

MIND 2. It is the human mind that runs our world; mind makes the executive decisions that shape our lives and our societies. The ordinary mind, with its lower consciousness, is responsible for ideologies, politics, authority and questions of power and war. **On** this level the mind is incessant and unforgiving. It is hard work for us to 'empty the mind', or to stop the 'voice in our head'. To do so, we bypass the ordinary mind and access the subtle mind using meditation ... meditation means 'to fight the mind'.* **The** subtle mind, with its higher consciousness, governs our capacity for forgiveness, compassion, understanding and love. For the progress and survival of the human race, each individual's mind must shift toward its higher consciousness. **This** shift in consciousness is every human being's responsibility.

The Indian orator and spiritual teacher Krishnamurti advocated a psychological revolution involving our minds, to bring about positive change in human society.

But this change cannot be brought about by religions, civic authority or force; it comes from within and is aided by philosophy, spirituality and meditation.

World peace is easily achieved; it just needs world leaders to change their minds - raise their consciousness - and stop using the military to solve conflicts.

(If the military were not used in warfare, would the investment in it be wasted? No. The services can be used for infrastructure building, disaster relief etc.)

I deem this the most profound utterance from a politician, and one of my favourite quotes (by, when he was a US presidential candidate, Barak Obama):

"I don't want to just end the war, I want to end the mindset that got us into war in the first place."

*see also *Q & A
DELUSION, EGO
MEDITATION 1, 2, 3*

MINDFULNESS. Mindfulness is a concept derived from Buddhism; it involves maintaining a moment-by-moment awareness of our thoughts and feelings, our motivations, expectations and reasonings ... as well as the nearby environment. **Mindfulness** encompasses acceptance and detachment; we pay attention to our thoughts without passing judgement. But importantly, we tune our mind into the present moment, rather than dwelling on the past or projecting into the future.

see also BUDDHISM