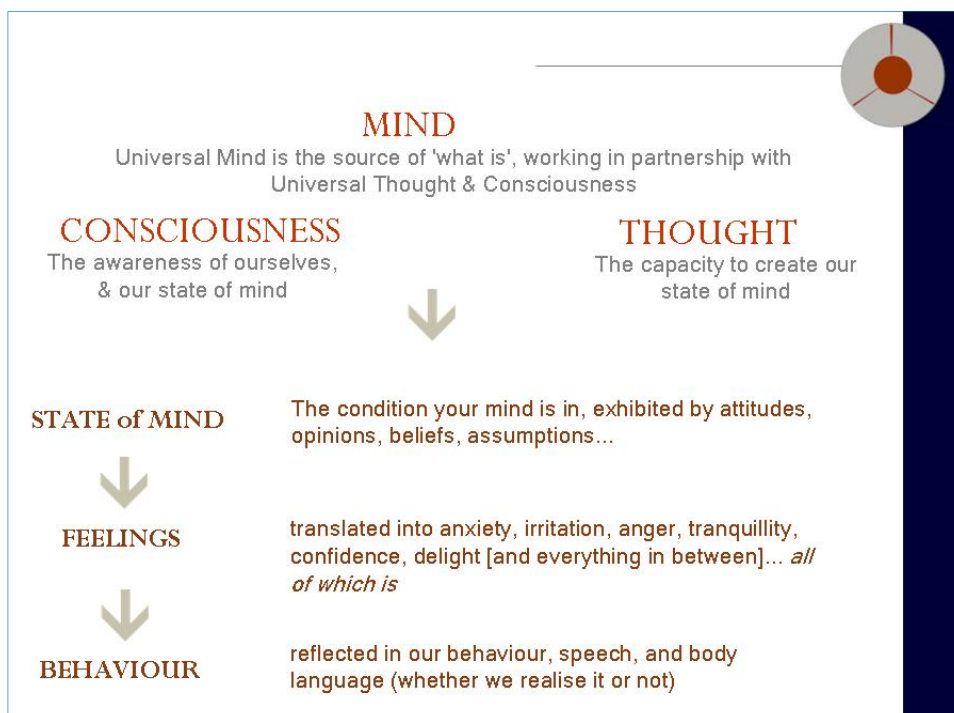


Open, or Closed?

Isn't it interesting to notice that we are mostly very aware of someone else's closedness [or openness, for that matter]? When it comes to ourselves however, awareness of being closed is a different matter. That may puzzle us... or we may view it with sheer amazement! Before we explore the nature of closed and open, let's look at an aspect that most people have little understanding about: all human being think!

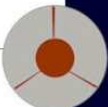
This human capacity is so natural that we literally forget we are doing it. We are more able to see others' judgements, opinions and views of life before we see our own [if at all]. For PiB, this capacity to create judgements, opinions, views, etc. in our minds, is the PRINCIPLE OF THOUGHT.

The following Figure outlines 3 Principles: one being the PRINCIPLE OF THOUGHT, working in partnership to create our personal experience of life. The PRINCIPLE OF CONSCIOUSNESS, on the other hand, is our capacity to experience our life and, simultaneously, be self-aware of our state of mind. MIND, the final Principle, is an intelligence that is found in all LIFE.




When we are closed, we are not aware of the impact of our state of mind and the thinking that we have at the time. We tend to feel misunderstood, affronted, accused, stupid, ignorant... the list of feelings is endless. Feeling this way, we tend to be defensive, angry, annoyed, argumentative, ashamed... and again, our responses can constitute a very long list.

In the following Figure we see that in this state of mind, we are taking life very personally - our emotions simply a barometer to the state of mind that we have at the time. However, the tendency to take life personally means that we may be closed to new ideas and suggestions. Additionally, our listening is significantly diminished. We are not CONSCIOUS or self-aware that our thinking is closing us down. Although, when the event is past, we usually become self-aware or CONSCIOUS enough to know that we were not listening well or that we were closed to the feedback we were receiving.

The Insecure State of Mind: Life Taken Personally 

Feeling closed, or listening to feedback

<p>PRINCIPLE OF MIND the formless intelligent energy in LIFE</p> <p>PRINCIPLE OF CONSCIOUSNESS Our capacity to experience life, and understand <u>how</u> we create our experience</p> <p>PRINCIPLE OF THOUGHT Our capacity to create 'what we think'</p>	<ul style="list-style-type: none"> • Give me a break! You're telling me... • Sorry to break in, but... • No, no, no! This is how... • Bullshit! I... • Oh I thought, yes, but... • Whatever! • OK. [He didn't say that...] • He doesn't get it...
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What I think is the way life IS

...not knowing that our thinking is creating our experience

The PRINCIPLE OF CONSCIOUSNESS is our capacity to see that we think: an awareness of our state of mind. This seeing is an opportunity to respond differently in that moment, rather than reacting from a closed state of mind. Moreover, our capacity to access our own commonsense is diminished and the potential for sound actions and decisions. Consciousness is the gift of self-awareness and new possibility. ■ ■