

Practical Metaphysics
By Eric Butterworth
Chapter 3
THE ART OF THINKING

Incidents do not cause thoughts.

(Incidents may provoke an emotional response, but then your thoughts are your thoughts.)
The whole principle is based upon ourselves. It is not the world that we're concerned about, but our thought about the world.

The important key to effective living then is not trying to find the way to set things right, to straighten people out, and to get the world to stop acting like it does. Right seeing is the fundamental essence of Truth. Metaphysics is a technique in right seeing, helping you to see things from a particular perspective, as Ralph Waldo Emerson would say, "from the highest possible point of view."

Thought, for the average person, is a reflex process. Things happen and we react in thought. We become worried, we become fearful, we become concerned and anxious, or, on the other hand, we become happy and inspired. We assume, and this assumption is almost universally prevalent among people, that the thoughts we think are produced by the circumstances we experience and the mind is something we hold within our skull by which we can deal with the World out there. Things happen and we react, we think, and we say, "Well, of course I'm upset...." Life is a continuous reaction to outside stimuli for the average person. One may be happy, or sad, or life has meaning or is meaningless by evidence of what happens to us from day to day.....contrary to all this, experiences do not cause thoughts. Someone may do something to you and may give you a perfect opportunity to be upset if you want to be upset, but if you don't want to be upset, you need not be. Incidents happen. It becomes history once it's happened, but as far as your experience is concerned, the incident is completely external. It's always on the outside. What happens in your mind happens as a result of your attitudes, and your feelings, and your habit patterns. Your mind is your domain.

This is fundamental and so important to get this into our consciousness. You think what you want to think or you think what you have habitually thought by a certain tendency of habit pattern. Your thoughts are always your reactions to the incident, but the incident did not make the thought. It is your mind, and you have been thinking and reacting in thought according to the level of your consciousness.

People may have problems, but I have problems because of the way I'm reacting to people's problems. If I keep myself in perfect peace, then I'm simply concerned that people have problems. They're on the outside and I can handle them.

No one ever makes you mad. No one ever gets you upset...you are upset because you're upset-able. You're angry because you have an anger consciousness that when touched, like a little red button, causes it to glow up within yourself. The anger is already within, so you react according to the level of your attitudes, according to your consciousness. Some of us are completely unaware of the fact that we have the power to control the kinds of thoughts that run rampant in our minds, and we lose any sense of mental mastery.

That's the thing that's fundamental in this study of Truth: You realize that it is your mind. Therefore, you have to ask yourself questions from time to time when you find yourself terribly upset or concerned about something that's happened.

Read para #61 about media...

YOU ALWAYS HAVE A CHOICE

The first step in this process...the art of thinking is to know that no matter what happens in your world...you always have a choice...You can choose to think positively or creatively if that's the way you want...You can become the master...but it's not easy. It's not easy to take possession of your mind. To change from being a reactive thinking to a creative thinker takes a lot of discipline and will and commitment...It's not easy to think happiness when you're unhappy, because your unhappiness is busy manufacturing more unhappy thoughts...to fill the negative state of consciousness..

(T)he key to positive thinking..is not filling your mind with a lot of happy platitudes; it's simply determining that you have control and you can think the kinds of thoughts that you want to think. It is making the commitment at the beginning of the day and regulating through the day that you're not going to allow people or conditions, or circumstances to decide how you're going to think or feel.

YOU ARE A THINKING CENTER WITHIN DIVINE MIND

The great need is for a discovery of one's self as a thinking center within the infinite Mind of God. Divine Mind essentially is your milieu. .You're in it..all of it..all the time. **It is impossible that you should ever have a mind apart from Divine Mind. All you have is a consciousness within Divine Mind.** Your mind is not separate from mine...You're a thinking center with Divine Mind. You're a consciousness within it. **The intelligence that is in back of all thought is the intelligence that runs the universe...**we direct this intelligence into the molds of our consciousness, into the molds of human awareness...this is how we direct divine intelligence.

DISTORTED THOUGHT MANIFEST DISTORTION

In the same way, we can permit the creativity of the university to flow into a mold of twisted and distorted thought...There's only one basic intelligence, which we distort and pervert according to where we are in consciousness...We think of ourselves in certain habit patterns of sickness, of poverty, of war and all the various things besetting human consciousness. These are the habit patterns of the human mind....Bad luck is simply a bad mental habit. (What can we do?) **you might not be able to immediately change the condition, you can change what you do about them, how you react to them and what you think about them. You can always be creative...be positive regardless of condition.** In other words, tune yourself into an entirely different dimension. **It's a good thing,..to occasionally take inventory in our lives and to look for the situations that tend to repeat themselves--**problems that repetitiously keep manifesting in our work, in our finances, in our health, in our relationships.

TAKING RESPONSIBILITY FOR THOUGHT CHANGES IN YOUR LIFE

If you refuse to accept responsibility for your thoughts...and you insist that these things, and conditions, and your thoughts are caused by the things out in the world, there is little you can do about changing them...that's the way life is.

If you take responsibility for your thoughts, **if you always recognize that whatever happens in your mind is a result of your consciousness...and admit that your states of consciousness within your own mind are responsible, then and only then are you in a position to fulfill the realization that you can change your life by altering your thoughts.**

You can change your life by altering your thoughts if you know that your thoughts are the problem in your life. This is something that requires a great change of the whole general perspective by which we tend to view life....You can't change people. You can't change the world, but you can change what you think about them, and then you can change your life by altering your thoughts.

POSITIVE THINKING IS NOT JUST A PROGRAMMED MIND

..the you that thinks what you think is more than the thoughts you're thinking. The thoughts are in your mind, and you have the power to control your mind. I am not what I think. **I think what I think, and I have the capacity to think whatever I decide to think, if I realize I have that ability and begin to exercise that prerogative.**

You are not just a mind that thinks. You are a unique and wonderful identity with an Infinite Mind, and you have the power to think what you want to think and to react as you train yourself to react....Positive thinking is not sitting around holding thoughts, filling the mind with platitudes and self motivating images.

POSITIVE THINKING IS BEING ATTUNED TO YOUR POTENTIAL

Positive thought is a matter of tuning yourself into the infinite positive, which is the creative process that always flows within you...You do not ever need to build tools into your subconscious mind...because (it) is already the essence of Infinite Mind, and you are the creative expression of Infinite Mind. You are an identity within it. So the key is not to fill up the mind with metaphysics, but to wake up the consciousness to the fundamental level of your nature, which is already fundamental truth.

You are a spiritual being...You can never be any more spiritual than you already are because you are a creative creature, a spiritual being, formed in the identity of the infinite process within you. This is what you really are. You can't change this but you can change your awareness of it. You can wake up to it.

Metaphysical thinking is not programming the mind with positives. It's waking up the mind to the deep underlying positive which is the Truth of your being. You are the creative expression of this infinite process...You're not going to be creative because you say you're creative, but when you understand the technique involved, you say you're creative because you know that innately you are creative....You don't make it happen because you say it, but you say it because that's what is true.

Positive thinking does not make creative power, and it doesn't change God or condition.

Positive thinking simply attunes you to the power that is and can never change, can never be altered...**Positive thinking, creative thinking, is thought that essentially is in tune with the Infinite.**

WORKING WITH MIND FROM WITHIN

Working with mind from within (is) an intuitive flow to be releasedDon't think of the process of Truth, as trying to get it into your consciousness...read pg 71 last full para

HORIZONTAL THINKING AND VERTICAL THINKING

Make the distinction between horizontal and vertical thought. One deals with information, the other deals with inspiration. One deals with things as they are. The other one deals with things as you are. In one you're looking at the thing..and reacting, the other you..see it. I recognize it...but I have the capacity to deal with it..I can decide how I'm going to deal with it..this is vertical thought. The horizontal (thinker) sees the things in the world and says "oh boy. What a terrible day....the vertical thinker sees these things...thinks the kinds of thoughts that he wants to think...essentially he thinks the kinds of thoughts he wants to see manifest in his life..so he becomes solution-orientated instead of problem-orientated. If you're always reacting to how terrible things are--then you are in consciousness a part of society's problem, because the same negativity goes around and round. It can never stop by itself....it stops when someone gets off by saying **..These conditions are there, but I have the power to see them in a positive way, and I have the power to get in tune with a higher dimension..in this consciousness I can begin to inject into the general media of world affairs new positive attitude.** I can become part of a solution. There will be no solutions in society until we begin to think vertically about the things that happen..Make the distinction.

EVEN JESUS HAD NEGATIVE THOUGHTS

The positive person is not a person who never has a negative thought....Even Jesus had negative thoughts...When he went out into the wilderness to spend that 40-day period of fasting, he had a lot of negative thoughts. The negative thoughts are symbolized by Satan or the devil in the wilderness....satan is always a symbol of humankind's limited consciousness. We're told that Jesus was tempted in all parts, and yet was without "sin," which we can see as the temptation of being in the flow of negative thoughts. Satan in the wilderness experience was tempting Jesus through his own negative thoughts, his own human habit patterns of thought...The great lesson here is ...Jesus didn't identify with the patterns. He recognized that something had to be done and decided to do it. He said, "Get thee behind me. Get thee hence." In other words, he said "No"

YOU CAN SAY 'NO' TO NEGATIVE THOUGHTS

You can say "No!" The thought patterns are in your mind and you are in control. The fact that you have a negative thought doesn't mean that you're a bad person, but are you going to let all that negative thought take possession over you or are you not going to identify with it? **You have the capacity to say "no," to turn it off. When there's a symptom that indicates you're moving into the clutches of illness or financial depression, say "no" to it. When we understand the way a mind works, we begin to realize we have the capacity to turn from one level of thinking to another. It's your mind, and you can think what you want to think.**

You don't have to follow along the old habit pattern, the old habit tracks of negative thinking. You can think in another way. "I refuse to go along with this anymore. I'm a spiritual being, and I know that my life is constantly in the flow of Spirit. I give thanks for the renewing process that's taking place within me right now and always."

You can reverse thought habits at any moment by simply refusing to identify with them.

WHAT DISCIPLINE REALLY IS

...you have the capacity to make yourself mind you. This is what discipline really is....The fact is that we are all disciplined creatures because we always do the kinds of things that we really want to do. Sometimes there are certain things we don't want to do,so we allow our lack of discipline to take us in that direction. **The point is: It is your mind, and you have the power to think what you want to think. Of course, it needs commitment, discipline, and at least as much attention as we give to food or bodily appearance.**

THE IMPORTANCE OF MENTAL PREPARATION

I don't care what kind of a complex you have. I don't care how deep-seated your inferiority complex is, you're not an inferior person. You are a person with inferior thoughts, and that's the difference. When you understand your inferior thoughts, you can change those thoughts. A person may have a failure complex, and tend to think of himself as a failure, but you're not a failure. You are a child of God. You are in infinite identity with an Infinite Mind, and you have the capacity to think the kinds of thoughts you want to think You can change the failure complex. You can change the inferiority complex. You can change the sickness complex. **You can change any kind of complex by determining that these are things that are going on within you, but you're in control. You're in charge, and you have the responsibility, and the opportunity, and the privilege of altering your thoughts--thus changing your whole life.**

You are not what you think...You are thinking what you think.

MAKE UP YOUR BED AND MAKE UP YOUR MIND

Take a few minutes when you wake up in the morning to pull the covers up, straighten it all out, get the wrinkles out, and get that sense of identification that while you're doing this , you're getting your mind in order. **You're getting yourself in tune to make that sort of identification. You're getting yourself constantly identified with the individualization that you are of Infinite Mind. You live in Divine Mind, the Allness of Infinite Mind. All the creative intelligence of the universe, you live in it.** It's here, and you can shape and mold it any way you wish...As you begin to shape your bed into a nice orderly arrangement, in the same sense, you're shaping your mind into that which is positive, creative and self fulfilling.