

Mind Space



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Contents

Setting the mind	5
Stretching the mind	7
Mindfulness in low vibrational environment	8
Mind tripping	10
Other minds	11
Ethereal mind	12
Reprogramming the mind	14
Power thoughts	17
Dynamics of creative flow	19
Using nature as a tool for spiritual emancipation	20

Setting the mind

There is a vibe in everything. Following different vibes impacts in different ways. Vibes can put you on a flow state. There are many ways to sense different vibes. Rhythm, movement, energy etc. can be sensed. Putting together different things can affect moods and states of being. Following different prompts can lead to different things. Receiving ideas can alter ways of thinking. Try to receive different ideas and try to create a vibe that you prefer.

Taking advantage of every situation can add interesting vibes to workflow. The projects can be seen from many different angles. Keeping motivation up helps you to keep the ideas flowing. Designing all the things is important when creating art. Seeing all different elements is also important. Different facets of things can be seen.

Getting into the vibe that you prefer require a lot of testing. Setting the mind to the preferred vibe require strong intent. Intention and testing can help you to stay focused. Putting long term goals is necessary in building momentum. Start testing different ideas for intended results. Different habits can be developed.

Setting the mind might take time. Put your mind on the things you require. If you intend to become a musician put your effort in

imagining the things that are in your style. Put together different things that are in your style. Don't let external things to influence you. Trust different prompts that put you on flow state.

Try different combinations to see how different things fit to the bigger picture. Aim to become better in what you do. Take steps. Link different things during a long period of time. Become conscious of pros and cons in your workflow. Start different projects that you feel confident about. Put different combinations together to see how different things can progress over time.

Open mindedness is very essential part in creative workflow. Be open to new inspirations in your workflow. Visualize your projects progressing. Mindfulness is essential. Set your mind to see your projects in new ways. Be open to different possibilities. Do different things to your projects to see how you can better them.

Seeing is learning. Try to see different things when creating art. Study the things that you would like to create. See all the small things that make up the bigger thing. Put different things together to see how you are progressing. See visually different things that make up bigger things.

Building a tangible system might take much time and might take much energy. Imagining the outcomes might also be difficult. Seeing the success as a staircase makes it easier to grasp what it is. There will always be more steps ahead. Become a pattern. Let the intuition to guide you.

Align yourself to be in the center of everything. Constantly see this and that to put yourself on the mood that you require. See different pieces that you can connect with. Try to add different things that can better your workflow. Let your projects to unfold through the universe.

Stretching the mind

See things through clarity. Let your your mind flow seamlessly. Become interested in subjects outside your comfort zone. Put your effort in creating new norms. Cut different things from your mind that don't serve you/serve negative forces. Be open like air/space when doing things. Put much effort in developing good habits. Become formless. See things from metaphysical perspective. Become aware of awareness that moves awareness.

Put together different ideas that reflect inner landscapes of your mind. Expand your thinking in your workflow whether in songwriting or in physical practices. Create patterns in your workflow. Become superconscious of your thought patterns. Sense different patterns in the external world. See that some things are rigid and set up. Sense many different patterns and see how different things connect in the world.



Mindfulness in low vibrational environment

See things clearly. Be conscious of your environment. See the flow of things. See that there is a rhythm that the things flow with. Try to see the intersect of inner and outer world. Put aside all negativity. Put the effort in creating an inner space through will and intention. Simply close your eyes and observe flow of thoughts. Start testing different meditation techniques that work. Some useful meditations can be found in the book I wrote: Higher world – Universal infinity

Ideas start flowing when you connect to your inner environment. Ideas start to flow if you let them. Test different ideas for different outcomes. Observe different thoughts and ideas and let them flow naturally. Put different ideas together throughout the day. Develop different ways of thinking.

Mind tripping

Learn to see things from outside kind of from third perspective. Become superconscious of both internal and external world. Let the external and internal world to collapse in your mind. Let your awareness to flow outside the body when you relax. Travel long distances in your mind. Dream about things in your mind. See energetically how things change in your environment. Let your imagination to move you. Emerge with the rhythm of your imagination. Let the rhythm of your imagination to become its own dimension.

Discover larger dimensions of your mind. Let different sensations to happen naturally. Learn to see different dimensions of mind. See that there is awareness that moves mind.



Other minds

Ability to communicate effectively allows people to cooperate. Every invention has first originated in the mind. Every cultural thing has originated in the mind. Different behaviors have been molded throughout history. Genes and environment have created the humans today. Different myths have dictated how we see the world. Different achievements have led us to believe that we are somehow special. People believe in different dogmas.

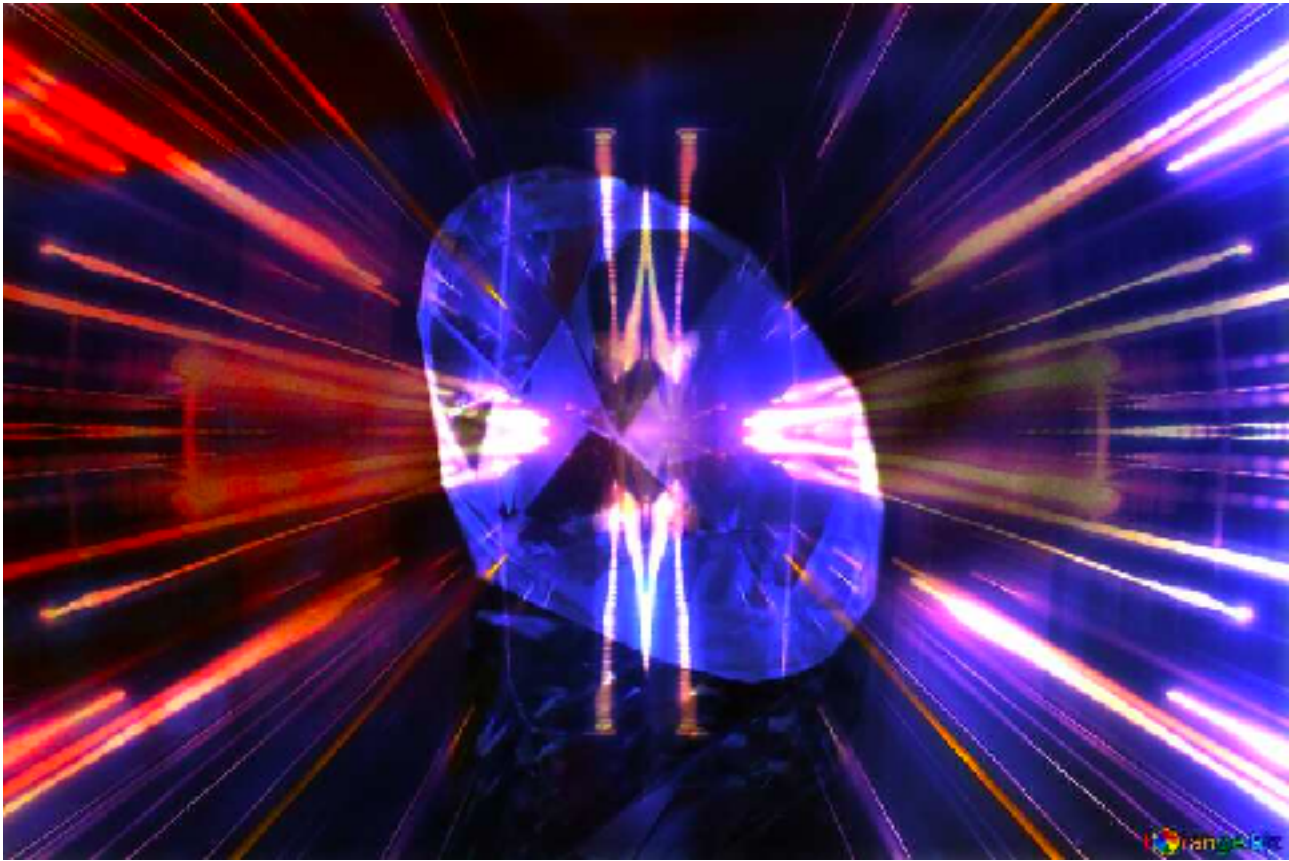
There is a view that humans are superior to all animals. Humans have ability to create meaningful connections. Like humans animals have also need to feed, mate and procreate. Behaviors of animals are controlled by different algorithms. Humans share the subjective flow of experiences with animals. Different sensations, thoughts and feelings form consciousness.

Ethereal mind

Different beings have different kind of minds. There are many degrees of consciousness. Just like there are people with different body shapes there are people with different kind of minds.

Spend some time reflecting landscapes of your mind. Start doing things that motivate you throughout the day. See how things can change when you start reflecting your mind. Imagine different things. See how different things fit in your mind. Instead of doing things on others terms try to do things on your terms. Imagine all the things in your mind. Instead of taking things for granted begin to appreciate all the small things. Appreciate all the things in life.

Create value in your workflow. Go through endless thought processes in your mind. Consciousness is everything. Your body is consciousness. Your mind is consciousness.



Reprogramming the mind

Mindfulness is bunch of techniques that are based on conscious presence. It has been mentioned that it has positive impacts on functional skills, cognitive skills, concentration, relationship skills and compassion. Practicing conscious skills shapes also brains structure and brings about development for example in hippocampus which is responsible for depositing new memories and participates in adjusting feelings.

There are many ways to see the world. Affirm different things in your mind. Tell yourself things such as “I am constructive” or “I am conscious”. Try to create balance between thoughts and feelings. Make decisions to act in certain ways. Instead of reacting to things let different thoughts to flow. Try to create a mind space. Act according to your mind. Don't let others to impact you. Reprogram your mind by your thoughts and feelings with your mind space.

Practice positive thinking to reprogram the mind. Positive thinking allows seeing all the things in new ways. Life can be seen from many different angles. Unlock your mind to see unlimited possibilities. Close your eyes and try to become aware of the potential of your mind.

Related:

<http://www.lulu.com/shop/pauli-m%C3%A4kila/raila/higher-world-universal-infinity/hardcover/product-24371608.html>

Power thoughts

World is invisible waves of energy. See the external world. Life is in constant motion. The things move in constant here and now. The things can be perceived by consciousness. We can project our consciousnesses to outer world. We can expand our ways of thinking.

Power thoughts can be used to shape different ways of thinking. Think positive thoughts in order to become better in what you do. You can see things from level of body or you can see things from level of consciousness.

Imagine yourself operating at level of consciousness. Put energy on different things. Affirm in mind things such “I am creative, I create”. Notice how different things impact you. Become aware of many different view points. Widen your imagination. Imagine other people as consciousnesses.

Affirm different positive thoughts that impacts you positively. Tell yourself how different things work out easily. Feel the ease. Visualize the life working out effortlessly.

Feel the air around you.



Dynamics of creative flow

All the things are manifestations of consciousness. It is possible to see differences between different things. There are certain things that move our consciousnesses. We see certain things and act according to certain things. Our minds can create different patterns that we follow. World is built in different webs. These webs connects to our daily lives in various of ways. Differences between people are made. Opinions are dictated by external things. Do different creative things to free your mind. Put energy in your creative projects.

Things such as mindfulness practices, reading, writing etc. can help you in freeing your mind. Do things that you are passionate about. Become expressive in new ways. Open your mind. You can take small steps towards your goals. Over time you will be much closer to your goals. Persistence is key. The more persistent you become the more you learn. Do ground work. Set different intentions.

Using nature as a tool for spiritual emancipation

There are three aspects of self. These aspects are body, mind and spirit. Small changes in body affects mind which in turn affects spirit. Different substances can affect states of being. Different vibes can create different vibes. See the movement of nature and see the movement of body. Breathe the air around you. Sense different subtle differences between vibes. Create a positive vibe through balance and intention. Spend time meditating and feel the energy. Create different vibes. Notice small changes in your vibe when you breathe the air around you. Make some intentions when practicing meditation. Feel the positive emotions. Become more connected to your environment.



<https://jimmy8z.wordpress.com/>

