

Peace Or Pain?

We're not in the world. The world is in us. Our creation and experience of the world is based entirely on our choices. Everything we experience is a result of our choosing it, whether consciously or unconsciously. Although it appears we have many choices, the underlying choice we always face is whether to choose the ego part of our mind that is based on separation, suffering and illusion, or the part of our mind that is One with our Creator. Oneness is our True Reality, which we can access through the Neutral Observer within us.

All the other levels of our mind – beliefs, thoughts, emotions, and our physical experience – are the levels of effect. These levels display the results of our choices. To change our lives from suffering to peace, we choose the part of our mind that IS peace.

See the next pages for more information.

Choice creates Belief creates Thought creates Emotion creates Perception



The Power Of Choice

Our Creator gave us free will and the power of unlimited creativity. We create by using our power of choice. Nothing happens to us without us choosing it, either consciously or unconsciously. We have never been victims of anything except our own choices.

The Five Levels Of The Mind And How We Create Our Lives

At the core level of the mind is choice. This is the decision maker, our free will to choose. Basically, we always have two choices. We can choose to identify with one of two thought systems:

1. The ego part of our mind that is dreaming we are separate from our Creator, from each other, and from love. Guilt and suffering are always the result of this choice.

or

2. Our Real Mind – our True Reality of One Self, united with our Creator, each other, and all of Creation. This choice always brings peace, joy, love, unity and light.

This core, decision-making level of our mind is the only place within us that has the power of causation. Everything else we experience is the effect of the decision we make in this core place of choice. When we choose the ego part of our mind, we dream we are separate from our Creator and each other. Consequently, in the dream (our physical lives) we are always looking for love, acceptance and approval on the outside because the ego's whole existence is based on the false premise that we are separate from the Source of love and must therefore try to get it from the outside in some way.

If we choose the ego, this choice automatically creates the second level of the linear mind – our belief system (which is based on separation). Our belief system becomes the “software” that creates all the other levels of our physical (dream) experience. The third level of the mind is thoughts, which are generated by our beliefs in the previous level. The fourth level – our emotions – emerges from our thoughts.

The fifth and densest level of the linear mind is the physical perceptual world. This level is the manifestation of our choices, beliefs, thoughts, and emotions generated in the previous levels of the mind. All the levels together determine your particular manifestation of a body and its conditions, relationships, economics, and your entire experience of your life. It is all a multi-level dream created from choosing a belief in separation from our Creator, the Source of love.

We Have A Choice Between Peace And Suffering

Essentially, the mind has two thought systems that are mutually exclusive: the dreaming ego's thought system of perpetual suffering, always trying to find love, which it believes is always outside itself, or the thought system of Oneness, unity, peace and infinite, all-inclusive love. When you choose one thought system, the other one fades from your awareness because they are based on opposite premises.

We're all too familiar with the ego mind. It's the chattering voice we hear all day long, the place of linear thinking based on time and separation. The ego isn't capable of love and it's entire range of

expression is from suspiciousness to viciousness. This thought system is based on a belief and an investment in being separate from our Creator and our brothers and sisters.

The Real Mind is empty of the noise and busyness of the ego mind. Instead of linear thinking, our Creator communicates with us directly through knowingness, light, and love. This realm of pure positive energy is vast and silent, calm, peaceful, and joyful. We can access our Real Mind by bringing awareness to the “gap” between thoughts, where the Neutral Observer exists. The Neutral Observer is a bridge between the two thought systems of our mind. Observing from the Neutral Observer while calling on the Light within is a huge step toward awakening from the dream of suffering. Making this conscious choice for what is Real and True opens the door for releasing our suffering while we are dreaming the dream.

You can tell which thought system you are operating from by how you feel. If you feel constricted, anxious, fearful or even mildly upset, you have chosen the ego’s thought system. The ego believes it is entirely alone and disconnected from love. Innately we know this thought system is false, so we always feel “off” in some way when we’ve chosen it.

On the other hand, the first thing that we become aware of when we choose our Real Mind by neutrally observing the “gap” between thoughts, is relief. This is because we immediately recognize we are aligned with Truth. As we continue choosing this “gap,” our perception of relief grows and becomes peace, love, expansiveness, freedom, excitement, joy, bliss and beyond.

Choosing Peace And Healing

When you notice you are feeling upset, whether it is mild or extreme, bring awareness to your thoughts. If you’re feeling negativity, your thoughts will always be generated from a thought system based on the illusion of being separate from love and will follow one of the following themes:

- guilt
- attack, blame, judgment or resistance
- limitation and lack, victimization
- inadequacy (inferiority) or superiority

When you notice this, you can consciously choose peace instead.

In the Oneness that we all are in Truth, we are One Being in the Heart of our Creator, awake, aware, connected with All, peaceful, loving and expanding. This Truth of who we really are that has never been asleep and has never left our Creator, goes by many names in different spiritual traditions. The term that best fits for me is “Christ Consciousness” or “Christ Light,” which I will use here. You may know it by another name. Please use whatever name or word you relate to.

When you notice you are feeling upset, you can call on the Light within you. Ask this Light to observe with you as you witness whatever is going on within you. You can do this with any words that are meaningful for you. An example might be, “Light, please show me how you see this.” Be willing to let go of your ideas about how a situation or person in your life should be. Then get quiet and observe your thoughts neutrally, with the Light. Just watch the thoughts without getting involved in them. You’ll find that your thoughts will slow down when you do this. Then look for a “gap” between the thoughts.

Bring your attention into this space between thoughts and notice what you feel.

If you do this sincerely, you will immediately experience a positive feeling such as relief, peace, or joy, when you feel into the “gap.” This is the place where you can access your Real Mind where we are all joined with our Creator, the Source of love. Within the dream we experience this as healing.

Our persona, or self-concept in the dream is made up of an energy system created from our beliefs, thoughts, emotions, physical bodies and physical experience. Deeper than the persona is the Truth of who we are, as our Creator made us. In our Real Mind we inherently know that when we access this place of peace between thoughts, immediate healing is possible. In the dream, healing is the equivalent of releasing illusions that we think keep us separate from the Source of love.

Experiencing the peace in this “gap” is actually the ONLY Cause of true healing and we inherently know this. Therefore when you consciously connect with the peaceful “gap” between thoughts, whatever is most ready to be healed and released will come into your awareness. You may experience this as physical constriction, tightness in your body, unpleasant emotions, uncomfortable memories or thoughts, or any variety of ways.

This uncomfortable manifestation, however it occurs, is showing you what is most ready to be healed. To heal and release it, simply continue to observe it neutrally. Just watch it from the Neutral Observer within, while calling on the Light to watch with you. As you do this, the uncomfortable sensation will shift in some way. It might get stronger (which means deeper levels are coming up for healing), it might lessen (which means what is available to be released at the moment has released), or it might shift to another location in your body or an entirely different sensation. Whatever you're aware of, just let it happen and observe it with the Light.

To heal a specific issue, just think of the issue. Then watch for uncomfortable thoughts, feelings and sensations, and observe them in the same way. Allow all emotions and thoughts to just be there without labeling or judging them as “good” or “bad.” By neutrally observing them with the Light, you can heal and release your suffering around any issue, including physical ailments, relationship, financial, emotional, mental and spiritual issues.

Healing usually occurs in layers. I highly recommend doing this process on a daily basis to keep the momentum going. You will release suffering layer by layer. Gradually you will begin to notice your state of mind shifting to a much more peaceful state!

In a [WellBeing Alignment Session](#) I can coach you through this process.

For lots of free information and self-help tools, I invite you to come visit me here:
WellBeingAlignment.com

All love and blessings to you!
Kai Hu