

The Secret of The Golden Flower by Al Lewis

Welcome.

One morning, after having enjoyed a cup of coffee and donut at a local donut shop, and after having had an open, delightful conversation about psychology, mythology, religion and philosophy with a man at the shop (for we had read many of the same books related to these topics) I said good-bye and was about to leave, when he thought to say one more thing.

He said to me, “Even though I have studied Buddhism at some length and all the stuff related to the principle of effortlessness such as ‘Doing Without Doing,’ I haven’t had any success with it. It hasn’t worked for me. My phone bill is still due at the end of the month.”

His statement implied struggle and that, maybe, something is amiss.

After a moment’s thought, I said maybe I could help. The next time I stopped by, I said, I would bring a written piece with me I had been working on that might shed some light on his experience. I commented that if he was in, he could have it.

The principles of effortless I knew he was referring to were these: The Law of Attraction, The Law of Duplicate Origination, Mutual Arising, Causation, Subjective Manifestation, Lifestyle

Idealization, Like Attracts Like, Non-Doing, Non-Dualism, Being is Born of Not Being, Non Action, Teaching without Words and Work without Doing, Principle and Process, Answered Prayer, Synchronicity, etc.

There are more, still, all referencing the same thing: the Law of Sympathetic Resonance, Mind Over Matter, Parallel Adjustment, Doing Without Doing, etc. All name the same experience: hopes, dreams and goals first perceived within, then experienced without with little effort except by that of mind.

The names for this experience are drawn from various world religions, philosophy and myth.

The written piece I had been working on follows.

Reality is a Construct that Begins in Mind.

The Brain.

It’s imperative we begin by looking at the tool we use to do our thinking with. We mustn’t take for granted the complexity of our thinking machine: our brain.

It’s the technology with which we create our experience.

Please note that the following paragraph is made up of only one sentence, possibly resembling a memory trace?

The human brain with its one thousand billion cells hosts the biggest energy exchanging embrace in the known universe: each brain cell contains a vast electrochemical complex and micro-data-processing system; each is octopus-like with a central body and tens, hundreds, or thousand of tentacles ranging from 1.5 millimeters to 1.5 meters in length; each tentacle is like the branch of a tree radiating from the cell center; the branches of the cell are called dendrites; one particularly large long branch called the axon is the main exit for information transmitted by that cell; all along and around the length of each dendrite and axon are found mushroom-like protuberances called dendritic spines and synaptic buttons (a synapse is the point at which an impulse passes from one neuron to another); the buttons contain bundles of chemicals which appear to be message-carriers during the thinking process; a synaptic button from one brain cell will link with a synaptic button from another brain cell and when an electrical impulse travels through the brain cell chemicals are transferred across the minute liquid-filled space between the two; this space is called the synaptic gap; although simply illustrated, the cascade of biochemical information that surges across the synapse is awe inspiring in its volume and

complexity, it is in microcosmic terms a Niagra Falls of fluid motion; a single brain cell may receive incoming pulses from hundreds of thousands of connecting points every instant; like a vast telephone exchange the cell computes microsecond by microsecond the sum data of all incoming information and redirects it along the appropriate path always mapping a pattern, creating radiant-roadways and tracks for future efficiency; as a given message or thought or relived memory is passed from cell to cell a biochemical electromagnetic pathway is established known as a memory trace, pattern or mental map; the more radiant-pathways we create, use and reuse, the clearer, faster and more efficient our thinking becomes; the boundary of human intelligence is related to the brain's ability to create and use such patterns; the often heard statement "as far as you know" indicates the inherent understanding of this principle for it defines the reach of one's intelligence, the boundary of one's map.

Awareness.

The brain, though zoetic (of or pertaining to life), is more than just an information processing machine, it is the known universe's most sophisticated, sentient pathway to consciousness (the quality or state of being aware), but awareness is not an isolated experience, it is transpersonal: as you experience a thing, the thing experiences you.

The universe we live in is made up of energy relationships, not of things, because things at the subatomic level are not things at all but pure energy. Exchanges of energy

are relational, that we can agree on, but experience as implied above indicates awareness or intelligence.

So we must ask: Do things have intelligence and if so where does it (meaning intelligence) begin? What is "it" made of?

These are my thoughts on the matter (no pun intended).

Intelligence begins in matter in an energy-exchange-relationship at the subatomic level of existence where the smallest energy exchanges occur in the grand scale of things; and intelligence in this and all contexts is intimately associated with time, a qualitative property of experience.

Time is an incorporeal (having no material body or form) element of a relationship that creates experience as it itself is created in an energy exchange.

In our mind time is a map: a mere filing system for experience storage occurring at the speed of light (or faster) of every cross section of experience, like slices of cheese cut from the whole, and of every instant of awareness stacked like pancakes to infinity and compressed instant to instant – as though by the hand of someone that knows where infinity ends – by pushing down from the top squeezing the entire stack into just one infinitely dense pancake or infinitely small point we'll call "All Time" for recall, usually, for logical sequential reference in a forward and backward linear manner though it is not linear at all; and to emphasize the point it, time, does not exist until an energy exchange occurs; it is a mere intellectual byproduct of energy-exchange relationships.

Time and awareness or thought-experience not only coexist, but are a manifestation of each other. They exist "in" each other. Energy exchange, therefore, creates time, awareness and thought: all are one and the same and are created at the same instant, instant to instant, thereby manifesting an observable Universe provided there is an observer.

Stable matter – things with little energy exchange – like crystals, rocks or metal age slowly while unstable matter – things with great energy exchange – like plants and animals age quickly. Time moves at different speeds for different things: it is relative. The life of a rock, for example, at one-hundred years of age is a life hardly begun, while the life of a human at one-hundred is long.

Accordingly, things with greater energy exchange are more intelligent, more aware, have deeper, richer thought patterns than things with lesser energy exchange. A computer or an automobile, for example, are not generally considered living things, yet they possess great intelligence. And then there are, of course, the human brain and the rock. Both are intelligent, but differently.

All things however different have intelligence and influence each other. The point of all this is this: as you experience a thing, the thing experiences you.

Educator, Dr. Wayne Dyer, puts it this way, "Change the way you think about a thing and the thing you think about changes."

If my atmosphere, my total environment is truly experiencing me as

I experience it, and my sense of self, my intelligence, my awareness and my time exists inside this relationship then my total environment as broadly as I can conceive it is my body proper: not my outer body, or ethereal body, or spatial body, but my body proper.

This is what Albert Einstein meant when he said the self is a “space-like event” involving the outer as well as the personal body.

If, then, the mind of my body, my subconscious mind, can be directed by my conscious mind to move a finger, to enable my body to walk or run, then my conscious mind through my interconnected relationship with my body proper can direct, mold and manipulate it as well: the things I think and the things I think I experience become one and the same.

Radiant Thinking.

Whoever and wherever you are you are using, to read these words, the most beautiful, intricate, complex, mysterious and powerful object in the known universe: your brain.

The radiant natural architecture of the human brain, though zoetic, is a microcosmic manifestation, creation or excogitation (creation of something in mind) of the universal brain; creation, whether by man or Other (God, the Tao, etc.) cannot exceed the possibility inherent of itself; only that which is intrinsic can become extrinsic: a thing does what it is.

The human brain, therefore, can be considered a construct or model for understanding the architecture of the Universal brain and a sur-

mise can be reached that the Universal brain functions cosmically much the same way that the human brain functions microcosmically.

Depending from which way you are looking they are models of each other and, though appearing independent, are infinitely interweaved functioning as one and the same brain.

The Other whether perceived by human consciousness as incorporeal (spiritual: God, the Tao, etc.) or corporeal (having, consisting of, or relating to a physical material body) and the human brain together known henceforth as “The” brain move in sync always toward the same end: completion.

“The” brain is a radiant thinking, association machine that looks for pattern and completion. Most people, for instance, reading the words “One, two, three . . .” will have to fight the impulse to add “four.”

The inbuilt function of the brain to search for completion is satisfied by the structure of the pattern ending with “four.” This principle is to be extrapolated to infinity.

Therefore, to get the things you want out of life, whether incorporeal (love, friendship or spirituality) or corporeal (houses, boats, money) just fixate on open-ended patterns for each of your wants or desires and let “The” brain strive to complete the pattern for you.

The striving will include expanded awareness, perception and intellectual functions but only exactly as needed; motivation, health and vigor henceforth lacking but only exactly as needed; sponta-

neity, extroversion and courage of the highest order but only exactly as needed; open doors, help, and support you could not have conceived of happening but only as needed; and resources but only as needed to achieve the objective.

That’s how goal setting, visualization, affirmations and the like work (often called thinking from the end) but their “power” is rooted in dream-ends you cannot see yourself reaching.

If the pattern is completed in mind then no striving by “The” brain is necessary to achieve closure and we are left to our own wit, means and resources for the achievement of our ends.

Did you ever run out of money before you ran out of month? That’s what self-possessed resources usually add up to.

We must want things so beyond ourselves that we cannot conceive how they will happen or how we will get them to stimulate the “The” brain do its job and complete the pattern for us.

Radiant thinking and open-ended goal setting are one and the same. Reality is a construct that begins in mind, the mind of “The” brain.

So go ahead – Think Big – then let go and let “The” brain get you to where you want to go. Yes, I can hear it now, the modern day Christian will say they’ve been saying this all along, “Let go and let God.”

Educator, Deepak Chopra, articulately sums up these ideas in one sentence. He says, “The universe has no agenda except to act on our decisions.”

Fate.

I have always fought the idea of fate or destiny believing it was some form of religious babel that implied I was not a “free” soul but that is only because I had no idea of how it works.

Now, of course, I have some ideas on the matter that I would like to share with you.

The realization of every idea, desire, ambition or want is predestined because the idea itself is birthed by conditions which imply it.

We have already examined the idea that a thing does what it is.

Perhaps we have all heard the story of the scorpion and frog that met up along the shore of a lake.

The scorpion could not swim but wanted to cross to the other side so it asked the frog if it could piggy-back a ride. The frog, concerned, commented to the scorpion that he could not accommodate that wish for fear of being stung. The scorpion replied that his fear did not make sense for if he stung the frog and the frog became paralyzed or incapacitated both would drown. That made sense to the frog so he allowed the scorpion to climb onto his back and off they went.

Sure enough, halfway across the lake the scorpion reached over the top of its head and stung the frog squarely on the back of its neck. Startled, the frog asked why he did that, for now they both would die. The scorpion replied, “It’s my nature.”

A things does what it is.

The “sting” and an “idea” are

metaphorical representations of the same point in time: each are birthed by the conditions which imply the event; they are a necessary consequence of preexisting conditions; one cannot exist without the other.

I have never been so freed from the burden of hope (I hope this! or I hope that!) or the burden of can (Can I this? or Can I that?) or from the stress associated with fear (fear of failure or the fear of success) than by this knowledge, for the conditions which imply my wants are also indicative that the mechanics, the actual physical properties and conditions for the fulfillment of each and every want already exist and that all I have to do is to open or widen my awareness to see them and be willing to play life’s main game: Cause and Effect.

The process of seeing or finding can be likened to playing a game of hide and seek with nature. In that game everything hidden is eventually found or comes looking for you. Yes, it seems that we have to do the work but, really, if seen from the right perspective it is an effortless experience and thus the mystical principle of Doing Without Doing is realized.

Success is a practical matter of deduction, not induction or adduction though cause and effect make it appear to involve all three.

This essentially means we must go backwards in time like a detective in a pulp fiction novel tracing a course of events backwards in time which have led to some other event.

This I think we do a thousand times a day but for some reason get

all confused when it comes to reaching for new heights in life and business.

Let’s clear this up a bit:

Deduction: A conclusion reached by logical deduction (subtraction), backward looking analysis.

Induction: The act of bringing forward or adducting facts or particulars to an event or thing; the act of causing or bringing on or about.

Adduction: The act of adduction; the state of being added.

Didn’t help much, did it?

The difficulty most experience striving for success is adduction itself. That’s a process akin to reinventing the wheel over and over.

When you want a wheel it’s much easier to just go to a place where they manufacture or sell wheels and to buy one. That, like the pulp fiction detective, is going backwards in time. Through a process of deduction you know where wheels or the mechanics for making one can be found. If they didn’t preexist, you could spend the rest of your life trying to invent one; maybe even millennia like our forefathers. What’s next, fire?

Rather than to “cause” or “bring about” the experience or thing you want, realize that the mechanics for its fulfillment already exist: it has already been “caused” or “brought about” and, then, with an open mind and eager hands – for your may have to do some work – go backward in time, so to speak, seeking to see or process the conditions awaiting your attention that will manifest the experience or thing you want.

The principle of Synchronicity, *the coincidental occurrence of events that seem related but are not explained by conventional mechanisms of cause and effect*, may shed some light on this.

It works like this:

If the manifestation of an idea, plan, want or desire flowing through your mind is predestined and the conditions and mechanics for its fulfillment already exist, then by having an open mind and open eyes you are bound to encounter or see them here and there for “you” are part of the plan as well.

According to Carl Jung, the Swiss psychologist whose notable contributions to world thought include his concept of the psychological archetype, the collective unconscious, and the theory of synchronicity, there are three kinds of synchronistic experiences:

In the first category, there is a coincidence between mental content (which could be a thought, feeling or idea) and an outer event.

In the second group of synchronistic events, a person has a dream or vision, which coincides with an event that is taking place at a distance and is later verified.

In the third synchronistic category, a person has an image (as a dream, vision or premonition) about something that will happen in the future, which then does occur.

To appreciate cause and effect, one needs the ability to observe outer events and to think logically. Causality is a sequence of events that can be logically explained and is generally repeatable: Adduction.

To appreciate a synchronistic event, one needs the ability to note

an inner subjective state, a thought, feeling, vision, dream, idea or premonition and to intuitively link it with a related outer event: Deduction.

Jung maintained that synchronicity is a co-incidence of events that is meaningful to the participant; thus each synchronistic experience is unique.

Summation.

The thing that makes one situation (adduction) seem normal and the other one (deduction) seem anomalous is the illusion that time flows in only one direction.

Scientists know that at the subatomic level that time is not a limit and that’s the key. Some form of instantaneity connects all the subatomic particles in the Universe and influences reach forward and backward in time.

So consider, as we have, that time is a feature of awareness: successive cross-sections-of-experience stacked like pancakes to infinity instant to instant and then compressed downward into one single pancake or an “All Time” single moment. Things, after all, are all happening at once, aren’t they?

If time is not compressed experience then all things, happenings and events throughout the Universe would have to follow one another in order like a long queue of events waiting to happen: I couldn’t be at work “working” and my child be at school “schooling” at the same time.

Consider that time is not directional: this way or that, left to right, right to left, up or down. Consider that time does not have a

future orientation or a backward orientation or, even, a present orientation. Consider that it is an infinite compression of experience and has no orientation at all.

This is very freeing because from this viewpoint an event or experience exists in its complete form and unfolds backward in time as well as forward. All parts of it are just present.

Thus, if seeking success in some endeavor, just know that you are a success at its start for it is – implied – and enjoy the unfolding experience.

To the perception caught in the isolated channel of the illusion of time, however, events appear to unfold forward piece-by-piece into completion.

To the perception that pays attention to wholeness, synchronistic events implying and leading to completion in the present moment abound; the whole acts to collapse or shorten the intervening experience of time and space between a desire or idea and its fulfillment to a single point, now, however long it takes or has taken to get there/here.

Consider an example from acoustics, the way we hear the sound of a single vibrating string:

The space-time experience is that when the string of an instrument is plucked we hear the vibration as a single, isolated tone. Yet we know from the study of acoustics that the plucked string simultaneously vibrates in a whole range of modes producing a series of notes (called the harmonic series or overtones) that the ear doesn’t distinguish or separate from the apparent single

note that we perceive as the fundamental tone.

Although the sound waves corresponding to the harmonic overtones all strike the eardrum simultaneously, only the fundamental tone, the wavelength corresponding to the vibration of the full length of the single string is consciously heard.

The entire harmonic series created by the plucked string exists, though not perceived by the ear, enwrapping, surrounding the fundamental tone; yet because of the way the harmonics influence what we hear as the fundamental tone, it is the combination of all these accompanying, surrounding inaudible notes which creates the sound we hear as the single note: the fundamental tone.

All the notes in the experience combine to produce the perception of a single, separate tone; and, correspondingly, as we have examined, the success or realization of every idea, desire, ambition or want is predestined because the idea itself like the fundamental tone also is birthed by conditions which surround or imply it on all sides.

Following this logic, you, then, or I or our beloved friends, relatives and acquaintances, those we admire from afar and those, even, we can do without are each correspondingly fundamental tones of creation not only implied by but coalesced by the conditions which surround them/us to infinity. They/we each are Ahh Hum experiences of awareness: fundamental tones. That's a new way of looking at people, isn't it? The very next time you look at a person or the next time you look

into a mirror, perhaps, even, in the next second look and listen.

Hear it? Hum.

We've all heard the phrase, "It takes a village to raise a child." It takes a Universe to imply a life as well.

Conclusion.

While we can never fully grasp or tie-down what is boundless, infinite and eternal, each small insight glimpsed or intuition gained about how things work can be central to our success and happiness.

A group of highly educated scientists can spend a lifetime focusing all their intellectual energy and resources in the study of just one small part of one of the ideas shared here and find that the closer they get to knowing all there is to know about it, the less they know, because the Universe always surprises them at some point by a revelation of some particular that leaves all their discoveries open ended. It is ever expanding.

Varied as our pursuits are in life and business the only way we will ever have time to enjoy them is if they occur more or less spontaneously, without effort.

Some people seem to have that down, don't they?

I'm not suggesting you can go home and find a new Mercedes in your driveway by just wanting it, though my wife knows how to do that, but I am suggesting this:

If you wish to be happy in the world you must sooner or later begin the process of translating that wish into worldly terms.

The process. What's that?

Imagine when learning to drive that you only learned how to turn right, wouldn't get far, would you?, or that you only learned how to turn left, same experience. A successful drive is made up of turning both right and left but mostly of just going straight or "doing nothing" at all to get to where you want to go but to do that, even, you've got to pay attention to balancing the wheel between the right and the left and that itself is a lot of work and requires learning and practice.

Manifest experience is made possible by an infinite balance of opposites: hot/cold, light/dark, up/down, right/left, positive/negative, etc.

One's incorporeal or spiritual orientation might be likened to the "right" turn function of driving while one's corporeal or earthly orientation might be likened to the "left" turn function of driving. The middle or "middle road" as Buddha put it is neither.

To most, the middle road means that sometimes you "drink" a lot and that sometimes you drink a little, but mostly you balance your drinking between the two. Actually, it means that mostly you do not drink at all. There's just nothing in the middle but it is the "zone" we all aspire to where your infinite potential is loosed.

Can we find any meaning in this?

Life's main game, as we have examined, is cause and effect, but that is only one side of the coin; life's other main game is synchronicity or doing without doing. They are perfectly balanced like the amplitudes of a wave.

Ever turned a coin over to find that it had only one side? If that were the case it would disappear and reappear when flipped back. A Zen Buddhist would say that would be akin to the sound of one hand clapping; not likely to happen.

The “process” questioned above is essentially a driving or balancing experience of both “cause and effect” and “synchronicity.” We’ve got to strive to both “do” and “not do” at the same time by holding the wheel steady between the two, but this takes studied awareness, discipline, and above all courage because the onus of success falls on us alone.

Think of synchronistic events as Creation’s constant reminder to an astute observer that they are not in “this” alone, whatever this is, that there is a mold so-to-speak from which their wants (fundamental tones) have been cast and that these wants, like free floating cells in the human body, though seemingly alone are part of a perfectly functioning system whose sole purpose is the manifestation of their teleology (end or purpose).

The Human body, like Radiant Thinking, is a microcosm of the macrocosm (Creation). A thing, as we have learned, does what it is, even Creation. The way one functions implies the function of the other.

This paradigm is transformational in that it is the platform from which we all can relax fearlessly into success: expected, wanted results.

Regarding our work in real estate this means that behind every door

we approach there is an owner within waiting for us to knock.

This is the “Law of Attraction” in action and why those with a handle on it seem to do, get and achieve things without effort, but that is a false impression. Ask any tightrope walker: balancing, they would say, requires lots of attention and is hard work.

Sixty-percent of the principal word “Attraction” is devoted to “Action.”

Regarding my friend at the donut shop, I don’t know enough about him, his life or work to comment on his statement of doubt except to surmise by his statement, “Doing Without Doing hasn’t worked for me,” that maybe he’s mostly just a “right” turner (one who expects incorporeal power alone to achieve his objectives) or possibly just a “left” turner (one who expects corporeal reality – hard work – to achieve his objectives) and that he just never got a handle on balancing the two and getting in the zone. It’s by driving between the lines (getting in the zone), by holding the wheel tight (being determined), by looking right (to synchronistic revelation as guidance posts), by looking left (to cause and effect as the doing), that your teleology (end or purpose) is realized.

Life always has a way of revealing its intention. Maybe, for example, the whole point of the rise of football to its prominent place in our society was just to teach an aspiring civilization like the US that “Scores” are found at the long end of a successful drive.

Life is hard work, but not hard work alone. May the Law of

Attraction as expounded here be an empowering force in your life.

Lastly, possibly the fellow at the donut shop did not experience “Doing Without Doing” because he was a doubter and not a doer in general.

Which are you?

See the Collaborative Ego.

Know thyself.

The secret of the golden flower, by the way, is that it is fated to success and you, of course, are the flower.

Power and authority are yours.

Best Wishes.



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