

# 10 Point Plan

## Point 9: The Art of Reflection and Contemplation



Self-reflection is a solitary process for you can't connect the dots before they have appeared; you can only connect them looking backwards. One of the best ways to help develop wisdom and enriching your life is through reflection, listening to your inner voice and ultimately learning how to learn. Personal reflection in silence is a powerful and liberating experience that can help smooth out life's bumps, boost our collective happiness and help us become the people we want to be.

**9.1 TIME** - Typically, you will want to choose a time and place for reflection that is quiet and where you can be alone with your thoughts, and if you can do this as part of your daily or weekly habit, all the better. This quiet time will help you centre your thoughts without interruption, and make it easier to sense or hear your inner voice.

**9.2 THOUGHTS** – Develop the talent to let your mind float and set your thoughts free. You will not have to direct them or channel them, to a specific time, place or event; your subconscious knows where it wants to take you to show you something you need to know. Tune into what is being shown or how you feel. Let it sit with you in peace for a while. The message will come when it is ready to be displayed and at the right 'aha' moment. It can't be rushed, however there will be times when you will need a gentle nudge in the right direction.

**9.3 TRUST** – You must learn to trust yourself rather than be influenced by other people giving you their evidence for your choices and decisions. Base your actions on your gut feelings and those unquantifiable thoughts received during reflection as they won't steer you wrong. It is probably the most honest and clear guidance you will ever have.

**9.4 TACITURN** – There will be times when you are inclined to silence, so don't skip your reflection time because you don't have time or if everything seems to be going well for you. Use the time to let go of any stresses, worries or concerns that you may be hiding or that may be hidden from your conscious self. Look for the positives and seek the keys to help you

become the person you want to be. Sit in silence, sit in peace, think about life, love and all the wonderful things that you should be grateful for in the present. Personal growth can spring out of silence just as often as it comes from an experience or developing a new skill. Reflecting even when there seems to be nothing to reflect upon, allows your confidence and self-esteem and spirit to grow and soar to new heights. You will come to love those quiet moments of reflection that you have given to yourself.

**9.5 TWO** – Reflection takes place at two levels. Reflection-in-action is to some degree what we all do without training, when dealing with new or unfamiliar experiences as we give those experiences meaning. It doesn't mean relying on verbalisation, but occurs in an improvised manner and do it without thinking about the fact we are doing it. Meta-reflection requires more conscious action and deliberate efforts to help make sense of the experience. This second level doesn't occur automatically; it must be learned and refined with practice.

**9.6 TREES** – He who sits alone, sleeps alone, and walks alone, who is strenuous and subdues himself alone, will find delight in the solitude of the forest. Some people avoid solitude like the plague, whilst others love being alone and thrive best in solitude and away from the endless chatter of other human beings or electronic stimuli. How to spend time alone in a healthy and opportunistic way, and not as a punishment, hate or violence is so important. Moderate solitude seekers do it for meditation, reflection or achieving certain goals, without it becoming a vessel for mental or physical problems, or even death. Be your own best host and act and treat yourself like a guest, so you start to liking yourself and taking care of our self and ego extensions, then tidying your environment. If you're lonely when you're alone, you're in bad company. Realise that we are always connected. When you are in solitary retreat, you are still together with all sentient beings in innumerable worlds, even though you may think you are alone in a small, enclosed room and missing out on something or separated, so try not to indulge yourself in unhealthy pleasures. Loneliness is only a perception. Men are disturbed, not by things, but by the principles and notions which they form concerning things and which they attach their own meaning to. Sit with it and practice introspection. Being around people all the time just like a single tree in a forest is a great way to avoid what's actually going on in ourselves. People that need to be around others all the time, do so because they don't like to spend time with themselves or self-confrontation. By going inwards, we might find out what is bothering us and find out what we want to change. These can be difficult things to contemplate, but doing it can help us tremendously in the long run.

**9.7 TENSIONS** – Provides the means of observing our thoughts and physical sensations, and learn what is happening inside us, in a way that we normally don't do. Becoming aware of certain anxieties, anger, tensions, tiredness, and then accepting them, they will eventually dissolve and we will enter a much calmer state without the need for self-medicating with drugs or alcohol.

**9.8 TAKE** – Your dreams are there to be taken or chased down, so why not do it. Being around people all the time can be a lot of fun, but it also gravitates us to do as they do, such as watching the same television shows, talking about the same subjects, having the same opinions or going to the same places. This herd mentality can be detrimental to achieving our personal goals and dreams. Taking time away from the herd, allows us time to create new perspectives by introspection; it also creates new opportunities to actually do what we want

to do regardless of what others think or say. All achievements come with sacrifice in order to build something for ourselves. Solitude can be a great vessel to allow this to happen. When creating something in solitude, you will begin to embrace your time alone, and less likely to develop unhealthy addictions. You simply don't have time for that and often find yourself in a state of joy, described as a state on which nothing is missing, everything is there in the now and present moment. The opposite of addiction and a state that is highly fulfilling and enjoyable, and not lonely at all. Why not take it?

**9.9 TRUTH** – We often suffer more in imagination than in reality. The truth is people used to think that the worst thing in life was to be alone; it's not. The worst thing in life is to end up with people who make you feel alone or don't care for you. Everyone accepts that we have natural physical needs (air, water, food, shelter) but not many people consider our natural psychological needs (some alone time, feel belonging, life purpose, people see and value you, and you have got a future that makes sense) and we are not getting better at meeting these psychological needs as time goes on. We are experiencing increased loneliness, depression or anxiety and it is often attributed to a biological reason, brain malfunction or chemical imbalance (lack of serotonin, dopamine), but this is only part of the issue. These are complex problems with many factors that require them to be dealt with collectively. Drugs alone will not solve the problem even at higher doses. The increasing amounts of loneliness, crippling depression and anxiety is also directly attributed to the way we are living, both socially, learning and psychologically. We are now one of the loneliest societies that has ever lived. We have few friends, have de-tribed, rely on the internet which is a parody of life and forgotten how to take part in physical group activities, developing something else to talk about other than ourselves, have less exposure to the natural world and don't solve each other's problems. We are all living in the gutter, but only some of us are looking up at the stars. Living in the past causes depression, living in the future causes anxiety. There is only one present moment and we need to face that truth. For truth to exist, we need to band together and cooperation because that is our instinct and it can help us be who we truly are and maintain good mental health. The relationship between Social Media and Social life is similar to that between Porn and Sex. One gives you short term value, whilst the other is full value and allows you to establish real connection, feeling and value. Complex issues are no longer just the issues in our heads, they need to be tackled at the mind, body and soul/social level.

**9.10 TRY** – The art of contemplation is often nothing more than common sense. We need to try and teach ourselves to slow down, be at peace, rise to love and light, knowing who you are, and how to live in harmony with life, beauty energies and high-frequency vibrations. We all seek purpose and to unlock life's many mysteries and attempt to understand the way things work, but there will always be subjects that will be impenetrable to science. Yet we are the one of life's biggest mysteries. One day we may understand how the human beings work, but at this moment our true depth lies beyond the domain of objective understanding. To know what we really are, we will have to go beyond the conscious mind into states of contemplation. We need to come home to the remembrance of who we truly are, come home to your inner peace and light of essence, and come home because it is time to rise. Contemplation will help you find your place of stillness within you, that is wise, aware, present, perceptive, grounded and trusted. There is no deeper truth than that which is within you. You are divine, you are love, and this is the true core of your being, hidden behind layers

of pain and hurt that are normally wrapped around you. The illusion of separate is now shredding as you come home into the divine embrace of oneness, purity and remembrance. Try to access the inner resonance that knows within every cell of your body that you are love, divinely connected and worthy.

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