

To better understand  
our **MIND**  
and our **FEELINGS**



And to explore them through  
**MEDITATION**

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# INTRODUCTION

The intention behind the creation of this little book has been to clarify, for the reader as well as for the author while making it, certain key spiritual notions that help to better understand ourselves and life.

It has been made for the curious who, unsatisfied with a purely materialistic definition of what a human being is, is looking for answers on the working of the mind and of feelings.

This text has been written in a concise and direct way, helping with images to complete the words.

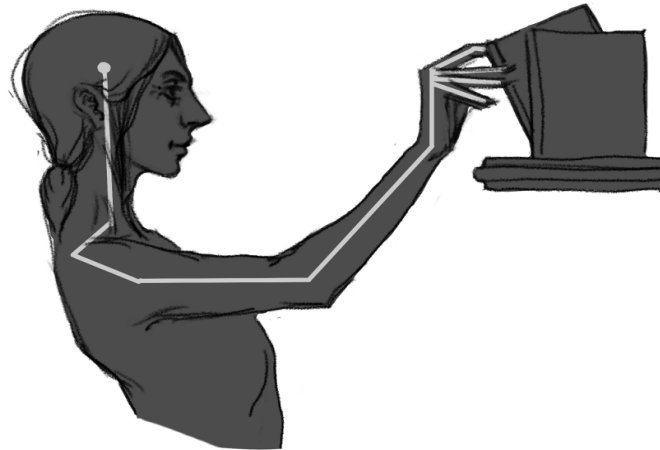
More than lengthy theories to try to prove anything, it is about pointers that ask to be verified in practice.

In brief, this is the kind of manual and explanations that the author would have loved to find before having to read dozens of books on the subject.

May you find peace and truth.

# TO BETTER UNDERSTAND OUR MIND

The center of command in a human being is the mind. And so, at a physical level, the brain.



There is a quote in the Bible that claims “The light of the body is the eye” and goes on with “if therefore your eye is clear, your whole body will be full of light”.

The eye is the symbol of the mind and the light of consciousness.

It means that if we were able to be truly conscious with our mind, we would also be present from our whole being.



But obviously, there is something in us that creates obstacles to consciousness... The main reason why we are not fully present is because of our ego. The ego is the creation of a 'me' in the mind, or more concretely 'the voice in the head'.



Instead of staying simply present with ourselves and our environment (meaning to feel things), our mind identifies itself with the body, with other beings, with external objects and with what is happening around it. From that, it creates a 'story' and at the same time a 'me' to whom this story is happening. The mind is therefore kept unconscious and is identified with an imaginary creation of self, separated from the reality of the present moment.

There are several 'illusions' from which the ego feeds itself and that keep the mind unconscious.

First of all, there is the identification with the name by which we are called. The name is somehow the package that contains and maintains together all the past stories and future projects of our ego.

There is identification with the body, the unconscious assumption that we are our physical body.

There is the illusion of possession, to believe that certain things belong to us. So the saying goes "The things you own end up owning you".

There is identification with different events and activities, to derive a sense of self from our profession for example.

There are also the two important factors that are space and time.

It is not about denying the existence of space and time on the physical level, but to realize that they become again an illusion when the mind identifies itself with them.

Space then becomes an idea of separation, of distance (close/far), between the different beings and objects of this world. Forgetting that everything is linked and contained in this unique place called 'here'.

Concerning time, it is not about questioning the fact that there was a past and that there will be a future... that bodies are born, grow and then die. But it is the notion of a past and a future within the mind, something that blinds us from the only reality that is the 'now'.



We can add to that the learning and the compulsive use of languages.

A language forces us in one hand to enter into unconsciousness so as to play with the sounds, symbols and concepts that goes with it, and on the other hand to be strongly focus in order to stay present and express ourselves.

Finally, the unconscious could be define as 'what does not want to be conscious'. Conscious of what? Of what 'is', of reality, of the truth, of what is beyond words and that consequently we cannot name.

Thus, they would be a battle raging inside us... A war between consciousness and unconsciousness, between light and darkness.

The paradox is that this war exists only in the eyes of the unconscious. Duality being its nature, the ego constantly feels either inferior or superior to what we really are. When the mind projects this on the world and others, this internal conflict is then externalized.

Here is a list of words summarizing this.

CONSCIOUSNESS	UNCONSCIOUSNESS
LIGHT	DARKNESS
KNOWLEDGE	IGNORANCE
PEACE	WAR
UNITY	DUALITY
SELF	EGO
REALITY	ILLUSION
WELLBEING	SUFFERING
FEELINGS	EMOTIONS

The Buddha used to compare the mind to the strings of a sitar.

He was telling that if the strings were not tight enough, no sound would come out of the instrument; and if they were too tight, they would break. The strings need to be precisely between these two extremes to produce a constant and harmonious sound.

He was teaching the 'Middle' way. He taught that the path to enlightenment was like a line between all opposite extremes.

These two extreme positions concerning the strings of the sitar can be compared to somnolence and concentration at the level of the mind.

Somnolence is when the mind let go almost completely into unconsciousness. The ego then refuses passively to be conscious. It is when the resistance is active that emotions appear.

Concentration is the ego using consciousness for its own sake. It is being present but in a rigid way, without sensitivity.

Because one extreme calls another one, when we are really passive, sleepy, we after feel the need to be really active, focus, and vice-versa.

The intermediary state, the middle one, is simply when the mind lets go of its ego and become truly present. It neither fights nor tries to transform the unconscious but 'tunes' itself into the feelings coming from consciousness.

Here is a table describing the two opposite states and the one of the middle, of the present.

SOMNOLENCE	CONSCIOUSNESS	CONCENTRATION
PASSIVE	RECEPTIVE	ACTIVE
TO SLEEP	TO BE	TO ACT
TO DREAM	TO FEEL	TO GRASP
IMAGINATION	INTUITION	LOGIC
EMOTIVE	SENSITIVE	INDIFFERENT
SLOPPY	RELAXED	STIFF
SLOW	CALM	FAST
FRAGILE	SOFT	HARD
TO LISTEN	SILENCE	TO TALK
TO DOUBT	TO DISCERN	TO JUDGE
TO SPREAD	TO LET GO	TO CONTROL
CHAOS	BALANCE	ORDER



YIN	TAO	YANG
INFERIOR	EQUAL	SUPERIOR
VICTIM	NEUTRAL	PREDATOR
'I SHOULD'	'I AM'	'I WANT'
CLOSE	HERE	FAR
PAST	PRESENT	FUTURE

To recap, there are two forces that inhabit our mind: consciousness and unconsciousness.

Consciousness can be compared to light, to what brings clarity and knowledge. By contrast, unconsciousness is similar to darkness, to what plunges us into confusion and ignorance.

The way that allows us to free our light from the veil of darkness is the one of the middle. It is to understand that the unconscious disappears when we cease to live through extremes.

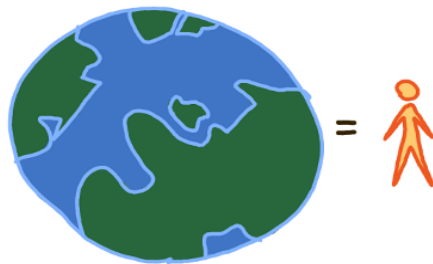
Whether our mind is bending more toward one extreme than the other or both at the same time, the key attitude is always to: 'surrender'. To literally give up ourselves to consciousness.

# TO BETTER UNDERSTAND OUR FEELINGS

There is an idiom in Alchemy that says “As above, so below”, meaning that the macrocosm is an image of the microcosm.

It is by acknowledging this principle that we can compare the human body, or any other living beings, to planet Earth itself.

It means that what we find in essence on Earth can be found at a lower scale in our own bodies.



The different states of matter have been divided as follow: solid, liquid and gas. In a more subtle way, its constitution has been explained to us through the periodic table (Mendeleev's table), with the various atoms and molecules. The deeper we go, the more we realize the subtlety of matter and the complexity of its interaction.

Putting this aside, if we stay simple and innocent in front of Nature (letting go of our microscopes), we can observe several elements that clearly distinguish themselves from each others and with whom something in us resonate.



That is **Earth**, **Water**, **Fire** and **Air**.

It is the constant play of these four elements that sustains life, their 'dance' has given birth to our bodies. It is therefore logical that we can find them in ourselves either physically, symbolically or at a more spiritual level with our feelings.

**Earth** is the solid, rooted part of a human being. Without it appears fear and anxiety.

**Water** is our fluid aspect. It is the ability to adapt ourselves to our environment, to feel good about it.

**Fire** is a principle of growth, of energy. It is the will that push us forward.

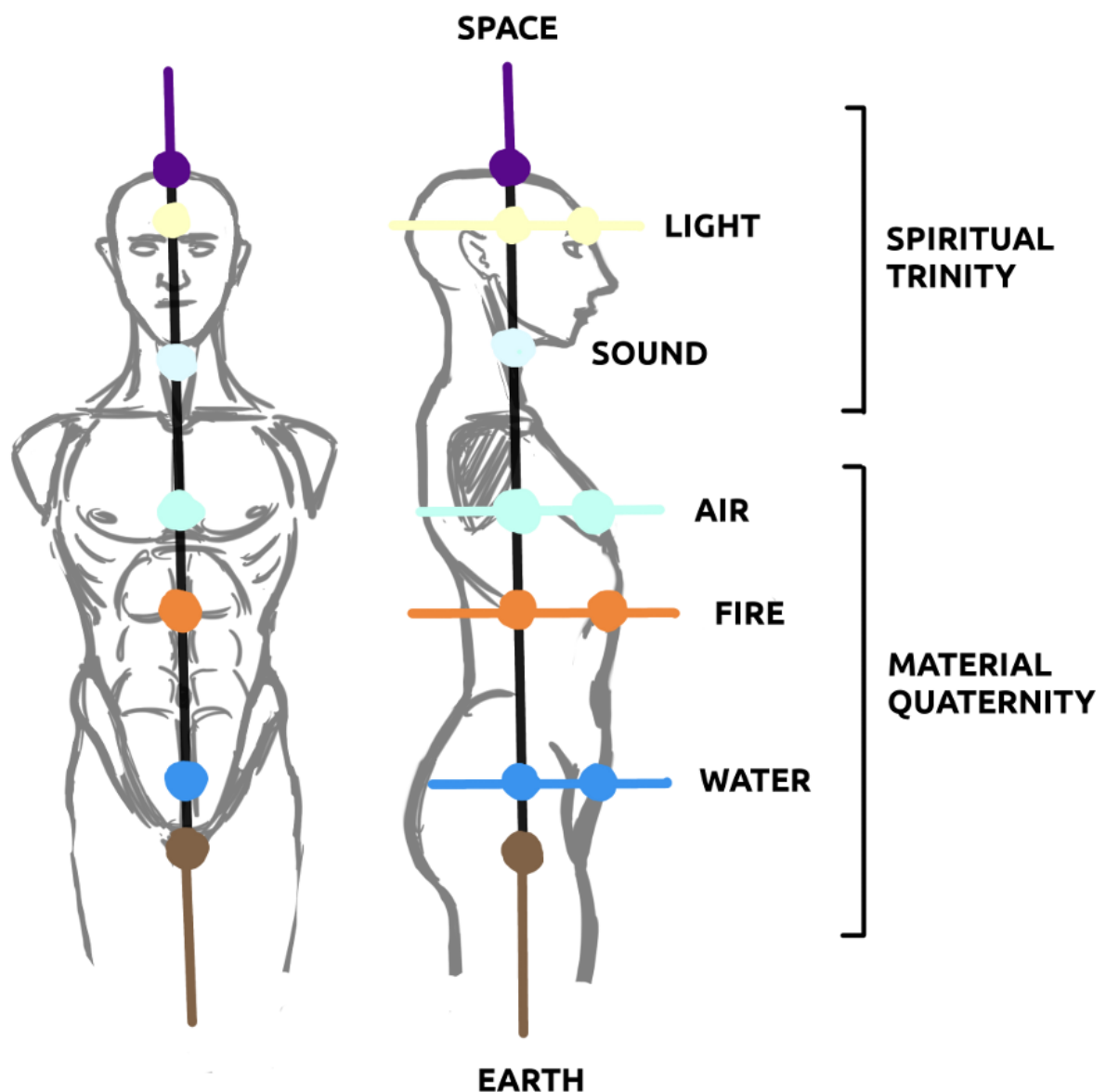
**Air** is the more detached, compassionate part of us. It is what make us relativize our own situation.

More than a long speech, here is a table showing the possible correspondences between the elements and a human being.

	AIR	FIRE	WATER	EARTH
INSIDE THE BODY	RESPIRATORY SYSTEM LUNGS	STOMACH DIAPHRAGM	BLADDER SEXUAL ORGANS	INTESTINS ANUS
OUTSIDE THE BODY	CHEST	SOLAR PLEXUS	BELLY	PERINEUM
FEELINGS	PEACE LOVE	ENTHUSIASM FUN	FEELING GOOD CARING	FEELING ROOTED
EMOTIONS	HATRED	ILL WILL ANGER	DESIRE	FEAR
SYMBOLIC	DETACHMENT	POWER	ADAPTATION	STABILITY
CHAKRA	ANAHATA	MANIPURA	SVADHISTHANA	MULADHARA

What follows is a representation of the structure of our 'field of feelings'.  
The 'field of feelings' is the dimension both inside and outside our physical body where we precisely experience our feelings and emotions.  
This structure is composed of energetic centers or 'chakras'. They are the localization of our different feelings.

The colors representing these centers on the drawing are essentially symbolic, the goal being to connect to the feelings themselves.



Even though appearing on the image, the centers above haven't been mentioned.

It is because we now have to push the analogy not just to the Earth but at the scale of our solar system.

The four elements are the earthly side of a human being and the three other principles are its universal or cosmic nature.

They are **Sound**, **Light** and **Space**.

**Sound** is the power by which human beings manifest their feelings, meaning the elements in them.

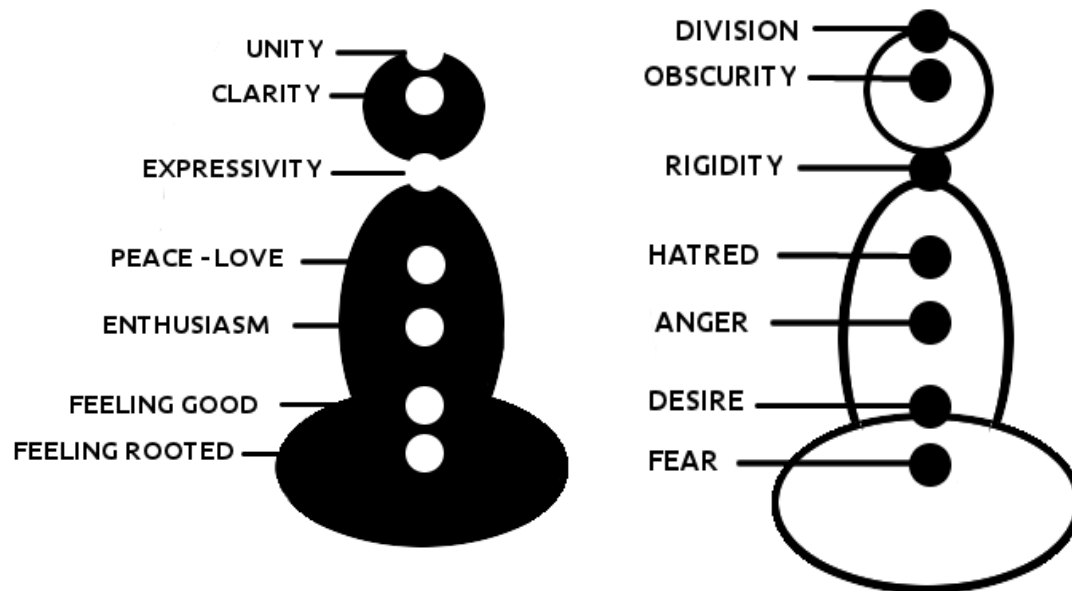
**Light** is the living intelligence, the consciousness without which we wouldn't be different from machines.

**Space** is the principle of unity in Man, what connects us to the whole, the infinite, the all.

Here again is a table presenting some correspondences between these universal principles and a human being.

	SPACE	LIGHT	SOUND
INSIDE THE BODY	BRAIN	LITTLE BRAIN	PHARYNX LARYNX
OUTSIDE THE BODY	CRANIUM VERTEX	FOREHEAD	THROAT
FEELINGS	UNITY CONNECTION	CLARITY TRUTH	EXPRESSIVITY
EMOTIONS	SEPARATION DIVISION	CONFUSION LIE	RIGIDITY
SYMBOLIC	INFINITY	CONSCIOUSNESS	MANIFESTATION
CHAKRA	SAHASRARA	AJNA	VISHUDDHA

At the light of what we have seen concerning the structure of our feelings and on the mind, here is a representation of what would feel a being perfectly present and another one of someone completely unconscious.



Of course, a normal person is never totally conscious or unconscious. We constantly alternate between one and the other and don't especially make the difference.

There are by the way all sorts of feelings/emotions that appear after a 'friction' between consciousness and unconsciousness.

Sadness or crying for example is a 'clash' between love and hatred.

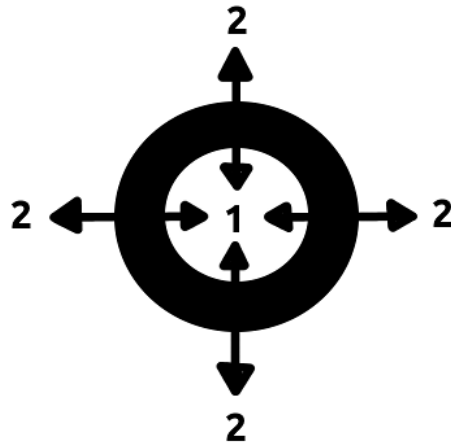
Laughing is a mixture of enthusiasm and anger.

Excitement, a melange of feeling good and desire.

There is also being nervous or stressed that is between being rooted and fear.

To better understand this interaction between consciousness and unconsciousness, we need to remember that the ego always perceives itself as being either inferior or superior to what we really are.

It will therefore, instead of just 'being' with a feeling, feel either smaller or bigger than it. As we've already seen, it uses two 'methods' that consist: to contract and control consciousness or to spread and disperse into it.



**1 = to contract, to control consciousness**  
**2 = to spread, to disperse into consciousness**

When instead of living through the mental, we decide to feel things; we realize this duality that exists in our mind (between concentrating and daydreaming) can also be found at a more primordial level within our field of feelings.

It is the ineluctable polarity to all interaction on Earth; between a man and a woman, between the attacker and the defender, between the predator and the prey.

Each of the two sides of this polarity has its positive and negative aspect. The positive aspect is of course the conscious part (feelings); the negative one is the unconscious part, passive or reactive (emotions).

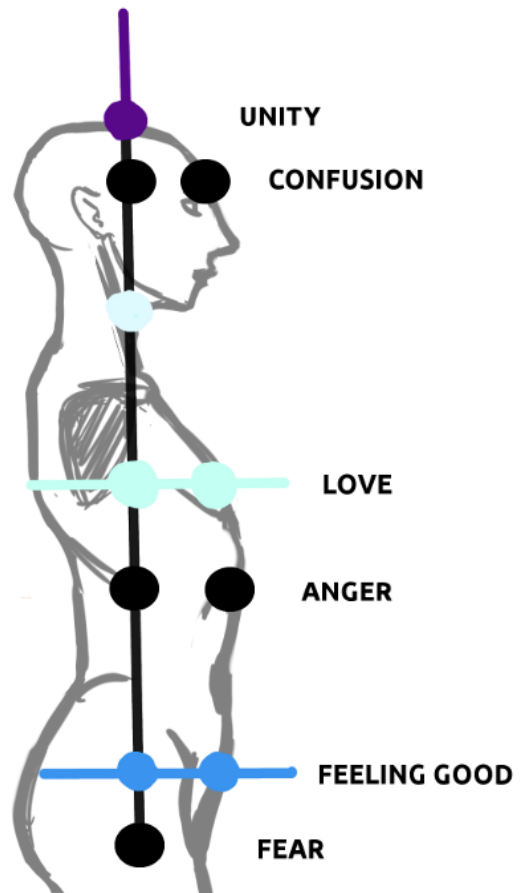
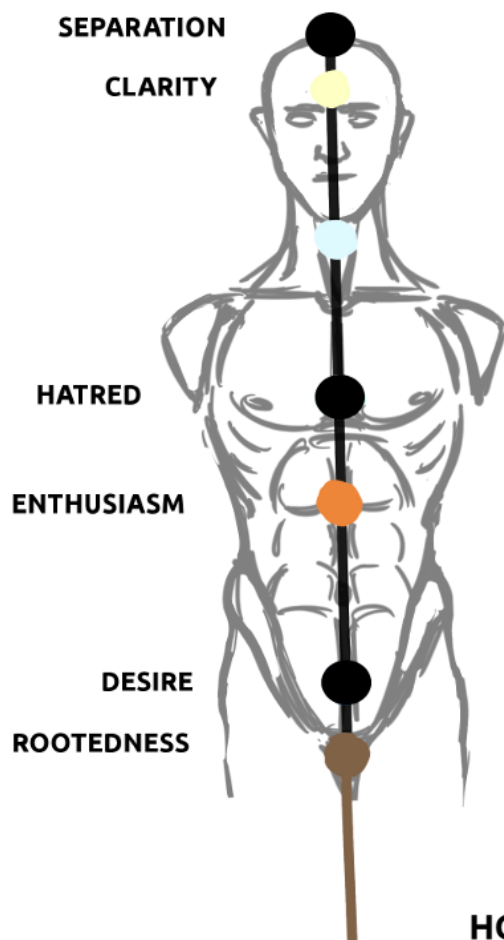
Animals are also subject to the 'game' of the unconscious...

The great difference is they don't have an ego in itself. There is no intellect that tries to understand things or to store up informations, but just this instinctive force that manifests itself through them.

Paradoxically, it is also a purely human characteristic to be able to transcend this polarity. To achieve what we call enlightenment, not to seek the missing part in others but to find it in ourselves.

It is the mystic marriage of the masculine and the feminine within us, it is being free and One.

**MASCULINE  
VERTICAL - UPWARD  
LEFT HEMISPHERE**



**FEMININE  
HORIZONTAL - DOWNWARD  
RIGHT HEMISPHERE**



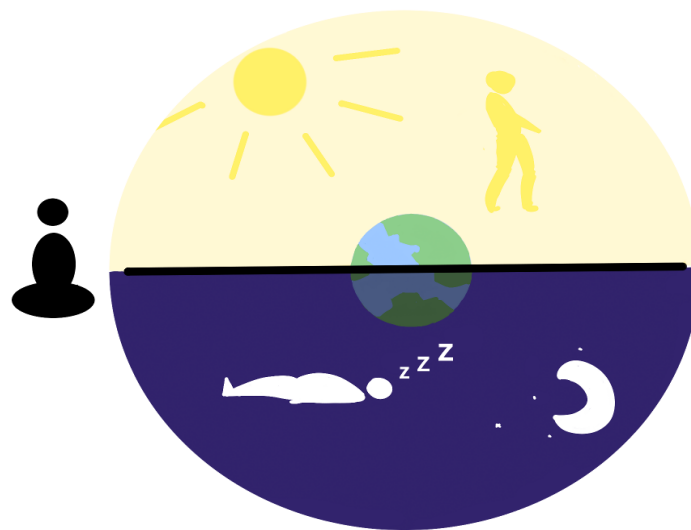
# MEDITATION

The purpose of any spiritual practice and so of meditation is to avoid extremes and reach a state of balance.

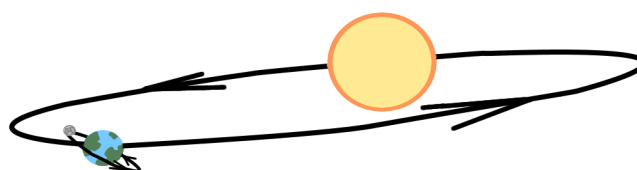
The two great extremes concerning the cycle of life on Earth are the day (active) and the night (passive).

Dawn and dusk are what we could call 'interfaces', intermediary phases that erase this duality and bring a form of unity, of balance. They are therefore favorable period to practice meditation.

Regarding postures, meditation is also the perfect balance between lying down and standing up. It is spontaneously that the practitioner adopts a sitting position, neither too straight and stiff nor too curved and sloppy.



Like the force that maintains the Earth in orbit around the sun, gives it a rhythm of movement and preserves this perfect balance without which life wouldn't be, there is in a human the same power that naturally harmonizes its being.



That is the **breath**.

There is the purely physical action of breathing, that is to bring oxygen to the lungs, but at a more spiritual level its nature is to harmonize in us the feelings of the four elements.

This can be found in the rhythm of the breath, which is as the cycle of life on Earth a fourfold rhythm.

There is an ascendant phase that is inhalation (day, fire), a descendant phase that is exhalation (night, water) and two intermediary phases that are full retention (dusk, earth) and empty retention (dawn, air).

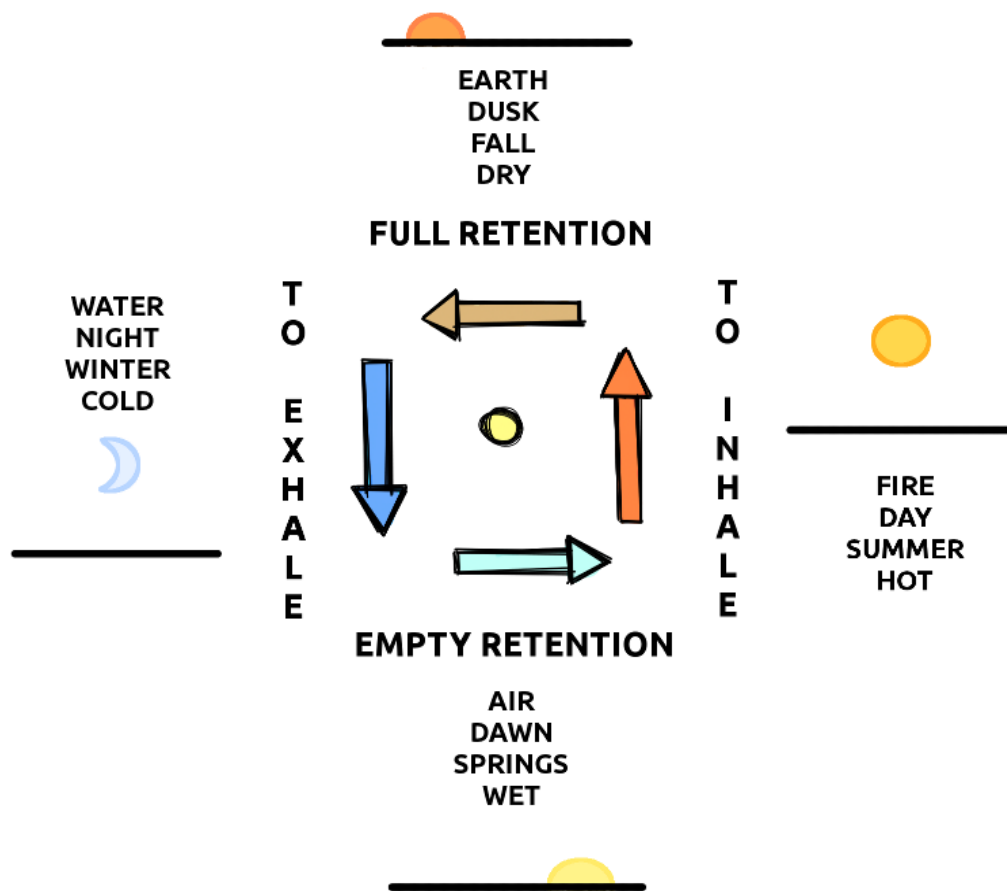
Each of these phases put us in touch with a particular feeling.

To inhale with fire, with the fact of expanding, of growing.

To be full with earth, with the fact of standing, of maintaining.

To exhale with water, with the fact of decreasing, of letting go.

To be empty with air, with the fact of accepting, of being detached.



Thus, the art of meditation simply consists to sit, to let go of the body and to feel the rhythm of the breath.

It is when we avoid the two extremes that are the exaggerated breathing and the almost absence of breathing that we enter in a meditative state.

The more we let go in that rhythm, the more we dissociate ourselves from our physical bodies and dissolve into our 'field of feelings'.

Because unconsciousness is always a form of resistance to consciousness, it is when we stop 'resisting' one of the phases of the breath that we release the related feeling.

The ego then slowly disappears because we are neither in a state of sleep nor in a state of concentration.

The inside, the me, and the outside, the others, fuse into one.

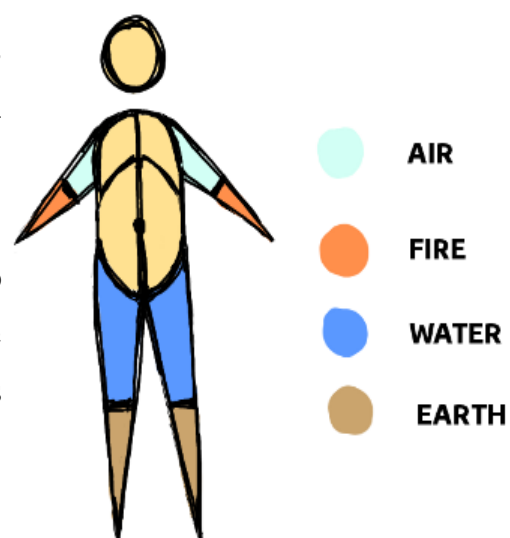
We have access in that state to the true knowledge, which is not a science acquired through reason or intense reflexions but is an intuitive cognition. It is when we remember the subtleties of our being and so of life, beyond mental conceptions.



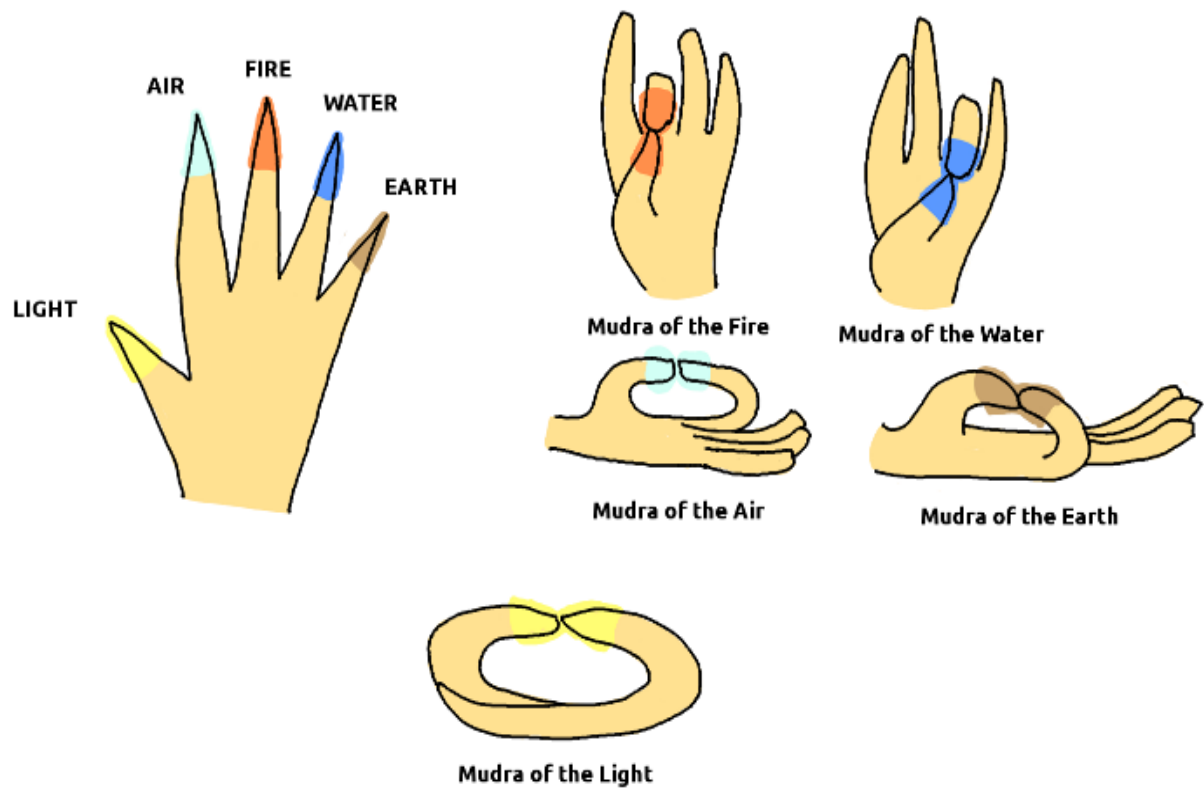
Picture of Dharma Sangha, also known as 'Little Buddha'.

An interesting and practical thing to realize is that each of the different parts of the members of the body are connected to a particular feeling.

It needs to be experienced for oneself so as to have an opinion, but here is how the author perceives these correspondences with the arms and legs.



There are also the hands and what is called 'mudras'. Mudra is a Sanskrit word that literally means 'seal', they are different positions of the fingers that connect our consciousness to a specific feeling.



The thumb works as a connector between consciousness and the feelings of the four elements. With the mudra of the light, the thumbs being connected together, consciousness meditates on itself.