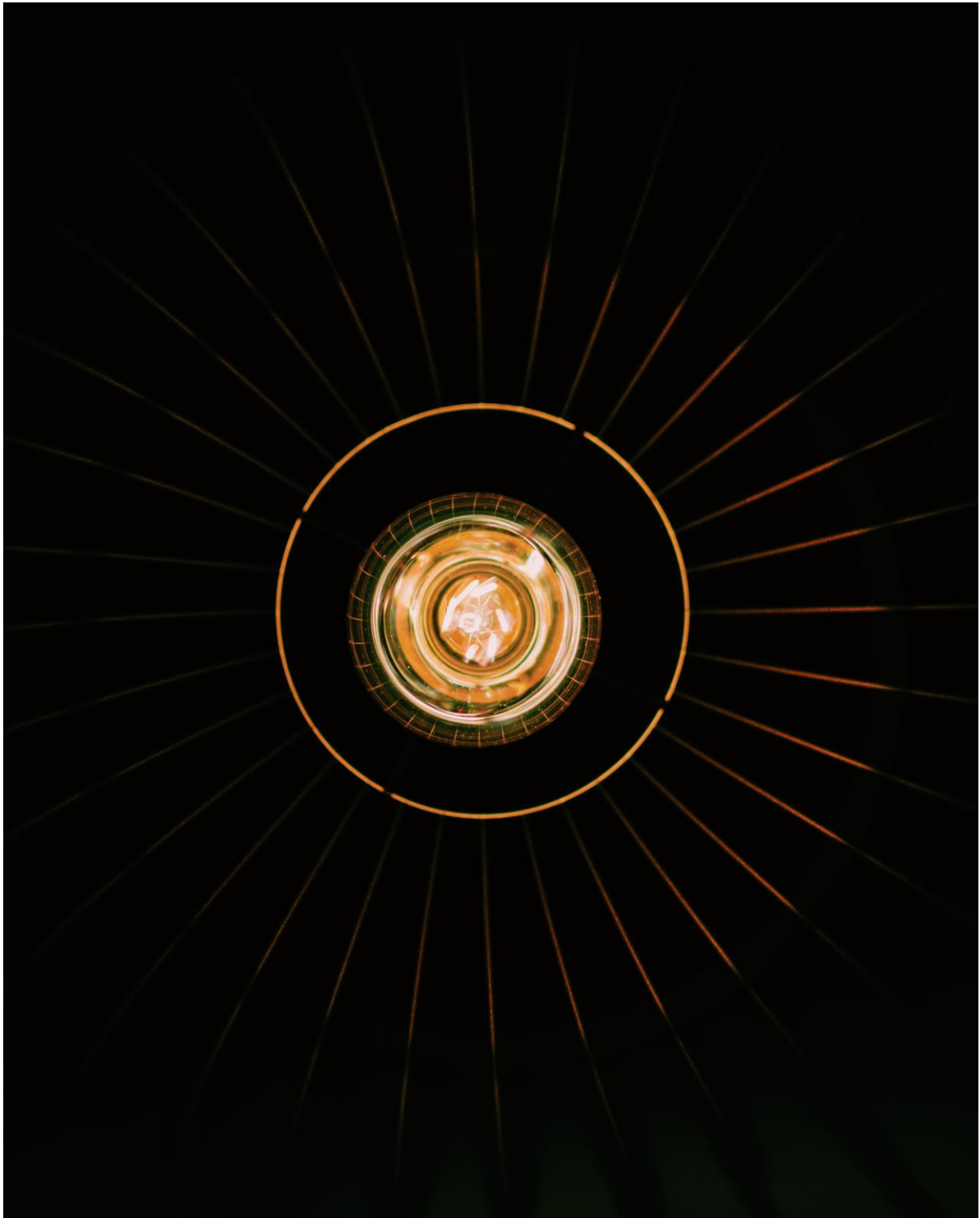
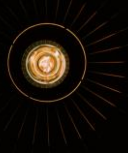


The Discovering Mind

Recovering the natural intelligence in people





The Discovering Mind

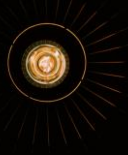
**The first thing
a Discovering Mind
says is
“I don’t know.”**

**Then,
“Let me find out.”**

A Discovering Mind is a natural form of intelligence in everyone.

It is the ideal kind of intelligence for any and all human issues, for times of change, for creativity of all types, and for recovering spiritual connections.

It is also the ultimate survival asset.



The Art of Thinking

**Thinking is the main way
our mind
Interacts with our world.**

**While our education on
What to think is quite
sophisticated,
there is very little attention
given to How we think.**

**There is even less attention
given to Who is thinking.**

There are three ways of relating to challenges.
Contraction, Expansion, and Neutral.

Contraction is a safety oriented response which aims for protection.

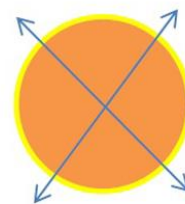
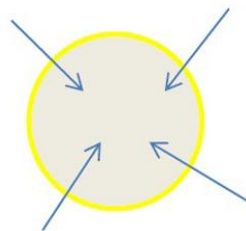
Expansion aims for growth and new possibilities.

Neutral is a way of being present without having pre-conceived ideas of right or wrong, what should be or shouldn't be.

Contraction

Expansion

Neutral



Regressive Thinking

Progressive Thinking

Understanding

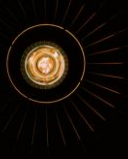
Each response carries its own styles of thinking.

Regressive thinking fits for contraction.

Progressive thinking goes with expansion.

Understanding accompanies the neutral place.

The Discovering Mind uses all three, with an emphasis on the latter two.



Regressive Thinking

Is based in memory.

**For answers to present
problems,**

**we remember solutions
from the past.**

Regressive Thinking is the most common and familiar.
We call it automatic thinking.

Remembering is its main tool.

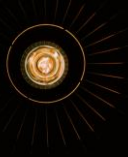
It makes the world appear regular and predictable.

Regressive thinking is based in the habits we learned in school. It appears efficient, but is limited to remembering what other people have agreed on.

Regressive thinking works well for all things mechanical and repetitive. Also good for tight deadlines and on time arrivals.

Emergencies.

Computers do it really well.



Progressive Thinking

Is committed to discovering.

**Progressive thinking allows
for times of not knowing.**

**It creates out of the
knowledge from the past
and the freshness of the
present moment.**

**For the discovering mind,
this day has never been here
before, and neither has the
person I am today.**

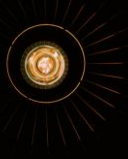
Progressive thinking comes from an expanding mind. This expanding mind includes present experience and future possibility.

Discovering is its main tool.
Features a willingness to learn and grow.

Where regressive thinking fits all things mechanical, progressive thinking fits all things organic. All things living and growing.

When we expand, even just a little, we lose the feeling of being in a problem. We shift orientation from protection to exploring. We go looking for being creative with what we contact.

Discovering embraces the uniqueness of a situation. It allows us to see, feel, think, be quiet, reflect, hold, listen, intuit....to offer respect to the uniqueness of who we are and what we are trying to accomplish.



Understanding

Involves the intelligence of the heart.

Understanding is the kind of knowing that comes from contact.

The kind of knowing that comes from a combination of sensing, feeling, embracing, holding, discovering, and reflecting.

Understanding comes from a more kinesthetic base than what comes in mental exchanges.

When expansion is relaxed and open, another kind of intelligence begins to operate. This is the intelligence of the heart.

The heart's intelligence is inclusive. The heart synthesizes where the brain analyzes.

The brain works as a binary system like a computer. It chooses yes or no, right or wrong, to be or not to be, Either/Or.

The heart's intelligence is inclusive. It is big enough and fluid enough to embrace yes and no, good and bad, right and wrong.

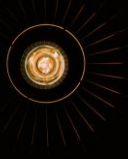
The heart's desire is to include as many elements as possible so that no one gets left behind, nothing is ignored.

In the wholeness of its thinking, the heart synthesizes opposites, and finds a unity out of the diversity of what is presented.

Typically, real creativity involves including something that has been previously dis-owned or left out. In the bigger view that comes with understanding, we can see what has been previously neglected, and bring it in.

Equally typically, the quality of intelligence in Understanding shines with simplicity.

This is the ideal thinking for activating teamwork.



The Thinking Person

**The natural intelligence
inside us does not want to
ignore,
it wants to discover the
reality we actually live in.**

**Not only does it want to
discover the reality we live
in,
it wants to play with it.**

Create something new.

Each of the three styles of thinking activates different parts of a person.

In Progressive Thinking, we are challenged to be present in a way that something new can be discovered. That means releasing ourselves from the emergency states that would gravitate towards automatic thinking, and being willing to discover more than remember. A Discovering Mind is going to bring out the natural intelligence that is inside us, which may, or may not be, what we learned in school.

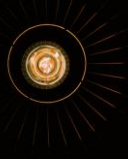
In Understanding, we learn to trust a deeper layer of intelligence inside ourselves—the intelligence of the heart. We also learn to trust that the deeper receptivity of our heart will enable a deeper form of creative response. We learn about patience, about the kind of wisdom that lies beyond the analytic mind, about co-creating with the world.

In Understanding we let ourselves be touched and changed by what we are encountering. This leads to a more open sense of self, one that is ready to be new to each day.

In Regressive Thinking, the main maturing comes through the sophistication of the brain. We get smarter. Usually this is at the expense of contact with ourselves. When practiced exclusively, regressive thinking leads to a very crafty mind in service of a very immature sense of self.

Regressive thinking seeks to maintain a sense of sameness. As such it tries to ignore the uniqueness of the present moment and the present person and consider the present as an extension of the past. It feeds on what is the same.

People who live in the defensive patterns that support Regressive thinking never grow up.



Shifting Gears: The Whole Mind

What we think depends on

How we think.

How we think depends on

Who we think we are.

How do we move from one style of thinking into the others?

How to shift gears and enable others to also shift gears?

- 1) Assume that everybody starts in automatic, and then progresses to discovering. From discovering to understanding.
- 2) Automatic thinking has a base in emergency response. To reduce the sense of emergency, slow down and take a little mental distance. A little space from the stress and demands. Center yourself and look at the whole situation from a centered place. Then slowly bring yourself closer to the contact place. If you can't do that in the moment, do it the night or morning before.
- 3) Felt sense of the body. Legs, adult, straight back. Eyes that are wide. Felt sense of being an adult. Size of yourself: smaller than the body will lead to small thinking. Larger than the body will lead to large thinking. Time: if you have a sense of age and time, you are likely in the past. The present moment is timeless and ageless.
- 4) Breathing patterns that synchronize the mind and the body. Discharge and charge cycles. Expand and let-go.
- 5) Sensing the hands. Open, contracting, available.....
- 6) What about now? Coming back to now as a reference point, a fresh start.
- 7) Release the inner critic and release others from competition and criticism.
- 8) How do you bring out the best in others? How do you expand?

Regressive thinking demands support from others.


Progressive thinking invites co-creation.

Understanding inspires mutual creation.

Regressive thinking feels like hard work.

Discovery is hard at first, then fun.

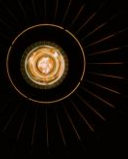
Understanding brings warmth and contentment.



Regressive thinking is reaction. We live in reaction patterns.

Progressive thinking is creative. We discover and create.

Understanding is warm, contented, and co-creative.



The Rewards of the Discovering Mind

Trusting the discovering mind leads to turning on our natural, intrinsic intelligence.

Everyone is intrinsically intelligent, just in different ways.

We are all as alike as snowflakes and as unique as each snowflake.

So is our intelligence.

A discovering Mind unfolds the intelligence that we were born with.

While there are many contributions we can make to the world, this is one of the main ones.

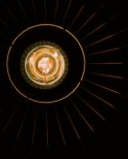
A Discovering mind enhances self esteem and the creativity that comes from that.

Regressive thinking is survival oriented. It works from--and contributes to --a sense of danger and a feeling of deficiency. Regressive thinking always enforces a sense of limitation, separation, and isolation. We do our thinking on our own, or assisted by outside resources.

Progressive thinking is creation oriented. It expands horizons, enables change, and helps us grow up as well as grow old. It leads to connection and a feeling of being a contributor. Progressive thinking allows the present situation to contribute its information and inform us about the new possibilities that it holds.

Understanding leads to the maturing intelligence that comes from the heart. In Understanding, the heart's intelligence joins the mind's intelligence. There is a huge motivation to use our full intelligence when that intelligence is in service of the heart's values.

In the play of all three we come to know ourselves as part of something bigger. With Progressive thinking and Understanding, that something bigger becomes part of our thinking field, and actually turns thinking into Knowing. We find that we can easily access into large fields of knowing.



Impersonal Intelligence

As we discover reality,

reality starts unfolding.

It takes us by the hand and

Offers us more.

More of itself.

More of Our Self.

We are all part of a bigger and inter-connected whole. That whole is consciousness or Love-intelligence.

In Discovering and Understanding we re-connect with the reality of this wholeness and come to know our place in it.

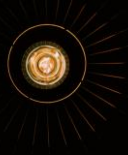
In normal Discovering, the intelligence of the whole is available to guide and inform our intelligence.

We are online with the library of the universe, and it becomes our friend.

In Understanding, we synchronize with the intelligence of the whole.

We become a spaciousness where the intelligence of the universe downloads.

Fresh.



The Great Migration

**The collective
consciousness
--Of the earth
--Of its People.
is on the move.
Each
of us has a role
to play
in the transformations
that are coming.**

There is a great migration going on in human and planetary consciousness.

While the universe has been quietly expanding, and consciousness of the earth and its humans has been evolving for millennia, right now the process is speeding up.

We notice the changes more.

In this time of change, regressive thinking will fight against. It will always hold on to what it knows from the past, even when that is no longer useful.

Progressive mind will work with the forces of change, and allow new forms of creativity to emerge.

Understanding will listen to where the change is coming from, and be a guide for others to do the same.

