

THE MENTAL PICTURE IS NOT THE REALITY

LESSON 101 OF “THINKING”

Do you “know” that your dreams when you are sleeping are not reality but merely conjured up images of often nonsensical “happenings”?

Do you “know” when you are watching a movie that it is not real, that it is only made up stuff not actually existing in the real world?

Do you “know” that stories told to you by others are not real, that they are just stories with symbols of what could happen or did happen (but are *not actually occurring in reality right now*)?

Do you “know” that the predictions and projections of threats that the lower brain comes up with are not real?

Oops, you probably answered the first three questions with affirmative knowing, but you might not quite realize the truth of the latter.

You likely still believe in at least some of the imaginary stuff, as indicated by your getting anxious (fearful) about a future possible threat that *does not actually exist* in the present. It is not an imminent or present threat as opposed to the present danger of facing a tiger.

Well, be it known that the “[fear response](#)” evolved primarily to save our rear-ends in actually threatening situations (and NOT for *what doesn’t exist right now!*). In fact, using the fear response (or allowing it) is NOT at all appropriate for what is not imminent but only possibly presenting itself in the future.

And, yes, it is true that we are blessed with a pre-warning, anticipatory system that often saved our butts from some future danger. That system benefited from our being able to imagine and predict possible futures. 10,000 years ago it was vital that we paid attention to the predictions of the negative, as missing something important could mean life or death, survival, in those days.

However, it is another example of the “natural” things that automatically happen, but are NOT appropriate for indiscriminate use, such as pairing a picture of a prediction with fear in the moment. It is a tendency we must manage and decide when and what to honor or not, and what to not pay heed to. We can also use that ability to see and choose what should be obeyed/heeded to manage “[impulses](#)”. Clear away fear and obeying impulses automatically and you will have cleared away much of what causes humans problems!

In my life, I am able to say: “That is just an imaginary picture and I need not heed it. I can choose what to heed for the future, but *I absolutely know that the picture is not real.*”

“And if I know a picture is only imaginary, *I never have to look at in and feel fear* about the visualization of there being a threat. I no longer have to feel the pain in the present moment, experiencing in advance what I fear having the experience of.”

“I do not fear anything imagined. I simply look at it and determine if it has any content I need to pay attention to. I am in charge and I shall decide what to do and I will not be the victim of something automatic and mindless.”

SOME LESSONS LEARNED

DON'T EAT THE MENU!

There is an old saying “don’t eat the menu”. That simply refers to the idea that the beautiful pictures of the food are not the actual food. But most people tend toward eating the menu (the symbol) and wonder why life itself isn’t “filling” (fulfilling) - it’s because there is no substance to eating the symbols that we have now mistakenly given meaning to. We try to eat the symbols and we don’t do what is truly nurturing in life.

For instance, money becomes a symbol for being happy, although when we use our higher brain we clearly know that money does not equal happiness. The money may be a means to that goal, but it is not the goal itself. But many people chase the money, when what they truly need is to do something more that will lead them to happiness.

Eating the fear menu is even worse...

THE DREAM IS NOT REAL...SO I CAN BE THE MASTER OVER IT!

Years and years and years ago, I took a class on Dreaming, from Patricia Garfield.

In it, I learned that I could bring to consciousness the fact that I was only dreaming AND that I had the ability (power) to be the master of the dream, to create something anew, that was vastly preferable.

So after that, whenever there was a tiger chasing me in my dream, I realized I was dreaming and that I was in charge of dreaming, and I turned around, flexed my powerful muscles and swung the tiger around by his tail!

Dreaming is “imaging”. It is imaginary, as are our visualizations of future threats and my belief that I should fear them.

But “**I shall have no fear from the imaginary**, for I know, in the first place, that it is only imaginary and the threat does not actually exist in the real world.”

HOW PROFOUNDLY ABSURD TO “LIVE” THE MOVIE & NOT THE ACTUAL...

It seems we let the movie in our minds be what we watch, in place of living life directly and consciously, in full technicolor!

Living a program served up by the low/no consciousness lower brain would be very inferior to living life directly through the higher consciousness, higher awareness, higher thinking higher brain.

Indeed, **the place to live life from is the higher brain.**

And, thus, if you commit to shifting from any lower brain thoughts/programs into the higher brain, as often as possible and tolerating nothing less than real life, you will have a much higher experience of life. (You would do that through utilizing the full [Power Pause](#). Your awareness and your utilization of this should be your **key**, number one **always-on** way of being!)

Tie this to the piece: [The Invincible Human](#), as more of an introductory, shorter piece, from which it is best, I think, to start on the program/learning guide ([The Process/Program For Becoming Invincible And Fearless](#)).