



**Reflection.** We were taught to control our negative emotions, so other people will like us; so we won't be alone; so we don't go crazy. But is it control we need or a new default to **natural rest**?

There appears to be two choices: 1.) keep dominating our thoughts and emotions, and remain uncomfortable in our own skin, or 2.) **rest** in the awareness of all points-of-view we receive, without labelling or wanting anything to be different—allowing what is, to be.

Intelligent awareness has always been here. We all have it. It's how we see, hear, speak, taste, touch, smell, think, learn, dream, function, heal... Without it, who would we be?

We don't need to identify with passing thoughts and then try for years to get rid of those same thoughts. We just rest in the intelligent 'data-stream' energy of awareness. We don't label it. We receive it without asking for it. We get some relief. All 'data' are equal in awareness, only we get angry when we dislike the data.

Reactivity temporarily relieve the intolerable tension we build from resisting unwanted thoughts and emotions. But this causes negative feelings and fears of one's self, afterwards.

Suppressing our emotions makes them stronger and sensitised until one day we explode or collapse. Then people really won't like us; and we will be alone; and we will look crazy. But we've never been taught to rest with all the awareness that we automatically receive. Resting in awareness is natural, but it's not an instinctive left-brain notion.

Resting and seeing who we really are means there is no one and nothing to blame. This brings relief from not having to escape an inner-disturbance; it also brings wisdom because you're not stuck in fight or flight mode with personalised false concepts.

A thought doesn't take you anywhere—it just makes suggestions. Taking it or not, is up to you. It's a choice we never knew we had, because we've been trained to be an individual: judgmental concepts of 'good and bad'; separated from other beings; treating all people, things, places, thoughts, emotions and experiences (ie. all data-streams of awareness) as independent and separate in nature. But who or what is independent from awareness?

Resting with the energy of your emotions (not the perceived causes), frees the hostility of trying to remove them and slowly dissolves their

sense of 'emergency' from our code. When we rest, we don't label, avoid, or replace our triggers. We sit with them, as the intelligent awareness that delivered data we needed to rest in. Pretty simple concept, and more natural than suppressing oneself. Anytime we reach for an escape, we can rest with its pure energy and wisdom instead. If that sounds too difficult, just rest a little bit—and practice.

As per Jill Bolte Taylor, when we prioritize the outer world—efficiency, appearances, social expectations—we sever the bridge to our right-brain. This makes us robotic, isolated, defensive, blaming others, or blaming our Characters, rather than accepting the internal mechanics of who we really are.

We can never be separate from awareness. But we reject it's higher intelligence when we reject our triggers. The intelligent awareness we are brings triggers back for another try, as natural awareness is you.

Resting with our Shadow (Character 2) brings peace and our program doesn't have to react so strongly anymore to be seen. We are the highest natural expression of awareness, whether unknowingly stuck in our story or mentally free as a bird. How do you wish to live your life? Building inner-peace for humanity or avoiding who you are?

Nature doesn't remove any part of itself and being a part of nature, neither can we. We're already aware, whole, and united. Rest in that.

- **This month, spend time getting to know your four brain characters without any judgments. There's nothing to 'fix'. We need to practice resting as our true Self without any mental concepts.**

**May you find something to love in each day.**

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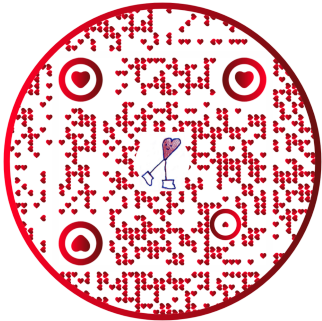
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