

The Mind

Will the mind pull you down or give you a lift?

Will you live life

Or let struggle lead to strife?

When the mind is invested in being actual

We are being real.

When the mind is invested in giving our all

Even bad things turn out well.

Use your mind and don't be afraid to think;

Remember, the mind is the missing link

Between who you are and what you think

So use your mind and don't be afraid to think.

Conscious and Unconscious

The conscious mind guided by the ego

Has an awareness of its own.

Unable to hear its silent partner,

It thinks it works all alone.

Always in the background of experience

Going unrecognized as it serves,

The unconscious asks for a relationship with you

Yet it's not heard.

Forgetting not what you've been through

The unconscious serves and protects

Cherishes the conscious mind

With whom it wishes to connect

Recognition

It asks for none, as it works tirelessly

Expression

It must have if you are to fulfill your destiny.

Integration

It will push things up

It will push things down

It will look everywhere

But not always tell you what it has found.

It can set your secrets free

Or keep them stored away

It does need to comprehend

It doesn't need to agree;

It does its own thinking

No matter what you think consciously.

You better face the facts

There is more to your thinking than meets the eye.

Better get acquainted with your unconscious

And don't let the relationship die.

Being Whole

Being whole isn't one size fits all

And it isn't always doing what you are told.

It is being human to the highest degree

And finding the courage to be.

Being whole is not playing a role

And it isn't finding a common fold.

It's being comfortably authentic

And not being ashamed to express it.

Being whole isn't always protecting your feelings

And it isn't always wheeling and dealing.

It's being true to you

And being able to communicate it too.

Letting Go

Do you know?

How to let go,

How to let go of self-doubt?

It's not easy to do

Yet you need to

Let go of self-doubt.

Self-doubt can really focus us

But not in a way that helps us very much

Let go of self-doubt.

How will you know?

When you've let go,

Let go of self-doubt?

Because you'll know

The value of expressing

What is emerging.

*You won't listen to doubt
And you won't regret it even though
You have let go of self-doubt.
Instead you are set free
To serve, protect, and individuate
Your innate ability to be.*

Separate and Unite

*Separate and unite
Do what's right.
See difference, see sameness
Stop the insaneness.*

*Separate and unite
Let's stop the fight.
Enjoy sameness, allow contrast,
Don't rush to judgment so fast.*

*It's about you being you
And me being me.
It's about living in harmony
Without losing autonomy.*

Integration versus Chaos

Animal versus social

Partial versus whole

Together they stand

Divided they fall

Good and bad

What you have and what you had

Together they stand

Divided they fall

Right and wrong

Weak and strong

Together they stand

Divided they fall

Everything makes a difference

Nothing matters at all

Together they stand

Divided they fall.

Opposing forces, opposing forces

A stampede of wild horses
Opposing forces, opposing forces
Can take either of two courses.

Opposing forces seek to integrate
Not disintegrate
Opposing forces can create or destroy
As well as bring pain or joy.

The opposing forces need to work together
To lead to something better
The opposing forces need to work together
To promote integration making us happier and healthier.

Positive and Negative Energy

Positive and Negative
We take these in.
Most the time not realizing
Often fooled by the packaging.

Does it make you sing?
Does it make you cry?

Does it make you wonder why?

Positive and Negative

We take these in.

Often not absorbing the nourishing

With the toxic preventing needed cleansing.

Does it give you energy?

Does it leave you high and dry?

Does it make it impossible to satisfy?

Positive and Negative

We take these in.

Learn to identify and cleanse the toxic

Learn to nourish so you don't get sick.

Implicit and Explicit

*The explicit mind likes to act instantly
Has a tendency to hold dearly to what it believes
And approaches things rationally.*

*The explicit mind likes to ask “why” constantly
And has a need to create theories
To explain the things it sees.*

*The explicit mind uses lists to remember
And because it is unaware of its blind spots and mind-sets
Can't help but believe it is superior.*

*The implicit mind by contrast
Doesn't always work so fast
Because it considers all the information it has.*

*It likes to take its time
To figure out the rhythm and the rhyme
And doesn't have a need to move in a straight line.*

The implicit mind speaks even though it can't talk

*So we need to find a way to listen
If we want to talk the talk and walk the walk.*

Moods, Memories, Ideas

*Moods, memories, ideas
We need to appreciate these
As they are implicit building blocks
Stirring full of potentialities*

*Moods, memories, ideas
Your implicit mind thinks with these
Does so with ease
And is willing to use them to please*

*Moods, memories, ideas
Also exist explicitly
But just aren't as free*