

## Wake Up! Enough of "Them"

by Mary Reed

(YouTube Video Transcript)

Hi Everyone. In light of recent events that have been happening in our world, I decided it's time for me to make a video to offer my thoughts and observations on some paths that can lead to healing. And I don't mean paths that lead to something that just feels good. I mean paths that lead to genuine deep meaningful healing. Now I will warn you with this video my intention is to literally turn your world inside out; to lead you to a very powerful and profound insight and understanding. This may seem kind of dizzying and it may make your head hurt and you may feel deeply ponderous. That's alright; just hang in there with it because I promise you the awakening is very much worth it. I'll start with two lines from a recent Facebook post that I did after events in Charlottesville and that I said something like, "the sheets are off for all of us now and we are looking at each other face-to-face. So when someone looks at you, what do you want them to see: the problem or the answer."

Now while on the surface that may seem like common sense and a very nice thing to think about, I mean those lines much more deeply than people think and it's related to the teaching of Oneness. For those of you who don't know, I'm going to give you some examples of what the concept of Oneness means, according to me. So let's say, wherever you are, look at a person somewhere around you. If you can't find a person, just find a thing, it doesn't matter, an inanimate object, and think about where you see that person or thing. Where do you experience them. Now you probably think you experience them over there, but, in fact, the only place that you experience them, the only place you see them, is inside you—within you. It can't be any other way. Your brain is taking this reflection of light and it's translating it through your nervous system; translating all these patterns and whatever and coming out with a translation of statistics, right? Some colors and shapes and location all these things that you are going to assign to that person or object. But all of that happened inside you. There's no other physical experience other than what's happening within you. So let's say that the lights suddenly go out and now you can't see that person or thing. You have no internal awareness of that thing except in memory but even that mental process is only inside you. If that person calls out, the hearing that happens, the physical processing is still only inside you, you see. So there's nothing going on except inside you.

To let that sink in a little bit further, I'll give you a few more examples. Let's say that you eat a carrot. When you put that carrot in your mouth, the taste of the carrot is an experience inside you. It's not inside the carrot. You can't experience the taste of the carrot that's in the ground, because your taste buds are not having an internal experience of it. It's all happening inside you. If a baby puts it hand on your hand, the softness that you feel is coming from sensations on your own skin. It's not within the baby. And so, if the baby is over there and you're not touching the baby, you don't have an experience of the softness. You may have a memory of it, but again, that mental

process is only within you. If I tell you about a car crash that I saw, you might immediately have empathy towards the people involved, but you had no empathy towards those car crash victims until you had a mental awareness of it or a hearing about it. It's still happening only inside you, you see. So you can only have an internal awareness of life, with being at one with life. It is Oneness that allows us to experience life.

It's the same thing with what we think about what we experience, right? All of the mental processing going on is only within us. Our thoughts, our feelings, our beliefs about what we're seeing, about what we're experiencing, it's all a mental experience inside of us. Understanding that, then think about what's happening when we see or hear somebody else engaging in conflict or fear or hatred. Our experience of their hatred, we're only experiencing within us. We're also only experiencing the anger and the sadness and the blame and everything else within us. But it's all within us. So our experience of others' hatred is simply an experience playing out inside of us. That's a very, very important thing to think about. This same thing is true when we see people acting out in kindness or compassion or concern or whatever. It's still all playing out just within us and our feelings of feeling good and all this is still just playing out within us. So when we experience our world outside of us, it's just the result of a physical processing of the collective energies that we're in and what those energies look like, smell like, taste like, feel like, etc., are the result of patterns of the energies that are in the collective mind. That's it. Because we're all seeing the exact same kind of shape of chair, etc. Whether it's within me or within you, that chair is going to look the same shape because we're sharing the collective mind patterns. But the mental processing that's happening is a result of our own internal patterns, our own mental patterns that are going on inside of us. And that tells us what we think, feel or believe about what we're experiencing physically. So you can see, what you experience and feel about the world out there is all a reflection of the world in here. And you, the output that you have, your expression, the outcome of your own mental processing, is a reflection to and for the world.

Now the most important thing to understand here is your mental processing part. And so why is that important? It's important because whatever people see or feel or hear from you becomes their own internal awareness experience. And then they will interpret it according to their own mental processing patterns. And so, you are giving them an opportunity. You're showing them what's possible. You can either show them what already exists in their mental patterns, or you can show them what is possible to shift to, right? You can be that expression of change. Gandhi's words, "Be the change you wish to see in the world," that's what this means.

So now that you understand that, I have a few questions I want you to consider. Number one: What am I intentionally engaging in within myself and why? If you're constantly watching or reading news reports about conflict, fear and hatred out there, why do you seek the experience of this constant awareness of conflict, fear and hatred within yourself? Here's where you need to be really honest about your motivations because, whatever you are intentionally bringing into your experience is yours to process and no one else's. You brought that into your experience for a reason, which leads to the next

question: What are you aiming for with your mental process? Are you aiming to more deeply entrench something you already think, feel or believe, or are you seeking to more deeply learn and understand and see things in a new way within. Are you aiming to process your own fear or trust? Are you aiming to process your own judgment or compassion and so on. Again.,you've got to be very honest here and consider both why and how you're using any particular experience. So you've got to dig deep and examine what outcomes you're seeking for yourself, which in turn, will then be what you have to offer to others. Which then, leads to the last question, which is, What am I aiming to reflect to others? Are you aiming to offer reflection you think is helpful? What others do with the reflection they see is not your concern. Your responsibility is the awareness of your offering intention.

So once this understanding of Oneness sinks deeply into your heart, you'll be able to see that by being hyper aware of your true intentions, you can discipline yourself to direct your mental processing consistently towards compassion and understanding and healing within yourself. And then that becomes consistently the reflection that you offer of compassion and understanding and healing for others. So at this time in our world, for most people, this is the level of understanding that they need. Later, when you recognize very easily this living as oneness, you'll be able to see that you've never been any aspects of the physical aspects of the body or the mental aspects of the mind; that you have always been, in fact, the love that is Oneness itself. But that's another video. First things first.

So I hope this has been helpful. I thank you so much for your time listening to this and your consideration and taking this in. ... Namaste.