

## **CHAPTER XI: APPENDIX**

### **POWER SEEDS**

More mini-meditations for daily action – Plant one a day

Power Seeds are mental devices, thought triggers to create, enhance or encourage Soul Consciousness, and hence change your actions. See Part II of the Introduction for a general explanation, and specific examples related to specific powers at the end of each Power chapter. Here is a random collection to get you going. Create your own and if you feel generous, contribute to our community by uploading them to [www.the Ecology of the Soul.com](http://www.the Ecology of the Soul.com)

Give it a minute, or better, two. Use one half of the time to contemplate the idea. Use the other half (30 secs or 1 min) to VISUALISE TODAY'S ACTION. When the time comes, that pre-programming will kick in.

Ecology = The Wisdom of Home

The Ecology of the Soul.

The Ecology of Behaviour.

The Inner Balance.

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Accuracy. Painstaking accuracy frees, relieves. 'Just do it any old how' leads to bondage, condemning you and others to waste time and energy dealing with it or fixing it.

Acquire: Decquire.

Ask for help. Offer help.

Attention. Pay attention. Observe accurately, painstakingly, intelligently. Immerse yourself in the task at hand. The more focused you are, the more free you are. With complete attention comes complete liberation.

Attitude. Worldview. Temperament.

Balance. 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. Only not like a ping pong ball, because 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.

Be angry. Be kind.

Be bothered. Don't bother.

Be greedy. Be abstemious.

Be grounded. Be light on your feet.

Be mean. Be generous.

Be polite. Be blunt.

Be unselfish. Be selfish.

Beauty: Bring beauty to your practice. Practice beauty.

Behaviour: Habit is involuntary action. Mental habits create physical habit. To rid yourself of habits you don't want, don't struggle to delete them. Just create new ones.

Behaviour: Your Habits create your Habitat.

Behaviour. In a state of calm receptivity, ponder your day; upcoming or finished. 'Show me where I will need to be....' Or 'show me where I could have been...' Create a positive frame of mind around behaviour that you may be or have been dissatisfied with; swapping out the negative for the positive. Positive creates positive, negative creates negative; as your mind changes, so does your behaviour. Reinforce.

Breathe. Listen to your breath. It's your own energy. It's not You; You are the one listening, the one with awareness.

Build a fire inside. Increase your own energy generating capacity.

Care about the surface, the way it looks. Care about what's inside, underneath.

Care. Be free of care.

Commitment strengthens, deepens your resolve. It takes courage to do, and gives courage in the doing.

Conscient beings have Conscience. And a Conscience. And Con-science, and Consciousness. Even Conscience-ness?

Conscious, subconscious or unconscious?

Conscious, subconscious, superconscious.

Consciousness. Conscience. Conscient-ness.

Create a beautiful mind.

Create colloquy, or co-loquy.

Creation / Inspiration. Where did that come from? Was it deep down inside of you already, or is it a gift?

Creation is re-creation. Creation of the Self is re-creation. And recreational.

Creativity: Everyone is creative. Everyone has creativity. What's yours?

Creativity: What is your strong suit? Which private part of your world holds your true creativity?

Creativity: 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. You create your Self.

Cut it like a surgeon.

Design yourself. Redesign yourself.

Destiny. 1) You can make it because the only one responsible for your fortune is you. 2) You can't make it because it is already made.

Do it now. Don't do it now. Do it in the here and now.

Do it slowly. Do it fast.

Do it watchfully.

Eating makes you. You are what you eat. Eat how you want to be.

Energy is matter and matter is energy, but right deep down at the heart of it, matter is nothing. Matter is no matter, in other words. When you go sub-atomic, down among the charm quarks and the neutrinos, there is much more nothing than there is something. Just a few very very very tiny bits of energy fizzing round in some very very large (relatively) spaces. Inner space, in fact.

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.

Energy is power. Your body is physical energy, 'You' are the soul, non-physical energy, controlling both. They are intertwined and mixed, influencing each other.

Energy: Everything material is always energy, always in movement. The natural state of you the Soul, the single infinitesimal pinpoint of light, is stillness. Still energy, which nevertheless gives off vibrations.

Energy. It's the energy conservation / generation thing. Mental energy. Which is after all another way of describing thought. Create and conserve energy; reduce, dissipate or block it. It's entirely up to you.

Focus on Focus. Bring the lens of self awareness to bear to concentrate your power.

Forgive yourself. Push yourself.

Hang on. Let go.

Hang onto it tight. Let it go loose.

Have a heart. Love is at your centre, just as Anahata the heart chakra is at the centre of your spiritual and physical being. It is not You – You are sitting in the centre of your body's forehead. The heart is the hub, the portal, for the flow of energy, both spiritual and physical.

Joy. Delight. Fun. We are beings made of joy, put here to feel delight, to feel high. Fun-damentally, fun is one of the building blocks of our being. Try it; if you go into the still and silent inner space, you come out of it with a grin, feeling mildly euphoric, full of joy. That joy is the energy that is You. Another name for it is Love.

Light. You are light. To feel light is to feel carefree. When you feel yourself as light, you are enlightened. You enter delight. This is enlightenment.

Listen inside. Listen outside.

Listen to yourself. Listen to others.

Listen while you do it. Watch while you do it.

Love – another name for energy.

Love your Self. You are a pinpoint of conscient energy driving a mass of material energy. You are a miracle. Enjoy it. Love it.

Love yourself. Not with arrogance or ego, but with quiet understanding. Know your strengths and your weaknesses, but be gentle to yourself. Hate the sin, love the sinner, in this case your Self. You're on a journey, it isn't going to happen overnight. Know the difference between loving yourself and loving your Self.

Male female. Think masculine, think feminine. Father Time, Mother Nature.

Matter is energy, and energy vibrates. It fizzes, it hums, though not necessarily in a sonic sense. Like it or not, you – in both your non-physical, soul energy sense, and in your material sense – are vibrating, and you are giving off vibrations. So why not vibrate at as high a frequency as possible?

Mind creates action: action creates mind.

Mind: 0% mental waste = 100% mental power. Go to 100% mental efficiency in one fell swoop for your Magic Minute, or two minutes. Then increase the number.

Mind: A training programme. Train your mind, train your eye. Acquire a good eye for beauty. Transfer it to your mind's eye. Just look for the beauty.

Mind: Emotions happen in the mind. Thoughts happen in the mind. Apparently you are able to know what you are thinking by checking out how you are feeling. Or is it to know what you are feeling by checking out



what you are thinking? Thoughts create emotions. But emotions also create thoughts. When it comes down to it, the place you want to get to is a place where neither thoughts nor emotions are active or engaged. Then when you come back, see what it has done to your thinking and feeling.

Mind: Focus. Focus the power of the mind. Redefine the Mind to yourself, your Self; instead of viewing it as the wayward nuisance it usually is, see it now as a source of strength, a great untapped wellspring of energy. Thoughts, feelings and actions all spring from the Mind. Focus it, and it – and you – become powerful.

Mind. Mine diamonds, dive for pearls. Mind the diamonds, mind the pearls.

Mind. My mind is not my Self? How can that be? Aha. It is one PART of Me. OK. So what is the whole Me, the absolutely, totally, definitive Me? The Me with all its parts included? And what are those parts?

Mindfulness: Make it with craft.

Mindfulness: ‘God is in the detail’, duh. The point being that deepest attention on the smallest thing carries you directly to the transcendental. What are you transcending? The world of physical matter, of detail. By using detail you transcend detail and break through to a world of being, of pure consciousness, of pure energy

Mindfulness: A sailor reads the sea, no picture bigger. The wind, the weather, the waves, the currents, where we’re going and where we’re being

taken. But on and below deck, detail rules. The right knot for the right rope for the right task; the specific tool for the specific job, the specific place it's kept. Is your detail as important as your big picture? Do they balance out? Or is it an apples and pears thing, no way of rightly comparing? ?

Mindfulness: Craft is care. Do it mindfully. Do it with mindedness.

Mindfulness: Detail. God is in the detail, they say. Detail vs the big picture. What is the value of detail? What is the value of being pin sharp about every tiny little thing? It's mindfulness again. Paying attention in the here and now; because wherever our minds want to take us, we only ever are in the here and now.

Mindfulness: What is the danger of detail? Failing to see big picture. What is seeing the big picture? Seeing how what you're doing fits into other big stuff – heaven and earth, the clouds, the sun, sea and stars; the fate of humanity, the meaning of love.

Mindfulness/Mindlessness: Complete attention on the present, the here and now, can lead to the desired and desirable state of mindlessness. When thoughts slow down and even stop, interference in your process of becoming conscious of your consciousness stops. You break through into 'consciousness consciousness'. Soul consciousness.

Natural World, The. Reconnect with the natural world, right? Desirable. How are we all going to do that, living in megacities? Simple. As a physical / spiritual organism, you are part of the natural world. An organism with consciousness, which makes you a) incredibly powerful, and b) equally responsible. You're sitting on top of it. You are it.

Nature. We are Nature but Nature is not Us.

Originality. Origin. Where did that original idea come from? Is it the sudden flowering of a completely random inspiration, a bolt from the blue straight into your consciousness, or is it the culmination and distillation of an array of thoughts, observations and experiences, some of them yours, some of them from others? Is it a breakthrough in something you've been working on, or did it just flow in unannounced? You will find, perversely, that there is no such thing as unconnected originality. It all comes from your own origin. In silence, track back to that.

Pain. What can we learn from it?

Passion and dispassion. Passionate and dispassionate, connected and detached. And which is when.

Passion means transcendence, but it also means pain. Suffering. It means the height of delight and torment at the same time. It means committing yourself to something that somewhere deep down you know is going to hurt. Pain can sharpen your awareness but it can also lock it out and demand attention only on itself. Be careful you make pain your teacher, not your keeper.

Passion. Everyone is passionate. Everyone has a passion. What's yours?

Peace of mind. The peace of God which passeth all understanding. I'll give you a piece of my mind. A peace of my mind.

Peace versus power. There's a lot to ponder here. Why should they be two sides of the same coin? Surely they're inimical? How is it that a peaceful state is a powerful state? Or, more to the point, how is a powerful state a peaceful one?

Peace. 'Hold your peace.' Say your piece.

Person and personality. With a quiet mind, the person is quiet. 'Person' and personality are chatter, the product of a busy mind. When the mind is quiet, 'personality' disappears and the floating glow takes over. The glowing float. The person that is you is dormant, in favour of the consciousness that is You. Underneath the chatter, the True You abides. In silence.

Play it like a pianist. Play it like a pro. With precision.

Pran is flow and Atma is glow. Physical energy, the life force, the Ch'i or the Pran, is always moving, always flowing, which implies going from one place to another. The energy of the pure, peaceful, powerful, silent Soul is still. It is not only still, it is stillness. Silence doesn't just mean beyond sound, it means beyond the multifarious inner mental activity of the Mind. The more of that chatter you shut down, the more you let go, the more you connect to the pure spiritual energy that is You.

Pran. What can we learn from it? It flows in your veins, your internal ecosystem, your brain, your mind, your heart. Not 'Your soul' because a) *You* are the Soul, it isn't 'yours', and b) it's the spiritual energy observing the physical.

Problems. Identify a 'problem'. Without being cast into a mould of negativity, focus on a specific issue – with yourself and your own state of being, your own behaviour, your own thoughts or habits, or with how you are responding to what the world is giving you – and generate a Power Seed that fits. Push out the old thought pattern by planting a new one.

Procreation, reproduction. What powerful process is that? We know how the physical part works; what about the Soul part, the mental and spiritual?

Pull hard. Let go. Pull hard here, let go there. To stretch in mind or body, you must let go.

Responsibility. Whatever it is, take it. Don't blame, don't complain. Take responsibility.

Root your Self. Be the root, be the branch. Even be the leaf. But not until you're sure you have rooted your Self.

#### SILENCE

Are you 'on' all the time? Do you fear silence? Do you fear solitude?

Silence is a live state. Having the power of silence creates power. Living in silence, even for a tiny time, regenerates the Soul, because that's where You

come from. Go deep into silence, as deep as you can in 60 seconds. It may take longer.

Silence. Death. Of course it's death. Look at the Soul World. There we all are in our non-dimensional dimension, non-physical, incorporeal beings. No body. Soul without body = dead body, right? Yep, but not dead Soul. No such thing. Can't happen. You are eternal, indestructible.

Silence. Death. You seek the silence, the stillness of the Mind that, from the inside at any rate, looks and feels like death. Is 'mindlessness' death, or real life, pure life? Can you get 'mindless', anyway? If you reduce thought to a minimum, the goldfish slowly circling the bowl – one small thought every few breaths (watch the mousehole) – is that Mind ceasing to function, or is it functioning better than usual? Not wasting its power on trivia. More powerful, more focused.

Silence. Solitude. Your Magic Minute is a minute of Solitude, of your journey alone into your own inner space. Not the solitude of loneliness, but the solitude of aloneness, of solo awareness. Often people are afraid of silence and of solitude because there are no supports, no distractions. It's true. You are alone with Your Self, and this can be scary, mostly because Your Self is someone you haven't met before.

Sin. Sit down and think about Sin for a minute. Only 60 seconds, it won't hurt. What does it really mean? It means being untrue to your Self and to Nature, and to the Nature of your Self. Your Self-Nature. All the pain, harm and suffering in the world's history, spinning down to the present moment, arises from people getting themselves wrong. Their Selves wrong. And misunderstanding their place in Nature. Ahem. Because Nature is after all

bigger than Us, right? If it wanted, it could wipe us out in a trice. But it doesn't need to. We are doing that to ourselves.

Soul consciousness: focus on the spot in the centre of your forehead that ancient wisdom calls the seat of the soul. It's why Indian traditions, both religious and material, put a mark in the centre of the forehead. Create the image of You, the point of light, sitting there in your forehead controlling this vast, enormous, gargantuan physical body. Separate your Self from your physical self. Become aware of your Self as a being of light, power and peace. You are light. Shine.

Soul: The Soul is light. It glows but it is still.

Soul: You the Soul are conscient, self aware. You are an indivisible, unique unit of consciousness. You are a pinpoint of light.

State of mind: A state of mind is only ever a moment. It's momentary.

Switch on: switch off.

Take a lesson from the world's poor (are you throwing away something that those with nothing would kill for?)

Take care of yourself: take care of others.

Take time. Make time. Lose time. Lose your sense of time.

Talk: Don't talk to the trees. Talk to your Self.

The power to change, the power to accept what can't be changed. The wisdom to know which to use when.

Things relax, people fidget. Money talks, people mumble.

Thoughts and feelings. Thought creates feeling creates action. Emotions are seated in the mind. What are you feeling? If you know what you're feeling, you know what you're thinking. Change your thinking, your feelings change, your actions change.

Thoughts control / affect the body – temperature, heart rate, blood pressure, breathing rate, muscle tension, sweat.

Thoughts control behaviour. Negative thoughts about yourself create negative – or at least, undesirable – behaviour.

Thoughts, like magazines and newspapers, come in words and pictures. You can't have thought without words and pictures in your mind, or words and pictures without thought. Your Magic Minute is the time you give yourself to jump over the fence and play in the field without words and pictures, without thoughts. First the words, then the pictures, slow down and finally stop. Amazing how refreshing it is.



Thoughts: You think thoughts. But you can also listen to or watch the thinker, as Eckart Tolle says. Thoughts are chatter. Listen to yourself chattering, and then shut up a minute. Now listen to yourself being silent. And then realize that it's not the true You that's thinking, because You are the one that is watching or listening, right? Of course you can't stop thought without a lot of practice. Don't force it, never force it, because forcing it is thinking it. You can slow it right down, still it. And then find you have distilled it.

Thoughts. 'I can't help thinking'... but you can. Your thoughts are in control of you? That's madness. You are thinking those thoughts, right? So what is this, a runaway train? The thoughts control the thinker? The most difficult thing about controlling your own thoughts - deciding which ones to have and which ones to reject, to 'unthink' - is realizing and deciding you can do it. Once you are over that hurdle, the task is clear, and this in itself is a Power Seed you have just planted.

Thoughts. You create them. And they create you. Thankfully, the top level, everyday, exterior, 'normal' you. Control them by working from the deep down level of the true You. They are not You, but they can work for you. Or against You.

Tread lightly. Lighten up.

Vision: Visualize. Take vivid pictures of your powerful Self and project them on your own mental screen.

Walk like a cat

Walk like a dancer

Walk like a giraffe

Walk like a lion

Walk slowly

War is nature: Nature is war