

The Mind's Resistance by Paul Constant

*We are hammering away at this thing with a system of doubting to try to find something inside us. We are trying to find, through a hole in the paradigm, that which will open the head up to Reality. —Richard Rose, *The Direct-Mind Experience**

What is it about the relative mind that resists self-realization, the experience of Reality? This question repeatedly surfaced during my own search as I struggled to know the true Source of my awareness. As a TAT Forum reader, presumably you too may wonder why it is so difficult to "open the head up to Reality"—right now, right where you are.

The mind-body vehicle is programmed to resist death at all costs. Manifestly, the programming is a desirable trait in all life forms so as to perpetuate Nature's machinery. That is, each organism apparently doesn't spend time "thinking" about whether it wants to survive; rather, it carries an innate programming to instantly fight or take flight when faced with danger. However, for the seeker of Reality, the built-in resistance is seemingly a major obstacle, perhaps because the mind cannot face its own nonexistence without a "fight." The programming includes clever tricks to incessantly draw our attention outward. Our mind gravitates toward daily exigencies, entertainment, family, and work obligations. The primary objective, then, becomes finding new ways to turn the attention inward and overcome the resistance.

Let's go back to the question of why the mind resists our efforts to realize or discover Absolute Awareness. Such mysteries behind life's master design may forever remain unsolved. Apparently, though, the design allows some seekers to "burn through" the resistance and momentarily become immersed in the Absolute (during that situation, nothing of the mind remains, thus it is truly a mind-death experience—but not oblivion). What would happen if 6.5 billion people simultaneously witnessed the Absolute? Such an epic event might very well break the machinery. Each person would realize with certainty that all of their ambitions—their jobs, their family, good deeds for humanity, money—are nothing but ephemeral phantoms that crumble to dust instantly, projections that are no one's doing, a script written as they play the role. Of course, attempts to outwit the script would be part of the script..

"Hammering away." Those are the words of Richard Rose. It is accurate to say that the mind persistently struggles to trace the source of our awareness, but only to a certain point. As seekers, we must find our own path, our own ways to break the veil between what we think we are, and what we truly are. It seems prudent to approach the search with caution, and to employ a "system of doubting." That is, doubting everything except our own ability to realize our Source.

Simply waiting around for Reality to descend on the spiritual seeker is a long shot. An equally futile effort may involve following a rigid, one-size-fits-all path doled out in books or through a teacher. These two approaches are unlikely to overcome the resistance. Seekers with pure intent—those who have a strong desire to know their true Source and maintain the determination to overcome fear, pride, and other obstacles—are somehow placed in a superior position to overcome the mind. In the end, we find that seekers use innumerable paths to self-realization, but determination seems to increase the odds of overcoming the resistance. After a maximum realization, the "finder" knows the Light and his or her relation to It. The questions of who is aware and who dies are answered with finality. Strangely enough, the mind is still intact. But the resistance was finally dissolved.

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