

Copyrighted Material

*Mindquiet*

Learn to detect the types of situations  
in which you should *not* interrupt  
an action in progress,  
despite the sudden uneasiness  
which tells you that you should  
stop and think about it.

These are often situations involving other people  
who will in effect not give you time to think;  
and if you stop and think,  
you will be removing some of your attention  
needed to deal effectively  
with such people.

In these situations, tell yourself “Mindquiet”

and refuse to listen to any words  
emanating from your mind  
until you declare the Mindquiet period  
to be over.

Then bring all of your attention to bear  
on the external situation,  
either flowing with it  
or imposing your own will on it,  
as dictated by your intuition,

with a tendency to flow with  
unless the intuition to do otherwise  
is strong and clear  
and feels right.

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Know that any important thoughts  
you have during Mindquiet  
will not be lost,  
but will recur later.

If brief relevant self-commands arise during Mindquiet  
(e.g. “Do your best and accept whatever happens”  
or “See how you can add to the net value  
of the universe”, etc.)  
accept their wisdom  
but do not answer them or think about them;  
remain fully immersed  
in the current three-dimensional reality.

Put off closure entirely during Mindquiet,  
resolving to come back  
and think about the situation in detail afterwards,  
if there is an afterwards.

Not all situations demanding Mindquiet  
will involve other people;  
some overwhelming states of consciousness  
also demand Mindquiet.

Be prepared to shift into Mindquiet  
and intuitive functioning  
whenever there is imminent survival-danger,  
when other people are not giving you time to think,  
when in an altered-consciousness state,  
or when feeling extreme negative emotion  
and thinking appears to be increasing  
such negative emotion  
rather than removing it.

By removing an additional source of frustration,  
Mindquiet will tend to have a calming effect.