

Open Mind, Open Heart



A helpers handbook

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A gift to all those who are brave enough to stay open hearted in the midst of suffering or in the service of life itself.

If you find this book sparks a curiosity or helps you in some way – please pass it on to a friend or a colleague, so they can also benefit from the information in it.

Introduction

Many caring professionals struggle with overwhelm, anxiety, stress and eventually burnout. This impacts both their personal and professional lives sometimes leading them to lose their passion for their work, or even leave their profession all together. Some spend their precious time off or well-earned money trying to de-stress, recover from long working hours or wind down.

There is nothing wrong with this of course, and there are some beautiful and enriching services out there to help facilitate this. However there is a deeper truth about the potential and power of the human mind that can uncover an inner resilience and peace beyond the psychology we have come to understand.

If you are reading this book then you are most likely a caring or helping professional and if not then you are definitely a human being and as such assume a helping or caring role at some point in your life. The insights conveyed in this book are pointing to something that is universally true for all humans and therefore have implications for all of life.

I work as a facilitator of a new understanding of the human mind called *The Three Principles* and quite a lot of my work is with helping professionals. I have spoken with hundreds of therapists, nurses, doctors, social workers, yoga teachers and complimentary therapists to name but a few and as a way to help this new understanding reach more and in turn help more I felt inspired to write this book.

My background is varied, and having undergone a period of intense suffering, like many I looked to find a deeper meaning in life. This led me to explore many modalities and train as a homeopath as well as embark on a very intense spiritual search. As part of my exploration and searching I encountered many fantastic teachers and have had the opportunity to learn from some of the kindest, loving and terrifying human beings I have ever met.

But this book is not about me, or my journey. I am sharing this snippet to assure you I understand what it means to suffer as well as what it means to be at peace. Four years ago I encountered a training course by one of these human beings I am forever grateful for meeting, a man called Ian Watson. This training was called *The Truth of The Moment* and was based on the *Three Principles* understanding. It rendered everything I was doing to find peace of mind obsolete.

The *Three Principles* understanding has transformed the way I view the world, life and human beings in general, and during the last few years I have been working as a facilitator to share this wonderful understanding. The *Three Principles* are a metaphor that point to a truth that has been hidden from plain view. This truth, when insightfully understood has a deeply healing and transformative effect.

I recommend that you don't try to read or understand these words analytically or intellectually. Instead, see if you can get a felt sense of what is being pointed to or a little glimpse from within yourself. It is not what I have written, but only what you come to realise for yourself that will be truly helpful.

***"It's what you are that heals,
not what you know"***

Carl Jung

Impactful Helpers

A list of the qualities of the most impactful helpers includes:

- **Deep Listening**
- **Warmth / Loving Kindness**
- **Presence / Clear mind**
- **Light Heartedness**
- **Acceptance**
- **Empowering**
- **Ability to develop rapport**
- **Effective Communication**
- **Integrity / Authenticity**

As you are a caring professional or like all of us assume a helping role in your life you already intuitively know this and are probably close to those qualities in yourself already. This is not a guide to give you anything you don't already have. Its purpose is to help uncover what is already there and help point you in the direction of what takes you away from it.

Working to maintain all of those qualities can be challenging and is part of what is cited as the cause of burnout, and stress. All of us as human beings are doing our best in every moment and caring and helping professionals genuinely want to do their best for the people they are in service to. Working to maintain and develop the qualities listed above is admirable but unnecessary. You as a human being already possess and have real-time access to every single one of those qualities.

Common Challenges

The challenges that caring professionals or helpers face can differ slightly when we get into the details of their specific role. However there are common themes that seem to emerge for helpers in general. The information covered in this book can also be extended to challenges that are not mentioned here, but this should become clear to you as you read through.

Compassion Fatigue

Deep compassion and deep care is a quality that is beautiful in any human being but as a helping professional it is one that can have a double edge. Many caring professionals feel the need to diminish or even shut down this quality over time, most likely this being the quality that brought them to their work in the first place.

Others find that they just burn out from exercising the muscle of compassion in a way that drains them. The sad part is that this deep compassion and care, or love and understanding when coming from a place of balance is incredibly healing in and of itself.

By reading further you will hopefully discover how and why it is possible to open up to deep compassion when it is appropriate to the moment *and* to access the wellspring from which it arises. Accessing this wellspring will not only bring the appropriate response in the moment but will also renew and refresh you instead of draining you.

Stress, Overwhelm and Anxiety

Stress, overwhelm and anxiety are other things that are mentioned a lot to me. Whether it is the stress of a busy workload (or the stress of a quiet practice!), overwhelm regarding patient's stories or anxiety about whether they are doing a good enough job. Many caring professionals find that a lack of confidence in their own abilities can spark anxiety and many of them bring their stresses home with them at the end of the day.

Some feel overwhelmed by the depth of the suffering they meet, or worried about how helpful they can be. Others are able to leave their stress behind at work and be present for their clients but can feel

stressed, overwhelmed and anxious about areas of their personal life.
Does any of this sound familiar to you?

If the answer is yes then there is some good news.

Even though it can look like there are many causes to our stresses, there is really only one.

Only One Cause

Simplifying the Variables

If you read back over the first section of this book again you will see that there are many things listed as being the causes for burnout, anxiety, overwhelm and stress. There were even more that I could have mentioned, but decided to keep it simple. The fact is that part of the problem for us as human beings is that we have been lost in a misunderstanding about how the mind works and this has caused us much discomfort and suffering. There is a life of more stability and ease within the human experience that is available to every single one of us irrespective of our patient case-load or any other outside circumstance.

So what is this one variable?

The one variable is *Thought* – the fact of Thought.

Doesn't sound like much does it?

Bear with me, as this is deceptively simple, but deeply profound!

Thought creates every feeling, every perception, our whole sensory experience of life.

This means no outside circumstance can cause our feeling. EVER.

I can predict that there are a few examples coming to your mind now, which look like exceptions. I'm going to ask you to put them aside just for now, and remain open to the possibility that what I am saying is a fact. Just to remain open to the possibility and to explore within your own experience after you have finished reading this. The truth of it will reveal itself to you in your own experience and in a way that is unique for you.

How does this impact me as a helper?

If we track back to the basic causes we cited at the start for our stress, anxiety, and burnout every single one of them were factors outside of us. Some of the common ones include a large case-load, a lack of clients, the speed of recovery, the suffering of our clients, and investment in the outcome. I'm betting you can think of other examples too (If so I would love to hear about them).

Whilst it looks like those things are the cause of our stress and burnout this is simply not the truth, and when we are viewing life in this way it busies our minds trying to find solutions to how we feel. Sometimes those solutions might look as drastic as quitting our job.

The busier the mind – the heavier the feeling

We all kind of instinctively know this - that when our minds are busy it doesn't particularly feel good. This is why we have invested so much in techniques or practices to get quiet or to be present. However, did you know that there is a systematic explanation as to why our minds get really busy in the first place?

Your common sense will show you that if you are attributing how you feel to what's happening outside of you, something that happened in the past or something you *think* may happen in the future, then you are going to get busy thinking about those things.

This is not wrong - it's our best attempt to feel ok. The only problem is it is based on a misunderstanding. The misunderstanding being that anything other than *thought* in the moment could be responsible for how we feel.

The Three Principles

Sydney Banks uncovered principles that underlie every human experience. In his discovery he had a deep and profound truth revealed to him that has been quietly sweeping across the globe transforming lives. The truth that Sydney Banks realised was one that is spoken about by many of the sages and mystics throughout the ages. However, he brought with his description a simplicity that has enabled this truth to be accessed by anyone.

He eventually described what he understood with the metaphor '*The Three Principles*'. In reality he is describing how there is a formless intelligence behind all life and how that comes into form. This is the great mystery of life - how it is that out of nothing, life arises.

The description of the Three Principles brings simplicity and a practicality to this truth, something so helpful for people. This understanding, for want of a better word, brings lasting and sustainable change for people, and continues to deepen in their experience.

What are the Three Principles?

The *Three Principles* are three constants that underlie all human experience.

Universal Mind- the intelligence behind all life

As a helper, I have no doubt that you have encountered and probably marvelled at this great intelligence many times. Pay attention just in this moment to the fact that as you sit here something is breathing you, that all your organs are functioning harmoniously together and that you don't have to do anything to make that happen.

Now consider on a broader scale how the seasons change, the planets rotate, night becomes day, an acorn becomes an oak, the atoms in the chair you are sitting on know how to bond and stay together as a solid thing, a sperm and an egg come together and become a life. There is a great intelligence to life, and there is also a great *aliveness*. It is so

mysterious and yet very tangible that in one moment there is life in a person and in the next moment there is not.

Universal Consciousness- the ability to be aware

Just right now in this moment reflect on the fact that you are aware. Not on what you are aware of but the fact that you are aware. This is self-evident isn't it?

Now for another moment allow yourself to experientially fall back into this awareness, just lean back into it. When it seems like you cannot lean back anymore then allow yourself to lean back a little further.

In leaning back deeply to the space of awareness, it becomes apparent that there is a lot of space there. It may even become apparent that you are that space! That something has been looking out your eyes from the moment you were born and despite all the evolutions and personal changes that have taken place in your life, that something hasn't changed.

That something is the field of conscious presence - it is what the mystics call our true nature. Experientially becoming aware of this space or the principle of *Consciousness* is extremely helpful. It reveals a vast open space that is impersonal and non-judgemental and completely accepting of all of your experience. It is the same conscious presence that looks out through the eyes of all sentient beings.

In and of itself it is a space of unconditional love. In this space it is revealed to us that we are already whole, already complete and lacking in nothing. It is also what brings to life our experience via the principle of *Thought*.

Universal Thought- formless energy coming to form, creating our feelings and perceptions of life

The principle of *Thought* is that which creates our whole internal experience of life. We are all aware of the chatterbox in our heads which we are used to referring to as thought. When you were exploring the principle of *Consciousness* in the description before, you may have even become more aware of all the thoughts passing through. However this is only one aspect of thought, the tiny bit that we get to see. Most of our

thought is invisible to us and this is a very helpful thing as it is what enables us to be functional.

So if thought is more than just the chatterbox, what then do I mean by the principle of *Thought* in this description?

I mean that which shapes all perceptions and sensory experience of the world. *Thought* literally creates your whole experience of life from the inside moment to moment. To put it another way, *Thought* is responsible for every single feeling that you experience.

Have you ever noticed that you can experience someone you love as beautiful in one moment and annoying the next? That's the content of thought, changing.

The content of thought is always changing, and yet the fact of thought is a constant.

Have you ever noticed how we can experience fear when nothing frightening is happening? This too is the principle of *Thought* in motion.

How about when you go to sleep at night and experience a whole sensory experience?

You experience dream characters, a dream scene and your body cannot tell the difference between that and what happens during the day.

You experience all the emotions of your dream as if the contents of it are really happening, and when you wake up and realise it was all a dream it vanishes, it dissolves back into nothing.

The other thing to notice about your dream experience is the whole experience is made of the same stuff!

What is it that hears and sees in your dream (your own eyes are closed when you sleep!)?

What is it that creates the story, the characters, even your whole dream body?

Have you considered ever that the whole dream experience is all made of the same stuff? That the whole experience is created in you, and appears within you, it's all part of you?

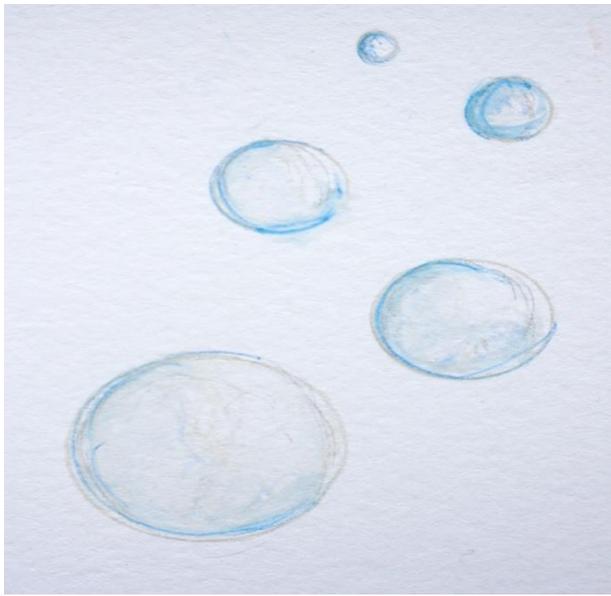
How is your body responds and you experience all the emotions or feelings that are related to what's happening in the dream?

This is a perfect example of the principles in motion and the incredible power of *Thought*.

In the same way the principles of *Mind*, *Thought* and *Consciousness* create our experience in the waking world.

Waking up to the fact that it is *Thought* creating our feelings and not the outside world restores harmony to our systems.

Bubbles



Look at the image above, and let's imagine just for a moment that the bubbles are the product of the power of *Thought*, the water is the principle of *Consciousness* and *Mind* is the intelligence powering it all.

Now let's consider what we know about the *nature* of bubbles....

1. Although each bubble has a different size, shape and appearance they are all made of the same stuff, they are all equally bubble stuff. No one bubble means any more than the other, and whilst they look different in appearance they are equal in the material they are made of.
2. Every single bubble, despite its appearance is empty on the inside
3. Every single bubble arises out of nothing, rises to the surface and pops or dissolves back into nothing – all on its own. This is guaranteed and there is nothing that you need to do. The trajectory of every single bubble is that it will dissolve back into nothingness.

4. If we were to focus our whole attention on one bubble in particular, it does not change the fact that there are all these other bubbles passing by also available for our attention.
5. Irrespective of the stream of bubbles, the surrounding water (consciousness) is clear – at all times.

When considering thought, we usually put more attention to the *content* of what we are thinking about than we do the very nature of it. In the analogy of bubbles this is like piling one bubble on the other. We then end up with something like this.....



Don't worry though. Even if you end up with that, its trajectory is that it will dissolve anyway. It's in its nature to do so.

As our attention or interest moves towards the source of the bubbles, rather than being distracted by every bubble passing by, we start to experience and notice new things, calmer feelings and a deeper sense of wellbeing.

On recognition that our experience and our feelings are coming solely from thought, the tendency to think about the bubbles or thoughts we are having falls away, leaving a naturally quieter mind.

It's perfectly common that we don't see this happening all the time, we have learnt from the word go that our feelings are caused by circumstance, our past history and the outside world. The beauty is that even though we forget, once we have aligned with the truth of how it works we will see it more and more.

There is also a tenderness and gentleness that arises from accepting the fact that we may not always catch sight of *Thought* in our experience (both for us and others). It makes sense to have the same compassion we would for a toddler, who falls down repeatedly while learning to walk, as we really are infants in terms of the nature of life.

A nine year old girl I was working with recently described this so beautifully, as her whole face lit up with seeing it insightfully. She said "It's like thought does it and then doesn't want to get caught", and she then giggled at how realistic her thoughts seem. She pretty much described from her own insight something that physicist David Bohm is quoted as saying; "*Thought creates the universe and then says 'I didn't do it'*".

What to do...?

Okay so what do I do with my Thinking – How do I Change it?

This is usually the first question people ask.

Have you ever sat and watched your thinking how it just pops into your head? If so you will notice that it changes *all on its own*. We don't have to do a single thing about it; we don't have to stop thought, change thought or anything else.

If a child asked you every evening to come to their room because they were afraid there was a monster under their bed, would it make sense to develop a strategy to get rid of or prevent monsters from being there? I would imagine that the most common-sense and sustainably helpful thing to do would be to take the child and show them that there is no monster under the bed, that it was an illusion, that they just *thought* there was a monster.

This may sound like a stretch just now, but really and truly insight into the nature of *Thought*, and the true nature of these principles takes care of it all. Just remain open to the possibility that what I am pointing to is true, be curious about whether your feelings could be coming from thought in the moment, and reflect (don't analyse) on the content of this book, at your own pace.

If you get a little glimpse or two of what is being pointed to then that is really good, as you then go about your daily life remain open to seeing the principles in operation – in a relaxed fashion. This is insight-based learning and is very conducive to a relaxed approach.

Just because you Have a Thought, It Doesn't Mean you Have to Follow it

Once while I was visiting someone in a mental institution, we were sitting in her bedroom and we were having a chat. At one point in the conversation, she put her hand in the air and made the sign of a question mark and giggled. She then proceeded to share that she had just seen she could question her thoughts. She *saw* insightfully that she had

believing all of her crazy thoughts, and had never actually realised before that this was optional.

Driving In the Rain

Do you drive a car?

If yes - have you ever driven in torrential rain?

Then you will have had the experience of driving with the wipers going and probably on the high-speed setting.

What would happen if you were to follow the wipers with your attention as you drove? You would probably crash the car, right?

Except that you know to keep your attention on the road and let the wipers move back and forth without affecting your ability to see the road.

You don't need a technique every time you put the wipers on to prevent you from following them, because you intuitively already know that it doesn't make sense to do so.

In the same way, it doesn't make sense to follow our thoughts, and every time we notice that's what we are doing our attention naturally returns to the road (present moment).

Building Blocks

These three principles are the building blocks of the human experience, they are inseparable from each other and they are in fact three aspects of one principle (remember we are talking metaphor).

Catching sight of the principles in operation brings a depth to our experience, a depth to which no words do justice. These *Three Principles* are creating our experience of life in every moment, and they reveal to us our connection to something beyond our ideas of our selves; to a deeper identity that is one with all creation.

Being interested in this point of creation or what is doing the creating brings a deeper dimension to your experience. They point to the fact that there is no separation between the spiritual and material world – all is one. And sitting reading this or having a cup of tea is as spiritual an experience as meditating in the Himalayas.

The *Three Principles* are not separate from who you are, they are the source of your experience and a metaphor for your spiritual nature. Spiritual as a word has many connotations – lets interchange it for formless here just to ensure we don't get caught in a spiritual idea – because I'm pointing to something that is beyond any idea, but is the source of all ideas.

We are human beings, this includes both humanness and beingness – the beingness is formless, the humanness is form. '*Form is Emptiness, Emptiness is Form*' is a line from The Heart Sutra in Buddhism. It is pointing to the same truth that Sydney Banks points to when he says the form and the formless are one. Don't forget the principles are formless, they create form!

Insight into the nature of these principles is both infinite in potential and depth and whilst it reveals the spiritual nature of all of our life experience it has a very grounded and practical benefit.

Insight

Insight is simply a fresh thought. We have all had insight or new thought, we have been having them our whole lives. The ramifications of having a new thought can be life changing, however. If we consider that consciousness brings to life the thoughts it combines with to create our experience of life then one new thought can mean a whole new experience, even a whole new world!

The principle of *Mind* is always on (as are all the other principles!), meaning you are connected to the intelligence of the entire universe. This intelligence has an infinite supply of new thought available in every moment. Even just intuiting this fact has a deeply reassuring effect.

Infinity

"If the doors of perception were cleansed everything would appear to man as it is, infinite" – William Blake

Let's go large just for a minute, and scale right out. Let's consider this life that we are part of from a wider lens. Let's consider this circle of life that takes form, changes form and is constantly in flux and change. As far as I can tell it's infinite.

Look out at the night sky and let your awareness blend with it, it goes on and on and on. The forms of this world are always changing, just as the forms of our internal experience are always changing. The principles are pointing to the formless realm and how it comes into form. They point to the mysterious infinite dance of life that you are part of. They point to that which inspires poetry, music and dance and they point to that which is living and breathing you as a human being, to the miracle of life and the miracle of experience. They point to a love so unconditional it includes everything and a place inside every human being that is whole, complete and perfect.

And yet they also point to the practicality of how thought plays out in our experience of life in every moment. Not only do they point to the womb of creation of the entire universe, they point to the moment to moment creation of our experience of life

The human mind is an open expanse of intelligence, which has in reality, no boundaries within it. The only boundaries are thought- created.

In the dance of form we play the roles of being a male or a female, a daughter or son, a sister or brother and so on. Beyond all the roles we play in life is a place where we are all the same. When we meet another from this place and truly see them as they are, thoughts of separation fall away and the connection that was already present reveals itself.

In the face of the great oneness of life all problems dissolve and one glimpse of this can change the course of a human being's entire life. To meet your clients beyond the role of helper and patient from a deeper place of wellbeing is deeply impactful.

To see the health and wisdom in another, to see them as they truly are beyond their ideas of themselves and their current experience or circumstance, is to see beyond the concept of 'other'. This we can only do, however, from a place of knowing it for ourselves.

Do you know this for yourself? Or can you at least get a sense of it?

Can you remember a moment when you yourself have had a glimpse of this?

Many of us have had glimpses or intuitions about this already – it's such a natural thing. Sometimes we then attribute those glimpses to something outside of us, like the thing we were doing at the time, a person we were with, or a place we were in.

I recently had a fourteen year-old girl share with me a memory of how on holidays last summer, she spent one night sleeping on a boat. She woke up in the middle of the night and looking up into the stars she saw how vast the universe is, and how incredibly tiny she is. She described how she was filled with wonder and awe as she realised she was connected to everything else. This experience filled her with love and kindness for all life, as she realised the interconnectedness. She hadn't been working on herself, or doing techniques – the experience came to her in a quiet moment, naturally.

Realisations of this kind are natural to us as human beings, and they are helpful and deeply healing. They come spontaneously from within us, from the principle of *Mind* and are brought to life via *Consciousness* and *Thought*.

In the silence of our being, all knowledge of the universe is present and this knowledge is beyond the thinking mind.

Zooming Back In

Maybe you are getting a feel for the enormity of the *Three Principles* - maybe some of this has resonated with you somehow. I would ask you to explore in your own experience (without analysis) and see if you can catch sight of them in operation. Don't forget the principles explain and are behind every experience of life.

Get curious about where your experience is actually coming from. Next time you catch yourself with something preying on your mind, explore the possibility that the thoughts you are having about the thing itself are causing your feelings and be open to the possibility that you could have new thinking about it.

The next time you are with a client notice the feeling state you bring to them, see what happens when you insightfully catch sight of thought playing out in your experience in the moment.

Be curious about the depth of silence that holds all experience, the space in which your experience arises. Deep experiential knowing of yourself as this space is utterly transformative and helps with the knowing that all is well irrespective of circumstance or even current experience.

A wonderful teacher called Robert Adams calls this "*The Silence of The Heart*". In this silence all insight and all experience is born and in this

silence universes are created and destroyed. This silent backdrop to all experience can in any given moment leap forward to the foreground and make its presence known, and we can know ourselves to be that silence irrespective of the noise in our heads. Everything we've ever looked for is there, and there is here, right now within you.

Contemplate your connection to all life, contemplate the fact that every thought and therefore every perception and experience comes to you from this one source. Sensing, experiencing and even intuiting this connection and source of your experience brings a richness and depth to all of your experience. Sensing and knowing this for yourself means you will sense and know this for the people you are helping too. This changes the way we help, and brings a depth to our work that is beyond words.

Imagine *knowing* without a doubt that your clients are healthy, whole and complete on the inside despite appearances. Imagine *knowing* without a doubt that both you and your clients have access to all the answers and solutions to deal with what you are faced with. Imagine *knowing* without a doubt that all is well, ultimately.

If this short piece of writing has caught your attention please do explore more, there are plenty of incredible resources out there, and I highly recommend the work of Sydney Banks. This has the potential to make your entire life experience as well as your work as a helper richer, deeper and more meaningful.

A Few Practical Side-Effects of understanding the *Three Principles* as a Helper

A quieter Mind – More Presence

An understanding of the nature of *Thought* has the effect of clearing your mind in present time. We catch sight of thought in action, see the illusory nature of it and it falls away. This allows us to naturally spend more time in the present moment. This is not the result of a practice or technique, it is a natural side-effect of insight and understanding.

Deeper Listening

As a continuation from the last point – the falling away of superfluous thought, or naturally ignoring them through understanding insightfully their nature allows a depth of listening way beyond the normal listening mode. This deep listening is effortless, deeply nourishing for both parties and extremely helpful.

Non – Judgement

As we intuit, sense and understand the nature of separate realities, judgement falls away. This is not a doing, it is a natural side effect of understanding. We see that although we are the same on a very deep level, because of the nature of *Thought* we all see life differently. We no longer hold our own perspective on life to be the right one and we no longer judge anyone else on their reality or inner world.

As a helper this is something that is absolutely essential, and something we all aspire to. If you are anything like me, this is something I couldn't manage all the time. Now through insightful understanding, it's the natural position.

Move from Advice Mode to Empowerment

As we understand these principles insightfully we drop out of advice-giving as a mode (except when an insight comes to us, which we feel moved to share). We understand that every single human being has the capacity for insight, for new thought fresh in the moment to bring them the solution they need. This takes the burden of having to know the answer for the person we are helping and empowers them to find their own answers.

Knowing that Change is Possible

An understanding of the three principles leads to a deep knowing that human beings have the potential to change in a sustainable way. They have the potential to heal from any kind of painful past history and start again, and they have the capacity to deal with any circumstance they are in.

If every experience is one thought thick, and in any moment the capacity for new thought is present, all that is required for an inner change is one new thought. In fact there is the possibility for a whole new world in the blink of an eye, in any given moment as the principles create a spontaneous reality fresh in every moment.

Knowing this – in an embodied way, leaves you as a helper hopeful for your clients irrespective of their story, and your confidence in their capacity to change is communicated – even without you speaking it.

Seeing Beyond the Story

Through insight into the nature of the *Three Principles* we start to disbelieve the stories we tell about ourselves and live in a naturally more peaceful existence where we understand that we are not our thoughts, especially the self limiting ones. We see deeper into our own true nature, our natural well being, our capacity for wisdom.

As we see this for ourselves it naturally is seen to be the truth for everyone else, irrespective of their current circumstance or story. To see your client in this way is incredibly potent for them and it means the help you bring is more meaningful and more aligned with something truthful.

An example of this from my own personal experience comes to mind. I think it was around seven years ago when after a series of misguided choices I ended up homeless. I was in a pretty bad way emotionally at the time and went for some help to find shelter, and the person assigned the role of helping me with information about where to go and what to do was obviously affected by my situation. Her reaction was innocent and understandable but it was obvious she didn't really have much hope for me. I left the meeting feeling even more broken and with less hope.

In contrast, about a month later I encountered someone else who happened to be a homeopath, and this person communicated hope, positivity and the fact that she saw me as a healthy and whole human being. This she did in her manner and way of being – not so much in anything she said particularly, as in fact she was quite tough with me in places. This was a very impactful encounter however, and in the coming weeks I had several insights about how to turn the situation around.

Being Comfortable In the Unknown

The ability to meet a client fresh and in the moment, without your preconceived ideas and assumptions, without your ideas about what they need, leaves you in the unknown. As human beings we sometimes innocently cling to what we know (or think we know) as a means to have security or comfort. We can feel a little vulnerable or maybe even a little inadequate or scared of entering the unknown.

Insight into the *Three Principles* allows a deeper peace and understanding of how helpful it is to be in the unknown. The unknown is the source of creativity, fresh thought, new ideas and also the source of healing. From the unknown something spontaneous, fresh and new can come to the surface – and usually what comes from this place is deeply impactful.

Elimination of Stress & Anxiety

Insight in the moment into the nature of the principles helps enormously with stress, anxiety and overwhelm. It is currently mostly understood that the world is full of outside triggers and that stress, anxiety and overwhelm are inherent in life itself. The principles help us to see that life itself is neutral, and the meanings of circumstances are attributed by us via thought. And whilst it is true that we have agreed meanings for

certain circumstances in our culture, it is not true that we are tied to those meanings.

Insight into the nature of *Thought* eradicates the idea of outside triggers, and understanding of access to new thought opens up the possibility for a different experience of any circumstance, even those once considered as stressful. Insight also takes the meaning out of certain feelings we usually consider uncomfortable. This neutralises them in our experience, leaving the possibility to be at peace even in their presence.

An End to Co-Dependency

As you insightfully understand your own true nature, and capacity for insight in the moment you see you have everything you need to get you through life. As you see this deeply for yourself you see that it is universally true, i.e. it is true for every single person. You will deeply intuit and know that everybody has access to wisdom and this ends the need for dependency – this will be true of your personal relationships as well as the relationships with those you are helping.

You will be deeply familiar with the one thing you can ever only truly rely on and will form relationships from that position.

Deeper Compassion

"Wisdom says I am nothing, Love says I am everything, and between the two my life moves." – Nisargadatta Maharaj

Anyone who deeply intuites the nature of these principles in an insightful way reports a bubbling up of deeper feelings of love and compassion – both for themselves and for all of humanity. On realising your connection to all of life, your heart is blown wide open. The principle of *Mind*, the intelligence and source of all things when it reveals itself – reveals its nature to be a love that is so vast and unconditional that it cannot help but spill out through you. This love comes from nothing and reveals itself to be the power behind all of life. It is the very substance of your being. This love is who and what you truly are behind the mask of your identity.

Meeting the people you are helping from the position of who you are and seeing them as they truly are is the most impactful, and beneficial help of all. From this position you are beyond help yourself, and this is the true place to meet. Of course this love will take hold of your personal as well as professional life, this understanding will take hold of your whole life.

Imagine having a parent or friend that loves you deeper than anything you've ever experienced, one who knows you intimately and loves you despite all your apparent flaws and mistakes. Imagine knowing that this love is always present and is not outside of you, but bubbles up from the vast ocean of being that is your very own self. Imagine knowing that this wellspring resides in every single human being, and all life. And it is this very love that takes shape and form from moment to moment.

How do you think you would approach your clients knowing that this is absolutely true and that the only thing that covers this wellspring up is thought?

How do you think you would approach them deeply knowing they are only ever one thought away from uncovering this fountain of love, peace and wellbeing within themselves?

How different do you think your own life would look, having access to everything you've ever dreamed of within yourself, in every moment?

Knowing with absolute certainty that nothing outside you can hurt you, that the past and future are illusions and the ultimate security is already here, right now in this very moment which is your own self?

Knowing with certainty your own beauty?

What the three principles point to is a priceless treasure. Give yourself the ultimate present and dive deep into uncovering this treasure for yourself as yourself. This discovery has the potential to bring you to a different life and a different world, and it is a discovery with infinite depths of beauty and love. And it brings the knowing that irrespective of your past, your circumstance or even your current experience; who you are is whole, complete and perfectly okay – unbroken and untouched.

And Finally

As I mentioned in the first page – I would love you to pass this to your friends, or colleagues, as I would love as many people as possible to benefit from it. I would also love to get your feedback about what was helpful or if there are other areas that would have been helpful for you as a helper. Feel free to email me at any stage with comments, suggestions etc – I would really love to hear from you. info@berniegillespie.com

Resources:

www.berniegillespie.com

www.theinsightspace.com

www.3pgc.org

www.threepinciplesmovies.com

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