

THE VITALITY OF NEUTRAL

These questions were raised in a discussion a few days ago:

If principles are neutral, how can you claim that good comes from understanding them?

How come some people in your field talk about “living the principles” or “connecting to the principles” as though they were a separate guide to life, but you talk about principles as universal? If something is universal, how would it be possible *not* to live it? Where does choice come in?

The questioner was talking about the principles of Mind, Consciousness and Thought, the basis of the work of people who are dedicated to innate health in all people. But let's think first of principles in general.

Take fission and fusion, as an example. The molecules that divide in the case of fission or merge in the case of fusion to release enormous amounts of energy are obeying fundamental universal laws. The fission, the fusion and the energy released are neutral forces. Once the formation of energy is set in motion, nothing can stop it. The molecules are acting inevitably. This is the realm of the universal.

Whether the result of fission or fusion is the vast destruction of human life or the power to operate the lights and machinery of a whole city belongs to a different realm of life. That realm is the particular way, at a given moment, the energy from fission or fusion is used. The fact that such energy is always available is a universal truth, without form. The way the energy is directed is a particular choice, the form it takes.

To say this another way – the fact that choice is constantly available is a formless, universal truth. What is chosen is a form into which that truth is made at a moment in time. The universal does not change. The particular can always change. In the case of fission and fusion, the first choices made resulted in mass destruction. But the same energy, the same universal, neutral power, was later used, through different choices of form, to help mankind.

The principles of Mind, Consciousness and Thought, reduced to simplicity, are a universal truth: The energy of thought is neutral; the uses of thought are infinitely variable forms we choose as we use that energy to live our lives.

Just like the molecules on the course to fission or fusion, we are always living the principles. That is not a choice. As long as we are alive, we are using the neutral power of

thought to create our lives. The outcome is a choice. As long as we are alive, we are able to use that power to express an unlimited range of possible experiences.

All that may seem like pretty heady stuff, so here's a case example.

Some years ago, I owned a service company that had a significant data processing operation in which people worked two shifts. Our building was in a safe, well-lit location on a major street that was traveled day and night, and there were frequent security checks. We were confident that our employees could arrive and leave without fear.

One day, I stopped by the office around 5:30 a.m. to pick up some materials I needed for a presentation later that morning. I happened to walk through the back of the building, where the data processing center was, and I was startled to notice one of my employees sound asleep under her desk. She was clutching a teddy bear, and there was a little suitcase by the desk, which indicated to me that she had intended to sleep at the office.

Concerned, I gently awakened her. Her story was this: The second shift ended at 7 p.m. It was early fall and it was getting dark earlier, so it was completely dark by 7 p.m. She was always prepared to stay overnight in case she could not manage to leave with a whole group of people all together and ride with someone else if it was after dark. She was trying to change to the morning shift, but hadn't found anyone to change with yet. The previous evening, she had been in the bathroom when the last of the group left. They thought she had already gone. So she got her teddy bear out and tucked herself in under her desk because she could not leave the building alone after dark.

As she told the story, she told it with absolute certainty. She could not even consider leaving the building after dark. She did not question why others could do so. She did not wonder if there were any way she could change. The reason was that she and her mother had been abducted from a mall parking lot at dusk years before by an intruder hiding in the back of their van. Since then, nothing except broad daylight could persuade her to get into a car and drive alone. She and her mother shared that fear. They had been to personal safety classes, studied martial arts, equipped themselves with strong flashlights, carried Mace at all times. But they still couldn't drive alone at night.

As a result, she could not attend night classes; she could not meet friends at the movies in the evening; she had become a recluse from social activities. She truly lived life only in the daylight hours. She was sad about it, but she felt she had no choice.

How does this illustrate the principles of Mind, Consciousness and Thought at work? We would say that she constantly recreated fearful thoughts and experienced a fearful reality. As long as she had no idea she was doing that, she had no choice. She believed her experience was a byproduct of the abduction and that she could never change because there was no way to change the fact that she had been abducted and scared to death as a

child. She did not realize that her thoughts could be variable and she did not understand the neutral power of thought. She did not realize that the only way the past can come to life to haunt us in the present is through the ability we have to think about it again, now.

Was she “living the principles?” Of course. As long as she kept bringing fear to mind, she would continue to live in fear. As long as she kept thinking the fear was generated by her past, she could not imagine a way to get over it.

The challenge was to help her move from living the principles without any understanding of the principles, to living with full understanding that the same exact power she was using to generate fear could generate *anything*.

Over time, as I was able to talk to her about the principles, she calmed down. She saw how her own mind worked. She saw how she was using the power of thought against herself. She began to wonder if she could change. Then she became hopeful that she would change. New ideas started occurring to her. Eventually, she took all the knowledge she had of safety and protection and put it to good use by joining the Sheriff’s Department. And she stopped being afraid of the dark because she understood the source, nature and transience of fearful thinking. She saw that she was the thinker of her own thoughts. Before that, she believed her thoughts were thinking her.

The point of this is not that she joined the Sheriff’s Department. That happens to be what came to her mind. She could have thought and done anything. She could have put the whole thing behind her and gotten safety entirely off her mind. She could have continued to work in data processing. She could have gone back to college. She could have continued to live in fear, if she continued to take her fearful thinking seriously. The point of this is that once we are “onto ourselves” and we recognize the neutrality of the power of thought, we begin to feel that we are able to change our minds. If one set of thoughts isn’t working out for us, they have no longer life or power over us than the time we hold them on our mind.

The neutral, universal power of thought did not change for her. Principles are constant. But her particular use of that power changed as soon as she grasped that she had the ability to use it in many ways. She, like all of us, wanted freedom and joy in her life. She, like many of us, did not understand that freedom and joy are creations of our own minds.

The principles are neutral. We can claim that good comes from understanding them because people who feel free to think for themselves, to change their minds, to dream, to imagine, to hope have a better quality of life than people who live, unwittingly, at the mercy of their own worst thoughts.

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