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Patterns and Connective Referencing

An exasperating aspect of life can surface when investigating the ‘why’ of personal existence. The frustration within that query usually arises as there is no universally accepted or definitively clear answer to that ‘why’. Another major aspect of that vexing issue emerges because most people normally live within a sense of isolated individuality that appears connected to nothing other than what each self-creates or accepts. As well, that exasperatingly investigative ‘why’, sometimes referred to as hitting-a-brick-wall, becomes self-confirming when times are personally desperate. The formation of that metaphorical brick-wall generally begins to develop when what is self-created or accepted is discovered to be cold comfort when faced with life-endangering situations or when careers or relationships disintegrate. Taking the foregoing into account it is then surprising to observe the majority of people are not even willing to try to understand why that self-created invisible wall exists and are therefore unknowingly subservient to it. They perpetually endure its enforced blink and so limiting vision setting the circumstances to fight or rage against it. But the wall never crumbles and remains standing strong. Others try to go around the wall using intellectually developed tortuous pathways in an attempt to ignore or bypass it. But those convoluted pathways are just the wall reappearing in a new disguise, and will easily crumble when stressed, revealing that the old wall still exists behind that deceiving camouflage.

If you are intent upon seeing through that camouflage an intellectual understanding of the material used in the construction of that subliminally disguised wall is essential. Not what the wall surrounds and so contains, as that varies from person to person, but knowing the ‘fabric’ that both forms and holds it in place. And that material only becomes knowable by searching for an experiential connection to the ‘why’ of life. Not trying to understand constructs or beliefs but actual first-hand experiential knowledge of ‘why’ and ‘how’ you exist. When you finally see through the camouflage the binding fabric holding those constructs and beliefs in place become obvious and the wall simply collapses without any effort to destroy it. That effortless disintegration occurs as an inner illumination of the fabric’s structure reveals the wall as a self-created illusionary controlling ‘shadow’ that your newly discovered and released inner ‘light’, by its nature, simply eliminates. Thus, when the bonds or boundaries of that fabric are eliminated what they contained simply evaporate, as there is nothing to ‘hold’ or contain it. Life is then witnessed in an entirely new light.

That inner illumination clarifies existence, revealing the ‘why’ of existence to be intimately inter-connected with the ‘how’ of existence, as the fundamental elements of each are identical. You can attain an intellectual understanding of that relationship but to actually know it as true you must experience it. That experience only occurs when your inner ‘light’ is free of all

constraining borders or bonds that you have self-created or accepted, providing an absolute internal openness allowing it to illuminate its own existence. Within that illumination all the intriguing mysteries of life are condensed into one and that ONE is seen and so experienced as being what you are a reflection of. Life's direction then becomes focused upon discovering ways to reveal that ONE as it actually is, and not as a construct or belief, making the simple appear very complex.

The foregoing internal process begins by gaining an intellectual understanding of the structural fabric of those self-created restricting walls. Remember, not what those walls hold but the actual fabric itself. That knowledge exposes how the fabric is created and becomes self-maintaining or self-repairing. This unfettered insight reveals how the fabric's self-containing boundaries filter or dim your internal 'light', limiting its illumination to within those bonds. With the passage of time the intellectual understanding contains the potential to evolve into experiential awareness freeing your inner illumination of those bonds. Then you will observe the fabric, that at one time blocked or dimmed your vision, is identical for everyone. Just what it contains varies from person to person. With that experiential insight, free of its obscuring shadow, life is witnessed without any form of concealment which can be simultaneously revealing and/or disturbing. Revealing, as life is seen through eyes that are no longer dimmed by a self-destructive 'shadow' that controlled you without you being aware of that control. Disturbing, as you witness the population of this planet trapped within their own self-created restricting 'shadow' obscuring their non-material essence: thus, creating a potential to destroy in the guise of protection. Having no learnt tools to recognize the shadow's entrapment, or not willing to overcome the debilitating and self-destructive control it contains, that 'shadow' dims the light within creating a limited vision of existence. That limitation is causation for all the suffering and pain in the world as it affects all aspects of life.

Note: using the word 'light' may appear an intellectual construct but aspects of that 'light' can be witnessed during a dream or having a thought, as your inner 'light' illuminates both. That illumination is but one minor aspect of that 'light' as it also contains a subliminal direction that requires unveiling to know it.

Therefore, if an intellectual insight evolves into experiential awareness the paper stones of one's self-created brick-wall, controlled by its own shadow, simply crumble revealing or unveiling an experientially formed unassailable rock-solid foundation that arises of its own volition. That 'rock' (or light) is an internal stability allowing the investigator to metaphorically stand upon it (or be enfolded within its light) feeling safe and secure when times are direly confronting or distressing. It also provides an enlightened insight into the various, and ongoing, follies of humans which are equally confronting and distressing. Within the midst of that folly the 'rock' stands like an island in the middle of endless mentally created external storms raging in the sea surrounding it, perpetually remaining calm, strong, and centered while all around it is in turmoil. Such is the enormous value of discovering the stability

of the 'rock' within, for without is in constant flux, providing little to no sense of permanence or consistency.

Thus, it is essential to understand why it is not possible to destroy or circumvent that self-created brick-wall: the effort simply creates another wall to camouflage the original wall. Consequently, a new form of experiential investigative honesty is required, and used, to establish an intellectual appreciation of how those paper-stones, creating a restricting but illusionary wall, appear and establish patterns-of-living within daily life. That form of investigation reveals how the structural 'fabric' of those patterns forms, and exists, exposing how they function by what is termed 'connective referencing'.

Referencing is what everyone does every nanosecond of their existence, and yet so little attention is paid to it. Connecting to that referencing is what makes individuals the way they are and the world the way it is. Therefore, intellectually understanding connective referencing opens the shutters of learning to visualize a new world hidden beneath that which each uses to relate and interact within one's internal world and external environment.

Connective referencing establishes an individual's feeling or thought that they are in control of their life when in fact various patterns-of-living are controlling them. Most parents will appreciate that statement as being directly applicable to developing children and teenagers. However, those same parents tend to overlook or forget that their patterns-of-living have in some manner directly contributed to the formation of their children's patterns-of-living, which can be both supportively good and/or potentially detrimental. Suggesting, that what parents have individually sown within their lifetime forms the ground to grow nourishing 'food' to sustain and support the healthy growth of their children. However, if the ground is deficient of nutrients it will fail to provide the necessary 'structural' integrity to grow and mature within. Add to that deficiency negative peer pressure, including societal indifference, until problems directly affect the lifestyle of those within it, as well as fundamental educational and religious teachings without the necessary experiential process to validate their instruction. That limiting learning environment is causation for the majority of developmental problems of children and young adults within a society as it leads to the creation of internal controlling patterns that subliminally function without an individual being aware of their creation, nor aware of their control.

Attempting to understand all the information used to form just one of those controlling patterns can take intensive internal exploration. By the time that form of investigation appears complete, entirely new patterns have possibly formed to compensate for any loss of control that particular pattern held. So, rather than investigate the information held within those patterns, it is much quicker and safer to understand how patterns are formed. Having an intellectual grasp of the structure of those patterns reveals the structure as remaining constant whilst the information they contain is forever changing. Thus, if you know the constant, rather than attempting to alter the transient, it is easier to support children, teenagers, and yourself in managing accumulated information for you know how the structural fabric of those patterns contain, and control,

that information. The information is what contains the potential to destroy whilst the pattern is what preserves.

Therefore, connective referencing contains multiple patterns-of-living labels. However, as stated earlier, the structural fabric of each labeled pattern is identical, just the information it 'holds' varies, making them appear different. There are literally thousands of interpretive labels that can be applied to various individual patterns. It may then come as surprise that there are in fact only two patterns. The first pattern stands alone as it is a solitary pattern that does not alter, ever, even if it appears as if it does. The second pattern is what creates hundreds if not thousands of 'structural clones' of itself, which is the focus of this essay. This second pattern is both protective and destructive, with the destructive aspect a major element of its protection. Those patterns begin their formation the moment you arrive upon this planet. You begin with a clean mental slate in preparation for what you write upon it. Embedded within that slate there may or may not be genetic memory from past generations that is biologically encoded within the DNA of each new arrival. As the world has advanced from those primitive days, that form of memory has generally lost its effect in a modern world, and so can simply be ignored for, if present, it will soon be overridden by daily learning events.

Your accumulation of information is also dependent upon the inter-connective conductivity of brain activity. If any flaw or disturbance is present in any of the biological elements forming the brain its accumulation may not produce the same results as would a brain without those issues. Those problems go beyond the scope of this essay, which deals only with the human brain that is free of those biological issues.

Thus, you begin life with a biological brain relatively empty of all information and ready to imprint itself with thoughts and events that gradually form into what is termed the mind. The mind arises upon those thoughts and events which tend to congregate with those that are connectively similar, creating a pattern-of-learning. That pattern-of-learning is then used to evaluate all subsequent thoughts and events. As more information is added to that pattern it grows in strength and intensity until eventually it becomes a pattern-of-living, as it is used in daily life without thinking or evaluating the stored information used to create it. Meaning, that pattern-of-living, formed from a pattern-of-learning, is what you are connected to, and reference for all your thoughts and actions. And, both patterns remain hidden within the information you have accumulated throughout your lifetime. Each of those newly forming patterns-of-living can be given a label, but the structural fabric of all those labels remains identical.

The foregoing suggests the self-created patterns, you connect to and reference, control your life without you being aware of that control. And therein lays nearly all the problems of modern day societies: the subliminal control of learnt data that forms a web of immense strength, binding those so snared in its sticky strings of interwoven information. However, in this circumstance, the self-arising manipulator of that information does not form the web. The web forms it. As a consequence of that reversal of appearance,

the resultant manipulative 'spider' remains hidden within the web for the web is the 'material' of the spider. As you made that material, this newly formed self-maintaining and protective spider becomes what you take yourself to be. Thus, this internal self-created arachnid, appearing and so feeling independent from the information that created it, grows in power by directing how further information is acquired, stored, and used, which directly maintains its life. That subliminal growing power is what eventually controls how you think and act while remaining totally oblivious of the spider's stealthy controlling existence. This reveals why it is extremely difficult to locate and remove that interloper, for attempting to remove the 'material' that needs to be removed would feel like removing yourself because you take the information forming the material of the web, and the covert spider it creates, as what and who you are.

Thus, having an intellectual appreciation of how that camouflaged arachnid arises, lives by stealth, and controls how you think begins the process of dismantling the web that creates and maintains it. The end result of that process is recognizing the spider as a self-created controlling illusion that only exists as you unknowingly allowed it to exist: like a parasite feeding on the body of information you have stored. When that recognition is experientially permanent you will finally be free of all the sticky webs the mind created. Meaning, you are now free of how the mind categorized your learnt information into controlling patterns that determined how you thought and acted. With that restrictive illusion gone a new clarity of insight arises of its own volition. That innate and effortless volition was bound within the many sticky webs sown by the spider. The interwoven informational complexity of those webs creates an artificial internal darkness as it prevents the light within from penetrating its self-protective structure. As such, the self-maintaining 'spider' is a false identity that both creates and is a limiting shadow, blinding you to what and who you really are by binding you within its obscuring web.

The above mentioned rediscovered effortless release a new form of connective referencing that self-arises to reveal its directional, but borderless, nature. That connection illuminates your existence in a manner allowing you, possibly for the first time in your life, to feel secure, directionally knowing, and instinctively joyful. And, being experiential that connection will not be forgotten or intellectually destroyed by another. It is permanently yours. Life is then lived in a new 'Light' allowing you to see without a 'shadow' dimming your view. That internal connection becomes your reference, making what was once intellectually or emotionally heavy instantly 'light'.

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