

When Mind Becomes Function and Not The Seat of Identity

By Kristin Kirk

When I was in Sedona, sitting in lotus supported by deep red rock of a vista offering overhang of Cathedral Rock, mind disappeared from identity's orientation point. This identity shift has been integrating since.

Before Sedona, during healing sessions, I would experience my free flexible mind, or mental body, open multidimensionally. I would open to another, and since we are not separate, through this opening I would see, feel, hear, know, experience the details of another's "inner" reality. That would include one's current experience, memories from this life and past lives, soul consciousness, inner templates, multidimensional body structures and organization, spiritual essence and desired direction for manifestation. The details would simply appear. In the meeting of these details in presence, transformation would unfold and healing happens in all realms.

Occasionally, during the past seven years of my awakening process or, deep remembering unfolding, I have experienced moments when I would open and nothing would happen. No visions, no insight, no magical words, no spirit guides, no transformation, no inner direction, no nothing, simply an empty mind looking for itself or for something to happen. Since, I was being paid during those moments to help someone it was very disconcerting to say the absolute least.

My discipline has come through my work, not years of meditation practice. The inner pressure of integrity has been the master teacher here for supporting discipline. I learned readily in those moments how to surrender the looker or the seeker and even the healer. (Observer, knower, doer) So much has been given in this journey, and yet there are times when it is crucial that absolutely nothing is given. In that emptiness, the self that thinks it sees, must stop looking, open to the edge of itself, and surrender to that which is unknowable to it in its current state of experienced existence. What I mean by edge of itself is that each expression of consciousness has some form to it, some manifestation of structure, no matter how subtle. These structures are not subtle for me. When "I" am residing in one and don't realize it, there is an experience of limitation with in that structure, that I am taking as reality. So it is almost like the room of the mind. The sense of self looks around in its room over and over again looking for something that is outside of the room. It will never find it. What is required is "to go" to the wall and surrender yourself to the permeable boundary of the sense of self.

And so it happened, after traveling by plane, then hiking up the steep red rocks of Cathedral and sitting open as I always do to offer beloved souls awaiting healing in distant locations, I found myself in one of these moments. The power of the place intensified the lack everywhere. No help to be found. And so I sat, mind-self resting still and waiting, then quiet and looking, then wondering and ready, then anxiously running around with in the walls of the mind looking for what was needed until the memory appeared. "OooHH! This is one of those moments! Know nothing and surrender. I can to

do that. I have to do nothing and surrender my known self into itself.” This was the chitter chatter of the mind before it silently surrendered. After a moment of infinite empty pure ‘know nothing’, awareness opened as infinite heart inseparable from Kristin heart and the core of this existence. All those awaiting healing appeared in my infinite heart and began their healing journeys. We were all with each other transforming. Again, consciousness called itself deeper and the mind fell beneath me. I was/am infinite existence both manifest and non manifest simultaneously. I was/am the essence that predates this soul that all lives of here have arisen within. I was/am light as particle and expression. I was/am infinite, boundariless and unique simultaneously. Mind was literally located beneath this sense of infinite exquisite self, functioning the way it always did, joining souls, opening through dimension, supporting the release of all that was ready to fall away, assisting that which holds onto itself to soften into truth. All was the same as in the old sessions, yet mind was purely function and not the resting place or experiencing place for identity. This too was noticed, and then fell away. Self rested as infinite nothing, essence, existence and non existence present.

Mind becomes function, no longer the resting place for identity. There is no room. You are the room. There are no walls. You are the walls. The rooms, the walls, the identities become the pure function they were meant to be, vehicles and expressions for and of the un nameable to express and itself experience.

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