

INTRODUCTION II

THE SEVEN POWERS, POWER SEEDS AND THE MAGIC MINUTE

The following chapters lay out the Seven Powers on which the Ecology of the Soul is based. Each power has seven Meditations, Moods, or Modes of Awareness, frameworks to transform your consciousness for new thinking, new awareness and new actions. Some of them appear in more than one power; in each case the emphasis is specific to that power, but as the picture builds you see how they are all aspects of the same thing – your consciousness. By focusing on these separate aspects of the power, you gain a deep understanding of how it works within and outside you, and as your awareness re-awakens, you find yourself going deeper and deeper through layers of insight. These are powerful concepts, and you can't expect to plumb their depths all at once. We are creating a way of life here, after all. Discover that these powers are already within you. The way to re-connect to them and bring them into your daily life is blindingly simple. All you have to do is think about them.

ONE: THE POWER OF CONNECTION

(Community, communality, connectedness)

Giving

Sharing

Taking

Trust

The Abundance Mentality

Ecosystems – your spiritual, mental community

Home

TWO: THE POWER OF FOCUS

Accuracy
Compartmentalisation
Concentration
Craftsmanship
Determination
Inner mindfulness
Outer mindfulness

THREE: THE POWER OF COMMUNICATION

Saying (persuading)
Listening (hearing)
Open-mindedness
Seeing others
Seeing your Self in yourself
Seeing your vision
Seeing the Beauty

FOUR: THE POWER OF LOVE

Commitment
Excitement
Ownership
Passion
Spirit
Energy
Responsibility

FIVE: THE POWER OF ENDURANCE

Acceptance
Persistence (Doggedness)
Faith
Hope
Optimism
Serenity

Stillness

SIX: THE POWER OF CREATIVITY

Reproduction

Joy

Enthusiasm

Imagination

Transformation

Self Creation

World Creation

SEVEN: THE POWER OF NATURE

Aggression

Centredness

Dispassion – detachment

Inwardness

Resilience

Self management

Silence

The practical stuff comes at the end of each Chapter, in the form of mini-meditations or ‘Power Seeds’ of thought that you plant in your mind. (We also go through the Salute to the Sun and the Chakras.) All it needs to start is a single minute in your day. I’m calling it your ‘Magic Minute’, because it’s 60 silent and powerful seconds you devote entirely and exclusively to transforming yourself – your Self. Those 60 seconds will probably turn into 120, for the simple reason that as soon as you start trying to control your mind and make it do what you want, it refuses to lie down and be quiet and jumps up and runs about like a naughty child. You have to find a minute of silence, in a state of mind that is entirely inward looking. What you don’t have to do is lock yourself away from the world in a specially prepared meditation

room, with a cushioned floor, low lights, joss sticks and sound recordings of whales or waves.

See your mind as a garden, or at least a patch of fertile soil. Thoughts and feelings grow in it, like plants. Currently it's a riot of tangled and intertwined mental vegetation; much of it good and useful – and most of it neither good nor useful.

Plant Power Seeds to grow a new garden of consciousness – Soul Consciousness – and change your actions. They are a bit like the Zen 'kōan' (eg 'the sound of one hand clapping') that kick your mind out of gear and raise the level of your awareness. You can't be – or act – greedy, angry, jealous, anxious, depressed or hostile when you're Soul Conscious – alive to the knowledge of your Self as an infinitesimal pinpoint of conscient light and life, burning steadily without consuming itself, giving off the vibration, the spiritual energy, of peace, power and love.

When you drive your activity from that level, your actions and perceptions are more aligned with your True Self. As you become more and more aware of the true nature of that True Self, it becomes clear which thoughts and attitudes arise from the mistaken sense of Self – the 'body consciousness' that identifies your Self with your physical body, appearance, roles, relationships and material circumstances. You are not your body. You live in the centre of your body's forehead and use your brain to drive your body.

Identify negative and counter-productive thoughts and weed them out as if you were preparing your plot to plant a new crop – which in a way, is exactly what you are doing. But you'll find that, like the most persistent of weeds, those thoughts tend to stay, or spring back; they are deep rooted. Without noticing it, your mind is back on that familiar track of struggle; anxiety, depression,

frustration, anger, whatever negative state it might be. Same with actions, habits. So it comes as a pleasant surprise that you don't have to struggle with the weeds. All you have to do is plant your mental plot with new seeds – Power Seeds – which grow into thought, attitude and feeling, which grow into action. Which feeds back to you and creates new thought and feeling; and lo and behold, you have created a new mental and spiritual garden. And a new framework for your behaviour.

THE TECHNIQUE

You need an undisturbed space and an undisturbed 60 seconds or more – go on, go wild, make it two minutes. It's better to be sitting. You mustn't be doing things; you can't do this while you're driving, but you can do it in a traffic block (as long as you can see you won't be moving for at least a minute. Or two). Or on the bus or train, or waiting for the bus, or at your desk (as long as you have turned off your phone), or even in the bathroom. In fact, the bathroom might be quite a good place, because it's a retreat. You're allowed to lock the door. Just make yourself that space and time.

Leave action behind. Settle. Close your eyes. Go inside. Listen to your breathing. Make it sound inside your head, right where the nasal passage connects to the windpipe. It's at the top/back of your nose/throat, the patch where snoring or snorting happens. You don't want to be sounding like a warthog, though; it's a little trick of focusing on the spot where the moving air makes contact with the sides of the airway. You can hear it inside your head, a hollow sound, a bit like the operating theatre scene in a movie when all you can hear is the in-out of the breathing apparatus. You listen to your breathing.

Turn your attention, which is constantly focusing on all the things outside you that you are doing or that need doing, on your Self.

Pay attention to your own mind (that idea in itself is a Power Seed), and detach from the activity in it. It is not You. Watch the thoughts float through it. Listen to your chatter, then let it go.

SAMPLE POWER SEEDS

You the Soul are conscient, self aware. You
are an indivisible, unique unit of
consciousness.

You are a pinpoint of light.

Energy is power. You are energy, but energy is not you. Are you breathing? Then you are making and using energy. Are you thinking? Feeling? Dreaming? It's energy. Our personal energy crisis is that we are disconnected from our internal power. To connect, go inside.

You the Soul, being no more nor less than energy, are incapable of being destroyed and therefore of being created. But self exploration, acquiring self knowledge, is the ultimate creative act.

Create your Self.

A good meditation is a perfect balance. You sit on a wellspring, a source of power. You balance on top of it, like a ping pong ball on a jet of water. But in that balance is stillness, silence, peace. You aren't bobbing about like the ping pong ball; you are floating on a cushion of glow.

Perfect balance.

Create a beautiful mind.

Design yourself.
Redesign your Self.

Light. You are light.
When you experience yourself as light, you
are enlightened. You enter delight.
This is enlightenment.