

Thank you for sharing your practice together these last few weeks. You can always find the class review on my teacher page under 'classes' on the web site.

Moving from Small Mind to Big Mind is not about fixing.  
It's about shifting our relationship with.

SMALL MIND: needs to control because it resists and does not trust what is, constantly pulling and pushing to have things go 'its' way

BIG MIND: accepts all outcomes. Does not believe in the perspective view of small mind. We tend to skip over big mind precisely because it is so open and transparent, does not resist what is happening.

We carry beliefs (and beliefs are simply thoughts that have been repeatedly attached to) in so many areas: work, money, people, even weather. When we examine them and make them visible, the weight they place on us becomes physically felt and is seen. They move from the shadows into the light.

The seemingly impenetrable strength of many of these is that they are largely unconscious.

What we cannot see seems bigger and more fearful than what we can see. To quote Rudolf Steiner, the spiritual path is to make the unconscious conscious.

Our practice here is to start to be able to see the beliefs and values that steer the ship of how we react to the world. They lose a lot of power when seen in the direct sunlight.

Another way to state this is that we suffer when we believe a perception/thought that fights reality. This is the Buddhist teaching of delusion and how it causes suffering.

We are all taught a description of the world from the moment of our birth. Where these beliefs DO agree with reality, it generally does not cause us problem. For example, we have a world description that the sun comes every morning and sets at night. It's hot in summer and cold in winter. Because these agree with reality, they are generally not problematic.

The description of how we'd LIKE it to be, but is not what actually happens in life, is problematic for us. The beliefs that have the word "should" in it, i.e. the way the world OUGHT to be, cause resistance and suffering

It's not that we need to give up our aspiration of a world with peace and harmony. It's not about ignoring the responses life asks of us. It's that we see who we

become when we believe a perception that does not conform with reality. This narrows our vision, and closes off many of the possible responses that become visible only when we are unidentified and not constricted around an emotional reaction.

We are more skillful, have better outcomes, when we can both befriend the emotional responses we do have and have the larger view in considering what right action might be.

Example: People should not judge. People should be responsible.

When reality does not happen this way, the unconscious response is to resist.

The tormenting thoughts/stories arise, and we suffer.

When we close around our perception involving 'should' we end up with tunnel vision. Our responses tend to be reactive and more unskillful, and the kinds that we later may regret.

This is NOT about asking you to change your beliefs, but to examine them and see the difference between them and what actually is, and the resulting effect.

---

## **REVIEW IN A NUTSHELL**

- 1) Moving from small mind to big mind is the whole of the spiritual path.
- 2) The essential step is noticing small mind is present, and allowing it to be as it is, while resting in awareness. Not fixing or solving.
- 3) Moving out of the small mind is a cessation of doing, releasing from the small seemingly separate person in charge.
- 4) The practice is to see how small mind arises when the ego identified self resists a circumstance by forming a story or perception around that circumstance, then resting in the perception rather than the circumstance. It does this because there is an unconscious (meaning unexamined), belief that is untrue, thus causing stress and suffering.

---

## **BIG MIND**

The last part of our class was an experience to move directly into big, or non dual, mind. I will not attempt to put the experience into words.

However, the last piece in being able too see small mind clearly is to be able to touch big mind. Once you recognize the big, open awareness, small mind jumps out at you in a way that can free the incessant (and often soooo familiar) drive to fix, which is the currency of the ego, or seemingly separated self.

with love,  
Susan