

March 17, 2004, 6:16 AM

Observations

By K. Duane Erickson, *student*

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My thoughts this morning, as my mine began to come out of sleep, in the silence of the night and in darkness, it had something to do with thinking of myself. That I had heard of meditation, but knew nothing about it. That more than just a word, it might be a process of which everyone should be able to experience. I then decided to look within myself and evaluate myself in an attempt to experience a type of meditation. Hear is what took place in the fraction of a second. Actually I think a second is huge, to the time used in this thought process.

I began in my search to study myself. I began by thinking about my body, but I then thought how my body automatically takes care of itself. Meaning, if I need to go to the bathroom, it really didn't take any thought on my part, the urge or need just comes in to play, and I react. Much like scratching an itch, your doing it almost instantaneously when the itch occurs. Thus I just merely follow the promptings of my body, but it must be my mind that I need to deal with.

So I then switched to dealing with my mind. However, my thoughts did wander back to my body from time to time, such as: Isn't it something, how beginning as an infant through to today, everything physical with the body becomes so automatic, even until our body quits. Interesting, even sex and the bringing about of our posterity. I have often thought about my children and their mother. How everything came into play, and now as I look back, it's a maze of frantic experiences all bundled together now having come and gone in such a short time. And now I wish I had taken more time and thought while the process was going on, but its over and now they, for the most part, are experiencing the same thing.

Back to the Mind. I must say here, that in this fraction of a second, I realized that what I was experiencing was not going to be a short offering, not a one or two pager, but most likely was to take several parts, thus covering several Observations, so please forgive me, but I share this, that possibly you may want to attempt the process yourself.

As I began to dwell on the Mind portion of my being, I sensed that it wasn't the matter in my skull, but the thoughts that came from the matter that mattered. Thought, in the back of my mind has always been intriguing to me, as I have attempted to make my living by inventing or creating new and useful products. In this process of coming up with new ideas, I have often wondered just where and how that new idea came to me. Sometimes I can tie them to just happenings or experiences, but some times I just can't find a tie, they just seem to

all of a sudden just be there. Over the years, because some ideas just seem to come and go so quickly, I find that if I don't write them down, I actually lose them. However, in time for some reason, some seem to repeat themselves in my mind. Like a second chance to do something with them. I notice that if I don't do something with them, in time, I end up seeing the same item on the market, that someone else has taken up the thought and done something with it.

Well the mind is something else, but in the case of this morning I was searching for something different. As I attempted to blank everything else out of my mind, noises, thought of things to do, mostly in order to make money, etc. I considered this much more important. As I attempted to clear my mind like erasing a black board clean, it seemed that a sort of peace came over me, and I felt that I was wondering back in time, time without an end. Then I realized that I could picture, in living color, happenings I had experienced in past times. While I refused to dwell on them, even though I was attracted to dwell on them, mostly beautiful family and wilderness scenes, I refused, and continued on with my thought. It was then that I felt I was experiencing travel. What was taking place was, while my body was somewhat dormant, in other words, not causing me to physically act for its needs, my mind had no limits to travel. But while my mind was traveling, it at present was only traveling in familiar territories, places I had already been. Then it kind of hit me, Can my mind travel to places where my body had never traveled, and my answers in my mind was YES!

Now this seemed somewhat ridiculous to me, but with my experiences of inventing items, it began to seem somewhat possible. Here is where my mind made my body get up to write this happening down, I just thought I needed to make it one of my Observations, so here I am. Questions just kept arising, and I had to kind of shut them off, until I could get my laptop up and running. Now the question is, with the heat of the day upon us, can I actually continue with this train of thought, and the answer is, I am not sure. I might need to continue with the process in my next morning experience.

But now I would like to dwell on some of the remaining questions, if I can dig them up, i.e. Is it really possible to extend your thought outside and beyond your personal experiences? I really believe I have done this. Do we limit our thought or thought processes? Is this what meditation does for people? Or do people just get to the spot where everything has been erased like on the black board, and they rest at peace at that point, a form of relaxation?

One thing I did dwell on slightly was, while my body is beginning to slow down with age, my mind does not seem to be slowing down at all. It seems to be lively and energetic, even searching for more and more truth. It appears to me, the mind is not aging.

Well if all works out, and tomorrow it is possible to continue with this thought process or train of thought, and is not disrupted by something else, we will have a part two, and I am excited to see where it takes me. For now, have a nice day.

Duane