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# I · Thought Reflection

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*“What we are today comes from our thoughts of yesterday, and our present thoughts build our life of tomorrow: Our life is the creation of our mind.”*  
- Buddha

As Buddha so insightfully said long ago, our life is the creation of our mind. As you think, so you become. More than poetic wisdom, it is a more literal truth than most would assume. To put it another way, as Eric Pepin describes in Thought Reflection, thought is the inner-matrix.

As reality is built on an outer-matrix, constructed by the Universe, your reality is programmed from within. Your thoughts build the reality within you, govern the laws you create for yourself. If you consider that possible, even 1/10th of what the truth of it might be, it is a profound and powerful knowledge. It is also an incredible responsibility. If your thoughts govern your reality, it begins and ends with you. The power is in your hands.

It is also ultimately liberating. You may not have control over the world, the DOE, the many distractions of life... but you have control of your inner reality and how you, as a being, engage the greater whole.

Most people will only approach Thought Reflection on a superficial level to begin with. This is fine as there is still much to be gained. All we ask is to keep in the back of your mind that there are deeper lessons here. There is a tool of enormous potential and a metaphysical knowledge that you cannot awaken without.

Thought Reflection reveals a huge array of influences concerning the thoughts in our minds. It shows you just how important self-reflection is and how to really be aware of where your consciousness is placed throughout the day. Familiarize yourself with the practice of observation of thoughts; whenever a thought comes to mind really feel what kind of emotion is linked to that thought. It is important to dissect these thoughts and emotions without getting caught up in them; observe them as a scientist or outside observer and try to determine their origins.

Energy and thought is closely related. In the near future we will be utilizing our thoughts on a refined level, but for now, we need to see exactly what's going on up there.

We are all linked to each other on a grid of consciousness, and with every thought we broadcast, influences, ideas, and emotions are passed, received, and acted on. Learn how environments

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directly influence our thoughts and feelings, and how we can begin to get these elements working in our favor.

### **Thought Reflection Objectives**

- Be able to observe the effects of thought expressions in your day-to-day life.
- Build a sense of self-control and responsibility of your own thoughts and their influence.
- Understand how easily we are persuaded by the body's thoughts and emotions.
- See how you can change the negative influences in your environment.

### **Preparing To Listen**

You should take a little time to prepare yourself to listen to Thought Reflection (and every module in The Secret Key). The entire CD course takes about two hours. Set aside enough time to listen to at least one CD each session. The best way to go through any course is to have enough time to absorb them without long breaks. In other words, if you can't listen to a course in a single day, try to listen on consecutive days. If you listen to a CD one day and then have a three or four day break before listening to the next one, much of the momentum, and the understanding you would have gained, will be lost. It needs to be fresh in your mind to get the most out of each part.

It may be obvious but think ahead about your listening time, you might be surprised what distractions suddenly come up. Do you have a comfortable place set aside to sit while you listen? If you think you'll be hungry, do you have snacks set aside or something to chink? Make it an experience. Give your full attention to sitting, reflecting, and absorbing the content just like you would if it were a movie. Many people like to try and multi-task because sitting around and 'just listening' isn't a good use of time. Cleaning while listening, reading news, checking emails, all these things will affect how much you get out of this module. Think about it... this is going to affect the quality of your life, the experience of your spiritual journey, the essence of who you are... what is more important than that? How can that not deserve your full, undivided attention? Isn't it worth making it a priority and reflecting that importance in how you listen? We hope so.

Some people like to take notes while they listen. If this is helpful for you, it's a good idea.

**READY...SET...LISTEN!**

## Review

Welcome back. You should have completed listening to all of Thought Reflection. Remember to go back and listen to Thought Reflection again at a later date. You'll get more out of it each time you listen.

For now, let's review and then you can move on to do your first meditation.

### Thought Observation

We take our thoughts and emotions for granted. That is, we have thoughts and emotions and automatically accept them as fact. After all, why question them? Look around and see all the people that simply act based on how they feel -do they really have choice in life? If we are really energy, then why let yourself be controlled by the biochemical processes of the body? Why simply follow the path of least resistance, automating through life?

You have a choice. It begins with thoughts. The path of the White Cell is one of uncovering truth. One of the most important truths you will learn is just how much of the thinking and feeling you do isn't you at all. This exercise is about exploring how automated and simple our machine is so we can begin to use more superior tools.

The following exercise is to study your thoughts and emotions. This is what you do:

When you notice an emotion, follow it back to a source, some kind of stimulus that caused it. You will find that it is due to some simple cause and effect. For example:

- You get slothful because the weather is hot.
- Someone says something that causes you to feel irritated.
- You start daydreaming about skiing because you heard the word 'Mountain'.

You go to the kitchen and someone has left a mess and you feel angry - "ooh, I'm angry!" Your body says to feel angry, but remember, how the body feels isn't YOU. Be curious or maybe rebellious about why your machine is telling you to feel a certain way. Next, you find a dollar on the ground -"yay!" Once again, the body is automating. Nobody said automating is bad, but this exercise will cultivate choice and contro4 the tools of the Master. Throughout the days ahead practice mindfulness of your moods, emotions, and thoughts -be curious; ask why!

Remember, the purpose here isn't to eliminate these automated reactions or fight over contro4 but to observe mindfully, and learn about how the machine works. Your efforts here, in conjunction with coming knowledge and techniques, will build a concrete understanding of the differences between the machine and the energy mind while erecting a new sense of self-leadership.

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## Recognizing Old Patterns

Your task is to write down every bad program or bad habit you can think of in list format. These programs can be mental, emotional, physical, or a combination. Say you always come home and get caught doing the same thing each day, the same program as a routine, and even though you know it would be better for you to do something else you feel like you are caught in a loop.

By writing these habits down you capture the idea and move it to this reality; you make it more of something you can observe and deal with.

## Review Questions

- What is Mindfulness?
- How much influence do your thoughts have on the outcome of your life?
- How can someone else's thought affect you?
- How is a thought alive?
- How can you cease to emanate thought that others could read?
- How would you go about tracking the origin of a thought or emotion in yourself? Why is this an important exercise?
- What are some situations where one may feel drained of energy because of poor mindfulness?
- What is the technique Eric gives to avoid being guided into old programming by friends or family?
- Midway through the first CD, Eric asked you to recall what you were thinking about as he is talking; what came to mind?
- What parts of your life come to mind when considering how you manage your mindfulness, distractions in your life, and were you invest your mental energies first?