

# At Anchor, Mental Musings

10 August 2010

*The following is keyed in the abstract with no forethought. I am listening to a Yanni CD, while at anchor in the sailing vessel Sea Peace. I am alone at Hunters Bar on the Columbia River, between Portland and Astoria, Oregon. I have spent 24 hours in meditative contemplation. With the music playing softly I sit down and write what is triggered by the flow...*

The Columbia River has five dams downstream of where the Snake River flows into it, and where the river moves past Portland, Oregon on its way to the Pacific. To go upriver by boat from Portland requires that at each of the five dams one must gently enter a lock where once closed, more water is pumped into the lock's confined space to raise one's boat to a higher level. It strikes me that we all have dams and locks in our lives. We either use the locks to rise, or we curse the dams as obstructions.

Sometimes, when we are stuck and afraid and we think that life is oh-so-limited, it is then that we have moved into a lock. Our higher consciousness is preparing us to rise to a new level. Soon we will be past the wall of the dam, what seemed to be an overwhelming obstruction.

I am an old one. But I all too frequently seem to have forgotten the accumulated wisdom of my experiences. Curiously, when this happens, it is almost always the time when I have allowed myself to be distracted by my ego, and the world's priorities. What do I think others will think? What should I do? What must I do? What is necessary in order that others will approve? I should, I must, I ought. These thoughts are all within me. To be truly wise I must let them go. All of them.

At this very moment I am as happy as the brilliant azure sky. And yet, sometimes I inadvertently allow the clouds to block my view and the depth of understanding to which I am entitled. Understanding is my privilege to grasp, IF I but will.

The music now playing is majestically incredible. It fills my soul. The beauty and complexity of the sounds surround me. The rhythms play the scales of joy within me. I remember now that uplifting music encourages me to be more; to rush in,

to embrace all that is. I feel a passionate desire to experience more of life's poetic power.

God is my power. God is love. My God is within me. Oh dear God, help me to release my self-imposed obstacles to a place of unconditional love. May I synchronize and harmonize and resonate with Thy power.

Love is surely the source of that energy that creates and sustains the universe and everything in it. May I be one with it. May I feel it more completely.

The gentle rocking of the boat is the soothing vibration of my home energy. Love it is. Love it shall be. I bask in love. I revel in the renewing energy of my soul's true frequency.

The light plays upon the water tickling my vision of things. Flashes of insight sparkle and entice. I must stop and observe with new eyes; eyes reborn, stripped of their prejudice and programming. A new vision of things is coming together. It is Wonderful. It is Marvelous. My God is the Love that powers the universe.

God sends forth the life force that creates, that sustains, and that expands. This life force evolves me towards greater peace, understanding, and love.

I feel the pull to heightened goodness. Love surmounts. Love undergirds. Love it is. Love it shall be. Capture me. Surround me. Purify me. Hold me ever closer.

Dear God give me the sanity to not drive love away. Empower and refresh me with a continuing desire to stay with the frequency of unconditional love. Grant me the wisdom to recognize the perfection of everything as it is, right now, this very moment. May I more clearly understand that unless things are as they are, I cannot grow and become, I cannot progress and evolve, I cannot approach thee, and I cannot become one with thee.

I must look within. Feel within. Experience what it is to be one with myself. Do not distract. Do not stay busy doing. Let things go. Dare to stop. Dare to disconnect from personal history, from the story of me, from my failings, from my past experiences. Dare to be one with myself.

Submerge yourself in the now Terry. Experience it, learn from it, find the joy of it. Suspend the study of the map. It is time to live in the territory of the Now. This is not the time to be studying the map of some potential future Now. I have studied

enough, now is the time for full and complete application. I must embrace it. I must quit preparing and become one with it.

Look deep within. Have the guts to stay with it. Dare to look even more deeply. Forgive yourself your silly faults and dumb choices. Disconnect from your past, it was only your learning experience. It's time to truly let go. Remember, that until one is able to let go of their past, one is trapped by it. Erase the labels. Let go the limitations. Let God in. Let love bring its peace.

Love resides in all of us. Love is the power of creation. Love is THE sustaining energy. Love calls us to evolve; to merge and become one with God. Love is in the Now. When we are distracting ourselves from our now, we are moving away from the love that is available to us in this very moment. Move into the love and experience the peace of absolute forgiveness.

As I shift my attention from the busyness of life and allow myself to let go and just be, joy begins to reemerge. There is beauty all around...

I am moving from noise into silence. I am suspending my learned focus on action and results in order to rise to a higher vibration and a more peaceful space. It is here that I experience beauty all around. It is here that I glimpse the real me. It is here that everything is right as it is. It is here that I am in sync with the universe.

It's hard to believe that learning to just BE is the answer to a whole host of issues. Putting my ego on pause has huge benefits. Shifting my thoughts away from the potentially disastrous and the constant fears promulgated by ego, allows me to rise in vibration to a healthier more gracious space. It is here that love reigns and peace resides. Ego does not live here, so it will resist this journey. Knowing this I can ignore egos shouts of: "Beware the dangers that dwell where I am not fully in control."

This is the time and place to clear away my limiting habits, to evolve, to become, and to rise in ever expanding vibration. This is the Why of my presence on mother earth. This is the purpose of life.

My personal energy signature is the collective vibration that radiates from me at any given moment. What am I broadcasting now? Are the combined actions, feelings and thoughts of my present, beneficial to myself and others? As my actions, thoughts and feelings are purified, I serve all life. When these are in conflict, I serve disorder and confusion. I shall serve God, not chaos.

I seek to balance the physical, mental, emotional and spiritual elements of my life. Everything, absolutely everything, has physical, mental, emotional, and spiritual implications. Consider deeply this.

Take time and pause. My hurriedness slows my progress. In my rush to get things done, I all too frequently miss the opportunity to truly grasp the significance of an event. Can I take a moment to consider a given choice's impact on things physical, mental, emotional, and spiritual?

Waves of energy pass right through and around us continuously. Through science we have learned that energy waves carry immense amounts of information. For example, light waves carry radio, television, cellular, ham, single-sideband, and a host of other information signals. Sound waves are slower in frequency but also carry pertinent information. Sometimes we receive event signals via waves of different speeds and are thus impacted by an event signal more than once, such as lightning before thunder. Event waves affect all of us whether we know it or not. Our hearts and minds are sensitive to these energy waves arriving from distant tragedies, just as they are from great acts and thoughts of kindness, and everything in between.

Our personal vibration drops precipitously when we experience fear, doubt, or worry, and whenever we try to address anything through the unhealthy reactions of our ego's fight or flight mechanism. Rise above it. Check yourself. Do not fall prey to ego's demands.

Some of us have a stubborn association with the need for continual sacrifice, and thus, the suffering that so frequently follows. Do not fall prey to this perverse demand of ego. Ego seeks to be recognized for the suffering we endure, and the sacrifice we supposedly make for others. And yes, service to others is commendable, but it is a fallacy nonetheless to lie to oneself. Can you truly serve without recognition? Really? Try it.

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Beyond thought lies limitless potential. This is the universe in the wave state. In quantum physics it is called the state of superposition, that space of no time and no place, that state where the particle of existence does not yet exist. It is limitless potential, the infinity of the Expanse. This is that space of no place before preferences, choices, and our contrived history have begun to bring into form the events our thinking creates. Each of us draws on the potential allocated

to this earthly kingdom such that we are able to produce that which we most keenly focus upon.

Is it really possible for us to release our personal identity? Our earthly identity is the composite of our thinkingness coupled with the karma we have thus far accumulated. Who we are has been created by us. It has been created by our ego from the history we constantly reaffirm through the story we tell ourselves about who we are. It is the total of our thoughts about us. It is the blend of our total thinkingness, our preferences, our narrow view of the way things are. We call it reality, but in fact, it is all contrived. It is simply thought form, energy held in place by belief until it resolves into our present. We can be more, we are more, but to experience this in the here and now we must let go of who we think we are and allow ourselves the blessing of expansiveness.

I am good. I am growing healthier with each positive-thinking day. I feel the energy surge. My world is what I want it to be. I desire goodness for all, nevertheless, I recognize that what each person will experience is what they need right at that moment in order to move forward, to rise in vibration and health, and become more of their greater self. God grant that we may all awake and live improved lives.

I am in love with life. I am in love with love. I am happiness in process. I can feel the energy surge within my body. "Become," it shouts, rise, evolve and live life in new and better ways. Dare to greatness.

Would we recognize our greater selves? Would we, could we, see through the brilliant light of who we really are and know that it is we, our very selves? It is not the experiences of this life that shape and mold so much as it is the way we view those experiences. Shake off the dark and the dreary, the low vibration and slowed evolution, I shall focus on the man I want to be, and dare to be the son of God that I am.

Where I focus my thoughts and attention will manifest the future me. Which will I concentrate upon? The illusionary vibratory state from hell that tricks me out of experiencing the greater I am? Or will I rise on heaven's wings to God who is my home? The choice has always been mine. Choose wisely Terry Neal, son of deity.

Relax into the centered place of peace. Swish away the trials and turmoil of this life. It can be as simple as shoeing away buzzing flies. The trials of my life are

but a dream. They are real because I have given them power over time. Deprive them of further manifestation. Deprive them of intention and attention. Withdraw the energy of my creative power. Refocus on the uplifting, the ennobling, the inspirational. Find the beauty in and about life. Let the focus on beauty fan the flame of gratitude and live in this place of wonder.

Enjoying each moment, one at a time, is much easier than I have previously told myself. Nothing but my own focus can keep me from smiling in the present moment. Dare I to smile with increasing energy? What will happen? Help! It's scary-amazing. Within just moments I can't stop smiling broadly. What will people think? Ha! It's back to that is it? Wake up. Live. Laugh. Discover your center. Live in love and know true happiness.

Look deeply into life. To whom have you granted power to displace you from the sanctuary of your center? Name them. Perhaps they are not people at all, but situations and developments that engender fear. Why is this? Why have you granted the power to others, or to things, as to how you will feel and experience life? Love others surely, but do not give them the power to hurt or make afraid. Sacrificing your center to another is not love, it is dependency. Stand up straight, shoulders back, be responsible for yourself, rise above the nonsense of pettiness and sarcasm.

Become clear as to where your peace resides. It is always at your center. Devote yourself to the higher frequency life. Live above the nastiness and turmoil of conflict. Return to your center the moment you realize you've left it. Practice gratitude, love, harmony, peace, and compassion. Focus on beauty, and all that is uplifting. Seek the higher vibrational place in every situation.

## **25 August 2010**

The Lord of the mind, the perceiver, is ever aware of the constantly active mind stuff, the effect-producing cause. Patanjali Sutra

The latest research clearly demonstrates that genes, of themselves and independent of thought and feelings, do not create the body as we know it. Each part of us is being instructed as to how to evolve by the protein messages generated by thought and emotions. Genetic structures and responses are turned on and off by our internally generated signals. We are truly that which we think and believe we are.

“Money has become more important than healing: a recent study showed that death from medical treatment is the leading cause of death in the United States.”  
John James, Ph.D.

What is it I ought to be about? In traditional thinking I have limited time left allotted to me, what will I do with it? Is life about play? Thinking great thoughts? Doing great deeds? Servicing others at every turn and in all places? Is it about learning, earning, accomplishing? What is life’s true purpose? Do I really believe that my time here on earth is all about personal evolution? And, if so, what does that mean? What is it I should be about? Life...is it love, or is it more?

### **27 August 2010**

Today marks exactly five years since my deceased wife Maureen’s passing. I feel confused and unable to focus on projects at hand. Is it because of this melancholy anniversary? I do not know, but clearly something is afoot. I find myself struggling; struggling to better understand the why of things, struggling to find greater meaning in the pursuit of life. My body aches all over, much more than normal. Why would this be? It is a pleasant, balmy day. I feel as though I should be about something; that I am passing right by a huge opportunity. What might that be? Why am I feeling so anxious? It is curious to me that when I need to meditate that is the last thing I want to do. When I need to pray, and strengthen my connection with God, for some reason I feel reluctant to do so. I must knock myself out of this desire to do nothing...or, perhaps it is nothing that I need to do just now. Hmmm. I will take some pain meds, eat, seek a massage, and quiet my thinkingness. Perhaps...

Three hours later...the pain is largely gone, things are improving.