

# BEYOND THOUGHT: The Practice

*Some simple models and tips to help you become more flowing and connected*

*Dr Keith Beasley, PhD Reiki Master*

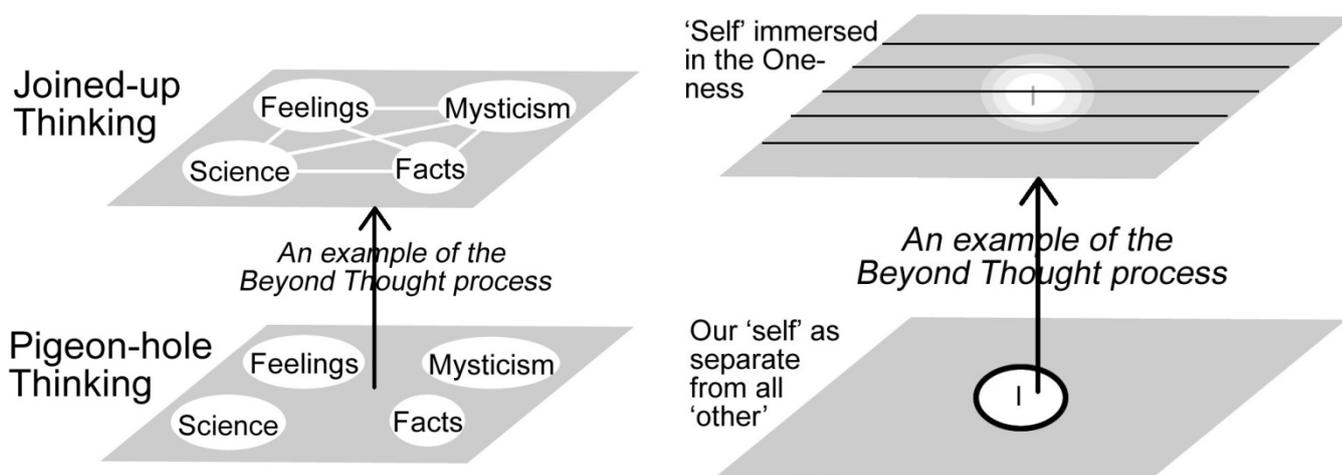
## THE ESSENCE

Few of us use our minds very effectively. The rational consciousness that most of us rely on has its strengths . . . and weaknesses. This short guide will help you to shift to a more natural way of 'thinking' and relating to the world.

Underlying the models that follow on the following pages is the idea that we, every human being, and all other facets of life, are interconnected. The more we recognise this the more life makes sense. The more we engage with the idea, the more we can flow with it.

Likewise, the more we can integrate our different mental views of the world, the easier we'll find it to be accepting and at peace. It helps to rise-above the habit of pigeon-holing.

## IN DRAWINGS



## THE EXPERIENCE

Remember being absorbed in the magic of a sunset? Have you had profound experiences during Yoga, meditation, Reiki, or with art, nature or music, for example?

Try not to think about this in words! Reflect on those experiences where you have felt 'part of something greater', 'at peace with the world', connected. These experiences are beyond words, numinous, profound . . . beyond thought (at least as it is normally considered!).

The more such experiences we allow ourselves to have, the more we enable the process of personal growth and enhancing consciousness. This is the real process of learning!

## WARNINGS!

The models presented here are just that: only models. They are mere representations of one facet of the reality we inhabit. For best results:

- Don't take them literally!
- Use all of them together, 'as and when' appropriate: don't get attached to any one
- Balance use of models with here-and-now intuition and longer-term experience

Mentoring sessions [available here](#).



For references [see my PhD Thesis](#).

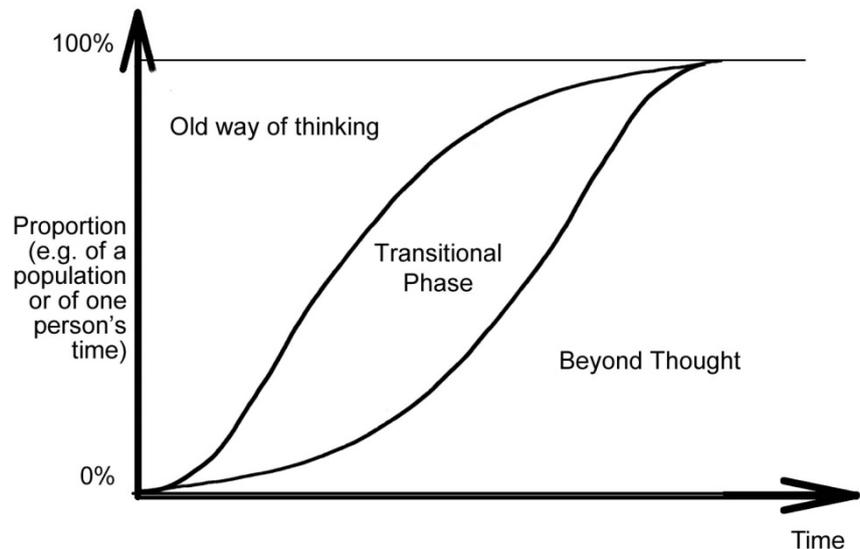
# IN TRANSITION: *Being part of an on-going process*

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## THE ESSENCE

We rarely suddenly become enlightened. Shifting from a purely rational way of thinking to a more evolved, fully conscious way, is a big, usually long, job! It typically goes through these phases:

- Old way of thinking: denial or disinterest: I think therefore I am, there is no alternative.
- First Quantum Leap: something happens to open our minds to a different way of thinking. We've crossed the threshold of admitting there is a different, perhaps better, way of using our minds.
- Transitional phase: gradually we explore 'beyond thought', extending our understanding of it through experiences, reflections, etc.
- Second Quantum Leap: Something else happens to stop us doubting the new way and stop clinging to the old way.
- Beyond Thought: Our decisions, our growth is natural and on-going. Any use of rational thought is integrated into our way of being, our 'presence' in life.



## THE (Transcendent) EXPERIENCE

Any experience can enable a quantum leap: I found I could dowse. And my first demo session of Reiki did something to be I couldn't explain, but knew I had to pursue.

For you it might be your 1<sup>st</sup>, or 101<sup>st</sup>, yoga session . . . or watching a spider in its web . . .

## WARNINGS!

We each have our own process, our own ways of crossing thresholds and specific boundaries to traverse. This model is to help you reflect on where you (and those you live or work with, for example) are, in the overall process.

The diagram above has no timescales on it! This is deliberate: all of this is so hard to quantify. If we need to pin it down, that's an indicator that we've still a long way to go!

Whilst the initial boundary crossing may occur in a fraction of a second, the whole process may take a lifetime for each of us, and thus decades or centuries for a whole population.

Mentoring sessions [available here](#).



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# MAKE ME A CHANNEL . . . *of peace and wisdom*

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## THE ESSENCE

Rather than see our minds as a computer, what if they're designed to be more like a receiver?

At some level, e.g. at the level of fundamental life-force energy (perhaps the quantum level, as represented by the Higgs Field) and/or some divine/spiritual level, absolutely everything is connected. At this level of being, all time and space are one. Nothing is hidden, everything is known . . . or at least, available for knowing.

Thus, by connecting ourselves to (or rather, into) this level, every thought and feeling that ever was, is or might be, is (potentially) available to us. To access it we have to rise above our preconceptions, beliefs and ideas of being in control and 'receive' the information (or rather 'knowing') that we need at that moment.



A clear mind, one without mental block, might 'tune-into' the depth and breadth of the present moment, helping us to be aware of those energies of pertinence to us.

Few of us have clear minds: more usually they're cluttered with shoulds and oughts: subconscious attachments that stop us tuning-in to a deeper, more meaningful, now.

## THE EXPERIENCE

Moments of true connection where, to some extent at least, we do become at least somewhat aware of 'The Oneness' (the totality of existence) are rare. But many practices and techniques may provide us with glimpses. Meditation, Reiki and other healing modalities, being with nature, singing, dancing, etc. help to tune-in our personal receiver. Activities that we willingly surrender into. Each of these experiences will zap away a few of the sub-conscious blocks that usually get in the way, as shown in [this little animation](#).

## WARNINGS!

This is a metaphysical channel: not a physical one!

We're talking 'knowing' rather than knowledge: it's an active process, not concerned with 'universal truths', but with here and now reality.

What we sense or pick-up is pure consciousness, energy rather than data. We need to be careful how we interpret it!

Mentoring sessions [available here](#).



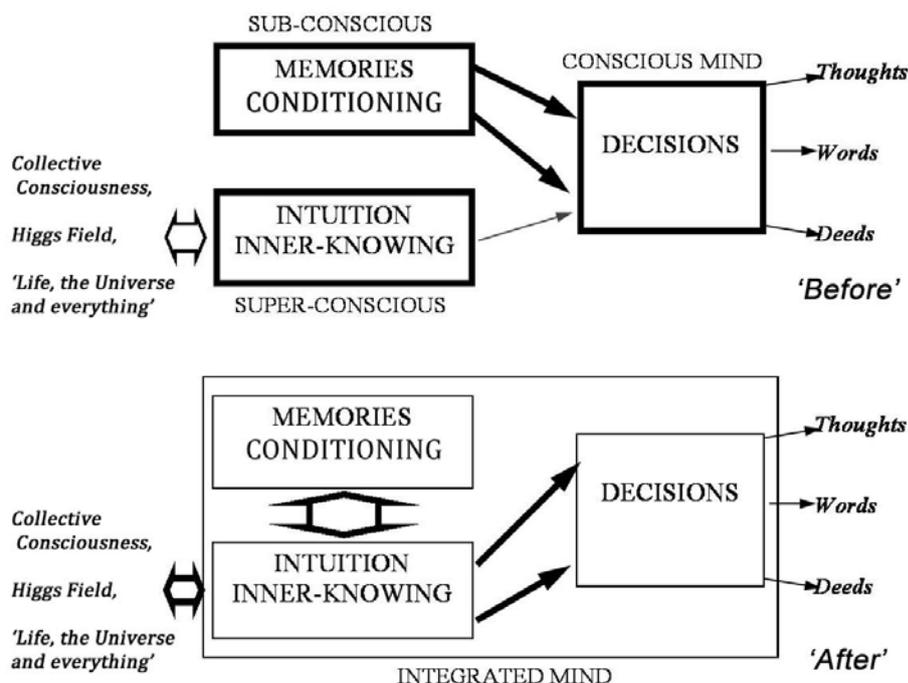
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# WHAT! REWIRE MY BRAIN? - *A useful way of viewing a shift in consciousness*

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## THE ESSENCE

With the right intent, commitment and experiences it's possible to change how we use our minds: from total reliance on what we've taken on board subconsciously, been taught or work our rationally, to a more integrated mode of consciousness that is fully in-tune with the 'here and now' reality.



In this new state, our inner view of reality matches the one we physically experience, so we are, naturally, at peace with the world around.

There are many way of describing this deep connection: an immersion into life itself perhaps, or tuning into the Higgs Field (to use a Quantum Physics explanation), or

listening to God, if you prefer.

## THE EXPERIENCE

To experience true 'knowing' is to be in the flow, in the zone. We just know, without any conscious effort, how things stand, what we need to do, and so on.

It might take a bit of getting used to, but as we shift to having a connected and integrated mind, so the nagging ("but, but, but") mind loses its power.

Part of the rewiring experience may require seeking deeper, or alternative, understanding of some of the terms used in this article. Be prepared to experience "Aha!" moments of clarification and insights as the inner light dawns.

## WARNINGS!

This also is a metaphysical model. Whilst there might be corresponding changes in, for example neuron connections, this model is more about intent and effect, rather than the physical mechanism.

This can be a long, slow (e.g. life-time) process. Expect it to be frustrating at times, as old ways of thinking and other habitual thought pattern persist. It's useful to see the process of one of grieving. So love the old you that doesn't want to change . . . and forgive it.

Mentoring sessions [available here](#).



For references [see my PhD Thesis](#).